



Real Ingredients. Real Ice Cream. Real Smiles.

Nutritional Information

2020-2021 Products

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
	Premium Bulk																
05102	Banana Cookie Cake	2/3 cup	210	9	6	0	30	70	32	1	24	18	3	0	10	6	4
05105	Banana Pudding	2/3 cup	220	10	6	0	30	65	30	0	20	15	3	0	10	0	2
05114	Birthday Batter	2/3 cup	230	9	6	0	35	80	35	0	29	23	3	0	10	0	2
05104	Birthday Cake	2/3 cup	230	11	7	0	35	55	32	0	24	19	3	0	10	0	2
05045	Black Cherry	2/3 cup	200	9	6	0	35	50	30	0	24	19	3	0	10	0	2
05120	Black Walnut	2/3 cup	240	14	6	0	35	50	26	1	19	14	5	0	10	0	4
05115	Blueberry Cheesecake	2/3 cup	220	9	6	0	35	105	32	0	22	18	3	0	10	0	2
05125	Blue Moon	2/3 cup	210	10	6	0	40	55	27	0	21	15	3	0	15	0	2
05010	Butter Pecan	2/3 cup	250	15	7	0	40	105	26	1	19	14	4	0	10	0	4
05145	Candy Bar Overload	2/3 cup	260	12	8	0	30	110	36	0	28	23	4	0	10	0	2
05005	Chocolate	2/3 cup	210	10	6	0	35	55	26	1	21	15	4	0	15	6	6
05080	Chocolate Chip	2/3 cup	230	11	7	0	35	50	30	1	23	18	3	0	10	0	4
05030	Chocolate Chip Cookie Dough	2/3 cup	240	13	7	0	35	70	31	1	23	18	3	0	10	0	4
05195	Chocolate Marshmallow	2/3 cup	230	9	5	0	30	85	34	1	23	17	4	0	10	6	8
05051	Chocolate Moose Tracks®	2/3 cup	290	16	9	0	30	90	32	2	26	20	5	0	10	10	8
05205	Coconut	2/3 cup	220	10	7	0	35	50	31	0	24	20	3	0	10	0	2
05180	Coconut Chocolate Almond	2/3 cup	230	12	7	0	35	60	29	1	22	17	3	0	10	0	4
05065	Coffee	2/3 cup	210	10	6	0	40	55	27	0	20	15	3	0	15	0	4
05207	Coffeehouse Cookies & Cream	2/3 cup	230	11	7	0	35	100	31	0	22	17	4	0	10	0	4
05025	Cookies & Cream	2/3 cup	230	11	7	0	35	100	31	0	22	17	3	0	10	0	2
05210	Cotton Candy	2/3 cup	210	10	6	0	40	55	27	0	21	15	3	0	15	0	2
05040	Crazy Vanilla	2/3 cup	210	10	6	0	40	55	27	0	21	15	3	0	15	0	2
05214	Dark Chocolate Raspberry Truffle	2/3 cup	210	10	7	0	30	100	33	2	25	21	3	0	10	10	4
05215	Deep Dish Apple Pie	2/3 cup	200	10	7	0	35	60	26	0	19	14	3	0	10	0	2
05230	Egg Nog	2/3 cup	220	10	6	0	75	70	29	0	22	16	4	0	10	0	2
05060	French Vanilla	2/3 cup	220	10	6	0	80	60	28	0	22	16	4	0	10	0	2
05280	Graham Central Station	2/3 cup	290	15	8	0	30	125	37	0	26	22	3	0	10	0	2
05020	Green Mint Chip	2/3 cup	230	11	7	0	35	50	30	1	23	18	3	0	10	0	4
05281	Heavenly Hazelnut	2/3 cup	250	14	7	0	35	140	30	2	23	19	4	0	10	10	4
