



# Smart Snacks in School





# Smart Facts for Smart Snacks

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

More nutrition facts are available at [www.richicecream.com](http://www.richicecream.com)