

North East ISD Beverage Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820												
Description * items available only in middle & high schools	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, Ind. Pkg.*	1.00	-serving	120.0	2.0	2.0	0.0	0.0	23.0	40.0	0.0	0.0	0.0	140.0	0.0	1.0
Gatorade G2 - All flavors*	12.00	Fl Oz	50.0	0.0	0.0	0.0	0.0	14.0	0.0	0.0	0.0	0.0	220.0	0.0	0.0
Juice, Apple 10 oz*	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, Apple, 4 oz.	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, 6 oz.	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, Fruit Blend 4 oz.	4.00	Fl Oz	60.0	0.0	0.0	0.0	0.0	14.0	0.0	0.0	3.6	0.0	10.0	0.0	0.0
Juice, Fruit Blend 6 oz.	6.00	Fl Oz	80.0	0.0	0.0	0.0	0.0	21.0	0.0	0.0	0.0	0.0	20.0	0.0	0.0
Juice, Orange 10 oz*	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, Orange, 4 oz.	4.00	Fl Oz	50.0	0.0	0.0	0.0	0.0	12.0	0.0	0.0	42.0	0.0	15.0	0.0	0.0
Juice, Orange, 6 oz.	6.00	Fl Oz	80.0	0.0	0.0	0.0	1.0	20.0	0.0	0.0	60.0	0.0	20.0	0.0	0.0
Milk, 1% Fat Strawberry	8.00	Fl Oz	160.0	2.5	1.5	0.0	7.0	27.0	40.0	0.0	2.4	500.0	115.0	10.0	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	159.8	2.9	1.4	0.0	8.2	25.0	250.0	0.0	0.0	500.1	180.0	11.0	0.0
Milk, 1% Fat Chocolate*	16.00	Fl Oz	319.6	5.8	2.9	0.0	16.3	49.9	500.0	0.0	0.0	1,000.1	359.9	22.1	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, 2% Fat White	8.00	Fl Oz	120.0	5.0	3.0	0.0	8.0	12.0	300.0	0.0	2.4	500.0	125.0	20.0	0.0
Soy Milk, Chocolate 8 oz.*	8.00	Fl Oz	150.0	4.5	1.0	0.0	8.0	21.0	300.0	1.8	0.0	1,500.0	180.0	0.0	0.0
Water, Flavored Berry or Grape *	12.00	Fl Oz	15.0	0.0	0.0	0.0	0.0	4.0	0.0	0.0	9.0	0.0	50.0	0.0	0.0