Montgomery County Public School
à la Carte Options FY 14-15
(offerings vary by school)

(E)—Elementary Only (S)—Secondary Only

Nutrition Facts

Serving Size 177ml
Servings per Container about 10

Amount Per Serving

Calories 80 Calories from Fat

	% Daily Value*
Total Fat 0g	0 %
Sodium 25mg	1 %
Total Carbohydrate 21g	7 %
Sugars 20g	
Protein 0g	

*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
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Capri Sun 100% Juice, Fruit Dive

Ingredients: Apple, grape, and cherry juices from concentrate (water; apple, cherry and grape juice concentrates); citric acid (for tartness); natural flavor.

**Note: Serving size/servings per container on nutrition label is not accurate for school-sized portion.*

Image: http://www.kraftbrands.com/CaprisunMoms/varieties.aspx?ctype=juice

Serving Size 1 Cup
Servings Per Container 1

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 20g	**7%**
Dietary Fiber less than 1g	**3%**
Sugars 16g	
Protein 8g	

Vitamin A	10%	Vitamin C	0%
Calcium	30%	Iron	8%
Vitamin D	25%	Riboflavin	30%
Folate	20%	Vitamin B12	20%
Phosphorus	25%	Magnesium	6%

*Percent Daily Values are based on a 2,000 calorie diet.

Pearl Original Soy Milk (E)

Ingredients: Filtered water, Whole organic soybeans, Organic evaporated cane juice, Organic malt syrup, Tricalcium phosphate, Sea salt, Carrageenan, organic natural vanilla flavor, Vitamin A, Palmitate, Vitamin D2.

Nutrition Facts

Serv Size 1 Cup (236mL)
Servings Per Container 1
Calories 120
Fat Cal 0

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Total Fat 0g	0%	**Total Carb.** 22g	7%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0.0g		Sugars 21g	
Cholesterol 5mg	2%	**Protein** 8g	17%
Sodium 200mg	8%		

*Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 10% • Vitamin C 4% • Calcium 30% • Iron 2% • Vitamin D 25%

Dairy Maid Dairy, Fat Free Chocolate Milk, 8oz.

Ingredients: Fat free milk, High fructose corn syrup, Cocoa powder, Starch, Salt, Carrageenan, Cocoa (processed with alkali), Vitamin A palmitate and Vitamin D_3 added

Calories	60	Kcal
Total Fat	0	gm
Saturated Fat	0	gm
Cholesterol	0	gm
Sodium	13	mg
Carbohydrate	16	gm
Dietary Fiber	0	gm
Sugars	13	gm
Protein	0	gm
Vitamin A	0	%
Vitamin C	0	%
Calcium	0	%
Iron	0	%

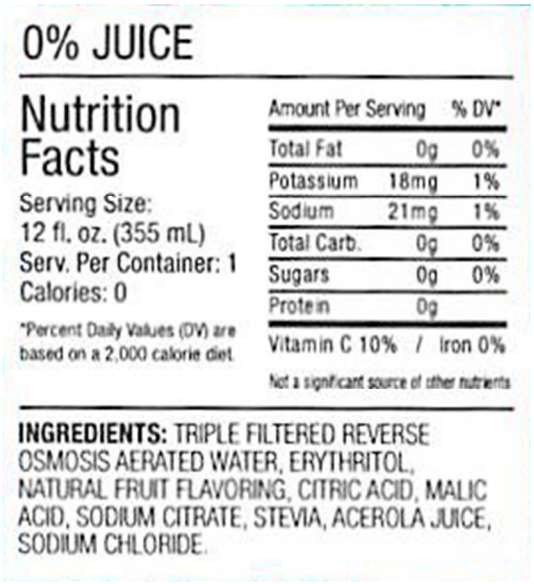
Dairy Made Dairy Apple Juice, 4 oz

Ingredients: 100% pure apple juice from concentrate

Calories	55	Kcal
Total Fat	0	gm
Saturated Fat	0	gm
Cholesterol	0	gm
Sodium	0	mg
Carbohydrate	14	gm
Dietary Fiber	.5	gm
Sugars	14	gm
Protein	1	gm
Vitamin A	1	%
Vitamin C	70	%
Calcium	1	%
Iron	0	%

Dairy Made Dairy Orange Juice, 4 oz.

Ingredients: 100% pure orange juice from concentrate



0% JUICE

Nutrition Facts

Serving Size:
12 fl. oz. (355 mL)
Serv. Per Container: 1
Calories: 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Amount Per Serving		% DV*
Total Fat	0g	0%
Potassium	18mg	1%
Sodium	21mg	1%
Total Carb.	0g	0%
Sugars	0g	0%
Protein	0g	

Vitamin C 10% / Iron 0%

Not a significant source of other nutrients

INGREDIENTS: TRIPLE FILTERED REVERSE OSMOSIS AERATED WATER, ERYTHRITOL, NATURAL FRUIT FLAVORING, CITRIC ACID, MALIC ACID, SODIUM CITRATE, STEVIA, ACEROLA JUICE, SODIUM CHLORIDE.

Fruit Wave Zero Lemon Lime – 12 oz. (S)

Ingredients: Triple filtered reverse osmosis aerated water, Erythritol, Citric acid, Lemon and lime flavoring and other natural flavors,
Potassium sorbate, Malic acid, Sodium citrate, Stevia, Acerola juice, Sodium chloride

Ridgefield's Fruit Smoothie, (Slushie) 8 oz.

Serving Size	8 fl. oz. (240 ml)
Servings Per Container	about 9
Amount Per Serving	
Calories	130
Calories from Fat	0
	% Daily Value *
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	65mg 3%
Total Carbohydrate	32g 11%
Dietary Fiber	0g 0%
Sugars	30g**
Protein	0g
Vitamin A	32%
Vitamin C	100%
Vitamin D	39%
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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

**Sugars are those naturally occurring in the fruit juices; the fruit flavors have no added sweeteners.

Ingredients (Blue Raspberry): Fruit juice (white grape juice from concentrate), Citric acid, Tricalcium phosphate (for calcium), Salt, Ascorbic acid (Vitamin C), Natural and artificial flavors, Vitamin A palmitate, Blue 1, Vitamin D

Ingredients (Strawberry): Fruit juice (white grape juice from concentrate), Natural and artificial flavors, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbic acid (Vitamin C), Red 40, Vitamin A palmitate, Vitamin D, Blue 1

Ingredients (Kiwi Berry): Fruit juice (white grape juice from concentrate), Natural and artificial flavors, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbin acid (Vitamin C), Vitamin A palmitate, Yellow 5, Vitamin D, Blue 1

Ingredients (Sour Apple): Fruit juice (white grape juice from concentrate), Natural and artificial flavors, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbin acid (Vitamin C), Vitamin A palmitate, Yellow 5, Blue 1, Vitamin D

Ingredients (Cherry): Fruit juice (white grape juice from concentrate), Citric acid, Natural and artificial flavor, Tricalcium phosphate (for Calcium), Salt, Ascorbic acid (Vitamin C), Red 40, Vitamin A palmitate, Vitamin D, Blue 1

Ingredients (Grape): Fruit juice (white grape juice from concentrate), Natural and artificial flavor, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbic acid (Vitamin C), Vegetable juice (for color), Vitamin A palmitate, Vitamin D, Blue 1

Ingredients (Lemon-Lime): Fruit juice (white grape juice from concentrate), Natural and artificial flavor, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbic acid (Vitamin C), Yellow 5, Vitamin A palmitate, Vitamin D, Blue 1

Ingredients (Orange): Fruit juice (white grape juice from concentrate), Natural and artificial flavor, Citric acid, Tricalcium phosphate (for Calcium), Salt, Ascorbic acid (Vitamin C), Yellow 6, Vitamin A palmitate, Vitamin D, Red 40

Nutrition Facts

Serving Size English (26g)
Servings Per Container 1

Amount Per Serving

Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 1g	

Vitamin A 25% • Vitamin C 100%

Calcium 0% • Iron 0%

Vitamin E 25%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Image: http://welchsfruitsnacks.com/products/

