

FALL MENU NUTRITION FACTS

Creamy Pumpkin Spice

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(411g)

Amount per serving
Calories 370

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 6g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 440mg | 19% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 1g | 4% |
| Total Sugars 29g | |
| Includes 18g Added Sugars | 36% |
| Protein 38g | |
| Vitamin D 9mcg | 45% |
| Calcium 543mg | 40% |
| Iron 2mg | 10% |
| Potassium 890mg | 20% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Skinny Chai

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(397g)

Amount per serving
Calories 330

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 6g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 110mg | 37% |
| Sodium 380mg | 17% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 20g | |
| Includes 18g Added Sugars | 36% |
| Protein 41g | |
| Vitamin D 2mcg | 10% |
| Calcium 440mg | 35% |
| Iron 0mg | 0% |
| Potassium 392mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Golden Milk

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(373g)

Amount per serving
Calories 250

% Daily Value*

| | |
|------------------------------|------------|
| Total Fat 9g | 12% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 220mg | 10% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 31g | |
| Vitamin D 2mcg | 10% |
| Calcium 400mg | 30% |
| Iron 2mg | 10% |
| Potassium 406mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PB & Jam

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(421g)

Amount per serving
Calories 510

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 20g | 26% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 130mg | 6% |
| Total Carbohydrate 52g | 19% |
| Dietary Fiber 7g | 25% |
| Total Sugars 25g | |
| Includes 0g Added Sugars | 0% |
| Protein 32g | |
| Vitamin D 1mcg | 6% |
| Calcium 278mg | 20% |
| Iron 1mg | 6% |
| Potassium 419mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Apple Cinnamon Nut Bread

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(442g)

Amount per serving
Calories 500

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 7g | 9% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 330mg | 14% |
| Total Carbohydrate 63g | 23% |
| Dietary Fiber 5g | 18% |
| Total Sugars 20g | |
| Includes 0g Added Sugars | 0% |
| Protein 43g | |
| Vitamin D 2mcg | 10% |
| Calcium 544mg | 40% |
| Iron 3mg | 15% |
| Potassium 639mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Latte

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(404g)

Amount per serving
Calories 350

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 5g | 6% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 470mg | 20% |
| Total Carbohydrate 44g | 16% |
| Dietary Fiber 1g | 4% |
| Total Sugars 35g | |
| Includes 34g Added Sugars | 68% |
| Protein 32g | |
| Vitamin D 9mcg | 45% |
| Calcium 371mg | 30% |
| Iron 1mg | 6% |
| Potassium 402mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.