



HOLIDAY STORES NUTRITION INFORMATION April 2018

BEVERAGES

	*Serving Size (oz)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
COFFEE/CAPPUCCINO BEVERAGES *Serving Size is 8oz prepared																
Chai Tea Cappuccino	8	150	40	4.5	4	0	0	45	29	0	24	<1	0	0	8	0
Cinnabon [®] Cappuccino	8	120	10	1	1	0	0	105	28	0	21	1	0	0	4	2
French Vanilla Cappuccino	8	150	40	4.5	4.5	0	0	320	28	0	21	1	0	0	4	0
Heath [®] Cappuccino	8	120	15	2	0.5	0	0	140	27	1	19	1	0	0	4	20
Hershey's [®] Cappuccino	8	120	10	1	0.5	0	5	60	24	1	19	5	-	-	4	45
High Energy Mocha Cappuccino	8	150	40	4.5	4	0	0	290	28	0	20	<1	0	0	0	0
Hot Chocolate	8	150	30	3.5	3.5	0	0	210	29	0	22	<1	0	0	0	0
Pumpkin Spice Cappuccino	8	150	40	4.5	4	0	0	260	29	0	22	<1	0	0	0	0
Salted Caramel Chocolate	8	150	35	4	3.5	0	0	320	29	0	23	1	0	0	0	0
White Chocolate Caramel Cappuccino	8	150	30	3.5	3.5	0	0	260	30	0	22	<1	0	0	0	0
Brewed Coffee - All (Regular/Decaf/Flavored)	-	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
STOK Iced Coffee - Black Unsweetened	8	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0
STOK Iced Coffee - Vanilla	8	70	10	1	0.5	0	5	85	14	0	11	2	0	0	6	0
Whitewave Iced Coffee - Vanilla	8	150	25	2.5	1.5	0	10	105	29	0	23	4	0	0	15	4
Whitewave Iced Coffee - Mocha	8	150	25	2.5	1.5	0	10	105	29	0	23	4	0	0	15	4
FOUNTAIN/FROZEN CARBONATED BEVERAGES *Serving Size is 8oz prepared																
Coca-Cola Frozen Carbonated	8	60	0	0	0	0	0	10	18	0	18	0				
Mountain Dew Frozen Carbonated	8	60	0	0	0	0	0	20	16	0	16	0				
Pepsi Fruitworks Blue Raspberry FCB	8	60	0	0	0	0	0	15	15	0	15	0				
Pepsi Fruitworks Cherry FCB	8	60	0	0	0	0	0	20	16	0	16	0				
Pepsi Fountain	8	100	0	0	0	0	0	20	28	0	28	0				
Wild Cherry Pepsi	8	100	0	0	0	0	0	20	28	0	28	0				
Diet Pepsi	8	0	0	0	0	0	0	40	0	0	0	0				
MUG Root Beer	8	100	0	0	0	0	0	40	25	0	25	0				
Sierra Mist	8	100	0	0	0	0	0	20	27	0	27	0				
Mountain Dew	8	110	0	0	0	0	0	35	29	0	29	0				
Diet Mountain Dew	8	0	0	0	0	0	0	40	0	0	0	0				
Mountain Dew Code Red	8	110	0	0	0	0	0	35	31	0	31	0				
Mountain Dew Kickstart Black Cherry	8	40	0	0	0	0	0	35	11	0	10	0				
Mountain Dew Voltage	8	120	0	0	0	0	0	40	30	0	30	0				
Tropicana Lemonade (Yellow)	8	100	0	0	0	0	0	105	27	0	27	0				
Tropicana Twister Orange Soda	8	110	0	0	0	0	0	25	31	0	30	0				
Brisk Strawberry Melon	8	45	0	0	0	0	0	40	12	0	12	0				
Lipton Brewed Green Tea with Citrus	8	70	0	0	0	0	0	65	19	0	19	0				
Brisk Raspberry Iced Tea	8	50	0	0	0	0	0	25	13	0	13	0				
Coke	8	100	0	0	0	0	0	25	27	0	27	0				
Diet Coke	8	0	0	0	0	0	0	35	0	0	0	0				
Coke Zero	8	0	0	0	0	0	0	30	0	0	0	0				
Caffeine Free Coke Zero	8	0	0	0	0	0	0	10	0	0	0	0				
Cherry Coke	8	100	0	0	0	0	0	25	28	0	28	0				
Sprite	8	90	0	0	0	0	0	45	26	0	25	0				
Powerade Mountain Blast	8	60	0	0	0	0	0	75	15	0	15	0				
Powerade Fruit Punch	8	80	0	0	0	0	0	30	20	0	20	0				
Fanta Orange	8	110	0	0	0	0	0	8	30	0	30	0				
Fanta Cherry Limeade	8	110	0	0	0	0	0	8	30	0	30	0				
Nestea Raspberry Tea	8	60	0	0	0	0	0	35	15	0	15	0				
Nestea Unsweetened Tea	8	0	0	0	0	0	0	35	0	0	0	0				
FUZE Raspberry Tea	8	60	0	0	0	0	0	35	15	0	15	0				
FUZE Unsweetened Tea	8	0	0	0	0	0	0	35	0	0	0	0				
Full Throttle Twisted	8	110	0	0	0	0	0	55	30	0	30	0				
Vitaminwater XXX	8	50	0	0	0	0	0	25	13	0	13	0				
Vitaminwater Zero Squeezed	8	0	0	0	0	0	0	25	1	0	0	0				
Dr. Pepper	8	100	0	0	0	0	0	30	26	0	26	0				
Diet Dr. Pepper	8	0	0	0	0	0	0	50	0	0	0	0				
IBC Root Beer	8	110	0	0	0	0	0	35	29	0	29	0				
Sunkist Orange	8	100	0	0	0	0	0	45	28	0	28	0				
Orange Crush	8	110	0	0	0	0	0	30	29	0	29	0				