

	Calories	Total Fat (g)	Sat Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Ice Cream Sandwich	260	4	2	0	10	300	52	6	24	20	10
Fudge Bar	160	2	1	0	10	100	34	6	18	14	10
Chocolate Brownie Sundae	320	16	10	0	50	90	44	6	26	22	10
Orange Cream Bar	180	2	1	0	20	130	34	6	22	16	10
Chocolate Cupcake	420	15	5	0	90	420	69	15	33	27	15
Lemon Zest Cake	280	8	2	0	30	280	54	8	16	12	10
Red Velvet Cupcake	260	9	2	0	50	260	40	10	20	16	10
Strawberry Shortcake Cupcake	390	11	2	0	60	510	54	9	27	24	15
Carrot Cake	390	9	2	0	60	420	60	9	27	24	15

Ice cream sandwich: LOW FAT ICE CREAM (MILKFAT AND NONFAT MILK, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CORN SYRUP, SUGAR, POLYDEXTROSE, MALTODEXTRIN, CONTAINS 1% OR LESS OF: VANILLA EXTRACT, MONO AND DIGLYCERIDES, CAROB BEAN GUM, CELLULOSE GEL, CELLULOSE GUM, CARRAGEENAN, VITAMIN A PALMITATE), **WAFER** (BLEACHED WHEAT FLOUR, SUGAR, CARAMEL COLOR, DEXTROSE, PALM OIL, CORN FLOUR, CONTAINS 2% OR LESS OF: COCOA, BAKING SODA, CORN SYRUP, MODIFIED CORN STARCH, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN). **CONTAINS MILK, SOY AND WHEAT.**

Fudge bar: milkfat and nonfat milk, milk protein concentrate, corn syrup, sugar, polydextrose, whey protein concentrate, cocoa processed with alkali, contains 1% or less of: mono and diglycerides, cellulose gel, cellulose gum, locust bean gum, carrageenan. contains milk.

Chocolate brownie sundae: milkfat and nonfat milk, milk protein concentrate*, brownies (sugar, unenriched wheat flour, powdered sugar [sugar, corn starch], cocoa processed with alkali, water, palm kernel oil, soybean oil, nonfat dry milk, soy lecithin, natural flavor), **fudge swirl** (corn syrup, water, sugar, cocoa processed with alkali, coconut oil, unsweetened chocolate, nonfat dry milk, natural flavor, salt, corn starch, xanthan gum), **corn syrup, sugar, cocoa processed with alkali, polydextrose, whey protein concentrate, contains 1% or less of: mono and diglycerides, cellulose gel, cellulose gum, carob bean gum, carrageenan.** *not an ingredient in regular ice cream **contains milk, soy and wheat.**

Orange cream bar: milkfat and nonfat milk, milk protein concentrate, whey protein concentrate, corn syrup, sugar, orange base (sugar, orange juice concentrate, water, modified corn starch, annatto color, natural flavors, citric acid, fruit and vegetable juice concentrate for color), **polydextrose, maltodextrin, contains 1% or less of: vanilla extract, mono and diglycerides, carob bean gum, cellulose gel, cellulose gum, carrageenan, vitamin a palmitate.**contains milk.

Chocolate cupcake: BUTTERMILK, FRUCTOSE, POWDERED SUGAR (WITH CORNSTARCH), WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, EGG WHITES, EGGS, COCOA PROCESSED WITH ALKALI, INULIN, GLYCERINE, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, RESISTANT MALTODEXTRIN, CONTAINS 2% OR LESS OF: SWEETENER BLEND (ERYTHRITOL,

STEVIA LEAF EXTRACT [REB A], STEVIOL GLYCOSIDES, NATURAL FLAVORS), **MONO AND DIGLYCERIDES, FOOD STARCH-MODIFIED, SUGAR, NATURAL FLAVOR, BAKING SODA, EMULSIFIER BLEND** (PROPYLENE GLYCOL MONOSTEARATE, MONOGLYCERIDES, LACTYLIC ESTERS OF FATTY ACIDS), **SALT, OAT FIBER, POLYSORBATE 60, CORN SYRUP, PALM OIL, MALTODEXTRIN, XANTHAN GUM, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, DATEM, AGAR, GUAR GUM, LOCUST BEAN GUM, SOY LECITHIN.**
contains egg, milk, soy and wheat.

