Portion		Snacks	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)
1.00	each	Bar, Apple Cin. Nutrigrain	107.7	2.3	0.4	0.8	20.0	153.8	1.4	0.0	576.9	80.8
1.00	each	Bar, Blueberry Nutrigrain	140.0	3.0	0.5	1.0	26.0	200.0	1.8	0.0	750.0	105.0
1.00	each	Bar, Cereal Cinnamon	107.1	2.5	0.0	1.4	20.0	142.9	5.8	0.0	750.0	107.1
1.00	each	Bar, Cereal Trix	123.1	2.7	0.0	1.5	23.1	153.8	1.4	2.8	100.0	100.0
1.00	each	Bar, Strawberry Nutrigrain	107.7	2.3	0.4	0.8	20.0	153.8	1.4	0.0	576.9	92.3
1.00	each	Cinnamon Crunch Snack	120.0	3.0	0.0	2.0	22.0	80.0	3.6	4.8	500.0	200.0
1.00	each	Cookie, Gingerbread	110.0	3.5	1.0	1.0	18.0	20.0	1.1	0.0	300.0	65.0
1.00	each	Crackers, Graham Cinnamon 2 pk.	120.0	4.0	1.0	1.0	19.0	0.0	0.7	0.0	0.0	105.0
1.00	each	Crackers, Graham Cinnamon Mini	120.0	4.5	1.5	2.0	19.0	0.0	0.0	0.0	0.0	105.0
1.00	each	Crackers, Graham Vanilla Mini	130.0	4.0	1.0	2.0	21.0	100.0	0.7	0.0	0.0	105.0
1.00	each	Granola Bar, Chocolate Chip	90.0	2.0	0.5	1.0	19.0	80.0	0.7	0.0	0.0	80.0
1.00	each	Muffin, Blueberry	166.7	5.2	1.0	3.1	28.1	41.7	4.7	15.6	1,302.1	197.9
1.00	each	Pudding Cup, Chocolate	140.0	5.0	1.5	2.0	21.0	80.0	0.0	0.0	0.0	160.0
1.00	each	Pudding Cup, Vanilla	150.0	5.0	1.5	3.0	22.0	80.0	1.1	0.0	0.0	150.0
1.00	each	Rice Crispy Square	93.9	2.4	0.5	0.6	17.2	2.3	0.5	1.8	243.6	127.1
Portion		**Ice Cream**	**Calories**	**Total Fat grams**	**Sat. Fat grams**	**Protein grams**	**Carb. grams**	**Calcium (mg)**	**Iron (mg)**	**Vit. C (mg)**	**Vit. A (IU)**	**Sodium (mg)**
1.00	each	100% Juice Bar, Cherry	50.0	0.0	0.0	0.0	13.0	60.0	0.0	60.0	1,250.0	10.0
1.00	each	100% Juice Bar, Orange	50.0	0.0	0.0	0.0	13.0	60.0	0.0	60.0	1,250.0	10.0
1.00	each	Banana Fudge Bar	140.0	5.0	4.5	3.0	21.0	100.0	0.7	0.0	0.0	75.0
1.00	each	Cookie & Cream Cone	170.0	8.0	6.0	2.0	22.0	350.0	0.7	0.0	0.0	65.0
1.00	each	Cookies & Cream Cup	130.0	6.0	3.5	3.0	15.0	80.0	0.4	0.0	200.0	65.0
1.00	each	Cookies & Cream Sandwich	190.0	7.0	3.0	3.0	30.0	60.0	1.1	0.0	4.0	160.0
1.00	each	Fudge Bar	140.0	5.0	4.5	3.0	21.0	100.0	0.7	0.0	0.0	75.0
1.00	each	Ice Cream Cup, Chocolate	100.0	4.5	3.0	2.0	13.0	60.0	0.4	0.0	200.0	45.0
1.00	each	Ice Cream Cup, Strawberry	100.0	4.5	3.0	2.0	12.0	60.0	0.4	0.0	200.0	45.0
1.00	each	Ice Cream Cup, Vanilla	100.0	5.0	3.0	2.0	12.0	60.0	0.4	0.0	200.0	45.0
1.00	each	Mini Ice Cream Sandwich	100.0	4.0	2.5	2.0	15.0	20.0	0.0	0.0	0.0	80.0
1.00	each	Neapolitan Ice Cream Sandwich	170.0	6.0	3.0	3.0	25.0	250.0	0.7	0.0	200.0	115.0
1.00	each	Nutzo Cone	180.0	9.0	7.0	2.0	21.0	300.0	0.7	0.0	0.0	60.0
1.00	each	Rainbow Pop Up	90.0	0.5	0.5	1.0	20.0	40.0	0.0	15.0	0.0	20.0
1.00	each	Sherbet, Lime	90.0	0.5	0.5	1.0	21.0	40.0	0.0	0.0	0.0	25.0
1.00	each	Sherbet, Orange	90.0	0.5	0.5	1.0	21.0	40.0	0.0	0.0	0.0	25.0
1.00	each	Sherbet, Rainbow	90.0	0.5	0.5	1.0	21.0	40.0	0.0	0.0	0.0	25.0

Portion		Snacks	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)

Chol. (mg)	Fiber (grams)
0.0	0.8
0.0	1.0
0.0	1.4
0.0	1.5
0.0	0.8
0.0	1.0
0.0	1.0
0.0	1.0
0.0	0.0
0.0	0.0
0.0	1.0
31.3	1.0
0.0	0.0
0.0	0.0
0.0	0.0
Chol. (mg)	**Fiber (grams)**
0.0	3.0
0.0	3.0
0.0	0.0
0.0	0.0
20.0	0.0
15.0	0.0
0.0	0.0
20.0	0.0
20.0	0.0
20.0	0.0
0.0	0.0
20.0	0.0
0.0	0.0
0.0	0.0
0.0	0.0
0.0	0.0
0.0	0.0

Chol. (mg)	Fiber (grams)