

**FLAVORED STEAMERS -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>2% MILK</b>	8oz	146	5	3	18	18	8	110
	12oz	215	8	5	26	26	12	165
	16oz	293	10	6	36	36	16	220
	20oz	370	13	8	46	46	20	275
	32oz	568	20	12	67	67	32	440
<b>NON-FAT MILK</b>	8oz	106	0	0	18	18	8	110
	12oz	155	0	0	26	26	12	165
	16oz	213	0	0	36	36	16	220
	20oz	270	0	0	46	46	20	275
	32oz	408	0	0	67	67	32	440

**HOT CHOCOLATE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>CHOCOLATE MILK</b>	8oz	190	7	5	26	25	7	180
	12oz	285	11	8	39	38	11	270
	16oz	380	14	10	52	50	14	360
	20oz	475	18	13	65	63	18	450
	32oz	760	28	20	104	100	28	720
<b>CHOCOLATE MILK w/ flavor</b>	8oz	216	7	5	33	32	7	180
	12oz	320	11	8	48	47	11	270
	16oz	433	14	10	66	64	14	360
	20oz	545	18	13	83	81	18	450
	32oz	848	28	20	127	123	28	720

**CHAI LATTE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>2% MILK</b>	8oz	138	3	2	6	6	4	55
	12oz	207	4	2	38	35	6	95
	16oz	276	5	3	51	47	8	126
	20oz	345	6	4	64	59	10	158
	32oz	552	10	6	102	94	16	252
<b>NON-FAT MILK</b>	8oz	118	0	0	26	24	4	63
	12oz	177	0	0	38	35	6	95
	16oz	236	0	0	51	47	8	126
	20oz	295	0	0	64	59	10	158
	32oz	472	0	0	102	94	16	252

**SUGAR-FREE CHAI LATTE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>2% MILK</b>	8oz	60	3	2	6	6	4	55
	12oz	90	4	2	8	8	6	83
	16oz	120	5	3	11	11	8	110
	20oz	150	6	4	14	14	10	138
	32oz	240	10	6	22	22	16	220
<b>NON-FAT MILK</b>	8oz	40	0	0	6	6	4	55
	12oz	60	0	0	8	8	6	83
	16oz	80	0	0	11	11	8	110
	20oz	100	0	0	14	14	10	138
	32oz	160	0	0	22	22	16	220

**TEA -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Green &amp; Black Tea PLAIN or w/ sugar-free flavor</b>	8oz	0	0	0	0	0	0	0
	12oz	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0
<b>Green &amp; Black Tea w/ flavor</b>	8oz	40	0	0	10	9	0	0
	12oz	40	0	0	10	9	0	0
	16oz	40	0	0	10	9	0	0
	20oz	60	0	0	14	14	0	0
	32oz	100	0	0	24	23	0	0

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<b>CHOCOLATE MILK</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	285	11	8	39	38	11	270	45
	16oz	380	14	10	52	50	14	360	60
	20oz	475	18	13	65	63	18	450	75
	32oz	760	28	20	104	100	28	720	120
<b>NON-FAT MILK</b>	12oz	190	0	0	35	30	7	123	4
	16oz	220	0	0	39	34	10	164	6
	20oz	250	0	0	53	45	11	192	7
	32oz	340	0	0	64	57	19	303	12
<b>ITALIAN SODA</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>ITALIAN SODA</b>	8oz	88	0	0	23	23	0	0	0
	12oz	123	0	0	32	32	0	0	0
	16oz	140	0	0	36	36	0	0	0
	20oz	158	0	0	41	41	0	0	0
	32oz	245	0	0	63	63	0	0	0
<b>CREAMOSA</b>	8oz	123	3	2	24	24	1	15	15
	12oz	158	3	2	33	33	1	15	15
	16oz	210	6	4	38	38	2	30	30
	20oz	228	6	4	43	43	2	30	30
	32oz	350	9	6	66	66	3	45	45
<b>CHAI LATTE</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	155	3	2	29	26	5	71	11
	16oz	207	4	2	38	35	6	95	15
	20oz	259	5	3	48	44	8	118	19
	32oz	414	8	5	77	71	12	189	30
<b>NON-FAT MILK</b>	12oz	133	0	0	29	26	5	71	3
	16oz	177	0	0	38	35	6	95	4
	20oz	221	0	0	48	44	8	118	5
	32oz	354	0	0	77	71	12	189	8
<b>SUGAR-FREE CHAI LATTE</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	68	3	2	6	6	5	62	11
	16oz	90	4	2	8	8	6	83	15
	20oz	113	5	3	10	10	8	103	19
	32oz	180	8	5	17	17	12	165	30
<b>NON-FAT MILK</b>	12oz	45	0	0	6	6	5	62	3
	16oz	60	0	0	8	8	6	83	4
	20oz	75	0	0	10	10	8	103	5
	32oz	120	0	0	17	17	12	165	8
<b>PIXIE MATE</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	146	3	2	24	24	5	62	11
	16oz	195	4	2	32	32	6	83	15

<b>TEA -ICED</b>									
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>Green &amp; Black Tea PLAIN or w/ sugar-free flavor</b>	12oz	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0	0
<b>Green &amp; Black Tea w/ flavor</b>	12oz	40	0	0	10	9	0	0	0
	16oz	40	0	0	10	9	0	0	0
	20oz	60	0	0	14	14	0	0	0
	32oz	90	0	0	21	20	0	0	0