05285	Honey Roasted Peanut Butter	2/3 cup	300	18	9	0	30	130	29	1	22	17	6	0	10	6	4
05287	Key Lime Pie	2/3 cup	230	10	6	0	35	100	34	0	24	20	3	0	10	0	2
05290	Lemon Ice Cream	2/3 cup	210	10	6	0	40	55	27	0	21	15	3	0	10	0	2
05315	Lil' Blue Panda	2/3 cup	270	12	8	0	30	160	39	1	28	23	3	0	10	6	2
05320	Llamalicious	2/3 cup	270	14	9	0	30	65	34	0	29	23	3	0	10	0	2
05090	Maple Walnut	2/3 cup	240	14	6	0	35	50	26	1	19	14	4	0	10	0	4
05335	Mint Moose Tracks®	2/3 cup	280	16	9	0	30	80	34	1	27	21	4	0	10	10	6
05050	Moose Tracks®	2/3 cup	290	16	9	0	30	90	33	1	26	20	4	0	10	6	6
05360	Orange Blossom	2/3 cup	170	6	3.5	0	25	45	29	0	22	17	2	0	8	0	2
05370	Orange Pineapple	2/3 cup	200	9	6	0	35	50	29	0	23	17	3	0	10	0	2
05385	Peach	2/3 cup	190	8	5	0	35	50	28	0	22	17	3	0	10	0	2
05035	Peanut Butter Cup	2/3 cup	290	15	7	0	35	100	26	2	19	13	6	0	10	6	8



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)	
Premium Bulk																		
05055	Peanut Butter Twist	2/3 cup	250	15	7	0	35	95	27	1	19	14	5	0	10	0	4	
05391	Peppermint Bark Moose Tracks®	2/3 cup	280	16	9	0	30	85	30	1	27	22	3	0	10	6	4	
05390	Peppermint Stick	2/3 cup	220	10	7	0	40	50	30	0	24	18	3	0	10	0	2	
05085	Pistachio	2/3 cup	230	13	6	0	40	115	27	1	20	14	5	0	10	0	4	
05396	Playdough	2/3 cup	230	11	7	0	35	65	30	0	22	16	3	0	10	0	2	
05400	Praline Pecan	2/3 cup	230	10	5	0	30	400	35	0	27	21	3	0	10	0	2	
05410	Pumpkin	2/3 cup	210	9	6	0	35	80	31	0	25	20	3	0	10	0	2	
05070	Raspberry	2/3 cup	210	9	6	0	35	50	30	0	24	18	3	0	10	0	2	
05397	Road Runner Raspberry	2/3 cup	230	10	7	0	30	50	33	1	25	20	3	0	10	6	4	
05445	Rocky Road	2/3 cup	240	13	6	0	35	80	27	2	21	15	4	0	15	6	6	
05450	Rum Raisin	2/3 cup	210	9	6	0	35	50	31	0	25	17	3	0	10	0	4	
05455	Salty Caramel Truffle	2/3 cup	250	11	7	0	35	125	36	0	28	23	3	0	10	0	4	
05015	Strawberry	2/3 cup	190	8	5	0	30	45	28	0	21	15	3	0	10	0	2	
05465	Strawberry Cheesecake	2/3 cup	220	9	6	0	35	95	33	0	25	16	3	0	10	0	2	
05467	Superman	2/3 cup	200	10	6	0	35	55	27	0	21	15	3	0	10	0	2	
05470	Teaberry	2/3 cup	210	10	6	0	40	55	27	0	20	15	3	0	15	0	2	
05000	Vanilla	2/3 cup	220	12	8	0	50	60	25	0	19	13	3	0	15	0	2	
05485	Vanilla Bean	2/3 cup	210	10	6	0	40	55	27	0	21	15	3	0	15	0	2	
05487	Very Berry Patriotic	2/3 cup	250	11	7	0	35	55	34	0	25	20	3	0	10	0	2	
05075	Whitehouse Cherry	2/3 cup	200	9	6	0	35	50	29	0	24	19	3	0	10	0	2	
