

Mocha-12 fl. oz.-2% Milk

12/23/2011

Nutrition Facts	
Serving Size 12 fl. oz. (351g)	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	6%
Total Carbohydrate 51g	17%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 4%	• Vitamin C 0%
Calcium 30%	• Iron 60%
*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

Mocha-16 fl. oz.-2% Milk

12/23/2011

Nutrition Facts	
Serving Size 16 fl. oz. (459g)	
Amount Per Serving	
Calories 390	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 64g	21%
Dietary Fiber 3g	12%
Sugars 58g	
Protein 12g	
Vitamin A 6%	• Vitamin C 2%
Calcium 35%	• Iron 70%
*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

Mocha-20 fl. oz.-2% Milk

12/23/2011

Nutrition Facts	
Serving Size 20 fl. oz. (570g)	
Amount Per Serving	
Calories 480	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%
Total Carbohydrate 79g	26%
Dietary Fiber 4g	16%
Sugars 71g	
Protein 15g	
Vitamin A 8%	• Vitamin C 2%
Calcium 45%	• Iron 90%
*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

Mocha-12 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts	
Serving Size 12 fl. oz. (352g)	
Amount Per Serving	
Calories 280	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Total Carbohydrate 51g	17%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 60%
*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

Mocha-16 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts	
Serving Size 16 fl. oz. (460g)	
Amount Per Serving	
Calories 350	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 64g	21%
Dietary Fiber 3g	12%
Sugars 58g	
Protein 12g	
Vitamin A 10%	• Vitamin C 0%
Calcium 40%	• Iron 70%
*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

Mocha-20 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts	
Serving Size 20 fl. oz. (571g)	
Amount Per Serving	
Calories 420	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 80g	27%
Dietary Fiber 4g	16%
Sugars 72g	
Protein 15g	
Vitamin A 15%	• Vitamin C 0%
Calcium 45%	• Iron 90%
*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