ELEMENTARY & SECONDARY

POLAR POLE - ORANGE

Nutrition Facts

Serving Size	2.75 fl. oz.	(46g)
Servings Per Container		1
Amount Per Serving		
Calories	70	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	20mg	1%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	3g	
Vitamin A		10%
Vitamin C		0%
Calcium		0%
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.

UPC Code: 0-75455-42540-1

Kosher: Kof-K Dairy

Allergen Note: Contains Milk

Food Name: Naturally Flavored Orange Low Fat Frozen Dairy Dessert

Size: 2.75 FL. OZ. (81mL)

Ingredients:
NONFAT MILK AND MILKFAT, WATER, SUGAR, CORN SYRUP, MALTODEXTRIN, WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL ORANGE FLAVOR, ARTIFICIAL COLOR (YELLOW #6).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Orange Polar Pole

Serving Size:
77.96 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.75 oz (about 77.96 g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 10
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 20	
Carbohydrates	
Sugars (g) 12	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

POLAR POLE - RAINBOW

Nutrition Facts

Serving Size	1 Tube	(58g)
Servings Per Container		1
Amount Per Serving		
Calories	70	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	20mg	1%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	3g	
Vitamin A		10%
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.

UPC Code: 0-75455-42570-8

Kosher: Kof-K Dairy

Allergen Note: Contains Milk

Food Name: Naturally and Artificially Flavored Cherry, Blue Raspberry and Orange Lowfat Frozen Dairy Dessert

Size: 2.75 FL. OZ. (81 mL)

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP,WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL AND ARTIFICAL FLAVORS, ARTIFICIAL COLOR (YELLOW #6, BLUE #1, RED #40).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Rainbow Polar Pole

Serving Size:
77.96 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.75 oz (about 77.96 g)
Servings Per Container

Amount Per Serving

Calories 70	Calories from Fat 10
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 20	
Carbohydrates	
Sugars (g) 12	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

CREAMY COTTON CANDY

Nutrition Facts

Serving Size	2.5 fl. oz.	(54g)
Servings Per Container		1
Amount Per Serving		
Calories	70	
Calories From Fat	5	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	40mg	2%
Total Carbohydrate	15g	5%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	1g	
Vitamin A		10%
Vitamin C		0%
Calcium		6%
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.

UPC Code: 0-75455-87100-0

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (RED #40, BLUE #1), VITAMIN A PALMITATE.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Creamy Cotton Candy Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving

Calories 70	Calories from Fat 5
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 40	
Carbohydrates	
Sugars (g) 8	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

SOUR SWELL-CHERRY

Nutrition Facts

Serving Size	2.5 fl. oz.	(53g)
Servings Per Container		1
Amount Per Serving		
Calories	70	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	20mg	1%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	3g	
Vitamin A		10%
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.

UPC Code: 0-75455-87000-3

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Naturally & Artificially Flavored Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, CITRIC ACID, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL & ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (RED #40, YELLOW #5, BLUE #1).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Sour Swell Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 10
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 20	
Carbohydrates	
Sugars (g) 11	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

ORANGE CREAM BAR 2.5 oz

Nutrition Facts

Serving Size	2.5 FL. OZ.	(52g)
Amount Per Serving		
Calories	70	
Calories From Fat	9	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	31mg	1%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	1g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
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.

UPC Code: 0-75455-86010-3

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Naturally and Artificially Flavored Orange and Vanilla Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:

ORANGE OUTSIDE: NONFAT MILK AND MILKFAT, WATER, SUGAR, CORN SYRUP, MALTODEXTRIN, WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL FLAVOR, ARTIFICIAL COLOR (YELLOW #6).

VANILLA CENTER: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Orange Cream Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving	
Calories 70	**Calories from Fat** 9
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 31	
Carbohydrates	
Sugars (g) 11	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

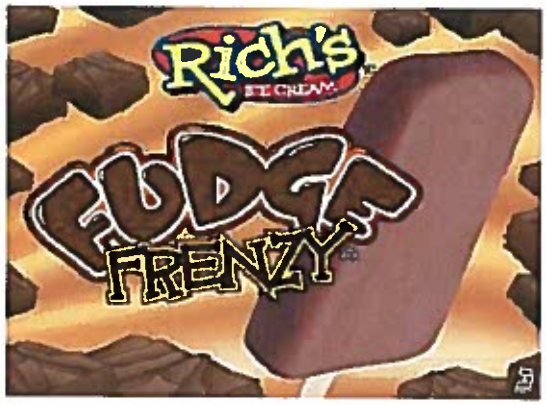
ELEMENTARY & SECONDARY

FUDGE FRENZY

Nutrition Facts

Serving Size	1 Bar	(63g)
Servings Per Container		1
Amount Per Serving		
Calories	90	
Calories From Fat	0	
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	< 5mg	1%
Sodium	80mg	3%
Total Carbohydrate	19g	6%
Dietary Fiber	< 1g	0%
Sugars	13g	
Protein	3g	
Vitamin A		2%
Vitamin C		0%
Calcium		10%
Iron		6%

