

Beverages

Beverages	Total Carbs:	Size
Gatorade, Fruit Punch	8.0	12 oz.
Gatorade, Glacier Freeze	8.0	12 oz.
Gatorade, Grape	8.0	12 oz.
Gatorade, Raspberry	8.0	12 oz.
Gatorade, Orange	8.0	12 oz.
Juice, Apple	13.8	4 oz.
Juice, Fruit Punch	14.5	4 oz.
Juice, Grape	18.8	4 oz.
Juice, Orange	13.8	4 oz.
Juice Box, Mixed Berry	15.0	4.25 oz
Juice Box, Orange/Tangerine	12.0	4.25 oz
Juice Box, Strawberry Kiwi	15.0	4.25 oz
Juice Box, Tropical Blend Punch	15.0	4.25 oz
Juice Cup, Apple	20.7	6 oz.
Juice Cup, Fruit Punch	21.7	6 oz.
Juice Cup, Grape	27.7	6 oz.
Milk, Chocolate 1%	30.0	1 carton
Milk, Plain	13.0	1 carton
Milk, Strawberry	19.0	1 carton
Milk, Vanilla	19.0	1 carton
Slushie/Juice Alive:		
Blue Raspberry	33.0	8 oz.
Coco Freeze	33.0	8 oz.
Cherry	33.0	8 oz.
Cherry Cola	33.0	8 oz.
Cherry Limeade	33.0	8 oz.
Fruit Punch	34.0	8 oz.
Green Watermelon	33.0	8 oz.
Sour Apple	34.0	8 oz.
Strawberry Kiwi	33.0	8 oz.
Switch, Apple	30.0	8 oz.
Switch, Black Cherry	30.0	8 oz.
Switch, Fruit Punch	30.0	8 oz.
Switch, Orange	30.0	8 oz.
Switch, Strawberry Kiwi	30.0	8 oz.
Tea, brewed	16.0	12 oz.
Note: Vegetable Juices are on the "sides" sheet		