Welch's Fruit Snacks

Ingredients: Juice from concentrates (grape, pear, peach and pineapple), Corn Syrup, Sugar, Modified Corn Starch, Fruit Purees (Strawberry, raspberry, orange and grape), Gelatin, Citric acid, lactic acid, Natural and artificial flavors, Ascorbic acid (vitamin C), Alpha tocopheral acetate (Vitamin E) Vitamin A palmitate, Sodium citrate, Coconut oil, Carnauba wax, Red 40, Yellow 5, Blue 1

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Nutrition Facts

Serving Size 1 Pouch (21g)
Servings Per Container 1

Amount Per Serving

Calories 100 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol less than 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	

Vitamin A 10% • Vitamin C 0%
Calcium 10% • 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:

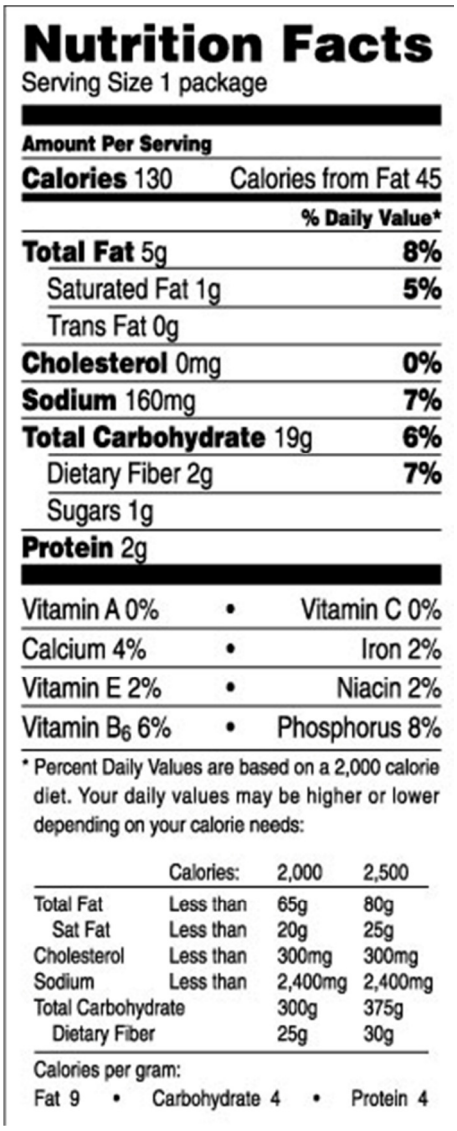
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Cheez-It Crackers

Ingredients: Whole wheat flour, Enriched flour (wheat flour, Niacin, Reduced iron, Vitamin B_1 [Thiamin mononitrate], Vitamin B_2,[Riboflavin], Folic acid), White cheddar cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean oil with TBHQ for freshness, Contains two percent or less of salt, Calcium carbonate, Paprika, Yeast, Paprika oleoresin for color, Turmeri extract for color, Annatto extract for color, BHT for freshness, Vitamin A palamitate, Soy lechtin

CONTAINS WHEAT, MILK AND SOY INGREDIENTS



Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 2%
Vitamin E 2%	•	Niacin 2%
Vitamin B_6 6%	•	Phosphorus 8%

* 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
Sat 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

Doritos Cool Ranch, Reduced Fat

Ingredients: Whole Corn, Vegetable Oil (corn, canola, soybean and/or sunflower oil), Buttermilk, Salt, Corn Dextrin, Tomato Powder, Corn Starch, Whey, Corn Syrup Solids, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese cultures, Salt, enzymes), Skim Milk, Sugar, Dextrose, Malic Acid, Sodium Acetate, Artificial Color (including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Disodium Phosphate, Spice, Natural and Artificial Flavors, Disodium Inosinate, Disodium Guanylate
CONTAINS MILK

Image: http://www.fritolay.com/our-snacks/doritos-cool-ranch-reduced-fat.html

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 2%
Vitamin E 10%	•	Thiamin 2%
Riboflavin 2%	•	Vitamin B_6 4%
Phosphorus 6%	•	Magnesium 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:

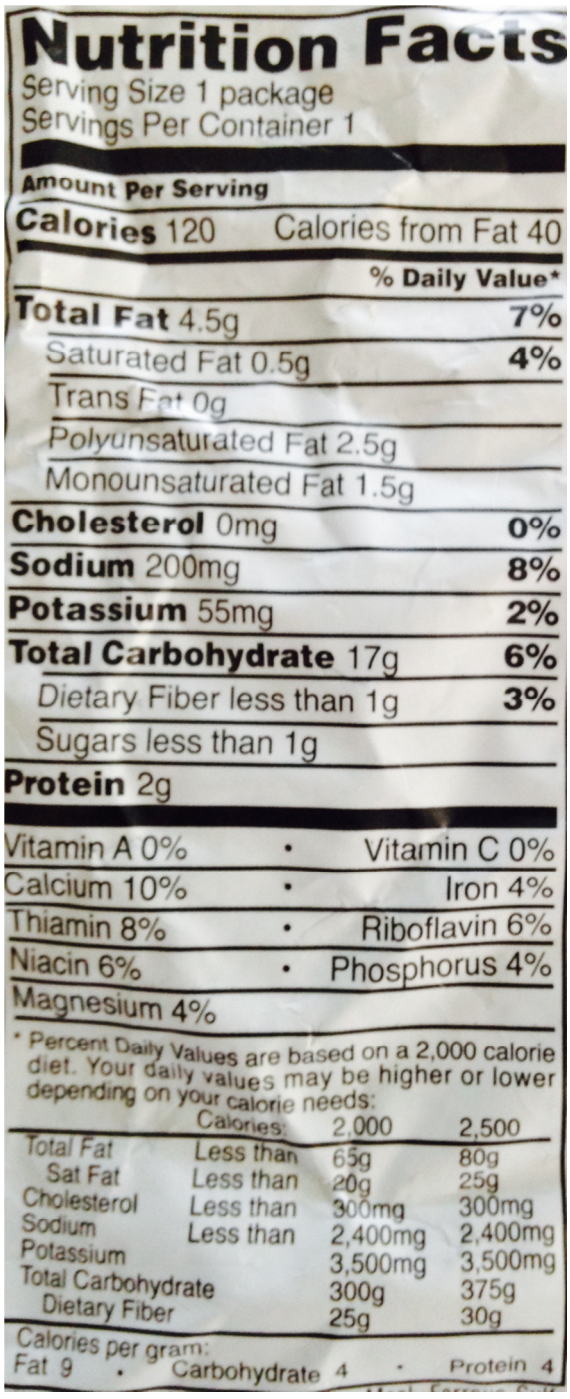
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Doritos Spicy Sweet Chili, Reduced Fat

Ingredients: Whole Corn,Vegetable Oil (corn, soybean and/or sunflower oil), Sugar, Salt, Monosodium Glutamate, Fructose, Maltodextrin (made from corn), Sodium Diacetate, Soy Sauce (Soybean, Wheat, salt), Onion Powder, Hydrolyzed Soy Protein, Hydrolyzed Corn protein, Garlic powder, Torula Yeast, Malic Acid, Extractives of paprika, Spices, Caramel Color, Alpha-tocopheryl Acetate (Vitamin E), Disodium Inosinate, Disodium Guanylate, Natural Flavor

Image: http://www.fritolay.com/our-snacks/doritos-spicy-sweet-chili-chips.html



Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Potassium 55mg	**2%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1g	**3%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	Iron 4%
Thiamin 8%	•	Riboflavin 6%
Niacin 6%	•	Phosphorus 4%
Magnesium 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Baked! Cheetos, Crunchy Cheese

