

Beverages

Description: m/h = Secondary Only	Portion		Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Cocoa, Individual Package - m/h	1.00	serving	120.0	2.0	2.0	0.0	1.0	23.0	40.0	0.0	0.0	0.0	140.0	0.0	1.0
Gatorade G2 - All flavors - high	12.00	Fl Oz	30.0	0.0	0.0	0.0	0.0	7.0	0.0	0.0	0.0	0.0	160.0	0.0	0.0
Juice, Apple	6.00	Fl Oz	80.0	0.0	0.0	0.0	0.0	20.0	0.0	0.0	0.0	0.0	20.0	0.0	0.0
Juice, Apple	4.00	Fl Oz	60.0	0.0	0.0	0.0	0.0	14.0	0.0	0.0	0.0	0.0	15.0	0.0	0.0
Juice, Apple, Bottle - m/h	10.00	Fl Oz	140.0	0.0	0.0	0.0	0.0	34.0	100.0	0.0	60.0	0.0	15.0	0.0	0.0
Juice, Fruit Blend	6.00	Fl Oz	120.0	0.0	0.0	0.0	0.0	31.5	0.0	0.0	7.2	0.0	30.0	0.0	0.2
Juice, Fruit Blend	4.00	Fl Oz	80.0	0.0	0.0	0.0	0.0	21.0	0.0	0.0	4.8	0.0	20.0	0.0	0.1
Juice, Orange	6.00	Fl Oz	80.0	0.0	0.0	0.0	1.0	20.0	0.0	0.0	100.0	0.0	20.0	0.0	0.0
Juice, Orange	4.00	Fl Oz	50.0	0.0	0.0	0.0	1.0	13.0	0.0	0.0	42.0	0.0	15.0	0.0	0.0
Juice, Orange, Bottle - m/h	10.00	Fl Oz	140.0	0.0	0.0	0.0	0.0	33.0	20.0	0.0	60.0	1.0	20.0	0.0	0.0
Juice, Pomegranate Blueberry - m/h	8.00	Fl Oz	100.0	0.0	0.0	0.0	0.0	25.0	20.0	0.4	60.0	750.0	60.0	0.0	0.0
Juice, Strawberry Banana - m/h	8.00	Fl Oz	120.0	0.0	0.0	0.0	1.0	28.0	20.0	0.4	60.0	3,500.0	70.0	0.0	0.0
Milk, 1% Fat Vanilla	8.00	Fl Oz	150.0	2.0	1.0	0.0	8.0	26.0	300.0	0.0	2.4	500.0	180.0	13.0	0.0
Milk, 1% Fat Chocolate	8.00	Fl Oz	150.0	2.5	1.0	0.0	8.0	24.0	300.0	0.4	1.2	500.0	200.0	15.0	0.0
Milk, 1% Fat White	8.00	Fl Oz	100.0	2.4	1.5	0.0	8.2	12.0	300.0	0.0	2.4	500.0	125.0	10.0	0.0
Milk, Lactose Free Skim	8.00	Fl Oz	90.0	0.0	0.0	0.0	9.0	12.0	300.0	0.0	0.0	500.0	130.0	0.0	0.0
Milk, Skim	8.00	Fl Oz	83.2	0.2	0.3	0.0	8.2	12.1	306.0	0.1	0.0	499.4	102.8	4.9	0.0
Soy Milk, Chocolate	8.25	Fl Oz	133.3	3.2	0.7	0.0	8.3	18.5	400.1	1.6	1.2	632.2	103.9	0.0	0.0
Sweet Iced Tea - m/h	12.00	Fl Oz	91.3	0.0	0.0	0.0	0.0	23.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0
Sweet Tea, Original - m/h	8.00	Fl Oz	60.0	0.0	0.0	0.0	0.0	13.0	0.0	0.7	60.0	0.0	0.0	0.0	0.0
Sweet Tea, Peach - m/h	8.00	Fl Oz	60.0	0.0	0.0	0.0	0.0	13.0	0.0	0.7	60.0	0.0	0.0	0.0	0.0