



Nutritional Information

Updated January 14, 2013

	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Doughnuts																			
Apple Fritter	87g		210	130	14	7	0	5	110	18	1	4	3	0	2	8	8		
Baseball Doughnut	68g		290	150	17	8	0	0	125	33	<1	16	4	0	2	4	6		
Caramel KREME™ Crunch	96g		390	180	20	10	0	5	170	50	<1	30	4	0	2	6	6		
Chocolate Iced Cake	71g		280	140	15	7	0	20	320	34	<1	19	3	0	0	2	8		
Chocolate Iced Custard Filled	89g		310	160	17	8	0	0	150	36	<1	19	4	0	2	4	6		
Chocolate Iced Glazed	64g		240	100	11	5	0	5	95	33	<1	21	2	0	2	6	4		
Chocolate Iced Glazed Cruller	70g		260	110	12	5	0	15	260	38	<1	25	2	0	0	2	6		
Chocolate Iced Glazed Football Stamp	72g		290	150	17	8	0	0	125	31	<1	15	4	0	2	4	6		
Chocolate Iced Glazed Hearts w/Strawberry KREME™ Filling and Red Drizzle	93g		360	190	20	10	0	0	150	43	<1	25	4	0	2	4	6		
Chocolate Iced w/ KREME™ Filling	89g		360	190	21	10	0	0	140	40	<1	23	4	0	2	4	6		
Chocolate Iced KREME™ Web (Halloween)	100g		400	180	20	10	0	0	140	51	<1	34	4	0	2	4	6		
Chocolate Iced Glazed with Sprinkles	66g		250	110	12	5	0	0	95	35	1	23	2	0	4	4	4		
Chocolate Iced Raspberry Filled	89g		310	150	17	8	0	0	125	36	<1	19	4	0	2	4	6		
Cinnamon Apple Filled	81g		290	150	16	8	0	5	150	33	<1	14	3	0	2	10	6		
Cinnamon Bun	67g		260	150	16	8	0	5	125	28	<1	13	3	0	2	10	6		
Cinnamon Twist	59g		240	140	15	7	0	5	130	23	<1	7	3	0	2	8	6		
Doughnut Hole Glazed Blueberry Cake = 4 Holes	51g		190	80	8	4	0	15	210	26	<1	16	2	0	0	2	6		
Doughnut Hole Glazed Cake = 4 holes	51g		200	90	10	4.5	0	15	220	26	<1	16	2	0	0	2	6		
Doughnut Hole Glazed Chocolate Cake = 4 Holes	51g		190	80	9	4.5	0	15	200	25	1	15	2	0	0	2	6		
Doughnut Hole Original Glazed® = 4 Holes	54g		200	100	11	4.5	0	0	90	26	0	15	2	0	0	6	4		
Doughnut Hole Pumpkin Spice Cake = 4 Holes	51g		210	90	10	4.5	0	15	240	29	0	17	2	0	0	4	6		
Dulce De Leche	75g		300	160	18	9	0	5	160	31	<1	14	3	0	2	10	6		
Éclair - Chocolate Iced Banana Filled w/Yellow Drizzle	99g		290	120	13	6	0	0	90	41	<1	27	3	0	2	4	4		
Éclair -Chocolate Iced Chocolate Filled w/Chocolate Drizzle	99g		290	150	16	7	0	0	120	39	2	23	4	0	2	4	6		
Éclair -White Iced Strawberries & KREME™ w/Pink Drizzle	99g		330	150	16	8	0	5	110	43	<1	29	3	0	2	4	4		
Glazed Blueberry Cake	80g		300	130	14	7	0	20	230	42	<1	28	2	0	0	2	8		
Glazed Chocolate Cake	80g		300	130	15	7	0	20	230	41	2	26	3	0	0	2	10		
Glazed Cinnamon	53g		200	100	11	4.5	0	0	90	25	<1	13	2	0	2	4	4		
Glazed Cruller	56g		220	100	12	5	0	15	260	27	<1	15	2	0	0	2	6		
Glazed w/ KREME™ Filling	84g		340	180	20	10	0	5	140	38	<1	22	3	0	2	8	6		
Glazed Lemon Filled	85g		290	140	16	8	0	5	135	35	<1	17	3	0	2	8	6		
Glazed Raspberry Filled	84g		290	140	16	8	0	5	125	36	<1	20	3	0	2	8	6		
Glazed Sour Cream	80g		310	130	14	7	0	20	250	43	<1	27	2	0	0	2	8		
Jack-O-Lantern	74g		280	120	13	6	0	0	110	38	<1	24	3	0	2	4	6		



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				Total Fat (g)	Total Fat (g)									Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Maple Iced Glazed	64g		230	100	11	5	0	0	90	32	<1	20	2	0	2	4	4		
Mini Chocolate Iced Glazed	30g		110	50	5	2.5	0	0	45	16	0	10	1	0	0	2	2		
Mini Chocolate Iced with Sprinkles	35g		130	50	5	2.5	0	0	45	20	0	13	1	0	0	2	2		
Mini Original Glazed®	23g		90	45	5	2.5	0	0	40	10	0	5	1	0	0	2	2		
New York Cheesecake	96g		350	190	21	10	0	10	200	36	<1	17	4	2	2	6	8		
Original Glazed®	49g		190	100	11	5	0	0	90	21	0	10	2	0	2	4	4		
Powdered Blueberry Filled	84g		300	150	17	8	0	0	135	34	<1	14	4	0	2	4	6		
Powdered Cake	54g		220	100	11	5	0	15	240	27	0	14	2	0	0	2	6		
Powdered Strawberry Filled	81g		290	150	16	8	0	5	135	33	<1	13	3	0	2	8	6		
Pumpkin Spice Cake	81g		300	130	14	7	0	20	240	42	<1	27	2	0	0	2	8		
Pumpkin, Football, Egg Shape Iced & Stamped	70g		280	150	17	8	0	5	120	29	<1	12	3	3	3	3	3		
Sugar	46g		190	100	11	5	0	0	85	20	0	9	2	0	2	4	4		
Tennis Ball	73g		290	150	17	8	0	0	125	32	<1	16	4	0	2	4	6		
Traditional Cake	57g		190	110	12	6	0	15	260	19	0	7	2	0	0	2	6		
White Iced Egg with Easter Sprinkles	74g		340	160	18	8	0	0	120	41	<1	20	4	0	2	4	6		
White Iced Glazed Heart	81g		320	160	17	8	0	0	120	38	<1	20	3	0	2	4	6		
