

SIPSMART

Milk is a refreshing, tasty beverage that delivers the nutrients our bodies need.



8 oz

LOW FAT MILK

CALORIES		100	
CALCIUM	25% DV	PROTEIN	8 G
VITAMIN D	15% DV	POTASSIUM	8% DV
SUGARS	13 G	ADDED SUGARS	0 G



8 oz

LOW FAT CHOCOLATE MILK

CALORIES		160	
CALCIUM	25% DV	PROTEIN	8 G
VITAMIN D	15% DV	POTASSIUM	8% DV
SUGARS	25 G	ADDED SUGARS	12 G



8 oz

ALMOND BEVERAGE

CALORIES		60	
CALCIUM	8% DV	PROTEIN	1 G
VITAMIN D	13% DV	POTASSIUM	3% DV
SUGARS	7 G	ADDED SUGARS	7 G



8 oz

ORANGE JUICE

CALORIES		110	
CALCIUM	2% DV	PROTEIN	3 G
VITAMIN D	0% DV	POTASSIUM	11% DV
SUGARS	21 G	ADDED SUGARS	0 G



12 oz

ICED VANILLA COFFEE

CALORIES		155	
CALCIUM	23% DV	PROTEIN	8 G
VITAMIN D	15% DV	POTASSIUM	9% DV
SUGARS	22 G	ADDED SUGARS	10 G



20 oz

FLAVORED WATER

CALORIES		130	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	0% DV
SUGARS	32 G	ADDED SUGARS	32 G



6 oz

JUICE

CALORIES		50	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	0% DV
SUGARS	13 G	ADDED SUGARS	13 G



20 oz

SPORTS DRINK

CALORIES		140	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	2% DV
SUGARS	34 G	ADDED SUGARS	34 G



20 oz

SWEET TEA

CALORIES		260	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	13% DV
SUGARS	63 G	ADDED SUGARS	63 G



20 oz

COLA

CALORIES		260	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	0% DV
SUGARS	65 G	ADDED SUGARS	65 G



20 oz

DIET COLA

CALORIES		0	
CALCIUM	0% DV	PROTEIN	0 G
VITAMIN D	0% DV	POTASSIUM	0% DV
SUGARS	0 G	ADDED SUGARS	0 G