



Smart Snacks in School



Smart Facts for Smart Snacks

Product			Size Weight	Calories < 200	Total Fat	Fat Cal % < 35%	Sat. Fat	Sat. Fat Calorie % < 10%	Trans Fat 0g	Sodium <200mg	Sugar	Sugar % by Weight < 35%
	Frozen Fruit Punch	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Savagely Sour Cherry	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Savagely Sour Blue Raspberry	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Cotton Candy Twirl	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Cool Watermelon	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Bubble Gum Bar	 	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	0 mg	11 g	16 %
	Fudge Frenzy		2.5 fl oz 63 g	110	0 g	0 %	0 g	0 %	0 g	65 mg	19 g	30 %
	Sour Swell		2.5 fl oz 53 g	70	1 g	13 %	0.5g	6 %	0 g	20 mg	11 g	21 %
	Strawberry Shortcake		3 fl oz 70 g	140	5 g	32 %	1.5g	9 %	0 g	50 mg	12 g	17 %
	Chocolate Crunch Cake		3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	19 %
	Crumbled Cookie Bar		3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	19 %
	Orange Cream Bar		2.5 fl oz 59 g	90	1 g	10 %	0.5g	5 %	0 g	35 mg	16 g	27 %
	LF Vanilla Sandwich		3 fl oz 51 g	130	2.5g	17%	1 g	7 %	0 g	120 mg	11 g	21 %
	Crumbled Cookie Cone		3 fl oz 69 g	150	2.5g	15 %	1.5g	9 %	0 g	110 mg	14 g	20 %
	Birthday Cake Cone		3 fl oz 69 g	150	2.5g	15 %	1.5g	9 %	0 g	90 mg	14 g	20 %
	Vanilla & Chocolate Swirl Cone		3 fl oz 69 g	150	2.5g	15 %	1.5g	9 %	0 g	110 mg	14 g	20 %
	Rainbow Polar Pole		2.75 fl oz 45 g	70	0.5g	6 %	0g	0 %	0 g	15 mg	13 g	29 %
	Cherry Cyclone		3.75 fl oz 79 g	90	0.5g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %
	Sour Cyclone Blue Raspberry		3.75 fl oz 79 g	90	0.5g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %
	Watermelon Cyclone		3.75 fl oz 79 g	90	0.5g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %
	LF Vanilla and Chocolate Cup		3 fl oz 50 g	80	1 g	11 %	0.5g	6 %	0 g	45 mg	12 g	24 %
	LF Vanilla Cup		3 fl oz 50 g	80	1 g	11 %	0.5g	6 %	0 g	45 mg	12 g	24 %
	LF Strawberry Cup		3 fl oz 50 g	80	1 g	11 %	0.5g	6 %	0 g	45 mg	12 g	24 %
	LF Chocolate Cup		3 fl oz 50 g	80	1 g	11 %	0.5g	6 %	0 g	45 mg	12 g	24 %

More nutrition facts are available at www.richicecream.com