White Iced Glazed Snowman + Stamp	66g		280	150	17	8	0	5	120	29	<1	12	3	0	2	8	6		
White Iced Heart w/Valentine Sprinkles	69g		300	150	16	8	0	0	115	35	<1	19	3	0	2	4	3		
White Iced Shamrock with St. Patrick's Sprinkles	68g		300	160	18	8	0	0	120	31	<1	11	3	0	2	4	6		
White Iced Star with Patriotic Sprinkles	69g		300	160	18	8	0	0	120	31	<1	11	3	0	2	4	6		
Coffees/Hot Chocolate/Hot Flavored Beverages																			
House Blend 12 oz	340g		10	5	0.5	0	0	5	1	0	0	0	0	0	0	0	0		
House Blend 16 oz	454g		10	5	0.5	0	0	0	10	1	0	0	1	0	0	0	0		
House Blend 20 oz	567g		15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	0		
House Blend Brew Box	96 oz/2722g	8	70	40	4.5	3	0	0	50	5	0	0	3	0	0	4	0		
Dark Roast 12 oz	340g		10	5	0.5	0	0	0	5	1	0	0	0	0	0	0	10		
Dark Roast 16 oz	454g		15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	15		
Dark Roast 20 oz	567g		15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	20		
Dark Roast Brew Box	96 oz/2722g	8	80	40	4.5	3.5	0	0	50	5	0	0	4	0	0	4	90		
Decaf 12 oz	340g		5	0	0	0	0	0	5	1	0	0	0	0	0	0	0		
Decaf 16 oz	454g		5	0	0	0	0	0	10	1	0	0	0	0	0	0	0		
Decaf 20 oz	567g		5	0	0	0	0	0	10	1	0	0	0	0	0	0	0		
Decaf Brew Box	96 oz/2722g	8	35	10	1	0.5	0	0	50	6	0	0	1	0	0	2	0		
Hot Chocolate 12 oz	340g		240	60	7	4.5	0	10	150	45	2	45	2	2	0	4	20		
Hot Chocolate 16 oz	454g		320	70	8	6	0	10	220	63	3	63	3	2	0	6	30		
Hot Chocolate 20 oz	567g		420	90	10	7	0	10	290	85	3	85	4	2	0	8	40		



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				Total Fat (g)										Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Premium Hot Chocolate w/ 2% milk 12 oz	376.04g		410	120	13	8	0	35	290	63	2	48	12	6	2	60	6		
Premium Hot Chocolate w/ 2% milk 16 oz	523.55		570	160	18	11	0	45	420	90	3	68	17	8	2	90	8		
Premium Hot Chocolate w/ 2% milk 20 oz	640.57		720	190	21	13	0	55	540	117	4	87	21	10	2	120	10		
Espresso-based Drinks																			
Espresso Shot 1oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Espresso Shot 2 oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Espresso Shot 3 oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Americano 12 oz	267g		0	0	0	0	0	0	15	0	0	0	0	0	0	0	0		
Americano 16 oz	356g		0	0	0	0	0	0	20	0	0	0	0	0	0	2	0		
Americano 20 oz	446g		0	0	0	0	0	0	25	0	0	0	0	0	0	2	0		
Iced Americano 12 oz	208g		0	0	0	0	0	0	10	0	0	0	0	0	0	0	0		
Iced Americano 16 oz	297g		0	0	0	0	0	0	20	0	0	0	0	0	0	0	0		
Iced Americano 20 oz	386g		0	0	0	0	0	0	25	0	0	0	0	0	0	2	0		
Cappuccino w/ 2% milk 12 oz	274g		120	45	5	3	2	20	120	12	0	12	8	4	0	30	0		
Cappuccino w/ 2% milk 16 oz	365g		150	60	6	4	0	25	150	15	0	15	10	6	2	35	0		
Cappuccino w/ 2% milk 20 oz	456g		180	70	7	4.5	0	30	180	18	0	18	12	8	2	45	2		
Cappuccino w/ Skim milk 12 oz	275g		80	0	0	0	0	5	105	12	0	12	8	10	0	30	0		
Cappuccino w/ Skim milk 16 oz	366g		110	5	0	0	0	5	135	15	0	15	10	10	0	35	0		
Cappuccino w/ Skim milk 20 oz	458g		130	5	0	0	0	5	170	18	0	18	12	15	0	45	2		
Latte w/ 2% milk 12 oz	274g		120	45	5	3	0	20	120	12	0	12	8	4	0	30	0		
Latte w/ 2% milk 16 oz	365g		150	60	6	4	0	25	150	15	0	15	10	6	2	35	0		
Latte w/ 2% milk 20 oz	456g		180	70	7	4.5	0	30	180	18	0	18	12	8	2	45	2		
Latte w/ Skim milk 12 oz	275g		80	0	0	0	0	5	105	12	0	12	8	10	0	30	0		
Latte w/ Skim milk 16 oz	366g		110	5	0	0	0	5	135	15	0	15	10	10	0	35	0		
Latte w/ Skim milk 20 oz	458g		130	5	0	0	0	5	170	18	0	18	12	15	0	45	2		
Iced Latte w/ 2% milk 12 oz	213g		90	35	3.5	2.5	0	15	90	9	0	9	6	4	0	20	0		
Iced Latte w/ 2% milk 16 oz	304g		120	45	5	3	0	20	125	12	0	12	8	4	2	30	0		
Iced Latte w/ 2% milk 20 oz	395g		150	60	6	4	0	25	160	15	0	15	10	6	2	35	0		
Iced Latte w/ Skim milk 12 oz	214g		60	0	0	0	0	5	80	9	0	9	6	8	0	20	0		
Iced Latte w/ Skim milk 16 oz	305g		80	5	0	0	0	5	110	12	0	12	8	10	0	30	0		
Iced Latte w/ Skim milk 20 oz	396g		110	5	0	0	0	5	140	15	0	15	10	10	0	40	2		
Mocha w/ 2% milk 12 oz	351g		320	80	9	6	0	30	150	51	2	46	10	4	0	30	60		
Mocha w/ 2% milk 16 oz	459g		390	100	11	7	0	35	190	64	3	58	12	6	2	35	70		
Mocha w/ 2% milk 20 oz	570g		480	110	12	8	0	40	230	79	4	71	15	8	2	45	90		
Mocha w/ Skim milk 12 oz	352g		280	40	4.5	3	0	15	135	51	2	46	10	10	0	30	60		