Premium Gold Bulk																		
04010	Award Winning Chocolate	2/3 cup	230	14	9	0	50	55	24	1	18	14	4	0	10	6	6	
04130	Better Brownie Batter	2/3 cup	270	14	8	0	40	115	37	1	26	22	3	0	10	6	2	
04136	Brown Butter Bourbon Truffle	2/3 cup	270	14	9	0	45	125	34	0	27	22	3	0	10	0	2	
04140	Camo Hero	2/3 cup	270	16	8	0	45	110	30	1	20	16	4	0	10	0	4	
04003	Cappuccino Crunch	2/3 cup	330	16	9	0	45	75	27	1	21	17	3	0	10	6	4	
04111	Caramel Cheesecake Cookie Monster	2/3 cup	250	12	7	0	45	135	34	0	25	20	3	0	10	0	2	
04090	Chocoalte Extreme	2/3 cup	240	14	9	0	55	80	27	1	20	16	4	0	10	10	6	
04137	Cold-Brewed Caramocha	2/3 cup	250	14	9	0	45	160	31	1	23	18	3	0	10	6	4	
04139	Cookie Butter Craze	2/3 cup	270	15	10	0	50	150	31	0	22	17	3	0	10	0	2	
04080	Cookie Doughlicious	2/3 cup	270	16	10	0	50	70	29	1	22	17	3	0	10	0	4	
04088	Midnight Caramel River	2/3 cup	240	13	8	0	50	95	31	1	24	19	3	0	10	6	4	
04035	Milk N' Cookies	2/3 cup	250	15	9	0	50	100	28	0	21	16	3	0	10	0	2	
04020	Minty Mint Chip	2/3 cup	250	16	10	0	50	65	26	1	20	16	4	0	15	0	4	
04005	Nuts About Pecans	2/3 cup	270	19	9	0	50	110	23	1	18	13	4	0	15	0	2	
04138	Oatmeal Cookie Craving	2/3 cup	290	16	10	0	40	105	34	1	26	22	3	0	10	6	4	
04000	Old Fashioned Vanilla	2/3 cup	230	14	9	0	55	60	24	0	19	14	3	0	15	0	2	
04112	PB Cookies and Cream	2/3 cup	280	18	9	0	45	130	28	1	20	15	5	0	10	0	4	
04141	Red Velvet Revival	2/3 cup	240	12	7	0	45	100	32	0	25	19	3	0	10	0	4	
04118	Sea Salted Caramel Cookies & Cream	2/3 cup	270	16	8	0	45	230	32	1	23	18	3	0	10	0	4	
04015	Strawberry Fields	2/3 cup	210	11	7	0	45	45	25	0	20	14	3	0	10	0	2	
04001	Vanilla Volcano	2/3 cup	230	14	9	0	55	60	24	0	19	14	3	0	15	0	2	



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Tally Ho Bulk																	
05858	Birthday Party	2/3 cup	140	5	3.5	0	20	35	22	0	15	12	2	0	6	0	2
05851	Chocolate	2/3 cup	170	7	4	0	25	50	26	1	19	14	4	0	10	10	6
05854	Cookies N' Cream	2/3 cup	160	6	4	0	20	65	24	0	16	13	2	0	6	0	2
05853	Cotton Candy	2/3 cup	140	6	3.5	0	20	35	22	0	15	12	2	0	6	0	2
05855	Green Mint Chip	2/3 cup	160	7	4	0	20	35	24	0	17	14	2	0	6	0	2
05852	Strawberry	2/3 cup	130	4.5	3	0	15	30	22	0	15	12	1	0	6	0	2
05850	Vanilla	2/3 cup	140	6	3.5	0	20	35	22	0	15	12	2	0	6	0	2
Reduced Fat/No Sugar Added Bulk																	
