

Residential Dining Halls 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.

Fountain Drinks	Serving Size	Calories (kcal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Coca- Cola	12 oz.	140	0	45	39	39	0
Cherry Coke	12 oz.	150	0	35	42	42	0
Sprite	12 oz.	140	0	65	38	38	0
Powerade Mountain Berry Blast	12 oz.	80	0	150	21	21	0
Powerade Fruit Punch	12 oz.	80	0	150	22	21	0
Mellow Yellow	12 oz.	170	0	45	47	47	0
Minute Maid Lemonade	12 oz.	150	0	50	42	40	0
Minute Maid Lemonade Light	12 oz.	20	0	25	6	3	0
Minute Maid Premium Orange Blend	12 oz.	170	0	25	40	36	0
Minute Maid Apple Juice	12 oz.	170	0	30	42	38	0
Minute Maid Cranberry Juice Cocktail	12 oz.	180	0	25	49	45	0
Hi-C Flashin Fruit Punch	12 oz.	150	0	15	42	42	0
Hi-C Poppin Pink Lemonade	12 oz.	150	0	60	36	36	0
Fuze Raspberry Tea	12 oz.	60	0	10	15	15	0
Fanta Orange	12 oz.	160	0	55	44	44	0
Pibb Extra	12 oz.	140	0	40	39	39	0
Diet Coca Cola	12 oz.	0	0	40	0	0	0
Coca Cola Zero	12 oz.	0	0	40	0	0	0

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