Mocha w/ Skim milk 16 oz	460g		350	45	5	3.5	0	20	170	64	3	58	12	10	0	40	70		



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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Mocha w/ Skim milk 20 oz	571g		420	50	5	3.5	0	20	210	80	4	72	15	15	0	45	90		
Iced Mocha w/ 2% milk 12 oz	290g		290	70	8	5	0	25	115	48	2	43	8	4	0	20	60		
Iced Mocha w/ 2% milk 16 oz	398g		360	90	10	6	0	30	160	61	3	55	10	4	2	30	70		
Iced Mocha w/ 2% milk 20 oz	509g		450	100	11	7	0	35	200	76	4	68	13	6	2	35	90		
Iced Mocha w/ Skim milk 12 oz	290g		260	40	4.5	3	0	15	110	48	2	43	8	8	0	25	60		
Iced Mocha w/ Skim milk 16 oz	399g		330	45	5	3	0	15	140	61	3	55	10	10	0	30	70		
Iced Mocha w/ Skim milk 20 oz	510g		400	50	5	3.5	0	20	180	77	4	69	13	10	0	40	90		
Caramel Latte w/ 2% milk 12 oz	351		340	80	9	7	0	30	180	53	0	52	11	6	0	30	25		
Caramel Latte w/ 2% milk 16 oz	459		420	90	10	8	0	35	230	66	0	66	14	8	2	40	30		
Caramel Latte w/ 2% milk 20 oz	570		500	100	11	9	0	40	290	82	0	82	17	10	2	45	40		
Caramel Latte w/ Skim milk 12 oz	352		300	35	4	4	0	15	170	53	0	53	11	10	0	30	25		
Caramel Latte w/ Skim milk 16 oz	460		370	35	4	4.5	0	20	220	67	0	66	14	15	0	40	30		
Caramel Latte w/ Skim milk 20 oz	571		450	40	4.5	5	0	20	270	53	0	52	17	15	0	45	40		
Iced Caramel Latte w/ 2% milk 12 oz	351		340	80	9	7	0	30	180	53	0	52	11	8	0	30	25		
Iced Caramel Latte w/ 2% milk 16 oz	459		420	90	10	8	0	35	230	66	0	66	14	8	2	40	30		
Iced Caramel Latte w/ 2% milk 20 oz	570		500	100	11	9	0	40	290	82	0	82	17	10	2	45	40		
Iced Caramel Latte w/ Skim milk 12 oz	270g		220	5	0	1.5	0	5	140	46	0	45	9	8	0	25	25		
Iced Caramel Latte w/ Skim milk 16 oz	379g		290	5	0	2	0	5	190	60	0	59	12	10	0	30	30		
Iced Caramel Latte w/ Skim milk 20 oz	490g		370	5	0.5	2.5	0	5	240	75	0	75	15	15	0	40	40		
Hazelnut Latte w/ 2% milk 12 oz	306g		230	45	5	3	0	20	120	37	0	36	8	4	0	30	0		
Hazelnut Latte w/ 2% milk 16 oz	408g		290	60	6	4	0	25	150	49	0	47	10	6	2	35	0		
Hazelnut Latte w/ 2% milk 20 oz	509g		360	70	7	4.5	0	30	180	60	0	58	12	8	2	45	2		
Hazelnut Latte w/ Skim milk 12 oz	307g		190	0	0	0	0	5	105	38	0	36	8	10	0	30	0		
Hazelnut Latte w/ Skim milk 16 oz	409g		240	5	0	0	0	5	135	49	0	48	10	10	0	35	0		
Hazelnut Latte w/ Skim milk 20 oz	511g		300	5	0	0	0	5	170	61	0	59	12	15	0	45	2		
Iced Hazelnut Latte w/ 2% milk 12 oz	245g		200	35	3.5	2.5	0	15	90	34	0	33	6	4	0	20	0		
Iced Hazelnut Latte w/ 2% milk 16 oz	347g		260	45	5	3	0	20	125	46	0	44	8	4	2	30	0		
Iced Hazelnut Latte w/ 2% milk 20 oz	448g		330	60	6	4	0	25	160	57	0	55	10	6	2	35	0		
Iced Hazelnut Latte w/ Skim milk 12 oz	246g		170	0	0	0	0	5	80	35	0	33	6	8	0	20	0		
Iced Hazelnut Latte w/ Skim milk 16 oz	348g		220	5	0	0	0	5	110	46	0	44	8	10	0	30	0		
Iced Hazelnut Latte w/ Skim milk 20 oz	449g		280	5	0	0	0	5	140	58	0	56	10	10	0	40	2		
Kaffe KREME™/Original KREME™ Latte w/ 2% milk 12 oz	306g		200	45	5	3	0	20	120	31	0	31	8	4	0	30	0		
Kaffe KREME™/Original KREME™ Latte w/ 2% milk 16 oz	408g		260	60	6	4	0	25	150	41	0	41	10	6	2	35	0		
Kaffe KREME™/Original KREME™ Latte w/ 2% milk 20 oz	510g		320	70	7	4.5	0	30	190	50	0	50	12	8	2	45	2		
Kaffe KREME™/Original KREME™ Latte w/ Skim milk 12 oz	307g		160	0	0	0	0	5	105	32	0	32	8	10	0	30	0		
Kaffe KREME™/Original KREME™ Latte w/ Skim milk 16 oz	409g		210	5	0	0	0	5	135	41	0	41	10	10	0	40	0		



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				Total Fat (g)										Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Kaffe KREME™/Original KREME™ Latte w/ Skim milk 20 oz	511g		260	5	0	0	0	5	170	51	0	51	12	15	0	45	2		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 12 oz	245g		170	35	3.5	2.5	0	15	90	28	0	28	6	4	0	20	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 16 oz	347g		230	45	5	3	0	20	125	38	0	38	8	4	2	30	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 20 oz	449g		290	60	6	4	0	25	160	47	0	47	10	6	2	35	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 12 oz	246g		140	0	0	0	0	5	80	29	0	29	6	8	0	20	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 16 oz	348g		190	5	0	0	0	5	110	38	0	38	8	10	0	30	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 20 oz	450g		240	5	0	0	0	5	140	48	0	48	10	10	0	40	2		