04022	RF/NSA Black Cherry	2/3 cup	130	6	4	0	25	30	7	0	6	0	4	0	15	0	2
04025	RF/NSA Butter Pecan	2/3 cup	190	12	4.5	0	25	95	8	1	6	0	5	0	15	0	2
04095	RF/NSA Chocolate	2/3 cup	150	7	4.5	0	25	30	24	6	6	0	5	0	15	10	4
04027	RF/NSA Coffee	2/3 cup	150	7	4.5	0	30	30	8	0	6	0	4	0	15	0	2
05053	NSA Moose Tracks®	2/3 cup	220	14	7	0	25	70	17	2	5	0	5	0	10	6	4
04102	RF/NSA Strawberry	2/3 cup	140	6	4	0	25	30	10	0	5	0	4	0	10	0	2
04103	NSA Turtle Sundae	2/3 cup	190	11	4.5	0	25	70	13	1	5	0	5	0	10	6	2
04055	RF/NSA Vanilla	2/3 cup	150	7	4.5	0	30	30	7	0	6	0	4	0	15	0	2
Frozen Yogurt Bulk																	
06150	Berries & the Beach	2/3 cup	140	.5	0	0	5	60	32	0	25	22	3	0	10	0	0
06155	Cheesecake Euphoria	2/3 cup	220	1	.5	0	5	115	34	0	25	21	3	0	8	0	2
06195	Low Fat Coffee Fudge Almond	2/3 cup	150	1.5	.5	0	5	70	32	1	23	20	3	0	8	0	2
06199	Low Fat Blueberry Cheesecake	2/3 cup	160	2	1.5	0	5	125	35	0	24	21	3	0	8	0	0
06160	No Fat Peach	2/3 cup	130	.5	0	0	5	60	30	0	23	19	3	0	8	0	2
06190	Peanut Butter Twist	2/3 cup	190	6	1.5	0	5	105	29	1	21	17	5	0	10	0	2
06170	No Fat Vanilla	2/3 cup	130	.5	.5	0	5	65	29	0	22	19	3	0	10	0	0
Sorbet Bulk																	
05310	Lemon	2/3 cup	160	0	0	0	0	0	41	0	40	40	0	0	0	0	0
05440	Raspberry	2/3 cup	160	0	0	0	10	0	41	0	40	39	0	0	0	0	0
Sherbet Bulk																	
05375	Orange	2/3 cup	180	2.5	1.5	0	10	45	40	0	31	27	1	0	6	0	2
05420	Rainbow	2/3 cup	180	2	1.5	0	10	45	41	0	31	27	1	0	6	0	2
Oatmazing Bulk																	
04500	Simply Vanilla	2/3 cup	260	11	9	0	0	125	39	0	26	24	0	0	0	0	0
04501	Chocolate Chunk	2/3 cup	320	15	12	0	0	120	46	1	33	31	1	0	0	6	2
04502	Cookie Craving	2/3 cup	310	13	10	0	0	170	48	1	31	29	1	0	0	6	0



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
	Premium 1.5 QT Containers																
00908	Black Cherry	2/3 cup	200	9	6	0	35	50	30	0	24	19	3	0	10	0	2
00905	Butter Pecan	2/3 cup	250	15	7	0	40	105	26	1	19	14	4	0	10	0	4
00915	Cappuccino Crunch	2/3 cup	310	13	7	0	30	75	29	1	22	17	3	0	10	6	4
00903	Chocolate	2/3 cup	210	10	6	0	35	80	26	1	21	15	4	0	15	6	8
00963	Chocolate Chip Cookie Dough	2/3 cup	240	12	7	0	35	60	32	0	24	19	3	0	10	0	2
00906	Chocolate Marshmallow	2/3 cup	230	9	5	0	30	85	34	1	23	17	4	0	10	6	8
00931	Chocolate Moose Tracks®	2/3 cup	290	16	9	0	30	90	32	2	26	20	5	0	10	10	8
