

Hot Chocolate with 2% Milk - 12 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 12 oz. (318g)			
Amount Per Serving			
Calories 390		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 10g		50%	
Trans Fat 0g			
Cholesterol 30mg		10%	
Sodium 310mg		13%	
Total Carbohydrate 57g		19%	
Dietary Fiber 2g		8%	
Sugars 48g			
Protein 12g			
Vitamin A 4% • Vitamin C 2%			
Calcium 35% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk

Hot Chocolate with 2% Milk - 16 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 16 oz. (396g)			
Amount Per Serving			
Calories 490		Calories from Fat 160	
		% Daily Value*	
Total Fat	17g		26%
Saturated Fat	12g		60%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	400mg		17%
Total Carbohydrate	72g		24%
Dietary Fiber	3g		12%
Sugars	62g		
Protein 15g			
Vitamin A 6% • Vitamin C 2%			
Calcium 45% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk

Hot Chocolate with 2% Milk - 20 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 20 oz. (472g)			
Amount Per Serving			
Calories 580		Calories from Fat 180	
		% Daily Value*	
Total Fat 20g		31%	
Saturated Fat 14g		70%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 490mg		20%	
Total Carbohydrate 87g		29%	
Dietary Fiber 4g		16%	
Sugars 74g			
Protein 18g			
Vitamin A 8% • Vitamin C 2%			
Calcium 60% • Iron 8%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk

Hot Chocolate with Water - 12 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 12 fl. oz. (370g)			
Amount Per Serving			
Calories 270		Calories from Fat 90	
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	7g		35%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	210mg		9%
Total Carbohydrate	45g		15%
Dietary Fiber	2g		8%
Sugars	37g		
Protein 4g			
Vitamin A 0% • Vitamin C 0%			
Calcium 8% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk

Hot Chocolate with Water - 16 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 16 fl. oz. (506g)			
Amount Per Serving			
Calories 340		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 8g		40%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 280mg		12%	
Total Carbohydrate 58g		19%	
Dietary Fiber 3g		12%	
Sugars 47g			
Protein 5g			
Vitamin A 0% • Vitamin C 0%			
Calcium 10% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk

Hot Chocolate with Water - 20 fl. oz.

01/18/2013

Nutrition Facts			
Serving Size 20 fl. oz. (610g)			
Amount Per Serving			
Calories 390		Calories from Fat 120	
		% Daily Value*	
Total Fat	13g		20%
Saturated Fat	9g		45%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	330mg		14%
Total Carbohydrate	69g		23%
Dietary Fiber	4g		16%
Sugars	56g		
Protein 6g			
Vitamin A 0% • Vitamin C 0%			
Calcium 15% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Allergen: Contains Milk