Vanilla Latte w/ 2% milk 12 oz	306g		230	45	5	3	0	20	120	38	0	39	8	4	0	30	0		
Vanilla Latte w/ 2% milk 16 oz	408g		300	60	6	4	0	25	150	50	0	50	10	6	2	35	0		
Vanilla Latte w/ 2% milk 20 oz	509g		370	70	7	4.5	0	30	180	62	0	62	12	8	2	45	2		
Vanilla Latte w/ Skim milk 12 oz	307g		190	0	0	0	0	5	105	39	0	39	8	10	0	30	0		
Vanilla Latte w/ Skim milk 16 oz	409g		250	5	0	0	0	5	135	51	0	51	10	10	0	35	0		
Vanilla Latte w/ Skim milk 20 oz	511g		310	5	0	0	0	5	170	63	0	63	12	15	0	45	2		
Iced Vanilla Latte w/ 2% milk 12 oz	245g		200	35	3.5	2.5	0	15	90	35	0	36	6	4	0	20	0		
Iced Vanilla Latte w/ 2% milk 16 oz	347g		270	45	5	3	0	20	125	47	0	47	8	4	2	30	0		
Iced Vanilla Latte w/ 2% milk 20 oz	448g		340	60	6	4	0	25	160	59	0	59	10	6	2	35	0		
Iced Vanilla Latte w/ Skim milk 12 oz	246g		170	0	0	0	0	5	80	36	0	36	6	8	0	20	0		
Iced Vanilla Latte w/ Skim milk 16 oz	348g		230	5	0	0	0	5	110	48	0	48	8	10	0	30	0		
Iced Vanilla Latte w/ Skim milk 20 oz	449g		290	5	0	0	0	5	140	60	0	60	10	10	0	40	2		
Caramel Shot 1 oz	37g		100	0	0	1	0	0	40	24	0	23	2	0	0	0	15		
Caramel Shot 1.5 oz	57g		160	0	0	1.5	0	0	60	36	0	36	3	2	0	2	20		
Caramel Shot 2 oz	74g		210	0	0	2	0	0	80	47	0	47	3	2	0	2	30		
Caramel Shot 2.5 oz	94g		260	0	0	2.5	0	0	100	60	0	60	4	2	0	2	35		
Chocolate Shot 1 oz	37g		90	5	0	0	0	0	15	22	1	20	1	0	0	0	35		
Chocolate Shot 1.5 oz	57g		140	5	0.5	0	0	0	25	35	2	30	1	0	0	0	50		
Chocolate Shot 2 oz	74g		190	10	1	0.5	0	0	30	45	3	39	2	0	0	0	70		
Chocolate Shot 2.5 oz	94g		230	10	1	0.5	0	0	40	57	4	50	2	0	0	0	90		
Hazelnut Shot 1 oz	43g		140	0	0	0		0	0	34	0	32	0						
Hazelnut Shot 1.5 oz	64g		210	0	0	0		0	0	51	0	48	0						
Hazelnut Shot 2 oz	85g		280	0	0	0		0	0	68	0	65	0						
Hazelnut Shot 2.5 oz	106g		340	0	0	0		0	0	85	0	81	0						
Original KREME™ Shot 1 oz	43g		110	0	0	0	0	0	0	26	0	26	0	0	0	0	0		
Original KREME™ Shot 1.5 oz	64g		160	0	0	0	0	0	0	39	0	39	0	0	0	0	0		
Original KREME™ Shot 2 oz	85g		210	0	0	0	0	0	0	52	0	52	0	0	0	0	0		
Original KREME™ Shot 2.5 oz	106g		270	0	0	0	0	0	0	64	0	64	0	0	0	0	0		
Vanilla Shot 1 oz	43g		140	0	0	0	0	0	0	35	0	36	0	0	0	0	0		



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat						Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
				Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A	Vitamin C						Calcium	Iron	Potassium	Vitamin D		
Vanilla Shot 1.5 oz	64g		220	0	0	0	0	0	0	53	0	54	0	0	0	0	0			
Vanilla Shot 2 oz	85g		290	0	0	0	0	0	0	71	0	71	0	0	0	0	0			
Vanilla Shot 2.5 oz	106g		360	0	0	0	0	0	0	89	0	89	0	0	0	0	0			
Beverage Chocolate Drizzle	3g		10	0	0	0	0	0	0	2	0	2	0	0	0	0	0	2		
Whipped Topping	17g		50	35	3.5	2.5	0	10	0	2	0	2	0	0	0	0	0			
Krispy Kreme Chillers®																				
Berries & KREME™ 12 oz.	452g		620	250	28	24	0	30	220	92	<1	71	3	8	0	15	0			
Berries & KREME™ 20 oz.	554g		960	360	40	36	0	30	330	150	<1	115	3	8	0	25	0			
Chocolate Chocolate 12oz	452g		670	260	29	24	0	30	320	104	2	62	4	8	0	20	2			
Chocolate Chocolate 20oz	554g		1050	370	42	36	0	30	490	170	4	100	6	8	0	30	2			
Lotta Latte® 12 oz	452g		670	250	28	24	0	30	380	49	<1	60	40	8	0	20	0			
Lotta Latte® 20 oz	554g		1050	360	40	36	0	30	580	79	<1	97	5	8	0	30	0			
Mocha Dream 12 oz	452g		670	250	28	24	0	30	320	105	1	58	3	8	0	20	0			
Mocha Dream 20 oz	554g		1050	370	41	36	0	30	490	171	2	94	5	8	0	25	0			
Orange You Glad® 12 oz	341g		180	0	0	0	0	0	10	43	0	43	0	0	0	0	0			
Orange You Glad® 20 oz	398g		300	0	0	0	0	0	10	71	0	71	0	0	0	0	0			
Oranges & KREME™ 12 oz	452g		630	250	28	24	0	30	220	92	<1	71	3	8	0	15	0			
Oranges & KREME™ 20 oz	554g		970	360	40	36	0	30	330	150	<1	115	3	8	0	25	0			
Very Berry 12 oz	341g		170	0	0	0	0	0	10	43	0	43	0	0	0	0	0			
Very Berry 20 oz	398g		290	0	0	0	0	0	10	71	0	71	0	0	0	0	0			
Iced Drinks																				
Original Iced Coffee 12 oz	355 ml		35	10	1.5	1	0	5	35	3	0	3	2	2	0	8	0			
Original Iced Coffee 16 oz	473 ml		45	15	1.5	1	0	5	45	4	0	4	3	2	0	10	0			
Original Iced Coffee 20 oz	591 ml		60	20	2	1.5	0	10	55	5	0	5	4	2	0	15	0			