Ingredients: Enriched corn meal (Corn meal, Ferrous sulfate, Niacin, Thiamin mononitrate, Riboflavin, and Folic acid), Vegetable oil (Corn, Soybean, Canola, and/or Sunflower oil), Whey, Cheddar (Calcium carbonate and Magnesium carbonate), Maltodextrin (Made from corn), Whey protein concentrate, Monosodium glutamate, Natural and artificial flavors, Lactic Acid, Citric Acid, and Artificial color (Yellow 6, Yellow 5)

CONTAINS MILK INGREDIENTS

Reduced Fat Cheetos Flamin' Hot Puffs

Ingredients: Whole cornmeal, Enriched corn meal (Corn meal, Ferrous sulfate, Niacin, Thiamin mononitrate, Riboflavin, Folic acid), Vegetable oil (Corn, Canola, and/or Sunflower oil), FLAMIN' HOT® Seasoning (Sea minerals [Calcium carbonate, Magnesium carbonate], Salt, Sugar, Monosodium Glutamate, Yeast extract, Citric acid, Artificial color [Red 40 Lake, Yellow 6 lake, Yellow 5], Hydrolyzed corn protein, Onion powder, Cheddar cheese [Milk, Cheese cultures, Salt, Enzymes], Sunflower oil, Whey, Malodextrin [Made from corn], Whey protein concentrate, Garlic powder, Buttermilk, Natural flavors, Sodium Diacetate, Lactic acid, Disodium inosinate, Disodium guanylate, Skim milk), and Artificial Color (Red 40, Yellow 6)

CONTAINS MILK INGREDIENTS

Eagle Popped Crisps Original

Ingredients: Long grain brown rice flour, whole grain yellow corn meal, Tapioca starch, Canola oil with TBHQ for freshness, Potato starch, Sea salt, Contains 2% or less of sugar, Salt, Monoglycerides, Whey, Whole wheat flour, Soy Flour

CONTAINS MILK, WHEAT AND SOY

Image: http://www.gianteagle.com/System-Pages/Product-Page/?ec=82666711001

Smartfood Delight White Cheddar Popcorn (S)

Ingredients: Popcorn, Vegetable oil (Corn, Canola and/or Sunflower oil), Malodextrin (Made from corn), Cheddar cheese (Milk, Cheese cultures, Salt, Enzymes), Reduced lactose whey, Salt, Whey, Whey protein concentrate, Buttermilk, Canola oil, Potassium chloride, Natural flavors, Yeast extract, Lactic acid, and Citric acid

CONTAINS MILK INGREDIENTS

Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving

Calories 110 Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 125mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	**7%**
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 2%	
Thiamin 2%	•	Phosphorus 6%	
Magnesium 6%	•	Zinc 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
Sat 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

Baked! Tostitos Scoops (S)

Ingredients: Whole corn, Corn, Vegetable oil (Corn, Sunflower, Canola and/or Soybean Oil), and Salt

Nutrition Facts

Serving Size 1.16oz (32.9g) 1/4 cup

Servings Per Container 1

Amount Per Serving

Calories 110 Calories from Fat 0

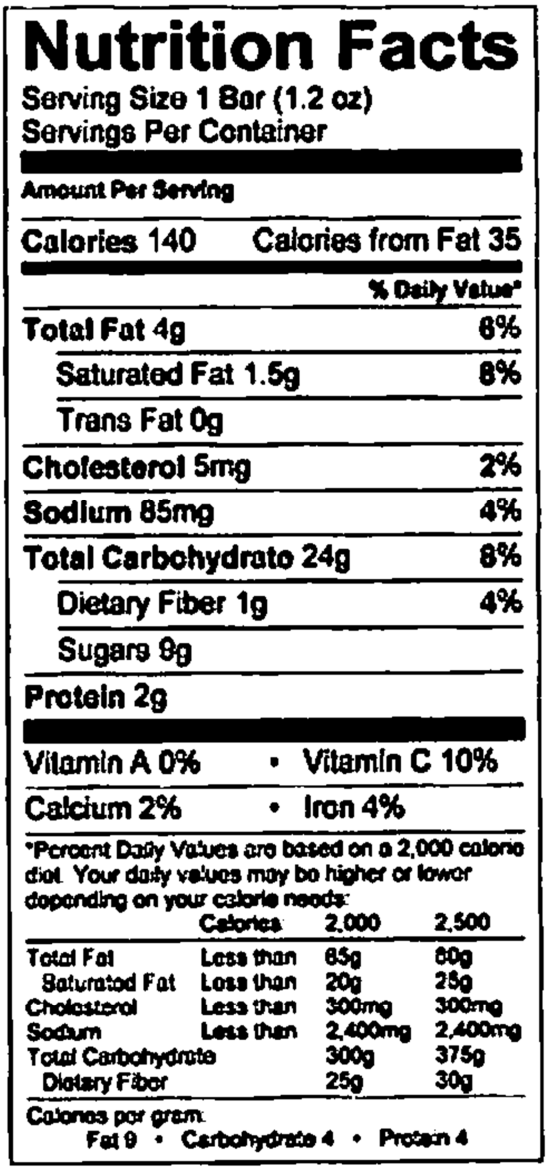
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	10%
Sugars 24g	
Protein 0g	

Not a significant source of cholesterol, vitamin A, vitamin C, calcium or iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Craisins Dried Cranberries—Strawberry

Ingredients: Cranberries, Sugar, Natural strawberry flavor with other natural flavors, Citric Acid, Elderberry juice concentrate (for color)



Nutrition Facts

Serving Size 1 Bar (1.2 oz)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	

Vitamin A 0% • Vitamin C 10%

Calcium 2% • 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:

	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

Appleways Strawberry Oatmeal Bars

Ingredients: Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Oatmeal, High fructose corn syrup, Whole wheat flour, Corn syrup, Palm oil, Eggs, Strawberry bits (sugar, vegetable oil [palm, palm kernal], enriched wheat flour [flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid], malic acid, natural flavor, caramel color, fruits and vegetables for color, tricalcium phosphate, sodium citrate, soy lecithing), Applesauce (apples, ascorbic acid), Canola oil, Nonfat dry milk, Natural flavors, Salt, Molasses, Baking soda, Egg whites, Sodium ascorbate (Vitamin C)

CONTAINS WHEAT, SOY, EGGS, MILK

Nutrition Facts

Serving Size 1 Bar (1.2 oz)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	

Vitamin A 0% • Vitamin C 10%

Calcium 0% • 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:

	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

Appleways Apple Oatmeal Bars

Ingredients: Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Oatmeal, High fructose corn syrup, Whole wheat flour, Corn syrup, Palm oil, Raisin paste, Canola oil, Applesauce (apples, ascorbic), Eggs, Soy lecithin, Molasses, Cinnamon, Natural flavors (contains milk), Salt, Baking soda, Egg whites, Sodium ascorbate (Vitamin C)

CONTAINS: WHEAT, SOY, EGGS, MILK

Nutrition Facts

Serving Size: 1 pretzel (62 G)
Serving Per Container: 100

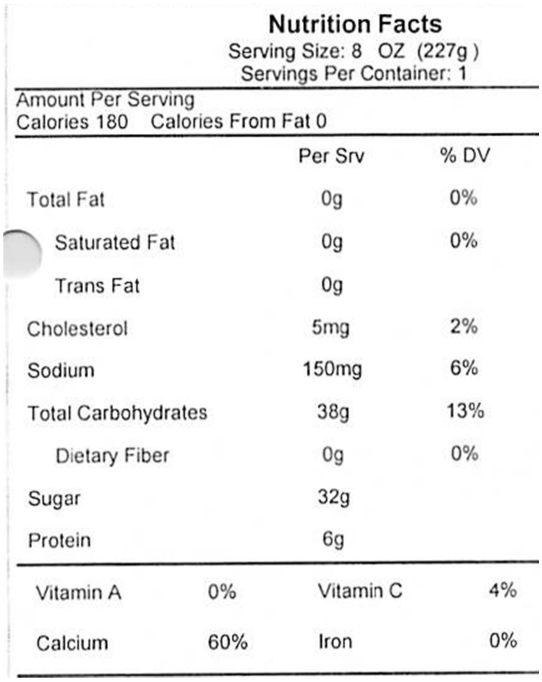
Calories	140	
Calories from Fat	5	
	Per Serving	**% Daily Value***
Total Fat	0.5g	**1%**
Saturated Fat	0g	**0%**
Trans Fat	0g	
Cholesterol	0mg	**0%**
Sodium	150mg	**6%**
Total Carbohydrate	30g	**10%**
Dietary Fiber	3g	**12%**
Sugars	1g	
Protein	5g	

Vitamin A	0%	**Vitamin C**	2%
Calcium	2%	**Iron**	10%

Whole Grain Soft Pretzels

Ingredients: Whole wheat flour, Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Yeast, Corn syrup, Wheat gluten, Malted barley flour, Ascorbic acid, Bicarbonates and carbonates of soda.