*Percent daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



UPC Code: 0-75455-86210-7

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: A Lowfat Frozen Dairy Desert

Size: 2.5 FL. OZ (74mL)

Ingredients:
NONFAT MILK, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, COCOA, AND STABILIZER (CELLULOSE GUM, CAROB BEAN GUM, CARRAGEENAN, GUAR GUM).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Fudge Frenzy Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving

Calories 90	**Calories from Fat** 0
Total Fat (g) 0	
Saturated Fat (g) 0	
Trans Fat (g) 0	
Sodium (mg) 80	
Carbohydrates	
Sugars (g) 13	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

3 OZ. LOW FAT SANDWICH

Nutrition Facts

Serving Size	3 fl. Oz.	(51g)
Servings Per Container		1
Amount Per Serving		
Calories	130	
Calories From Fat	20	
		% Daily Value*
Total Fat	2g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	<5mg	1%
Sodium	120mg	5%
Total Carbohydrate	25g	8%
Dietary Fiber	2g	8%
Sugars	12g	
Protein	2g	
Vitamin A		15%
Vitamin C		0%
Calcium		4%
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.

UPC Code: 0-75455-44030-5

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy

Food Name: Artificially Flavored Vanilla Low Fat Frozen Dairy Dessert with two Whole Grain Wheat Chocolate Wafers

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO AND DI-GLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
WAFER: WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CARAMEL COLOR, DEXTROSE, CORN FLOUR, CONTAINS 2% OR LESS OF: COCOA, INVERT SYRUP, BAKING SODA, MODIFIED CORN STARCH, SALT, SOY LECITHIN.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
3 oz. Low Fat Sandwich

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 130	**Calories from Fat** 20
Total Fat (g) 2	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 120	
Carbohydrates	
Sugars (g) 12	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

STRAWBERRY SHORTCAKE - LOWFAT

Nutrition Facts

Serving Size	3 fl oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	130	
Calories From Fat	30	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	1%
Sodium	45mg	2%
Total Carbohydrate	23g	8%
Dietary Fiber	0g	0%
Sugars	15g	
Protein	1g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
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.

UPC Code: 0-75455-85050-0

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Vanilla Lowfat Frozen Dairy Dessert with Artificially Flavored Strawberry Center and Crunch Coating

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CENTER: WATER, SUGAR, STRAWBERRY CORE POWDER (DEXTROSE, ADIPIC ACID, ARTIFICIAL FLAVOR, STABILIZER (LOCUST BEAN GUM, GUAR GUM, PROPYLENE GLYCOL ALGINATE), SILICON DIOXIDE (ANTICAKING), ARTIFICAL COLOR (RED #40)), CORN SYRUP, MALTODEXTRIN.
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, PALM OIL, NONFAT DRY MILK, SOY LECITHIN, SALT, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH: WHOLE GRAIN WHEAT FLOUR, WHEAT FLOUR, SUGAR, SOYBEAN OIL, SALT, SODIUM BICARBONATE, NATURAL VANILLA FLAVOR, FD&C RED #3.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Low Fat Strawberry Shortcake Bar

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 130	Calories from Fat 30
Total Fat (g) 3.5	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 45	
Carbohydrates	
Sugars (g) 15	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

ELEMENTARY & SECONDARY

CHOCOLATE SHORTCAKE - LOWFAT

Nutrition Facts

Serving Size	3 fl. Oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	140	
Calories From Fat	40	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	60 mg	2%
Total Carbohydrate	22g	7%
Dietary Fiber	less than 1g	4%
Sugars	15g	
Protein	2g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
Iron		4%

Percent daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

UPC Code: 0-75455-65000-5

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Vanilla Lowfat Frozen Dairy Dessert with Chocolate Flavored Center and Crunch Coating

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CENTER: WATER, SUGAR, CORN SYRUP, COCOA, MALTODEXTRIN, STABILIZER(LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN).
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, COCOA, WHEY, PALM OIL, CORN STARCH, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH:WHOLE GRAIN WHEAT FLOUR, WHEAT FLOUR, SUGAR, SOYBEAN OIL, CARAMEL COLOR, COCOA (PROCESSED WITH ALKALI), SALT, CORN SYRUP, SODIUM BICARBONATE, NATURAL VANILLA FLAVOR.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Low Fat Chocolate Shortcake Bar

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 40
Total Fat (g) 3.5	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 60	
Carbohydrates	
Sugars (g) 15	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

SECONDARY ONLY

NEW!

Sour Cyclone - Blue Raspberry

Nutrition Facts

Serving Size	3.75 fl. oz.	(80g)
Servings Per Container		1
Amount Per Serving		
Calories	100	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	0 mg	0%
Sodium	35mg	1%
Total Carbohydrate	21g	7%
Dietary Fiber	0g	0%
Sugars	17g	
Protein	<1g	
Vitamin A		25%
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.

