

## General Beverage Menu

**Disclaimer:** The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Beverage Item	Serving Size	Calories (kcal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
<b>Coke Beverage Item</b>							
Coca Cola Original	16oz	190	0	60	52	52	0
	24oz	280	0	90	78	78	0
	32oz	380	0	120	104	104	0
	44oz	520	0	170	143	143	0
Diet Coke	16oz	0	0	55	0	0	0
	24oz	0	0	80	0	0	0
	32oz	0	0	110	0	0	0
	44oz	0	0	150	0	0	0
Cherry Coke	16oz	210	0	50	55	55	0
	24oz	300	0	70	84	84	0
	32oz	410	0	95	112	112	0
	44oz	560	0	135	154	154	0
Coke Zero	16oz	0	0	55	0	0	0
	24oz	0	0	80	0	0	0
	32oz	0	0	105	0	0	0
	44oz	0	0	150	0	0	0
Sprite	16oz	190	0	90	51	51	0
	24oz	280	0	130	76	76	0
	32oz	380	0	180	102	102	0
	44oz	520	0	240	140	140	0
Fanta Orange	16oz	220	0	50	59	59	0
	24oz	320	0	110	88	88	0
	32oz	430	0	95	118	118	0
	44oz	590	0	150	162	162	0
Mello Yello	16oz	230	0	60	63	63	0
	24oz	370	0	90	94	94	0
	32oz	460	0	120	125	125	0
	44oz	630	0	170	172	172	0

Minute Maid Lemonade	16oz	220	0	30	58	56	0
	24oz	330	0	45	87	84	0
	32oz	440	0	60	116	112	0
	44oz	610	0	85	160	154	0
Hi-C Flashin Fruit Punch	16oz	200	0	20	56	56	0
	24oz	300	0	30	84	84	0
	32oz	400	0	40	112	112	0
	44oz	550	0	55	154	154	0
Hi - C Poppin Pink Lemonade	16oz	200	0	80	48	48	0
	24oz	300	0	120	72	72	0
	32oz	400	0	160	96	96	0
	44oz	550	0	220	132	132	0
Pibb Xtra	16oz	190	0	55	52	52	0
	24oz	280	0	80	78	78	0
	32oz	380	0	110	104	104	0
	44oz	520	0	150	143	143	0
Powerade Mountain Blue	16oz	110	0	200	28	28	0
	24oz	160	0	300	42	42	0
	32oz	210	0	400	56	56	0
	44oz	290	0	550	77	77	0
<b>Gold Peak Teas</b>							
Sweetened	16oz	160	0	45	43	43	0
	24oz	240	0	70	64	64	0
	32oz	320	0	95	85	85	0
	44oz	440	0	130	117	117	0
Unsweetened	16oz	0	0	45	0	0	0
	24oz	0	0	70	0	0	0
	32oz	0	0	95	0	0	0
	44oz	0	0	130	0	0	0
Raspberry	16oz	170	0	45	43	42	0
	24oz	260	0	70	64	64	0
	32oz	350	0	95	85	85	0
	44oz	480	0	130	117	117	0

**2,000 calories a day is used for general nutrition advice, but calorie needs vary.**