

Size	Milk Type	Calories	Fat (g)	Sodium (g)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Latte									
12 oz	Vitamin D	178	10	131	13	0	13	10	42
	2% Milk	143	6	143	13	0	13	10	30
	Skim Milk	95	0	131	13	0	13	10	6
16 oz	Vitamin D	239	13	175	18	0	18	13	56
	2% Milk	191	8	191	18	0	18	13	40
	Skim Milk	128	0	175	18	0	18	13	8
20 oz	Vitamin D	300	16	220	22	0	22	16	70
	2% Milk	240	10	240	22	0	22	16	50
	Skim Milk	160	0	220	22	0	22	16	10

Flavored Latte									
12 oz	2% Milk	217	6	148	31	0	31	10	30
	Skim Milk	168	0	136	31	0	31	10	6
	16 oz								
	2% Milk	290	8	197	41	0	41	13	41
	Skim Milk	225	0	177	41	0	41	13	8
20 oz	2% Milk	409	10	248	64	0	63	16	51
	Skim Milk	328	0	228	64	0	63	16	10

Sugar Free Syrup Latte									
12 oz	2% Milk	143	6	143	17	0	13	10	30
	Skim Milk	95	0	131	17	0	13	10	6
	16 oz								
	2% Milk	191	8	191	23	0	18	13	40
	Skim Milk	128	0	175	23	0	18	13	8
20 oz	2% Milk	240	10	240	30	0	22	16	50
	Skim Milk	160	0	220	30	0	22	16	10

Chai									
12 oz	2% Milk	265	6	146	28	0	28	10	30
	Skim Milk	216	0	134	28	0	28	10	6
	16 oz								
	2% Milk	353	8	195	37	0	37	13	41
	Skim Milk	288	0	179	37	0	37	13	8
20 oz	2% Milk	441	10	244	47	0	47	16	51
	Skim Milk	360	0	223	47	0	47	16	10

Size	Milk Type	Calories	Fat (g)	Sodium (g)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
------	-----------	----------	------------	---------------	-------------------	--------------	---------------	----------------	---------------------

Caramelicious

12 oz	2% Milk	221	7	169	29	0	21	10	34
	Skim Milk	174	1	157	29	0	21	10	10
16 oz	2% Milk	302	9	227	40	0	29	14	46
	Skim Milk	239	1	211	40	0	29	14	14
20 oz	2% Milk	383	11	285	51	0	36	17	57
	Skim Milk	304	2	265	51	0	36	17	18

Mocha

Regular	2% Milk	218	7	154	30	1	29	10	30
	Skim Milk	170	1	142	30	1	29	10	6
Medium	2% Milk	289	9	204	39	1	38	14	39
	Skim Milk	226	1	189	39	1	38	14	8
Large	2% Milk	361	11	255	49	1	48	17	49
	Skim Milk	283	1	235	49	1	48	17	10

Sugar Free Mocha

Regular	2% Milk	203	6	169	31	1	13	10	30
	Skim Milk	155	0	157	31	1	13	10	6
Medium	2% Milk	269	8	224	41	1	17	13	39
	Skim Milk	206	0	209	41	1	17	13	8
Large	2% Milk	336	16	260	52	1	22	16	69
	Skim Milk	258	0	260	52	1	22	16	10

White Mocha

Regular	2% Milk	223	6	153	32	0	22	11	35
	Skim Milk	175	1	141	32	0	22	11	11
Medium	2% Milk	299	9	203	43	0	30	14	46
	Skim Milk	236	1	187	43	0	30	14	15
Large	2% Milk	376	11	254	55	0	37	18	58
	Skim Milk	298	1	235	55	0	37	18	19