

Butter Pecan Cappuccino – 3CG3400

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Natural and Artificial Flavor, Cellulose Gum, Salt, Sodium Aluminosilicate (To Prevent Caking), Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 1/28/15

Caramel Cappuccino – 3CG4305

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Whey, Maltodextrin, Corn Syrup Solids, Instant Coffee, Artificial Flavor, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Caramel Color.

Contains: Milk and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 11/6/14

Cherry Cappuccino – 3CG0600

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Cellulose Gum, Salt, Sodium Aluminosilicate (To Prevent Caking), Artificial Flavor, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 11/6/14

Chocolate Mint Cappuccino – 3CG2200

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer (Corn Syrup Solids, Partially Hydrogenated Soybean Oil, Sodium Caseinate [A Milk Derivative], Dipotassium Phosphate, Mono and Diglycerides, Sodium Silicoaluminate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric), Sweet Dairy Whey, Instant Coffee, Cocoa (Processed With Alkali), Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Sodium Citrate, Salt, Natural and Artificial Flavor, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 6/17/14

Cinnamon Vanilla Nut Capp – 3CG3200

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Natural and Artificial Flavor, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 11/12/14

Compact Hot Cocoa Mix – 3CI1202

Nutrition Facts	
Serving Size 3 tbsp (28g)	
Servings Per Container 32	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 22g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Sweet Dairy Whey, Dextrose, Creamer (Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Mono- and Diglycerides, Sodium Silicoaluminate, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric), Corn Syrup Solids, Cocoa (Processed With Alkali), Sodium Aluminosilicate (To Prevent Caking), Cellulose Gum, Natural and Artificial Flavor, Salt.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 8/28/13

Compact Hazelnut – 3CI2600

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Whey, Corn Syrup Solids, Maltodextrin, Instant Coffee, Cocoa (Processed With Alkali), Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Artificial Flavor.

Contains: Milk and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 8/29/14

Compact Mocha Cappuccino – 3CI3000

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut, Soybean and Canola Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Whey, Maltodextrin, Mono- and Diglycerides, Silicon Dioxide, Sodium Silicoaluminate, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Corn Syrup Solids, Whey, Instant Coffee, Cocoa (Processed With Alkali), Natural and Artificial Flavor, Sodium Aluminosilicate (To Prevent Caking), Salt, Cellulose Gum.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 8/29/14

English Toffee Cappuccino – 3CG3500

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Whey, Maltodextrin, Corn Syrup Solids, Instant Coffee, Natural and Artificial Flavor, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 7/27/15

Supersedes: 6/17/14

Fat Free Vanilla Cappuccino – 3CG4500

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Sweet Dairy Whey, Creamer (Corn Syrup Solids, Partially Hydrogenated Soybean Oil, Sodium Caseinate [A Milk Derivative], Dipotassium Phosphate, Maltodextrin, Artificial Color, Sodium Silicoaluminate, Mono- and Diglycerides, Artificial Flavor, Carrageenan, Salt), Nonfat Dry Milk, Maltodextrin, Instant Coffee, Sodium Aluminosilicate (To Prevent Caking), Sodium Citrate, Salt, Natural and Artificial Flavor, Caramel Color, Carrageenan.

Contains: Milk

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 6/17/14

French Vanilla Cappuccino – 3CG2700

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Natural and Artificial Flavor, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 10/14/14

Hot Cocoa Mix – 3CG1400

Nutrition Facts	
Serving Size 3 Tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Sweet Dairy Whey, Creamer (Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Mono- and Diglycerides, Sodium Silicoaluminate, Sodium Stearoyl Lactylate, Soy Lecithin Artificial Flavor, Annatto and Turmeric), Cocoa (Processed With Alkali), Corn Syrup Solids, Natural and Artificial Flavor, Cellulose Gum, Salt.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 6/17/14

Original Cappuccino – 3CI2000

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Corn Syrup Solids, Whey, Instant Coffee, Cocoa (Processed With Alkali), Sodium Aluminosilicate (To Prevent Caking), Cellulose Gum, Salt.

Contains: Milk and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 8/29/14

Strawberry Shortcake Cappuccino – 3CG0700

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer (Corn Syrup Solids, Partially Hydrogenated Soybean and Canola Oils, Sodium Caseinate [A Milk Derivative], Whey, Dipotassium Phosphate, Mono and Diglycerides, Maltodextrin, Sugar, Sodium Silicoaluminate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric), Dextrose, Instant Coffee, Sweet Dairy Whey, Sodium Aluminosilicate (To Prevent Caking), Cellulose Gum, Salt, Cocoa (Processed With Alkali), Natural and Artificial Flavor.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 6/17/14

Vanilla Charge Cappuccino – 3CG1900

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Cocoa (Processed With Alkali), Natural and Artificial Flavor, Caffeine.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 7/27/15

Supersedes: 6/17/14

White Chocolate Caramel Capp – 3CG4300

Nutrition Facts	
Serving Size 3 tbsp (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sugar, Creamer [Partially Hydrogenated Coconut and Soybean Oils, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sugar, Mono- and Diglycerides, Silicon Dioxide, Sodium Stearoyl Lactylate, Soy Lecithin, Artificial Flavor, Annatto and Turmeric], Maltodextrin, Whey, Corn Syrup Solids, Instant Coffee, Natural and Artificial Flavor, Cellulose Gum, Sodium Aluminosilicate (To Prevent Caking), Salt, Caramel Color.

Contains: Dairy and Soy

Approved By: Ted Riggs

Title: Senior Food Scientist

Date: 7/27/15

Supersedes: 6/17/14