Lemon zest cake: **NONFAT MILK, EGG WHITES, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR** (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), **POWDERED SUGAR** (WITH CORNSTARCH), **RESISTANT MALTODEXTRIN, SWEETENER BLEND** (ERYTHRITOL, STEVIA LEAF EXTRACT [REB A], STEVIOL GLYCOSIDES, NATURAL FLAVORS), **WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, GLYCERINE, FRUCTOSE, CONTAINS 2% OR LESS OF: WHEY, MONO-AND DIGLYCERIDES, MODIFIED CORN STARCH, BAKING POWDER** (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), **NATURAL FLAVORING, LEMON FLAVEDO** (LEMON PEEL, SUGAR, LEMON OIL), **SUGAR, CORN SYRUP, BETA CAROTENE (COLOR), MALTODEXTRIN, XANTHAN GUM, OAT FIBER, POLYSORBATE 60, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, DATEM, AGAR, SALT, LOCUST BEAN GUM, GUAR GUM, SOY LECITHIN. CONTAINS EGG, MILK, SOY AND WHEAT.**

Red Velvet cupcake: **BUTTERMILK, SUGAR, RESISTANT MALTODEXTRIN, CONFECTIONER'S SUGAR** (SUGAR, CORNSTARCH), **WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, WHOLE WHEAT FLOUR, EGGS, EGG WHITES, GLYCERIN, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED CORN STARCH, SWEETENER BLEND** (ERYTHRITOL, STEVIA LEAF EXTRACT [REB A], STEVIOL GLYCOSIDES, NATURAL FLAVORS), **NEUFCHATEL CHEESE** (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), **WHEY, MONO-AND DIGLYCERIDES, COCOA PROCESSED WITH ALKALI, VINEGAR, NATURAL FLAVORING, OAT FIBER, POLYSORBATE 60, BAKING SODA, SALT, CORN SYRUP, MALTODEXTRIN, CARMINE (COLOR), TAPIOCA DEXTRIN, AGAR, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, DATEM, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN. CONTAINS EGGS, MILK, SOY, AND WHEAT.**

Strawberry shortcake cupcake: **WATER, WHOLE WHEAT FLOUR AND ENRICHED WHEAT FLOUR** (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), **SUGAR, APPLES, WHOLE EGGS, EGG WHITES, SOY OIL, MODIFIED WHEAT STARCH, CELLULOSE, LEAVENING** (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), **PALM OIL, CANOLA OIL, MONO-AND DIGLYCERIDES AND POLYSORBATE 60, NATURAL FLAVORS, CARROT AND BLACK CURRANT CONCENTRATES (COLOR), SALT, WHEY, BETA CAROTENE (COLOR), CORN STARCH, XANTHAN GUM AND GUAR GUM, STRAWBERRY PUREE, PECTIN, SOY LECITHIN, GLYCEROL, CITRIC ACID. CONTAINS EGG, MILK, SOY AND WHEAT.**

Carrot cake: CAKE: WATER, WHOLE WHEAT FLOUR AND ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SWEET POTATO, CARROTS, WHOLE EGGS, EGG WHITES, SOY OIL, CELLULOSE, WHEY, WHEAT DEXTRIN, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, WHEAT GLUTEN, SALT, NATURAL FLAVORS, SPICES, WHEAT DEXTRIN, XANTHAN GUM AND GUAR GUM, BETA-CAROTENE. ICING: SUGAR, VEGETABLE SHORTENING (PALM OIL, CANOLA OIL, MONO AND DIGLYCERIDES, POLYSORBATE 60), WATER, CREAM CHEESE POWDER (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), NONFAT DRY MILK, DISODIUM PHOSPHATE, NATURAL FLAVORS, CONTAINS 2% OR LESS OF THE FOLLOWING: CORN STARCH, SALT. CONTAINS EGG, MILK, SOY AND WHEAT.