

UDF

Nutrition Facts <i>Strawberry</i>	
Serving Size 8oz <i>(serving size may vary)</i>	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 0g	
Vitamin A 0	Vitamin C 120%

*Based on a 2,000 calorie diet.

Allergens: none reported

Nutrition Facts <i>Wildberry</i>	
Serving Size 8oz <i>(serving size may vary)</i>	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 0g	
Vitamin A 0%	Vitamin C 120%
Calcium 2%	Iron 2%

*Based on a 2,000 calorie diet.

Allergens: none reported

Island Oasis Smoothie



Vanilla Soft Serve

Nutrition Facts			
Serving Size 1 cup <i>(serving size may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	280	Calories from Fat	90
% Daily Value*			
Total Fat 10g			16%
Saturated Fat 6g			32%
Cholesterol 20mg			8%
Sodium 130mg			6%
Total Carbohydrate 38g			12%
Sugars 34g			
Protein 8g			
Vitamin A	4%	Vitamin C	8%
Calcium	30%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Dairy



Chocolate Soft Serve

Nutrition Facts			
Serving Size 1 cup <i>(serving size may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	280	Calories from Fat	90
% Daily Value*			
Total Fat 10g			16%
Saturated Fat 6g			32%
Cholesterol 30mg			8%
Sodium 130mg			6%
Total Carbohydrate 40g			14%
Sugars 34g			
Protein 6g			
Vitamin A	4%	Vitamin C	4%
Calcium	20%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Dairy



Cookies & Cream

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat	90
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	6g		28%
Trans Fat	0g		
Cholesterol	35mg		11%
Sodium	115mg		5%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	4g		
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Dairy, Eggs, Wheat, Soy



Chocolate Chip Cookie Dough

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	210	Calories from Fat	100
% Daily Value*			
Total Fat	11g		16%
Saturated Fat	6g		31%
Trans Fat	0g		
Cholesterol	30mg		11%
Sodium	90mg		4%
Total Carbohydrate	26g		9%
Sugars	21g		
Protein	4g		
Vitamin A	6%	Vitamin C	2%
Calcium	10%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Dairy, Eggs, Wheat, Soy

Butter Pecan

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	210	Calories from Fat	110
% Daily Value*			
Total Fat	12g		18%
Saturated Fat	6g		29%
Cholesterol	35mg		11%
Sodium	85mg		4%
Total Carbohydrate	22g		7%
Dietary Fiber	0g		0%
Sugars	20g		
Protein	4g		
Vitamin A	6%	Vitamin C	2%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Dairy, Eggs, Wheat, Soy

Mint Chocolate Chip

Nutrition Facts			
Serving Size ½ Cup (<i>-serving size may vary</i>)			
Servings Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat	100
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 7g			34%
Trans Fat 0g			
Cholesterol 35mg			11%
Sodium 55mg			2%
Total Carbohydrate 23g			8%
Sugars 21g			
Protein 4g			
Vitamin A	6%	Vitamin C	2%
Calcium	10%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Milk, Eggs, Soy

Strawberry

Nutrition Facts			
Serving Size ½ Cup (<i>-serving size may vary</i>)			
Servings Per Container			
Amount Per Serving			
Calories	160	Calories from Fat	60
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 4.5g			23%
Trans Fat 0g			
Cholesterol 20mg			6%
Sodium 40mg			2%
Total Carbohydrate 22g			7%
Dietary Fiber 0g			
Sugars 21g			7%
Protein 3g			
Vitamin A	4%	Vitamin C	20%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Milk

Cherry Cordial

Nutrition Facts			
Serving Size ½ Cup (<i>-serving size may vary</i>)			
Servings Per Container 2			
Amount Per Serving			
Calories	190	Calories from Fat	90
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 6g			30%
Trans Fat			0
Cholesterol 30mg			10%
Sodium 60mg			2%
Total Carbohydrate 24g			8%
Sugars 22g			
Protein 3g			
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Milk, Egg, Soy

Blue Moo Cookie Dough

Nutrition Facts			
Serving Size ½ Cup (<i>-serving size may vary</i>)			
Servings Per Container 2			
Amount Per Serving			
Calories	160	Calories from Fat	70
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 4.5g			24%
Cholesterol 15mg			6%
Sodium 60mg			3%
Total Carbohydrate 20g			7%
Dietary Fiber 0g			
Sugars 15g			
Protein 3g			
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Milk, Eggs, Soy

Fudge Nut Sundae

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	170	Calories from Fat	80
% Daily Value*			
Total Fat	9g		13%
	Saturated Fat 6g		28%
Cholesterol	15mg		5%
Sodium	65mg		3%
Total Carbohydrate	20g		7%
	Dietary Fiber 1g		3%
	Sugars 14g		
Protein	3g		
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Milk, Wheat, Peanuts, Soy.

