

Beverages That Meet Board Policy 8240 and Federal Regulations

Beverage	Calories	Fat Calories	Sat. Fat Grams	Sugar Grams
Milk 2% - Darigold 8 oz	130	45	3	12
Milk Fat-free - Darigold 8 oz.	90	0	0	12
Water - Glaceau Vitamin - all flavors	50	0	0	13
Capri Sun 100% Apple Juice	90	0	0	22
Capri Sun 100% Grape Juice	110	0	0	23
Arizona Teas	50 - 100	0	0	13 - 25
Darigold Low fat milk chocolate	190	25	1.5	29
Crystal light lemonade	5	0	0	0
Kirkland coffee	5	0	0	0
Kirkland Mountain Spring Water	0	0	0	0
Starbucks French Roast	500	0	0	0
Tree Top 100% Apple Juice - 8 oz	120	0	0	26
Tully's Coffee	14	0	0	0

Created: 4/1/10