

Nutritious Friendly Ice Cream

Ingredients and Nutrients	Calories	Fat	Carbohydrate	Protein	Sugar
		gm	gm	gm	gm
Low Fat Ice Cream Sandwich	150	3	28	3	15
Low Fat Ice Cream: Milk fat and non fat milk, buttermilk, sugar, corn syrup, whey, calcium carbonate, natural and artificial flavors, mono & diglycerides, guar gum, calcium sulfate, carob bean gum, polysorbate 65, carrageenan, vitamin A palmitate annatto for color. Water: bleached wheat flour, sugar, caramel color, dextrose, palm oil, yellow corn flour contains 2% or less of cocoa, high fructose corn syrup, corn syrup, food starch modified, baking soda, salt, mono & diglycerides, soy lecithin. Allergen Info: Contains milk, soy, and wheat					
Rainbow Sherbet Cool Tube	80	1	18	0	15
Water, sugar, corn syrup, whey, high fructose corn syrup, cream, lemon lim puree (water, lemon juice from concentrate, lime juice from concentrate, citrus pulp & cells, natural flavors, sodium benzoate as preservative, yellow 5, blue 1) cherry flavor (natural & artificial flavor, water, vegetable oil, sodium benzoate as preservative, red 40) orange puree (concentrated orange juice, water, sugar, oil of acid, guar gum, carbohydrate gum, carob bean gum, polysorbate 80, yellow 6 yellow 5, blue 1). Allergen Info: Contains milk					
FrozFruit Strawberry Bar	90	0	23	0	22
Water, fruit base (sliced strawberries, sugar, pectin) high fructose corn syrup, contains less than 1/2% of: guar gum, dextrose, karaya gum, xanthan gum, beet juice, and annatto for color, ascorbic acid Allergen Info: May contain trace amounts of milk protein					
Cotton Candy Ice Cream Cup	110	3	18	3	14
Milk fat and nonfat milk, buttermilk, sugar, corn syrup, whey, calcium carbonate, artificial flavors, mono & diglycerides, guar gum, calcium sulfate, carob bean gum, polysorbate 65, carrageenan, vitamin A palmitate, red 40, blue 1, yellow 6 Allergen Info: Contains milk					
Orange Dream Bar	100	1.5	20	1	17
Reduced fat ice cream: milk, buttermilk, sugar, nonfat milk, corn syrup, whey, cream, mono & diglycerides carob bean gum, guar gum, natural flavor, artificial flavor, polysorbate 80, carrageenan, vitamin A palmitate, Orange Sherbet- water, sugar, whey, high fructose corn syrup, cream, orange puree (concentrated orange juice, water, sugar, oil of orange, yellow 6, xanthan gum, sodium benzoate as preservative, citric acid, guar gum, hydroxypropyl methylcellulose, carob bean gum, yellow 6. Allergen Info: Contains milk					
Orange Sherbet Cup	120	1	27	0	21
Skim milk , water, sugar, 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, natural flavor, acacia gum, citric acid Allergen Info: Contains milk					
Birthday Cake Ice Cream Cup	70	1	13	2	8
Milk fat & nonfat milk, buttermilk, corn syrup, whey, sugar, calcium carbonate, natural & artificial flavors, mono & diglycerides, guar gum, calcium sulfate, carob bean gum, polysorbate 65, carrageenan, vitamin A palmitate, blue 1, yellow 6, red 40 Allergen Info: Contains milk					
Chocolate Vanilla Pudding Pop	100	3	17	2	13
Water, skim milk, sugar, buttermilk, corn syrup, palm oil, Pudding base (tapioca, food starch-modified, nonfat dry milk, gelatin, cellulose gum, carrageenan, salt) cocoa (processed with alkali), calcium carbonate, vanilla extract. Allergen Info: Contains milk					