Vanilla

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	130	Calories from Fat	60
% Daily Value*			
Total Fat	7g		10%
	Saturated Fat 4.5g		22%
	Trans Fat 0		
Cholesterol	30mg		9%
Sodium	50mg		2%
Total Carbohydrate	16g		5%
	Dietary Fiber 0		
	Sugars 15g		
Protein	3g		
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Milk, Eggs

Chocolate Chip

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat	100
% Daily Value*			
Total Fat	11g		17%
	Saturated Fat 7g		34%
Cholesterol	35g		11%
Sodium	55mg		2%
Total Carbohydrate	23g		8%
	Less than 1g		3%
	Sugars 21g		
Protein	4g		
Vitamin A	6%	Vitamin C	2%
Calcium	10%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: Milk, Egg, Soy

Chocolate

Nutrition Facts			
Serving Size ½ Cup <i>(serving size may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	140	Calories from Fat	70
% Daily Value*			
Total Fat	7g		11%
	Saturated Fat 4.5g		22%
Cholesterol	30mg		10%
Sodium	50mg		2%
Total Carbohydrate	17g		6%
	Less than 1g		3%
	Sugars 16g		
Protein	3g		
Vitamin A	4%	Vitamin C	2%
Calcium	10%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Milk, Egg

Chocolate Chip Cookie

Nutrition Facts			
Serving Size 1 cookie <i>(serving size may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	645	Calories from Fat	218
		% Daily Value*	
Total Fat	24g		35%
Saturated Fat	14g		71%
Cholesterol	46mg		16%
Sodium	819mg		
Potassium	79mg		
Total Carbohydrate	103g		21%
Dietary Fiber	0.7g		0
Sugars	70g		0
Protein	6g		0
Vitamin A	10%	Vitamin C	10%
Calcium	6%	Iron	13%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

*Based on a 2,000 calorie diet.

Allergens: wheat, dairy, egg, soy



Nutrition Facts			
Serving Size 1 cookie <i>(serving size may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	616	Calories from Fat	194
		% Daily Value*	
Total Fat	21g		31%
Saturated Fat	12g		60%
Polyunsaturated Fat	0g		
Monounsaturated Fat	1g		
Trans Fat	0g		
Cholesterol	43mg		15%
Sodium	812mg		
Potassium	79mg		
Total Carbohydrate	103g		21%
Dietary Fiber	0.5g		
Sugars	70g		
Protein	5g		
Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	11%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

*Based on a 2,000 calorie diet.

Allergens: wheat, dairy, egg, soy

M&M Cookie



Nutrition Facts

Serving Size 45g (*-serving size may vary*)
 Servings Per Container 1.5

Amount Per Serving

Calories 190 Calories from Fat 40

% Daily Value*

Total Fat 4.5 7%

Saturated Fat 1.5 8%

Trans Fat 0

Cholesterol 0 0%

Sodium 210mg 9%

Total Carbohydrate 35g 12%

Dietary Fiber 0g 0%

Sugars 17g

Protein 1g

Vitamin A 8% Vitamin D 6%

Calcium 0% Iron 4%

Thiamin 20% Riboflavin 20%

Niacin 20% Folic Acid 10%

*Based on a 2,000 calorie diet.

Allergens: Dairy, Soy

Rice Krispie Treat



Nutrition Facts

Serving Size 13g
 Servings Per Container 1

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20g 1%

Total Carbohydrate 11g 4%

Dietary Fiber 0 0%

Sugars 4g

Protein 1g

Vitamin A 0 Vitamin C 0

Calcium 0 Iron 0

Thiamin 0 Riboflavin 0

Niacin 0 Folic Acid 0

*Based on a 2,000 calorie diet.

Allergens: Wheat, Dairy, Eggs

Sugar Cone



Waffle Cone

Nutrition Facts			
Serving Size 1 Cone			
Servings Per Container 1			
Amount Per Serving			
Calories	120	Calories from Fat	18
% Daily Value*			
Total Fat	2g		
	Saturated Fat	0g	
Cholesterol	0mg		
Sodium	41mg		
Total Carbohydrate	23g		
	Dietary Fiber	0g	
	Sugars	2g	
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	6%

*Based on a 2,000 calorie diet.

Allergens: Wheat, Eggs, Milk



Cake Cone

Nutrition Facts			
Serving Size 7g			
Servings Per Container 1			
Amount Per Serving			
Calories	35	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0g		0%
Sodium	25mg		1%
Total Carbohydrate	7g		2%
	Dietary Fiber	0g	
	Sugars	0g	
Protein	1g		2%
Vitamin A	0%	Vitamin C	0%

*Based on a 2,000 calorie diet.

Allergens: Wheat, Dairy, Eggs



Cotton Candy

Nutrition Facts	
Serving Size 1oz (serving size may vary)	
Servings Per Container 1	
Amount Per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	28g
Dietary Fiber	0
Sugars	28g
Protein	0

*Based on a 2,000 calorie diet.

Allergens: none reported



Nutrition Facts	
Serving Size 1oz (serving size may vary)	
Servings Per Container approx 3	
Amount Per Serving	
Calories	148
Calories from Fat	76
% Daily Value*	
Total Fat	8g
Saturated Fat	2g
Trans Fat	3g
Cholesterol	1mg
Sodium	216mg
Total Carbohydrate	16g
Dietary Fiber	3
Sugars	0
Protein	2g
Vitamin A	1%
Vitamin C	0%
Calcium	1%
Iron	4%

*Based on a 2,000 calorie diet.

Allergens: none reported

Popcorn



Pepsi

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	28g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Diet Pepsi

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	0g
Sugars	0g
Protein	0g
*Based on a 2,000 calorie diet.	



Tropicana Fruit Punch

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	30g
Sugars	30g
Protein	0g
*Based on a 2,000 calorie diet.	



Sierra Mist

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	20mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	110
Calories from Fat	0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	29g
Sugars	29g
Protein	0g
*Based on a 2,000 calorie diet.	

Mountain Dew



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0
Calories from Fat	0
Total Fat	0g
Sodium	30mg
Total Carbohydrate	0g
Sugars	0g
Protein	0g
*Based on a 2,000 calorie diet.	

Brisk Iced Tea



Tropicana Pink Lemonade

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	105mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Diet Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0
Calories from Fat	0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	0g
Sugars	0g
Protein	0g
*Based on a 2,000 calorie diet.	