Original Iced Coffee 32 oz	946 ml		80	30	3	2	0	10	90	7	0	7	6	4	0	20	0			
Vanilla Iced Coffee 12 oz	377 ml		140	10	1.5	1	0	5	35	30	0	30	2	2	0	8	0			
Vanilla Iced Coffee 16 oz	503 ml		190	15	1.5	1	0	5	45	39	0	40	3	2	0	10	0			
Vanilla Iced Coffee 20 oz	628 ml		240	20	2	1.5	0	10	55	49	0	50	4	2	0	15	0			
Vanilla Iced Coffee 32 oz	1005 ml		370	30	3	2	0	10	90	78	0	79	6	4	0	20	0			
Chocolate Iced Coffee 12 oz	384 ml		130	15	2	1	0	5	50	26	2	23	3	2	0	8	35			
Chocolate Iced Coffee 16 oz	512 ml		200	20	2.5	1.5	0	5	70	41	2	36	5	2	0	10	60			
Chocolate Iced Coffee 20 oz	650 ml		250	30	3	2	0	10	90	51	3	45	6	2	0	15	70			
Chocolate Iced Coffee 32 oz	1035 ml		370	40	4.5	3		10	140	77	5	68	9	4	0	20	110			
Hazelnut Iced Coffee 12 oz	377 ml		140	10	1.5	1	0	5	35	28	0	27	2	2	0	8	0			
Hazelnut Iced Coffee 16 oz	503 ml		180	15	1.5	1	0	5	45	38	0	36	3	2	0	10	0			
Hazelnut Iced Coffee 20 oz	628 ml		230	20	2	1.5	0	10	55	47	0	45	4	2	0	15	0			



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
				Total Fat (g)										Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Hazelnut Iced Coffee 32 oz	1005 ml		360	30	3	2	0	10	90	75	0	72	6	4	0	20	0		
Iced Americano 12 oz	208g		0	0	0	0	0	0	10	0	0	0	0	0	0	0	0		
Iced Americano 16 oz	297g		0	0	0	0	0	0	20	0	0	0	0	0	0	0	0		
Iced Americano 20 oz	386g		0	0	0	0	0	0	25	0	0	0	0	0	2	0			
Iced Latte w/ 2% milk 12 oz	213g		90	35	3.5	2.5	0	15	90	9	0	9	6	4	0	20	0		
Iced Latte w/ 2% milk 16 oz	304g		120	45	5	3	0	20	125	12	0	12	8	4	2	30	0		
Iced Latte w/ 2% milk 20 oz	395g		150	60	6	4	0	25	160	15	0	15	10	6	2	35	0		
Iced Latte w/ Skim milk 12 oz	214g		60	0	0	0	0	5	80	9	0	9	6	8	0	20	0		
Iced Latte w/ Skim milk 16 oz	305g		80	5	0	0	0	5	110	12	0	12	8	10	0	30	0		
Iced Latte w/ Skim milk 20 oz	396g		110	5	0	0	0	5	140	15	0	15	10	10	0	40	2		
Iced Mocha w/ 2% milk 12 oz	290g		290	70	8	5	0	25	115	48	2	43	8	4	0	20	60		
Iced Mocha w/ 2% milk 16 oz	398g		360	90	10	6	0	30	160	61	3	55	10	4	2	30	70		
Iced Mocha w/ 2% milk 20 oz	509g		450	100	11	7	0	35	200	76	4	68	13	6	2	35	90		
Iced Mocha w/ Skim milk 12 oz	290g		260	40	4.5	3	0	15	110	48	2	43	8	8	0	25	60		
Iced Mocha w/ Skim milk 16 oz	399g		330	45	5	3	0	15	140	61	3	55	10	10	0	30	70		
Iced Mocha w/ Skim milk 20 oz	510g		400	50	5	3.5	0	20	180	77	4	69	13	10	0	40	90		
Iced Caramel Latte w/ 2% milk 12 oz	270g		250	35	4	3.5	0	15	150	45	0	45	9	6	0	25	20		
Iced Caramel Latte w/ 2% milk 16 oz	378g		330	45	5	5	0	20	200	59	0	59	12	6	2	30	30		
Iced Caramel Latte w/ 2% milk 20 oz	489g		420	60	6	6	0	25	260	75	0	74	14	8	2	40	35		
Iced Caramel Latte w/ Skim milk 12 oz	270g		220	5	0	1.5	0	5	140	46	0	45	9	8	0	25	25		
Iced Caramel Latte w/ Skim milk 16 oz	379g		290	5	0	2	0	5	190	60	0	59	12	10	0	30	30		
Iced Caramel Latte w/ Skim milk 20 oz	490g		370	5	0.5	2.5	0	5	240	75	0	75	15	15	0	40	40		
Iced Hazelnut Latte w/ 2% milk 12 oz	245g		200	35	3.5	2.5	0	15	90	34	0	33	6	4	0	20	0		
Iced Hazelnut Latte w/ 2% milk 16 oz	347g		260	45	5	3	0	20	125	46	0	44	8	4	2	30	0		
Iced Hazelnut Latte w/ 2% milk 20 oz	448g		330	60	6	4	0	25	160	57	0	55	10	6	2	35	0		
Iced Hazelnut Latte w/ Skim milk 12 oz	246g		170	0	0	0	0	5	80	35	0	33	6	8	0	20	0		
Iced Hazelnut Latte w/ Skim milk 16 oz	348g		220	5	0	0	0	5	110	46	0	44	8	10	0	30	0		
Iced Hazelnut Latte w/ Skim milk 20 oz	449g		280	5	0	0	0	5	140	58	0	56	10	10	0	40	2		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 12 oz	245g		170	35	3.5	2.5	0	15	90	28	0	28	6	4	0	20	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 16 oz	347g		230	45	5	3	0	20	125	38	0	38	8	4	2	30	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ 2% milk 20 oz	449g		290	60	6	4	0	25	160	47	0	47	10	6	2	35	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 12 oz	246g		140	0	0	0	0	5	80	29	0	29	6	8	0	20	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 16 oz	348g		190	5	0	0	0	5	110	38	0	38	8	10	0	30	0		
Iced Kaffe KREME™/Original KREME™ Latte w/ Skim milk 20 oz	450g		240	5	0	0	0	5	140	48	0	48	10	10	0	40	2		
Iced Vanilla Latte w/ 2% milk 12 oz	245g		200	35	3.5	2.5	0	15	90	35	0	36	6	4	0	20	0		
Iced Vanilla Latte w/ 2% milk 16 oz	347g		270	45	5	3	0	20	125	47	0	47	8	4	2	30	0		