00910	Coffee	2/3 cup	210	10	6	0	40	55	27	0	20	15	3	0	15	0	4
00944	Cookies N' Cream	2/3 cup	230	11	7	0	35	100	31	0	22	17	3	0	10	0	2
00912	French Vanilla	2/3 cup	220	10	6	0	80	60	28	0	22	16	4	0	10	0	2
00923	Green Mint Chip	2/3 cup	230	13	8	0	35	60	28	1	22	16	3	0	10	0	4
00907	Maple Walnut	2/3 cup	240	14	6	0	35	50	26	1	19	14	4	0	10	0	4
00914	Moose Tracks®	2/3 cup	290	16	9	0	30	90	34	1	26	20	4	0	10	6	6
00902	Neapolitan	2/3 cup	200	9	6	0	35	50	27	1	21	15	3	0	10	0	4
00951	Orange Sherbet	2/3 cup	150	2	1	0	10	40	33	0	25	22	1	0	4	0	2
00936	Peanut Butter Cup	2/3 cup	260	15	7	0	35	100	26	2	19	13	6	0	10	6	8
00917	Raspberry	2/3 cup	210	9	6	0	35	50	30	0	24	18	3	0	10	0	2
00904	Strawberry	2/3 cup	190	8	5	0	30	45	28	0	21	15	3	0	10	0	2
00937	Strawberry Cheesecake	2/3 cup	220	10	6	0	35	115	32	0	23	16	3	0	10	0	2
00901	Vanilla	2/3 cup	220	12	8	0	50	60	25	0	19	13	3	0	15	0	2
00909	Vanilla Chocolate	2/3 cup	210	10	6	0	40	55	27	1	21	15	4	0	15	6	4
00980	LE Banana Pudding	2/3 cup	220	10	6	0	30	65	30	0	20	15	3	0	10	0	2
00988	LE Midnight Caramel River	2/3 cup	220	9	6	0	35	112	32	1	25	19	3	0	10	6	4
00987	LE Salty Caramel Truffle	2/3 cup	250	11	7	0	35	125	36	0	28	23	3	0	10	0	4



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Premium Round Pints																	
00521	Banana Pudding	½ cup	220	10	6	0	30	65	30	0	20	15	3	0	10	0	2
00515	Birthday Cake	½ cup	230	11	7	0	35	55	32	0	24	19	3	0	10	0	2
00509	Black Cherry	½ cup	200	9	6	0	35	50	30	0	24	19	3	0	10	0	2
00522	Brownie Batter	½ cup	260	11	6	0	30	125	41	1	28	24	3	0	8	6	2
00502	Butter Pecan	½ cup	250	15	7	0	40	105	26	1	19	14	4	0	10	0	4
00518	Cappuccino Crunch	½ cup	310	13	7	0	30	75	29	1	22	17	3	0	10	6	4
00504	Chocolate	½ cup	210	10	6	0	35	55	26	1	21	15	4	0	15	6	6
00508	Chocolate Chip Cookie Dough	½ cup	240	13	7	0	35	70	31	1	23	18	3	0	10	0	4
00520	Coconut Chocolate Almond	½ cup	230	12	7	0	35	60	29	1	22	17	3	0	10	0	4
00505	Cookies N' Cream	½ cup	230	11	7	0	35	100	31	0	22	17	3	0	10	0	2
00517	Dulce de Leche	½ cup	240	11	7	0	45	95	34	0	27	22	3	0	10	0	2
00524	French Vanilla	½ cup	220	10	6	0	80	60	28	0	22	16	4	0	10	0	2
00512	Green Mint Chip	½ cup	230	11	7	0	35	50	30	1	23	18	3	0	10	0	4
00571	Midnight Caramel River	½ cup	220	9	6	0	35	110	32	1	25	19	3	0	10	6	4
00506	Moose Tracks®	½ cup	290	16	9	0	30	90	33	1	26	20	4	0	10	6	6