CONTAINS WHEAT



Nutrition Facts

Serving Size: 8 OZ (227g)
Servings Per Container: 1

Amount Per Serving
Calories 180 Calories From Fat 0

	Per Srv	% DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	150mg	6%
Total Carbohydrates	38g	13%
Dietary Fiber	0g	0%
Sugar	32g	
Protein	6g	

Vitamin A	0%	Vitamin C	4%
Calcium	60%	Iron	0%

Upstate Farms Nonfat Yogurt, 8 oz. – Cherry Vanilla (S)

Ingredients: Cultured pasteurized Grade A nonfat milk, Sugar, Water, Modified corn starch, Whey, Natural flavors, Purple carrot juice concentrate (for color), Tricalcium phosphate, Gellan gum, Potassium sorbate (for freshness), Citric acid, Annatto (for color), Carob bean gum, Vitamin D_3

CONTAINS MILK

Nutrition Facts

Serving Size: 8 OZ

Servings Per Container: 0

Amount Per Serving		
Calories 180	Calories From Fat 0	
	Per Srv	% DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	105mg	4%
Potassium	290mg	
Total Carbohydrates	38g	13%
Dietary Fiber	0g	0%
Sugar	30g	
Protein	6g	

Vitamin A	0%	Vitamin C	4%
Vitamin D	40%	Vitamin B6	0%
Calcium	60%	Iron	0%
Folate	0%	Magnesium	0%
Thiamin	0%	Niacin	0%

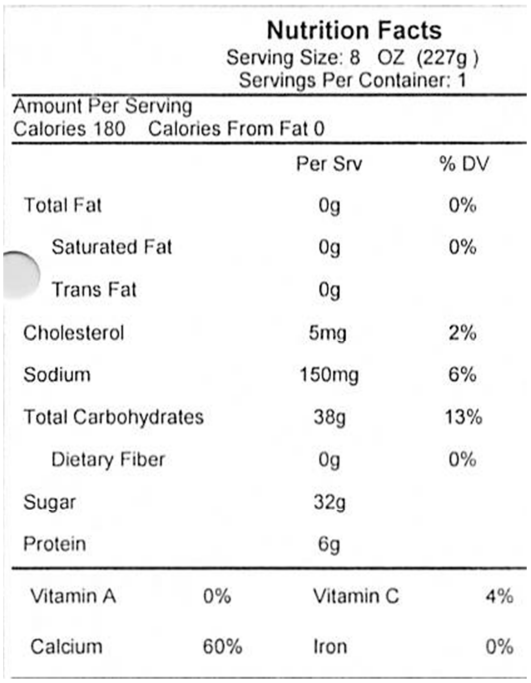
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower, depending on your calorie intake.

Image:http://www.upstatefarms.com/products2.cfm?catid=1073

Upstate Farms Nonfat Yogurt, 8 oz – Strawberry Banana (S)

Ingredients: Cultured pasteurized Grade A nonfat milk, Sugar, Water, Strawberries, Bananas, Modified corn starch, Whey, Natural flavors, Purple carrot concentrate, Tricalcium phosphate, Gellan gum, Potassium sorbate (for freshness), Citric acid, Carob bean gum, Vitamin D_3

CONTAINS MILK



Nutrition Facts
Serving Size: 8 OZ (227g)
Servings Per Container: 1

Amount Per Serving
Calories 180 Calories From Fat 0

	Per Srv	% DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	150mg	6%
Total Carbohydrates	38g	13%
Dietary Fiber	0g	0%
Sugar	32g	
Protein	6g	

Vitamin A	0%	Vitamin C	4%
Calcium	60%	Iron	0%

Upstate Farms Nonfat Yogurt – 8 oz, Peach (S)

Ingredients: Cultured pasteurized Grade A nonfat milk, Sugar, Water, Peachers, Modified corn starch, Whey Natural flavors, Tricalcium phosphate, Gellan gum, Potassium sorbate (for freshness), Citric acid, Annatto, Carob bean gum, Vitamin D3

CONTAINS MILK

Yoplait Trix Yogurt, 4 oz – Raspberry Rainbow (S)

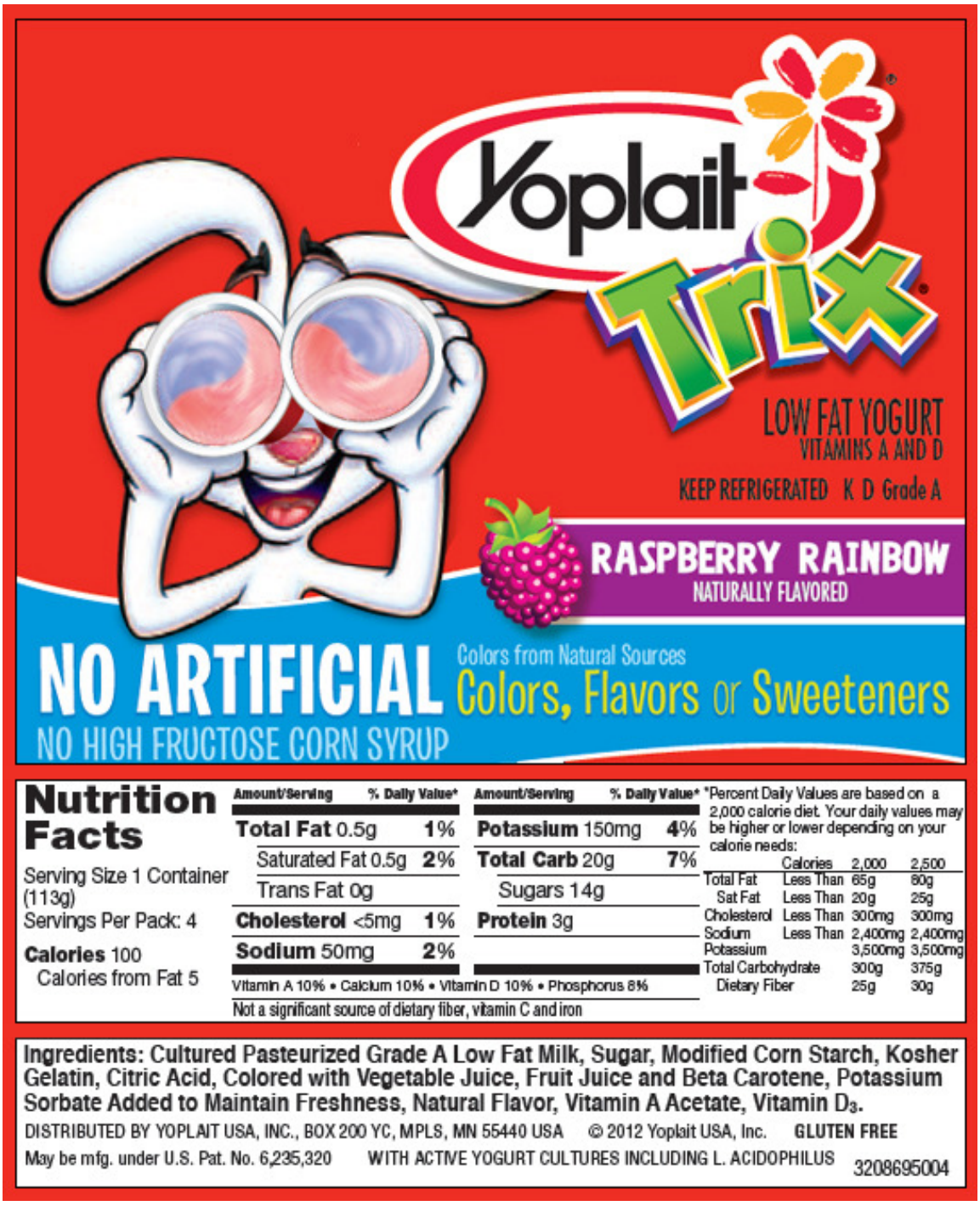


Image: http://www.yoplait.com/products/yoplaittrixyogurt

Yoplait Trix Yogurt, 4 oz. – Strawberry Banana (S)