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Iced Vanilla Latte w/ 2% milk 20 oz	448g		340	60	6	4	0	25	160	59	0	59	10	6	2	35	0		
Iced Vanilla Latte w/ Skim milk 12 oz	246g		170	0	0	0	0	5	80	36	0	36	6	8	0	20	0		
Iced Vanilla Latte w/ Skim milk 16 oz	348g		230	5	0	0	0	5	110	48	0	48	8	10	0	30	0		
Iced Vanilla Latte w/ Skim milk 20 oz	449g		290	5	0	0	0	5	140	60	0	60	10	10	0	40	2		
Caramel Shot 1 oz	37g		100	0	0	1	0	0	40	24	0	23	2	0	0	0	15		
Caramel Shot 1.5 oz	57g		160	0	0	1.5	0	0	60	36	0	36	3	2	0	2	20		
Caramel Shot 2 oz	74g		210	0	0	2	0	0	80	47	0	47	3	2	0	2	30		
Caramel Shot 2.5 oz	94g		260	0	0	2.5	0	0	100	60	0	60	4	2	0	2	35		
Chocolate Shot 1 oz	37g		90	5	0	0	0	0	15	22	1	20	1	0	0	0	35		
Chocolate Shot 1.5 oz	57g		140	5	0.5	0	0	0	25	35	2	30	1	0	0	0	50		
Chocolate Shot 2 oz	74g		190	10	1	0.5	0	0	30	45	3	39	2	0	0	0	70		
Chocolate Shot 2.5 oz	94g		230	10	1	0.5	0	0	40	57	4	50	2	0	0	0	90		
Hazelnut Shot 1 oz	43g		140	0	0	0		0	0	34	0	32	0						
Hazelnut Shot 1.5 oz	64g		210	0	0	0		0	0	51	0	48	0						
Hazelnut Shot 2 oz	85g		280	0	0	0		0	0	68	0	65	0						
Hazelnut Shot 2.5 oz	106g		340	0	0	0		0	0	85	0	81	0						
Original KREME™ Shot 1 oz	43g		110	0	0	0	0	0	0	26	0	26	0	0	0	0	0		
Original KREME™ Shot 1.5 oz	64g		160	0	0	0	0	0	0	39	0	39	0	0	0	0	0		
Original KREME™ Shot 2 oz	85g		210	0	0	0	0	0	0	52	0	52	0	0	0	0	0		
Original KREME™ Shot 2.5 oz	106g		270	0	0	0	0	0	0	64	0	64	0	0	0	0	0		
Vanilla Shot 1 oz	43g		140	0	0	0	0	0	0	35	0	36	0	0	0	0	0		
Vanilla Shot 1.5 oz	64g		220	0	0	0	0	0	0	53	0	54	0	0	0	0	0		
Vanilla Shot 2 oz	85g		290	0	0	0	0	0	0	71	0	71	0	0	0	0	0		
Vanilla Shot 2.5 oz	106g		360	0	0	0	0	0	0	89	0	89	0	0	0	0	0		
Espresso Shot 1oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Espresso Shot 2 oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Espresso Shot 3 oz	30g		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Beverage Chocolate Drizzle	3g		10	0	0	0	0	0	0	2	0	2	0	0	0	0	0	2	
Whipped Topping	17g		50	35	3.5	2.5	0	10	0	2	0	2	0	0	0	0	0		
Sweet Iced Tea 16 oz	480mL		240	0	0	0	0	0	15	61	0	60	0	0	0	0	0		
Sweet Iced Tea 20 oz	593mL		290	0	0	0	0	0	15	76	0	74	0	0	0	0	0		
Sweet Iced Tea 32 oz	960mL		470	0	0	0	0	0	25	122	0	119	0	0	0	0	2		
Unsweet Iced Tea 16 oz	453 g		0	0	0	0	0	0	10	1	0	0	0	0	0	0	0		
Unsweet Iced Tea 20 oz	567g		0	0	0	0	0	0	15	1	0	0	0	0	0	0	0		
Unsweet Iced Tea 32 oz	907g		0	0	0	0	0	0	25	2	0	0	0	0	0	0	0		
Soft Drinks																			



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Coke 16 oz	454g		200	0	0	0	0	0	10	53	0	53	0	0	0	0	0		
Coke 20 oz	567g		240	0	0	0	0	0	15	67	0	67	0	0	0	0	0		
Coke 32 oz	907g		390	0	0	0	0	0	25	106	0	106	0	0	0	0	0		
Diet Coke 16 oz	454g		0	0	0	0	0	0	20	0	0	0	0	0	0	0	0		
Diet Coke 20 oz	567g		0	0	0	0	0	0	25	0	0	0	0	0	0	0	0		
Diet Coke 32 oz	907g		0	0	0	0	0	0	40	0	0	0	0	0	0	0	0		
Hi-C Pink Lemonade 16 oz	454g		190	0	0	0	0	0	80	47	0	47	0	0	200	0	0		
Hi-C Pink Lemonade 20 oz	567g		240	0	0	0	0	0	100	59	0	59	0	0	250	0	0		
Hi-C Pink Lemonade 32 oz	907g		380	0	0	0	0	0	160	95	0	95	0	0	390	0	0		
Mellow Yellow 16 oz	454g		210	0	0	0	0	0	15	57	0	57	0	0	0	0	0		
Mellow Yellow 20 oz	567g		260	0	0	0	0	0	20	71	0	71	0	0	0	0	0		
Mellow Yellow 32 oz	907g		420	0	0	0	0	0	30	114	0	114	0	0	0	0	0		
Mr. Pibb 16 oz	454g		190	0	0	0	0	0	30	51	0	51	0	0	0	0	0		
Mr. Pibb 20 oz	567g		240	0	0	0	0	0	35	64	0	64	0	0	0	0	0		
Mr. Pibb 32 oz	907g		380	0	0	0	0	0	55	103	0	103	0	0	0	0	0		
Sprite 16 oz	454g		190	0	0	0	0	0	45	51	0	51	0	0	0	0	0		
Sprite 20 oz	567g		240	0	0	0	0	0	55	64	0	64	0	0	0	0	0		
Sprite 32 oz	907g		380	0	0	0	0	0	85	103	0	103	0	0	0	0	0		
Kool Kreme®																			
Cone - Chocolate	181g		310	80	9	6	0	20	170	50	2	33	8	10	2	25	0		
Cone - Swirl	181g		300	80	9	5	0	20	170	49	1	34	8	10	2	25	0		
Cone - Vanilla	181g		290	70	8	5	0	20	180	48	0	34	7	15	4	25	0		
Doughnut Shake - Original Glazed® 12 oz	354g	1	600	230	26	15	1	80	480	80	1	58	14	25	4	45	4		
Doughnut Shake - Original Glazed® 20 oz	507g	1	870	340	38	20	1	110	740	114	1	81	20	30	6	60	6		
Doughnut Shake - Chocolate Cake 12 oz	360g	1	650	270	30	17	1	80	410	86	3	63	14	25	4	45	15		
