

# SUMMER MENU NUTRITION FACTS

## Raspberry Recharge

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 200

% Daily Value\*

<b>Total Fat</b> 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 2mcg	10%
Calcium 308mg	25%
Iron 1mg	6%
Potassium 498mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Fireworks

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 310

% Daily Value\*

<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 50g	18%
Dietary Fiber 2g	7%
Total Sugars 43g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 1mg	6%
Potassium 273mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Red, White & Blueberry Pie

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 200

% Daily Value\*

<b>Total Fat</b> 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 9g Added Sugars	18%
<b>Protein</b> 21g	
Vitamin D 2mcg	10%
Calcium 304mg	25%
Iron 1mg	6%
Potassium 350mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Lavender Lemonade

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 280

% Daily Value\*

<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 0g	0%
Total Sugars 38g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 0mg	0%
Potassium 207mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Island Breeze

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 210

% Daily Value\*

<b>Total Fat</b> 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 303mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Pink Lemon-Aid

### Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)

Amount per serving

**Calories** 290

% Daily Value\*

<b>Total Fat</b> 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 1g	4%
Total Sugars 41g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 184mg	15%
Iron 1mg	6%
Potassium 261mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.