

DRINKS		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Juice- Apple	1 EACH	50	0	0.0	0.0	0.0	0	13	N/A	12	10	0.00	1	0	0	
Juice- Grape	1 EACH	80	0	0.0	0.0	0.0	0	19	N/A	18	20	0.36	1	0	20	
Juice- Orange	1 EACH	60	0	0.0	0.0	0.0	0	13	N/A	12	0	0.00	42	N/A	N/A	
Juice- Tomato	8 OZ	45	1	0.0	0.0	0.0	0	10	2	7	680	1.80	72	1000	20	
Vanilla Milk- Nonfat	Half Pint	140	8	0.0	0.0	0.0	0	26	0	23	150	0	N/A	N/A	N/A	
1% Lowfat White Milk	Half Pint	100	9	2.5	1.5	0.0	10	12	0	12	125	0	N/A	N/A	N/A	
Fat Free White Milk	Half Pint	90	9	0.5	0.0	0.0	<5	12	0	12	130	0	N/A	N/A	N/A	
Nonfat Chocolate Milk	Half Pint	140	8	0.0	0.0	0.0	5	26	0	21	170	N/A	N/A	N/A	N/A	
Powerade Zero	1 BOTTLE	0	0	0.0	0.0	0.0		<1	N/A	N/A	250	N/A	N/A	N/A	N/A	
Slush Puppie Plus	8oz	119	0	0.0	0.0	0.0	0	30	1.0	28	15	N/A	N/A	N/A	N/A	
Sour Apple Juice 4 U!	4oz	60	0	0.0	0.0	0.0		14		13	15	N/A	N/A	N/A	N/A	
Blue Razz Juice 4U!	4oz	60	0	0.0	0.0	0.0		14		13	15	N/A	N/A	N/A	N/A	
Merry Cherry Juice 4 U!	4oz	60	0	0.0	0.0	0.0		14		13	15	N/A	N/A	N/A	N/A	
Twisted Mellon Juice 4 U!	4oz	60	0	0.0	0.0	0.0		14		13	15	N/A	N/A	N/A	N/A	
Arnold Palmer	1 CAN	80	0	0.0	0.0	0.0	0	21	0	19	15	N/A	N/A	N/A	N/A	