Doughnut Shake - Chocolate Cake 20 oz	509	1	940	400	44	24	1.5	105	600	123	4	90	20	30	6	60	20		
Doughnut Shake - Raspberry Filled 12 oz	373	1	630	230	26	15	1	80	500	87	1	64	14	25	4	45	4		
Doughnut Shake - Raspberry Filled 20 oz	545	1	930	340	38	20	1	110	780	129	1	92	20	30	6	60	8		
Doughnut Sundae - Original Glazed®	202g		460	160	17	9	0	20	230	69	1	48	7	8	4	25	8		
Doughnut Sundae - Chocolate Cake	230g		560	190	21	11	0	30	360	89	4	64	8	8	2	15	15		
Doughnut Sundae - Strawberry Cake	242g		560	180	20	11	0	35	380	90	2	70	7	8	15	15	8		
Shake - Chocolate	425 g		750	220	24	16	0.5	60	460	112	4	90	20	35	8	60	2		
Shake - Strawberry	539 g		800	190	21	13	0.5	50	460	137	2	119	17	30	70	60	4		
Shake - Vanilla	482 g		720	210	24	15	0.5	60	470	108	0	91	18	35	8	70	2		
Sundae - Caramel Butterscotch	227g		450	90	10	7	0	40	280	80	0	58	10	15	4	30	0		
Sundae - Hot Fudge	227g		460	160	18	15	0	20	250	68	<1	57	8	15	4	30	4		



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
				Total Fat (g)	Total Fat (g)									Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Sundae - Strawberry	269g		390	70	8	5	0	20	200	73	2	65	7	15	60	25	2		
Bagels, Cream Cheese, Butter and Jelly																			
Asiago Cheese Bagel	113 g		300	30	3.5	1.5	0	5	660	57	3	2	11	2	0	10	20		
Blueberry Bagel	108 g		270	10	1	0	0	0	470	57	3	6	9	0	6	2	15		
Cinnamon Raisin Bagel	108 g		250	10	1	0	0	0	440	54	3	5	9	0	6	3	3		
Everything Bagel	108 g		280	30	3.5	0	0	0	1160	54	3	2	10	0	8	6	20		
Onion Bagel	108		260	10	1	0	0	0	580	55	3	2	10	0	2	2	20		
Plain Bagel	108 g		260	10	1	0	0	0	490	54	2	1	10	0	6	2	20		
Sesame Bagel	108		280	40	4	0.5	0	0	460	52	3	2	10	0	6	10	20		
Wholegrain/Whole Wheat Bagel	108 g		290	45	5	0.5	0	0	500	54	9	3	11	0	0	8	20		
Plain Cream Cheese 1 oz	1 oz/28 g		80	70	8	5	0	30	115	1	0	1	1	6	0	4	0		
Plain Cream Cheese 8 oz	8 oz/227 g		670	570	64	39	3	255	930	12	0	11	12	50	2	25	0		
Reduced Fat Plain 1 oz	1 oz/28 g		60	45	5	3	0	20	130	2	0	2	2	8	0	4	0		
Reduced Fat Plain 8 oz	8 oz/227 g		490	370	41	25	2	155	1030	14	1	13	17	60	6	35	0		
Garden Vegetable 1 oz	1 oz/28 g		80	70	7	4.5	0	30	150	2	0	1	1	6	2	4	0		
Garden Vegetable 8 oz	8 oz/224 g	7	90	70	8	5	0	35	160	2	0	1	2	6	0	4	0		
Garden Vegetable Reduced Fat 8 oz	8 oz/224 g	7	60	45	5	3	0	20	190	2	0	2	2	8	0	4	0		
Strawberry Reduced Fat 1 oz	1oz/28 g		80	60	7	4	0	25	100	4	0	4	1	4	2	2	0		
Strawberry Reduced Fat 8 oz	8 oz/227 g		510	300	34	21	1.5	125	870	38	<1	36		50	6	30	2		
Salted Butter 1 tablespoon	14.2 g		100	100	10	7		30	115	0	0		0	10	0	0	0		
Grape Jelly 1/2 oz	1/2 oz/14.2 g		35	0	0	0	0	0	0	9	0		0						
Strawberry Jelly 1/2	1/2 oz/14.2 g		35	0	0	0	0	0	0	9	0		0						
Mixed Fruit Jelly 1/2 oz	1/2 oz/14.2 g		35	0	0	0	0	0	0	9	0		0						
Muffins																			
Blueberry Muffin	113 g		380	170	19	3.5	0	75	280	48	1	26	4	0	4	0	10		
Chocolate Chip Muffin	113		440	210	23	6	0	75	300	55	1	33	5	2	0	6	6		
Cinnamon Coffee Cake	113		450	210	23	6	0	65	290	55	1	32	4	2	0	4	15		
Corn Muffin	89 g		310	120	13	2	0	45	340	44	3	19	6	2	0	2	8		
Lemon Poppy Seed	113g	1	430	200	22	3.5	0	70	310	52	1	28	5	2	0	8	15		
Reduced Fat Triple Berry Muffin	113 g		300	50	6	1.5	0	0	400	57	2	29	5	0	4	0	10		
Sweet Rolls																			
Classic Cinnamon Roll	170 g		670	340	38	18	1	15	65	76	3	41	7	30	8	10	10		
Original Glazed® Cinnamon Roll	175		640	270	30	14	0.5	5	590	88	3	53	7	25	8	15	10		
Milks																			
Fat Free Milk	8 oz/240mL		90	0	0	0	0	5	130	13	0	12	8	10	2	30	0	400	25
.5% Low Fat Milk	8 oz/240mL		100	10	0	1	0	10	130	13	0	12	8	10	2	30	0	400	25



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	Serving Size (g,mL,oz)	Servings Per Container	Calories	Calories from Fat		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
				Total Fat (g)	Total Fat (g)									Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
1% Low Fat Milk	8 oz/240mL		110	20	2.5	1.5	0	10	130	13	0	12	9	10	2	30	0	400	25
1.5% Reduced Fat Milk	8 oz/240mL		120	35	3.5	2.5	0	15	130	12	0	12	8	10	2	30	0	400	25
2% Reduced Fat Milk	8 oz/240mL		130	45	5	3	0	20	130	12	0	12	8	10	2	30	0	400	25