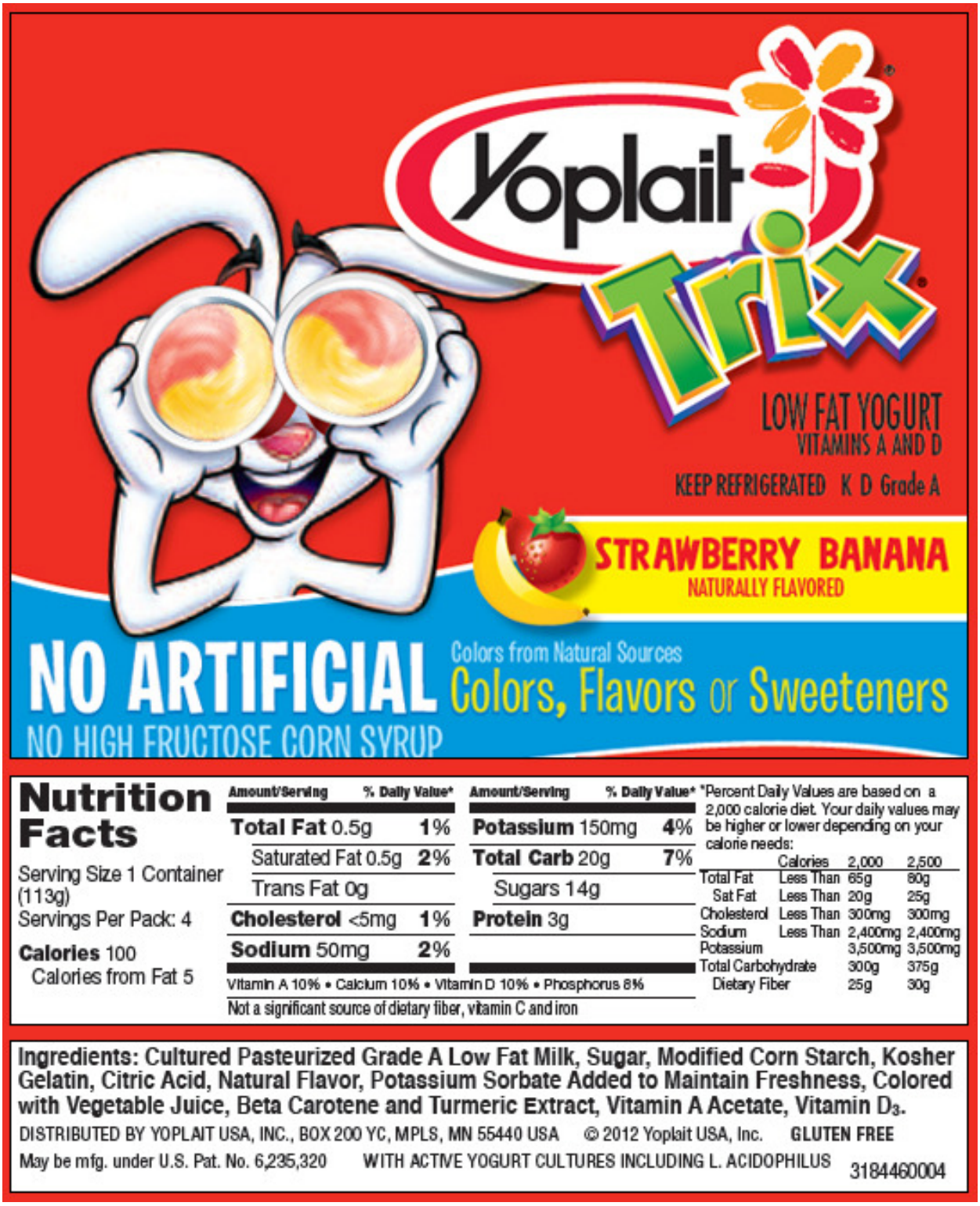


Image: http://www.yoplait.com/products/yoplaittrixyogurt

Yoplait Trix Yogurt, 4 oz. – Triple Cherry (S)

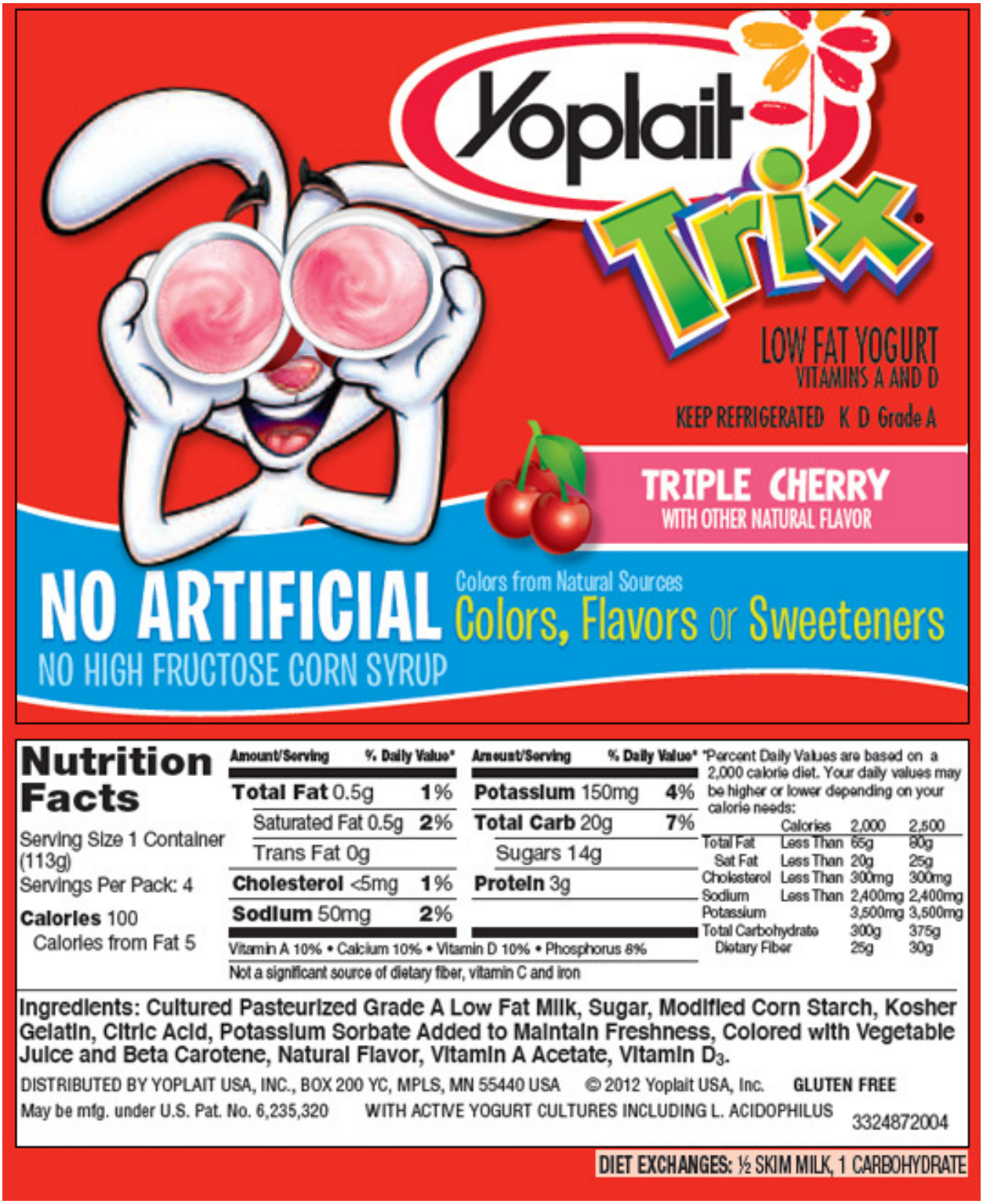


Image: http://www.yoplait.com/products/yoplaittrixyogurt

Nutrition Facts

Serving Size: (1.85 OZ)
Serving Per Container:

Calories	**194.41**	
Calories from Fat	**54.63**	
	Per Serving	**% Daily Value***
Total Fat	**6.07g**	**9.34%**
Saturated Fat	**2.16g**	**10.8%**
Trans Fat	**0g**	
Cholesterol	**15.82mg**	**5.27%**
Sodium	**169.5mg**	**7.06%**
Total Carbohydrate	**33.51g**	**11.17%**
Dietary Fiber	**2.82g**	**11.28%**
Sugars	**17.14g**	
Protein	**2.99g**	

Vitamin A	**1.01%**	**Vitamin C**	**0.07%**
Calcium	**1.94%**	**Iron**	**6.61%**

Chocolate Chip Cookie Dough

Ingredients: Whole wheat flour, Enriched flour (Wheat flour, Niacin,
Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Vegetable shortening (canola oil, palm) oil, , semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), Eggs, Oats, Water, Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizer [carob bean gum and/or guar gum and/or xanthan gum]), Modified wheat startch. Contains 2% or less of molasses, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), Dairy blend (whey, sodium caseinate, nonfat milk, soy lecithin, calcium phosphate, calcium oxide), natural flavors

CONTAINS EGGS, MILK, SOY BEANS, WHEAT

Calories	**193.08**	
Calories from Fat	**53.78**	
	Per Serving	**% Daily Value***
Total Fat	**5.98g**	**9.2%**
Saturated Fat	**2.11g**	**10.55%**
Trans Fat	**0g**	
Cholesterol	**15.46mg**	**5.15%**
Sodium	**163.01mg**	**6.79%**
Total Carbohydrate	**33.51g**	**11.17%**
Dietary Fiber	**2.86g**	**11.44%**
Sugars	**17.27g**	
Protein	**2.80g**	

Vitamin A	**0.99%**	**Vitamin C**	**0.03%**
Calcium	**1.31%**	**Iron**	**6.56%**

Candy Cookie Dough

Ingredients: Whole wheat flour, Enriched flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Semi-sweet chocolate gems (Dark chocolate [sugar, chocolate liquor, cocoa butter, butteroil, soy lecithin, artificial flavor], sugar, Coloring [Includes Yellow #5 Lake, Yellow #6 Lake, Blue #2 Lake, Red #40 Lake, Blue #1 Lake, FD&C Yellow #6, FD&C Yellow #5, FD&C Blue #1, Confectioner's glaze [carnauba wax, beeswax, shellac], gum arabic, corn syrup), vegetable shortening (canola oil, palm oil), Eggs, Oats, Water, Cream Cheese (pasteurized milk and cream cheese culture, salt, stabilizer [carob bean gum and/or guar gum and/or xanthan gum]), Modified wheat starch, Invert sugar. Contains 2% or less of Salt, Leavening (sodium bicarbonate and sodium aluminum phosphate), Dairy blend (whey, sodium caseinate, nonfat milk, soy lecithin, calcium phosphate, calcium oxide), Natural flavor

CONTAINS EGGS, MILK, SOY BEANS, WHEAT

Calories	**196.29**	
Calories from Fat	**52.34**	
	Per Serving	**% Daily Value***
Total Fat	**5.82g**	**8.95%**
Saturated Fat	**1.75g**	**8.75%**
Trans Fat	**0g**	
Cholesterol	**14.93mg**	**4.98%**
Sodium	**188.55mg**	**7.86%**
Total Carbohydrate	**32.7g**	**10.9%**
Dietary Fiber	**2.15g**	**8.6%**
Sugars	**18.15g**	
Protein	**3.54g**	

Vitamin A	**1.05%**	**Vitamin C**	**0.68%**
Calcium	**2.23%**	**Iron**	**6.11%**

Oatmeal Raisin Cookie Dough

Ingredients: Oats, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), raisins (coated in vegetable oil), vegetable shortening (canola oil, palm oil), eggs, water, cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizer [carob bean gum and/or guar gum and/or xanthan gum]), molasses, Contains 2% or less of food starch-modified, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), dairy blend (whey, sodium caseinate, nonfat milk, soy lecithin, calcium phosphate, calcium oxide), spice, natural and artificial flavor

CONTAINS EGGS, MILK, SOY BEANS, WHEAT

Calories	**194.99**	
Calories from Fat	**54.76**	
	Per Serving	**% Daily Value***
Total Fat	**6.08g**	**9.35%**
Saturated Fat	**2.13g**	**10.65%**
Trans Fat	**0g**	
Cholesterol	**13.33mg**	**4.44%**
Sodium	**198.08mg**	**8.25%**
Total Carbohydrate	**33.79g**	**11.25%**
Dietary Fiber	**2.86g**	**11.44%**
Sugars	**17.33g**	
Protein	**2.62g**	

Vitamin A	**1.96%**	**Vitamin C**	**0.05%**
Calcium	**1.37%**	**Iron**	**5.39%**

Sugar Cookie Dough

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamon B2], folic acid), sugar, vegetable shortening (canola oil, palm oil), eggs, water, oats, cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizer (carob bean gum and/or guar gum and/or xanthan gum), butter margarine blend (butter, palm oil, soybean oil, water, salt, mono- and diglycerides, annatto extract color, natural flavor, vitamin A palmitate), modified wheat starch, invert starch. Contains 2% or less of leavening (sodium bicarbonate, sodium aluminum phosphate), dairy blend (whey, sodium caseinate, nonfat milk, soy lecithin, calcium phosphate, calcium oxide), natural flavor

CONTAINS MILK, EGG, WHEAT, SOYBEAN PRODUCTS

Serving Size: (1.85 OZ)
Serving Per Container:

Calories	**191.33**	
Calories from Fat	**54.37**	
	Per Serving	**% Daily Value***
Total Fat	**6.04g**	**9.29%**
Saturated Fat	**2.09g**	**10.45%**
Trans Fat	**0g**	
Cholesterol	**14.21mg**	**5.27%**
Sodium	**189.35mg**	**7.89%**
Total Carbohydrate	**33.21g**	**11.07%**
Dietary Fiber	**2.34g**	**9.36%**
Sugars	**17.81g**	
Protein	**3.04g**	

Vitamin A	**0.95%**	**Vitamin C**	**0.02%**
Calcium	**1.6%**	**Iron**	**8.89%**

Double Chocolate Cookie Dough

Ingredients: Whole wheat flour, Enriched flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Vegetable shortening (canola oil, cottonseed oil, palm oil), Eggs, Water, Semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), Cocoa powder, Cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizer [carob bean gum and/or guar gum and/or xanthan gum]), Invert sugar. Contains 2% or less of leavening (sodium bicarbonate, sodium aluminum phosphate), dairy blend (whey, sodium caseinate, nonfat milk, soy lecithin, calcium phosphate, calcium oxide), Salt, Natural flavor

CONTAINS MILK, EGG, WHEAT, AND SOYBEAN PRODUCTS.

