

FALL MENU NUTRITION FACTS

Creamy Pumpkin Spice

Nutrition Facts

1 serving per container

Serving size (591mL)

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 270mg **12%**

Total Carbohydrate 34g **12%**

Dietary Fiber 5g **18%**

Total Sugars 23g

Includes 11g Added Sugars **22%**

Protein 41g

Vitamin D 0mcg 0%

Calcium 660mg 50%

Iron 1.9mg 10%

Potassium 900mg 20%

* The % Daily Value (DV) 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.

Skinny Chai

Nutrition Facts

1 serving per container

Serving size 20 fl oz (591mL)

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 190mg **8%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 14g

Includes 11g Added Sugars **22%**

Protein 44g

Vitamin D 0mcg 0%

Calcium 270mg 20%

Iron 1mg 6%

Potassium 390mg 8%

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Golden Milk

Nutrition Facts

1 serving per container

Serving size 20 fl oz (591mL)

Amount Per Serving

Calories **290**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 170mg **7%**

Total Carbohydrate 34g **12%**

Dietary Fiber 2g **7%**

Total Sugars 28g

Includes 26g Added Sugars **52%**

Protein 34g

Vitamin D 0mcg 0%

Calcium 230mg 20%

Iron 2.2mg 10%

Potassium 370mg 8%

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PB & Jam

Nutrition Facts

1 serving per container

Serving size 20 fl oz (591mL)

Amount Per Serving

Calories **490**

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 55mg **2%**

Total Carbohydrate 50g **18%**

Dietary Fiber 8g **29%**

Total Sugars 26g

Includes 0g Added Sugars **0%**

Protein 33g

Vitamin D 0mcg 0%

Calcium 190mg 15%

Iron 2.6mg 15%

Potassium 620mg 15%

* The % Daily Value (DV) 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.

Spiced Apple Cobbler

Nutrition Facts

1 serving per container

Serving size 20 fl oz (591mL)

Amount Per Serving

Calories **430**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 130mg **43%**

Sodium 210mg **9%**

Total Carbohydrate 54g **20%**

Dietary Fiber 3g **11%**

Total Sugars 43g

Includes 0g Added Sugars **0%**

Protein 46g

Vitamin D 0mcg 0%

Calcium 380mg 30%

Iron 0.2mg 0%

Potassium 810mg 15%

* The % Daily Value (DV) 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.

Pumpkin Latte

Nutrition Facts

1 serving per container

Serving size 20 fl oz (591mL)

Amount Per Serving

Calories **310**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 270mg **12%**

Total Carbohydrate 37g **13%**

Dietary Fiber 2g **7%**

Total Sugars 31g

Includes 29g Added Sugars **58%**

Protein 34g

Vitamin D 0mcg 0%

Calcium 220mg 15%

Iron 1.1mg 6%

Potassium 400mg 8%

* The % Daily Value (DV) 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.