00503	Neapolitan	½ cup	200	9	6	0	35	50	27	1	21	15	3	0	10	0	4
00513	Peanut Butter Cup	½ cup	260	15	7	0	35	100	26	2	19	13	6	0	10	6	8
00566	Roadrunner Raspberry	½ cup	230	10	7	0	30	50	33	1	25	20	3	0	10	6	4
00507	Strawberry	½ cup	190	8	5	0	30	45	28	0	21	15	3	0	10	0	2
00510	Strawberry Cheesecake	½ cup	220	9	6	0	35	95	33	0	25	16	3	0	10	0	2
00501	Vanilla	½ cup	220	12	8	0	50	60	25	0	19	13	3	0	15	0	2
00565	LE Candy Bar Overload	½ cup	260	12	8	0	30	110	36	0	28	23	4	0	10	0	2
00575	LE Chocolate Moose Tracks®	½ cup	290	16	9	0	30	90	32	2	26	20	5	0	10	10	8
00576	LE Coffeehouse Cookies & Cream	½ cup	230	11	7	0	35	100	31	0	22	17	4	0	10	0	4
00582	LE Cold-Brewed Caramocha	½ cup	240	11	7	0	35	150	33	1	24	19	3	0	10	6	4
00581	LE Cookie Butter	½ cup	250	12	8	0	35	150	33	0	23	18	3	0	10	0	2
00579	LE Heavenly Hazelnut	½ cup	250	14	7	0	35	140	30	2	23	19	4	0	10	10	4
00580	LE Honey Roasted Peanut Butter	½ cup	300	18	9	0	30	130	29	1	22	17	6	0	10	6	4
00583	LE Red Velvet Revival	½ cup	230	9	6	0	35	110	36	0	28	20	4	0	10	0	4
00573	LE Salty Caramel Truffle	½ cup	250	11	7	0	35	125	36	0	28	23	3	0	10	0	4
RF/NSA Premium Round Pints																	
00591	RF/NSA Butter Pecan	½ cup	180	11	4.5	0	25	90	8	1	6	0	5	0	15	0	2
00592	RF/NSA Vanilla	½ cup	150	7	4.5	0	30	30	7	0	6	0	4	0	15	0	2



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Premium 4 oz. Cups																	
31400	Chocolate	1 Cup	140	7	4.5	0	25	35	18	1	14	10	3	0	8	6	4
31592	Chocolate Mint	1 Cup	150	7	4.5	0	25	50	19	0	15	10	3	0	10	6	4
31410	Coffee	1 Cup	150	7	4.5	0	25	50	20	0	15	10	2	0	10	0	4
31415	Egg Nog	1 Cup	150	7	4	0	55	55	21	0	16	11	3	0	10	0	2
31590	Orange Blossom	1 Cup	120	3.5	2	0	15	45	21	0	17	12	2	0	6	0	2
031591	Pumpkin	1 Cup	150	6	3.5	0	25	65	22	0	18	13	2	0	8	0	2
31420	Strawberry	1 Cup	130	6	4	0	25	35	18	0	14	10	2	0	8	0	2
31430	Vanilla	1 Cup	140	7	4.5	0	25	50	18	0	14	10	2	0	8	0	4
31440	Vanilla Chocolate	1 Cup	140	7	4.5	0	25	35	18	0	14	10	2	0	8	0	2
31520	Orange Ice	1 Cup	110	0	0	0	0	10	27	0	19	18	0	0	0	0	0
31510	Lemon Ice	1 Cup	110	0	0	0	0	15	27	0	19	19	0	0	0	0	0
31530	Raspberry Ice	1 Cup	120	0	0	0	0	10	29	0	21	21	0	0	0	0	0
31480	Lemon Sherbet	1 Cup	140	1.5	1	0	5	35	30	0	23	21	1	0	4	0	2
31490	Orange Sherbet	1 Cup	140	1.5	1	0	5	35	30	0	23	20	1	0	4	0	2