CHOCOLATE SHORTCAKE - REGULAR

Nutrition Facts

Serving Size	3 fl. oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	170	
Calories From Fat	80	
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	60 mg	2%
Total Carbohydrate	22g	7%
Dietary Fiber	less than 1g	0%
Sugars	14g	
Protein	2g	
Vitamin A		2%
Vitamin C		0%
Calcium		4%
Iron		4%

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

UPC Code: 0-75455-84500-1

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

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

Ingredients:
FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (PROPYLENE GLYCOL MONOESTER, GUAR GUM, MONO- & DIGLYCERIDES, CALCIUM SULFATE, CARRAGEENAN, LOCUST BEAN GUM), ARTIFICIAL FLAVOR.
CENTER: WATER, SUGAR, COCOA, STABILIZER (GUAR GUM, CAROB BEAN GUM, CARRAGEENAN).
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, COCOA, COCOA PROCESSED WITH ALKALI, WHEY POWDER, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH: BLEACHED WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PALM OIL AND/OR PARTIALLY HYDROGENATED OILS: SOYBEAN, COTTONSEED), CARAMEL COLOR, COCOA (PROCESSED WITH ALKALI) CORN SYRUP, SALT, ARTIFICIAL FLAVOR, BAKING SODA, SOY LECITHIN.

STRAWBERRY SHORTCAKE - REGULAR

Nutrition Facts

Serving Size	3 fl. oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	170	
Calories From Fat	80	
		% Daily Value*
Total Fat	9g	14%
Saturated Fat	4.5g	22%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	55mg	2%
Total Carbohydrate	21g	7%
Dietary Fiber	0g	0%
Sugars	16g	
Protein	1g	
Vitamin A		4%
Vitamin C		0%
Calcium		4%
Iron		2%

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

UPC Code: 0-75455-84400-4

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

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

Ingredients:
FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (PROPYLENE GLYCOL MONOESTER, GUAR GUM, MONO- & DIGLYCERIDES, CALCIUM SULFATE, CARRAGEENAN, LOCUST BEAN GUM), ARTIFICIAL FLAVOR.
CENTER: WATER, DEXTROSE, ADIPIC ACID, ARTIFICIAL FLAVOR, STABILIZER (LOCUST BEAN GUM, GUAR GUM, PROPYLENE GLYCOL ALGINATE), SILICON DIOXIDE (ANTICAKING), ARTIFICIAL COLOR (RED #40).
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, NONFAT DRY MILK, SOY LECITHIN, SALT, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH: BLEACHED WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PALM OIL AND/OR PARTIALLY HYDROGENATED OILS: SOYBEAN, COTTONSEED), SALT, BAKING SODA, ARTIFICIAL FLAVOR, SOY LECITHIN, ARTIFICIAL COLOR (RED #3).

FUDGE FRENZY

Nutrition Facts

Serving Size	3 fl. oz.	(75g)
Servings Per Container		1
Amount Per Serving		
Calories	80	
Calories From Fat	5	
		% Daily Value*
Total Fat	.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	19g	6%
Dietary Fiber	3g	13%
Sugars	7g	
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		10%
Iron		6%

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

UPC Code: 0-75455-86200-8

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: A Frozen Confection

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

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: Lowfat Frozen Dairy Dessert

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP,WHEY, CITRIC ACID, STABILIZER (MONO- AND DIGLYCERIDES,MODIFIED CELLULOSE, GUAR GUM, POLYSORBATE 80, XANTHAN GUM AND CAROB BEAN GUM), ARTIFICIAL FLAVORS, ARTIFICIAL COLORS (YELLOW #6, BLUE #1, RED #40), VITAMIN A PALMITATE.

VANILLA SANDWICH

Nutrition Facts

Serving Size	4 fl. oz.	68g
Servings Per Container		1
Amount Per Serving		
Calories	180	
Calories From Fat	50	
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	135mg	6%
Total Carbohydrate	28g	9%
Dietary Fiber	less than 1g	0%
Sugars	15g	
Protein	3g	
Vitamin A		6%
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: 0-75455-44000-8

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Vanilla Frozen Dairy Dessert with Two Chocolate Wafers

Ingredients:

FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (PROPYLENE GLYCOL MONOESTER, GUAR GUM, MONO & DIGLYCERIDES, CALCIUM SULFATE, CARRAGEENAN, LOCUST BEAN GUM), ARTIFICIAL FLAVOR.

WAFERS: BLEACHED WHEAT FLOUR, SUGAR, SOY BEAN & PALM OIL. COCOA, DEXTROSE, CARAMEL COLOR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CORN FLOUR, MODIFIED CORN STARCH, SALT, BAKING SODA, SOY LECITHIN, ARTIFICIAL CHOCOLATE FLAVOR.

Ridgefield's

SideKicks

100% FRUIT JUICE

100% FRUIT JUICE
4.4 FLUID-OUNCE PORTION

Nutrition Facts

- 100% Fruit Juice
- No Added Sweetener
- Half-Cup Fruit on School Lunch Menu
- No Red Dyes
- Gluten-Free

Serving Size	4.4 fl. oz. (127g) (130 ml)
Servings Per Container	one
Amount Per Serving	
Calories	80
Calories from Fat	0
	% Daily Value *
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	45mg 2%
Total Carbohydrate	20g 7%
Dietary Fiber	0g 0%
Sugars	19g**
Protein	0g
Vitamin A	20%
Vitamin C	100%
Vitamin D	20%
Calcium	8%
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
Sat 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

**Sugars are those naturally occurring in the fruit juices.
15% total sugar by weight.

Serving Size 4.4 fl. oz

Single Strength Juice 4 fl. oz. (1/2 cup)
SideKicks are 4 fl oz of juice prior to freezing. When frozen, the juice expands to 4.4 fl oz as shown on the cup labels.

The Ridgefield's Brand Corporation **1-800-800-2269**

Strawberry-Mango
Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Natural and Artificial Flavors, Vegetable Juice (for Color), Salt, Vitamin C, Turmeric (for Color), Beta Carotene (for Color), Vitamin A Palmitate, Vitamin D.

Blue Raspberry-Lemon
Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vitamin C, Salt, Turmeric (for Color), Vitamin A Palmitate, Blue 1, Vitamin D.

Kiwi-Strawberry
Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vegetable Juice (for Color), Salt, Vitamin C, Turmeric (for Color), Vitamin A Palmitate, Yellow 5, Vitamin D, Blue 1.

Nutrition Facts

Serving Size 1cup (51g)

Servings Per Container 1

Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	45mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms 3oz. Low Fat Strawberry Ripple Cup

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, Strawberry Sauce (Corn Syrup, Water, Hugh fructose corn syrup, Modified corn starch, Natural and artificial flavors, Citric acid, FD&C Red #40, FD&C Blue #1), High Fructose corn syrup, Why, Malodextrin, Mono & Diglycerides, Guar gum, Natural and artificial vanilla flavor, Cellulose gum, Polysorbate 80, Carrageenan, Vitamin A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size 1cup (51g)

Servings Per Container 1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	50mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Chocolate Ripple Cup

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, Chocolate sundae sauce (Corn syrup, High fructose corn syrup, Water, Sugar, Cocoa processed with alkali, modified corn starch, cocoa, salt, artificial vanilla flavor), High fructose corn syrup, Whey, Maltodextrin, Mono & Diglycerides, Guar gum, Natural and artificial flavor, Cellulose gum, Polysorbate 80, Carrageenan, Vitamon A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size 3oz	51g		
Servings Per Container	1		
Amount Per Serving			
Calories	80	**Calories from Fat**	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	50mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Vanilla Cup

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, High fructose corn syrup, Whey, Maltodextrin, Mono & Diglycerides, Guar gum, Natural and artificial vanilla flavor, Cellulose gum, Poysorbate 80, Carrageenan, Vitamin A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size	1cup 51g
Servings Per Container	1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	60mg		3%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Vanilla/Chocolate Cup