UPC Code: 0-75455-40140-5

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Artificially Flavored Lowfat Frozen Dairy Dessert

Ingredients:
NONFAT MILK AND MILKFAT, WATER, SUGAR, CORN SYRUP, WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), NATURAL & ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (BLUE #1, Red #40).

SMART SNACKS
PRODUCT CALCULATOR

HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Sour Cyclone - Blue Raspberry

Serving Size:
106.31 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3.75 oz (about 106.31 g)
Servings Per Container

Amount Per Serving

Calories 100	**Calories from Fat** 10
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 35	
Carbohydrates	
Sugars (g) 17	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

SECONDARY ONLY

CRUMBLED COOKIE CONE

Nutrition Facts

Serving Size	1 CONE	(70 g)
Servings Per Container		1
Amount Per Serving		
Calories	170	
Calories From Fat	30	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	105mg	4%
Total Carbohydrate	31g	10%
Dietary Fiber less than	1g	0%
Sugars	15g	
Protein	3g	
Vitamin A		10%
Vitamin C		0%
Calcium		6%
Iron		4%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

UPC Code: 0-75455-42200-4

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Lowfat Frozen Dairy Dessert

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (GUAR GUM, MONO & DIGLYCERIDES, POLYSORBATE 80, LOCUST BEAN GUM , XANTHAM GUM), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CONE: WHOLE GRAIN WHEAT FLOUR, SUGAR, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING (SOYBEAN OIL,PALM OILAND SOY LECITHIN), SALT, CARAMEL COLOR, ARTIFICAL FLAVOR.
COATING: COCONUT OIL, SUGAR, COCOA, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR).
COOKIE PIECES: WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINMONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, SALT, SODIUM BICARBONATE, CHOCOLATE (SUGAR, CHOCOLATE LIQUOR,COCOA BUTTER, ANHYDROUS MILK FAT, SOY LECITHIN, VANILLIN),VANILLIN, NATURAL AND ARTIFICIAL COOKIE FLAVOR.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Crumbled Cookie Cone

Serving Size:
86.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 170	**Calories from Fat** 30
Total Fat (g) 3.5	
Saturated Fat (g) 1.5	
Trans Fat (g) 0	
Sodium (mg) 105	
Carbohydrates	
Sugars (g) 15	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

SECONDARY ONLY

VANILLA & CHOCOLATE CONE

Nutrition Facts

Serving Size	1 CONE	(70 g)
Servings Per Container		1
Amount Per Serving		
Calories	150	
Calories From Fat	30	
		% Daily Value*
Total Fat	3	5%
Saturated Fat	1.5	8%
Trans Fat	0g	
Cholesterol	<5mg	1%
Sodium	90mg	4%
Total Carbohydrate	27g	9%
Dietary Fiber	<1g	0%
Sugars	14g	
Protein	2g	
Vitamin A		10%
Vitamin C		0%
Calcium		6%
Iron		4%

* Percent daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

UPC Code: 0-75455-42300-1

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Lowfat Frozen Dairy Dessert

Size: 3 FL. OZ (89mL)

Ingredients:
FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, COCOA, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CONE: WHOLE GRAIN WHEAT FLOUR, SUGAR, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING (SOYBEAN OIL,PALM OIL,AND SOY LECITHIN), SALT, CARAMEL COLOR, ARTIFICAL FLAVOR.
COATING: COCONUT OIL, SUGAR, COCOA, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Vanilla & Chocolate Cone

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk & Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving	
Calories 150	**Calories from Fat** 30
Total Fat (g) 3	
Saturated Fat (g) 1.5	
Trans Fat (g) 0	
Sodium (mg) 90	
Carbohydrates	
Sugars (g) 14	
Vitamin D (%) NA	**Potassium (%)** NA
Calcium (%) NA	**Dietary Fiber (%)** NA

SECONDARY ONLY

NEW!

BANANA FUDGE ROCKET

Nutrition Facts

Serving Size	4.0 fl. oz.	(88g)
Servings Per Container		1
Amount Per Serving		
Calories	130	
Calories From Fat	15	
		% Daily Value*
Total Fat	1.5	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	95mg	4%
Total Carbohydrate	26g	8%
Dietary Fiber	0g	0%
Sugars	18g	
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		10%
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.

UPC Code: 0-75455-70400-1

Kosher: Kof-K Dairy

Allergen Note: Contains Dairy

Food Name: Frozen Dairy Dessert

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, COCOA, STABILIZER (MONO AND DI-GLYCERIDES, CAROB BEAN GUM, CARRAGEENAN, AND GUAR GUM) ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (YELLOW #5).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Banana Fudge Rocket

Serving Size:
113.40 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 4 oz (about 113.40 g)
Servings Per Container

Amount Per Serving

Calories 130	**Calories from Fat 15**
Total Fat (g) 1.5	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 95	
Carbohydrates	
Sugars (g) 18	
Vitamin D (%) NA	**Potassium (%) NA**
Calcium (%) NA	**Dietary Fiber (%) NA**