31500	Raspberry Sherbet	1 Cup	140	1.5	1	0	5	30	32	0	26	23	1	0	4	0	2
31580	No Fat Raspberry Yogurt	1 Cup	100	0	0	0	0	40	22	0	18	16	2	0	6	0	0
31570	No Fat Vanilla Yogurt	1 Cup	90	0	0	0	5	45	20	0	15	13	2	0	8	0	0
31475	NS Lemon Ice	1 Cup	50	0	0	0	0	0	10	0	0	0	0	0	0	0	0
31445	RF/NSA Butter Pecan	1 Cup	100	5	3	0	20	50	16	0	4	0	3	0	10	0	0
31450	RF/NSA Chocolate	1 Cup	100	4.5	3	0	15	20	16	4	4	0	3	0	10	6	4
31455	RF/NSA Coffee	1 Cup	100	5	3	0	20	20	16	0	4	0	3	6	10	0	2
31460	RF/NSA Vanilla Fudge	1 Cup	100	4.5	3	0	15	30	18	1	4	0	3	0	8	0	2
31470	RF/NSA Vanilla	1 Cup	100	5	3	0	20	20	16	0	4	0	3	0	10	0	0
Tally Ho 4 oz. Cups																	
31550	LF Vanilla	1 Cup	100	1	1	0	5	55	20	0	15	10	3	0	8	0	4
31551	LF Chocolate	1 Cup	100	1	1	0	5	55	20	1	15	10	3	0	8	6	4
31552	Lemon Ice	1 Cup	110	0	0	0	0	10	29	0	24	24	0	0	0	0	0
31553	Orange Sherbet	1 Cup	100	1	.5	0	5	25	22	0	17	15	1	0	4	0	2
Premium 3 oz. Cups																	
31669	All-Star Sundae	1 Cup	100	1.5	1	0	5	55	17	0	13	10	2	0	6	0	2
31630	NF Birthday Cake Yogurt	1 Cup	70	0	0	0	5	60	15	0	12	9	2	0	8	0	2
31665	LF Chocolate Ice Cream	1 Cup	80	1	.5	0	5	50	15	0	12	8	2	0	6	0	4
31662	LF Chocolate Sundae	1 Cup	80	1	.5	0	5	60	16	0	12	9	2	0	6	0	2
31661	LF Cotton Candy Ice Cream	1 Cup	80	1	.5	0	5	55	14	0	11	7	2	0	6	0	2
31663	LF Strawberry Sundae	1 Cup	80	1	.5	0	5	50	17	0	14	10	2	0	6	0	2
31664	LF Vanilla Ice Cream	1 Cup	70	1	.5	0	5	55	14	0	11	7	2	0	6	0	2
31667	LF Candy Cane Ice Cream	1 Cup	70	1	.5	0	5	55	14	0	11	7	2	0	6	0	2
31666	LF Spooky Sundae Ice Cream	1 Cup	80	1	.5	0	5	60	16	0	12	9	2	0	6	0	2
31642	LF Cherry Vanilla Ice Cream	1 Cup	70	1	.5	0	5	55	14	0	11	7	2	0	6	0	2
31644	LF Spring Party Ice Cream	1 Cup	70	1	.5	0	5	55	14	0	11	7	2	0	6	0	2



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Premium 6 oz. Sundae Cups																	
31262	Chocolate	1 Cup	230	11	7	0	40	60	29	1	22	16	5	0	15	6	6
31333	Chocolate Sundae	1 Cup	230	9	6	0	35	70	36	1	27	22	3	2	10	2	4
31267	Cookies N' Cream	1 Cup	240	11	7	0	40	90	32	0	23	17	4	0	15	0	2
31268	Cotton Candy	1 Cup	230	11	7	0	40	85	32	0	24	18	4	0	15	0	4
31336	Dulce de Leche	1 Cup	260	12	8	0	50	100	36	0	30	24	4	0	15	0	4
31337	Green Mint Sundae	1 Cup	230	9	6	0	35	70	35	1	27	22	3	2	10	2	4
31334	Strawberry Sundae	1 Cup	230	9	6	0	35	65	35	0	27	22	3	0	10	0	4
