

FLAVORED STEAMERS -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	8oz	155	5	3	20	20	8	110	20
	12oz	224	8	5	28	28	12	165	30
	16oz	284	10	6	33	33	16	220	40
	20oz	361	13	8	43	43	20	275	50
NON-FAT MILK	8oz	115	0	0	20	20	8	110	5
	12oz	164	0	0	28	28	12	165	8
	16oz	204	0	0	33	33	16	220	10
	20oz	261	0	0	43	43	20	275	13

HOT CHOCOLATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHOCOLATE MILK	8oz	190	7	5	26	25	7	180	30
	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
CHOCOLATE MILK w/ flavor	8oz	216	7	5	33	32	7	180	30
	12oz	320	11	8	48	47	11	270	45
	16oz	415	14	10	61	59	14	360	60
	20oz	528	18	13	79	76	18	450	75

CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	8oz	138	3	2	6	6	4	55	10
	12oz	207	4	2	38	35	6	95	15
	16oz	276	5	3	51	47	8	126	20
	20oz	345	6	4	64	59	10	158	25
NON-FAT MILK	8oz	118	0	0	26	24	4	63	3
	12oz	177	0	0	38	35	6	95	4
	16oz	236	0	0	51	47	8	126	5
	20oz	295	0	0	64	59	10	158	6

SUGAR-FREE CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	8oz	60	3	2	6	6	4	55	10
	12oz	90	4	2	8	8	6	83	15
	16oz	120	5	3	11	11	8	110	20
	20oz	150	6	4	14	14	10	138	25
NON-FAT MILK	8oz	40	0	0	6	6	4	55	3
	12oz	60	0	0	8	8	6	83	4
	16oz	80	0	0	11	11	8	110	5
	20oz	100	0	0	14	14	10	138	6

PIXIE MATE LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	8oz	130	3	2	22	22	4	55	10
	12oz	195	4	2	32	32	6	83	15
	16oz	260	5	3	43	43	8	110	20
	20oz	325	6	4	54	54	10	138	25
NON-FAT MILK	8oz	110	0	0	22	22	4	55	3
	12oz	165	0	0	32	32	6	83	4
	16oz	220	0	0	43	43	8	110	5
	20oz	275	0	0	54	54	10	138	6