

Hot Cocoa Mix

Ingredients

Sugar, Whey, Dutch Processed Cocoa (with soy lecithin), Non Dairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (milk derived), Dipotassium Phosphate, Sodium Citrate, Mono and

Diglycerides) Salt, Silicon Dioxide, Cellulose Gum, Natural and Artificial Flavor. COMMON ALLERGENS PRESENT: Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 2.5 tbsp (24g)

Amount Per Serving	
Calories 90	Calories From Fat 10.5
	% Daily Value *
Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 150mg	4%
Carbohydrates 21g	7%
Fiber 1g	2%
Sugar 19g	
Protein 1g	2%
Vitamin A IU 1% Vitamin C 0% Calcium 2% Iron 2%	
Phosphorous 5% Magnesium 2%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.05 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	59.56 IU