3.25% Milk	8 oz/240mL		150	70	8	5	0	35	120	12	0	11	8	6	2	30	0	380	25
California Fat Free Milk	8 oz/240mL		90	0	0	0	0	5	135	13	0	12	9	10	2	30	0	420	25
California 1% Low Fat Milk	8 oz/240mL		130	20	2.5	1.5	0	15	160	16	0	15	10	10	2	40	0	510	25
California 2% Reduced Fat Milk	8 oz/240mL		140	45	5	3	0	20	150	14	0	13	10	10	2	35	0	460	25
California 3.5% Milk	8 oz/240mL		160	80	9	5	0	35	130	13	0	12	8	6	2	30	0	400	25
Chocolate Whole Milk	8 oz/240mL		200	70	8	5	0	35	200	25	0	23	8	6	2	30	2		25
Chocolate 1% Fat	8 oz/240mL		150	25	2.5	1.5	0	15	200	24	0	23	8	10	2	30	2		25
Fat Free Chocolate Milk	8 oz/240mL		130	0	0	0	0	5	190	25	0	23	8	10	2	30	2		25
Organic Milk Boxes																			
Strawberry Reduced Fat Organic Milk Box	240 mL		200	40	4.5	2.5	0	20	130	31	0	31	8	10	0	25	0		25
Chocolate Reduced Fat Organic Milk Box	240 mL		180	45	5	3	0	20	160	27	<1	27	8	10	9	25	2		25
Reduced Fat Organic Milk Box	240 mL		120	40	4.5	3	0	20	120	12	0	12	8	10	0	30	0		25
Vanilla Reduced Fat Milk Box	240 mL		190	40	4.5	2.5	0	20	115	30	0	29	8	10	0	25	0		25
Whipped Topping																			
Whipped Topping	7g		20	15	1.5	1	0	5	0	1	0	1	0	0	0	0	0		
Whipped Topping	20g		60	40	4.5	3	0	15	0	3	0	3	0	0	0	0	0		
Oatmeal																			
Quaker® Organic Instant Oatmeal - 1 oz.	28 g		100	20	2	0	0	0	0	19	3	0	4	0	0	0	6		
Oatmeal Toppings																			
Brown Sugar	13 g		50	0	0	0	0	0	0	13	0	13	0	0	0	0	0		
Dried Fruit Blend	21.26 g		80	5	0	0	0	0	0	20	2	17	0	0	2	2	2		
Apple Cinnamon Medley	21.26 g		70	5	0	0	0	0	5	17	1	15	1	0	120	2	0		
1/2 Banana	63 g		60	0	0	0	0	0	0	15	2	10	1	2	8	0	2		
Fruit																			
Banana	118 g		105	0	0	0		0	1	27	3	14	1	2	17	1	2		
Fruit Juices																			
Tropicana 100% OJ - Hot Fill	10 fl oz/296 mL	1	140	0	0	0	0	0	20			28	2		100	2		560	
Tropicana/Dole 100% Apple Juice - Hot Fill	10 fl oz/296 mL	1	140	0	0	0	0	0	25	34		31	1		100	2		310	
Tropicana, Twister - Tropical Fruit Fury	8 fl oz/240 ML	1	140	0	0	0	0	0	25	35		24	0		100			20	
Tropicana, Twister - Tropical Fruit Fury	20 fl oz/591 mL	2.5	340	0	0	0	0	0	60	85		60	0					50	
Tropicana - Ruby Red Grapefruit 100%	10 fl oz/296 mL	1	160	0	0	0	0	0	20	39		33	1		100	2	2	230	
Naked Orange Juice	240 mL	2	110	0	0	0	0	0	15	27	0	22	2	0	180	2	0	370	
Naked Berry Blast®	240 mL	2	130	0	0	0	0	0	10	29	0	26	1	100	210	2	2	340	



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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Naked Mighty Mango®	240 mL	2	150	0	0	0	0	0	10	36	0	30	1	130	250	2	2	340	
Naked Protein Zone®	240 mL	2	220	20	2	1	0	30	140	34	0	28	16	0	150	6	6	480	
Naked Strawberry Banana-C®	240 mL	2	120	0	0	0	0	0	20	29	0	23	1	0	200	2	2	400	
Naked Mango Motion®	240 mL	2	130	0	0	0	0	0	5	31	0	27	1	0	100	0	2	330	
Naked Blue Machine®	240 mL	2	170	0	0	0	0	0	10	40	7	29	1	0	100	0	2	370	
Naked Green Machine®	240 mL	2	140	0	0	0	0	0	15	33	0	28	2	50	40	2	4	400	
Naked Red Machine®	240 mL	2	170	40	4.5	0.5	0	0	15	31	3	25	2	0	15	2	8	410	
Hot Flavored Beverages (powdered/machine)																			
Hot Chocolate w/ water 12 oz	338g		260	70	7	5	0	10	160	48	2	33	2	0	0	30	6		
Hot Chocolate w/ water 16 oz	497g		300	70	8	6	0	10	200	58	2	40	2	0	0	35	8		
Hot Chocolate w/ water 20 oz	600g		360	80	9	7	0	10	240	70	3	48	3	0	0	45	8		
French Vanilla 12 oz	416g		240	50	6	1.5	0	0	420	48	0	36	2	0	0	8	0		
French Vanilla 16 oz	554g		320	70	8	2	0	0	560	64	0	48	2	0	0	10	0		
French Vanilla 20 oz	693g		400	90	10	2.5	0	0	700	80	0	60	3	0	0	10	0		
Cinnamon Roll 12 oz	404g		210	70	8	6	0	0	150	38	0	30	2	0	0	2	4		
Cinnamon Roll 16 oz	538g		280	90	10	8	0	0	200	50	0	40	2	0	0	2	4		
Cinnamon Roll 20 oz	673g		350	110	13	10	0	0	250	63	0	50	3	0	0	2	6		
Chocolate Caramel 12 oz	404g		200	50	6	6	0	0	450	38	0	30	2	0	0	2	0		
Chocolate Caramel 16 oz	538g		260	70	8	8	0	0	600	50	0	40	2	0	0	2	0		
Chocolate Caramel 20 oz	673g		330	90	10	10	0	0	750	63	0	50	3	0	0	2	0		
Pumpkin Spice 12 oz	404g		260	80	9	9	0	0	240	38	0	32	5	0	0	15	0		
Pumpkin Spice 16 oz	538g		340	110	12	12	0	0	320	50	0	42	6	0	0	15	0		
Pumpkin Spice 20 oz	673g		430	140	15	15	0	0	400	63	0	53	8	0	0	10	0		