

Latte-12 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts	
Serving Size 12 fl. oz. (275g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 0%
*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.

Latte-16 fl. oz.-Skim Milk

02/01/2012

Nutrition Facts	
Serving Size 16 fl. oz. (366g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 10g	
Vitamin A 10%	• Vitamin C 0%
Calcium 35%	• Iron 0%
*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.

Latte-20 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts	
Serving Size 20 fl. oz. (458g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 12g	
Vitamin A 15%	• Vitamin C 0%
Calcium 45%	• Iron 2%
*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.