

NUTRITIONAL INFORMATION*- Beverages

Revised 7/16/2015

All juices are made with 100% juice

Items	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Juice, Apple (4oz)	55	0	0	0	0	14	0	0
Juice, Appleberry (4oz)	55	0	0	0	0	14	0	0
Juice, Cherry (4oz)	55	0	0	0	15	15	0	0
Juice, Grape (4oz)	60	0	0	0	0	18	0	0
Juice, Orange (4oz)	60	0	0	0	0	14	0	1
Milk, Lactaid (8oz)	110	2.5	1.5	15	125	13	0	8
Milk, Lowfat 1% (8oz)	120	2.5	1.5	15	150	16	0	11
Milk, Nonfat (8oz)	90	0	0	5	120	12	0	9
Milk, Soy (8oz)	80	2.5	0	0	95	7	0	8

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.