

# SPRING MENU NUTRITION FACTS

## Shamrockin'

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 410**

**% Daily Value\***

<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 58g	<b>21%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 46g	
Includes 36g Added Sugars	<b>72%</b>

**Protein** 33g

Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 1.6mg	8%
Potassium 660mg	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.

## Chocolate PB Peel

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 540**

**% Daily Value\***

<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 53g

Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 5.6mg	30%
Potassium 1560mg	35%

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## Energize Me

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 310**

**% Daily Value\***

<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 43g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 20g

Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0.1mg	0%
Potassium 540mg	10%

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## Rainbow Refresh

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 24g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 21g

Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 0.9mg	6%
Potassium 400mg	8%

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## Matcha Madness

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 310**

**% Daily Value\***

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 38g	
Includes 36g Added Sugars	<b>72%</b>

**Protein** 24g

Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 2.3mg	15%
Potassium 440mg	10%

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## Berry Lavender

### Nutrition Facts

1 serving per container

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

**Amount Per Serving**

**Calories 350**

**% Daily Value\***

<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 38g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 30g

Vitamin D 0mcg	0%
Calcium 360mg	30%
Iron 1.4mg	8%
Potassium 700mg	15%

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