Ingredients: Milk, Sugar, Corn syrup, High fructose corn syrup, Cream, Cocoa processed with alkali, Whey, Nonfat dry milk, Maltodextrin, Stabilizer (mono &diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan), Salt, Natural and artificial vanilla flavor, Vitamin A palmitate

Nutrition Facts

Serving Size 1cup (51g)

Servings Per Container 1

Amount Per Serving			
Calories	80	Calories from Fat	15
			% Daily Value*
Total Fat	1g		3%
Saturated Fat	.5g		6%
Trans Fat	0g		
Cholesterol	5mg		3%
Sodium	50mg		2%
Total Carbohydrate		15g	5%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Cotton Candy Cup

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, High fructose corn syrup, Whey, Maltodextrin, Mono & diglycerides, Guar gum, Cellulose gum, Polysorbate 80, Carrageenan, Cotton candy flavor (artificial flavor, FD&C Red #40, FD&C Blue #1), Vitamin A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size 3oz	(56g)
Servings Per Container	1

Amount Per Serving			
Calories	90	Calories from Fat	5
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	15mg		1%
Total Carbohydrate	21g		7%
Dietary Fiber	0		0%
Sugars	10g		
Protein	1g		
Vitamin A	0%	Vitamin C	10%
Calcium	2%	Iron	2%

Frederick Farms Orange Juice Sherbet Push-Pop

Ingredients: Skim milk, Water, Sugar, Apple juice concentrate, Corn syrup, High fructose corn syrup, Cream, Stabilizer (Mono & diglycerides, guar gum, cellulose gum, carrageenan), Natural orange flavor (water, modified corn starch, sodium citrate, citric acid, certified food color (FD&C Yellow #6), xanthan gum), Citric acid, Natural orange flavor, Acacia gum, Ascorbic acid (Vitamin C)

CONTAINS MILK

Nutrition Facts

Serving Size 3oz (51g)

Servings Per Container 1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	50mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Garber's Reduced Fat Vanilla Ice Cream Sandwich

Ingredient: (Ice Cream) Milk, Cream, Sugar, Corn syrup, High fructose corn syrup, Nonfat milk, Whey, Natural and artificial vanilla flavor, Mono & diglycerides, Guar gum, Cellulose gum, Polysorbate 80, Carrageenan
(Wafer) Bleached wheat flour, Sugar, High fructose corn syrup, Soybean and palm oil, Cocoa, Dextrose, Caramel color, Corn syrup, High fructose corn syrup, Corn flour, Modified corn starch, Salt, Baking soda, Artificial chocolate flavor

CONTAINS MILK, WHEAT, SOY

Nutrition Facts

Serving Size 3oz (51g)

Servings Per Container 1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	50mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Vanilla Fudge Push Pop

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, Chocolate sundae sauce (corn syrup, high fructose corn syrup, water, sugar, cocoa processed with alkali, modified corn starch, cocoa, salt, artificial vanillin), High fructose corn syrup, Whey, Maltodextrin, Mono & diglycerides, Guar gum, Natural and artificial vanilla flavor, Cellulose gum, Polysorbate 80, Carageenan, Vitamin A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size	3oz (51g)
Servings Per Container	1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value*
Total Fat	1g		1%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	50mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	6%	Iron	2%

Frederick Farms Low Fat Cotton Candy Push-Up

Ingredients: Milk, Nonfat milk, Sugar, Corn syrup, High fructose corn syrup, Whey, Maltodextrin, Mono & diglycerides, Guar gum, Cellulose gum, Polysorbate 80, Carrageenan, Cotton candy flavor, (artificial flavor, FD&C Red #40, FD&C Blue #1), Vitamin A palmitate

CONTAINS MILK

Nutrition Facts

Serving Size	1 Cone (85g)
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	125mg		5%
Total Carbohydrate		33g	11%
Dietary Fiber	less than 1g		3%
Sugars	16g		
Protein	3g		

Vitamin A	6%	Vitamin C	0%
Calcium	10%	Iron	4%

Frederick Farm Cookies n Cream Ice Cream Cone

Ingredients: Milk (Bleached wheat flour, maltodextrin, vegetable shortening (soybean oil, partially hydrogenated soybean and/or partially hydrogenated cottonseed oil), salt, soy lecithin, caramel color, artificial vanilla flavor, sucrolose), Nonfat milk, Sugar, Corn syrup, High fructose corn syrup, Whey, Cookie crunch (Bleached wheat flour, sugar, cocoa processed with alkali, corn syrup, corn flour, partially hydrogenated soybean oil, baking soda, salt, soy lecithin, natural and artificial flavors), Chocolate coating (palm oil, sugar, soybean oil, cocoa, whey, cocoa processed with alkali, soy lecithin, natural vanilla flavor), Maltodextrin, Mono & Diglycerides, Guar gum, Carboxymethycellulose gum, Natural and artificial flavor, polysorbate 80, carrageenan, Vitamin A palmitate

CONTAINS MILK, WHEAT, SOY

Nutrition Facts

Serving Size	1 Sandwich (50g)
Servings Per Container	1

Amount Per Serving			
Calories	120	Calories from Fat	25
			% Daily Value*
Total Fat	2.5		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	95mg		4%
Total Carbohydrate		21g	7%
Dietary Fiber	0g		0%
Sugars	11g		
Protein	3g		
Vitamin A	10%	Vitamin C	0%
Calcium	4%	Iron	2%

Frederick Farms Low Fat Mini Sandwich

Ingredients: (Ice Cream) Milk, Sugar, Corn syrup, High fructose corn syrup, Cream, Whey, Nonfat dry milk, Maltodextrin, Stabilizer, (Mono & diglycerides, guar gum, cellulose gum, polysorbate 80, carrageenan), Natural and artificial vanilla flavor, Vitamin A palmitate
(Wafer ingredients) Wheat flour, High fructose corn syrup, (Partially hydrogenated soybean oil, caramel color, Soy flour, Corn starch, Baking soda, Soy lecithin, Cocoa, Salt, Natural flavors)

CONTAINS MILK, WHEAT, SOY

Chocolate and Vanilla Ice Cream Tubs

FARM FRESH VANILLA

3 Gallon Tub

Serving Size - 4 oz.

Per Serving:

Calories - 100

Calories from fat - 20

Total Fat – 2 g

Saturated Fat - 1.5 g

Trans Fat – 0g

Cholesterol – 5 mg

Sodium - 60 mg

Total Carb – 18 g

Fiber – 0g

Sugars - 12g

Protein - 1g

Vitamin A - 15%

Vitamin C- 0%

Calcium - 6%

Iron - 0%

FARM FRESH CHOCOLATE

3 Gallon Tub

Serving Size - 4 oz.

Per Serving:

Cal 100

Cal from fat 20

Total Fat 3 gram

Saturated 1.5

Trans 0

Cholesterol - 5mg

Sodium 80

Carb 20

Fiber 1g

Sugars 13

Protein 2 g

Vitamin A - 15%

Vitamin C – 0%

Calcium - 8%

Iron - 8%

Strawberries and Cream

Strawberry ice cream with sweet strawberry slices.

Nutrition Facts
Serving Size 1/2 cup (66 g)
Servings Per Container 12

Amount Per Serving

Calories 120
Calories from Fat 50

% Daily

Other Assorted Drinks/Snacks (not able to obtain labels or nutritional info)

Fruit & Yogurt Parfait, 4 oz. (E)
Fruit & Yogurt Parfait, 8 oz. (E)
Pudding

Envy Strawberry Kiwi Fruit Juice (S)

Ingredients: 100% Juice (Filtered sparkling water to reconstitute juice concentrates apple, pear, grape, and strawberry, and acerola) natural flavors, Calcium Lactate, Ascorbic Acid (Vitamin C), Vitamin A Palmitate and Vitamin D3.

The Switch Black Cherry Sparkling Juice (S)

Ingredients: 100% Juice (Filtered Sparkling Water Sufficient to Reconstitute Juice Concentrates, Apple, Grape, Acerola and Cherry Juice Concentrates), Natural Flavors, Ascorbic Acid (Vitamin C)