

Beverages

<i>Item</i>	<i>Serving Size (oz)</i>	<i>Calories (kcal)</i>	<i>Carbs (g)</i>	<i>Sugar (g)</i>	<i>Sodium (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Fiber (g)</i>
Soda								
Diet Pepsi	12	0	0	0	35	0	0	0
	16	0	0	0	50	0	0	0
	20	0	0	0	63	0	0	0
Schweppes Ginger Ale	12	120	34	32	60	0	0	0
	16	160	45	42	80	0	0	0
	20	200	57	53	100	0	0	0
Brisk Ice tea	12	128	32	32	77	0	0	0
	16	172	44	44	102	0	0	0
	20	216	56	56	128	0	0	0
Dr. Pepper	12	144	36	36	0	0	0	0
	16	192	48	48	0	0	0	0
	20	240	60	60	0	0	0	0
Sierra Mist	12	140	39	39	35	0	0	0
	16	200	52	52	45	0	0	0
	20	250	65	65	55	0	0	0
Pepsi	12	150	41	41	30	0	0	0
	16	200	55	55	40	0	0	0
	20	262	69	69	53	0	0	0
Mug Root Beer	12	160	43	43	65	0	0	0
	16	213	57	57	87	0	0	0
	20	260	71	71	105	0	0	0
Mt Dew	12	170	46	46	65	0	0	0
	16	230	62	62	85	0	0	0
	20	290	77	77	100	0	0	0
Tropicana Orange Soda	12	190	52	52	35	0	0	0
	16	255	69	69	48	0	0	0
	20	320	87	87	60	0	0	0
Milk/Soy Products								
Skim Milk	12	90	13	12	125	0	8	0
2% Milk	12	130	13	12	125	5	8	0
Chocolate Milk	12	170	28	27	210	2.5	8	0
Minute Maid Juice								
Lemonade	12	150	42	40	50	0	0	0
Fruit Punch	12	180	43	38	27	0	0	0
Orange Juice	12	168	40	36	24	0	2	0
Apple Juice	12	165	42	38	30	0	0	0
Grape Juice	12	180	47	41	30	0	0	0
Cappuccino/Mixes								
Apple Cider Mix	8	90	21	19	60	0	0	0
Italian Cappuccino	8	150	28	20	240	4	2	0
French Vanilla Cappuccino	8	120	27	20	180	2	2	0
Hot Chocolate	8	120	24	21	105	2	0	0
Hot Chocolate Mix	6	120	23	16	160	2	1	0
Hot Chocolate Mix, No Sugar	6	60	10	7	170	1	2	1
Mocha	8	160	27	19	240	5	2	1
Cookies and Cream Cappuccino	8	160	28	20	160	5	2	0