31261	Vanilla	1 Cup	230	11	7	0	45	60	29	0	22	16	4	0	15	0	2
Novelty Cones																	
31314	Fudgy Cookies & Cream Cone	1 Cone	320	14	9	0	40	180	46	1	32	24	4	0	15	6	6
31300	Super Cookies & Cream Cone	1 Cone	190	9	6	0	20	90	26	<1	16	13	3	0	6	2	2
31306	Low Fat Cookies N' Cream Cone	1 Cone	140	2.5	1.5	0	5	80	24	0	14	10	3	0	8	0	2
31303	LF Crazy Cone	1 Cone	140	2.5	1.5	0	10	95	26	0	16	11	4	0	10	0	4
31307	LF Caramel Mochaccino Cone	1 Cone	140	2.5	1.5	0	5	90	25	1	15	11	3	0	6	6	4
31312	Incredible Cone	1 Cone	260	11	8	0	30	115	37	1	23	18	4	0	10	6	6
31305	Moose Tracks® Cone	1 Cone	380	18	10	0	35	180	50	1	32	26	5	0	10	6	6
31302	P. Nutty Cone	1 Cone	200	12	7	0	20	75	25	1	15	12	3	0	8	2	2
31307	LF Vanilla & Chocolate Twist Cone	1 Cone	140	2	1.5	0	5	60	23	1	14	10	3	0	6	6	2
Stick Bars																	
31165	Chocolate Scooter	1 Bar	170	6	1.5	0	0	85	26	0	13	11	2	0	8	2	4
31166	Strawberry Scooter	1 Bar	160	6	1.5	0	0	75	25	0	13	12	2	0	8	0	2
31000	Fruit Punch Polar Blast®	1 Bar	80	0	0	0	0	10	21	0	18	16	0	0	0	0	2
31001	Arctic Apple Polar Blast®	1 Bar	70	0	0	0	0	0	19	0	15	7	0	0	0	0	2
31121	Fudjo®	1 Bar	110	0	0	0	5	50	25	0	17	10	4	0	10	0	4
31152	Fudge-O	1 Bar	90	0	0	0	5	40	20	0	14	8	3	0	10	0	2
31174	LF Orange Blossom	1 Bar	80	1	.5	0	5	40	18	0	14	11	1	0	6	0	2
31182	Orange Blossom	1 Bar	110	2.5	1.5	0	10	35	21	0	16	13	1	0	6	0	2
31207	Signature Chocolate Elcair	1 Bar	240	13	5	0	20	115	32	1	23	19	3	0	8	6	4
31208	Signature Strawberry Shortcake	1 Bar	240	13	5	0	20	85	32	0	23	20	2	0	8	0	2
31155	NF Carnival Cotton Candy Yogurt	1 Bar	80	0	0	0	0	40	18	0	13	11	2	0	6	0	0
31183	Banjo Bar	1 Bar	120	6	4.5	0	10	50	15	0	12	7	3	0	8	0	4
31167	Salted Caramel Brownie Crunch	1 Bar	160	6	1.5	0	0	170	23	0	14	10	3	0	8	0	4
Ice Pops																	
31109	Bold Banana	1 Bar	50	0	0	0	0	0	13	0	12	12	0	0	0	0	0
31106	Blastn' Blue Raspberry	1 Bar	45	0	0	0	0	0	11	0	11	11	0	0	0	0	0
31105	Very Cherry	1 Bar	45	0	0	0	0	0	11	0	11	11	0	0	0	0	0
31104	Awesome Orange	1 Bar	45	0	0	0	0	0	11	0	11	11	0	0	0	0	0
31107	Rockin' Root Beer	1 Bar	60	0	0	0	0	0	15	0	15	15	0	0	0	0	0
31108	Wild Watermelon	1 Bar	45	0	0	0	0	0	11	0	11	11	0	0	0	0	0
31154	Sugar Free Orange	1 Bar	45	0	0	0	0	0	8	0	0	0	0	0	0	0	0



Nutritional Information

Real Ingredients. Real Ice Cream. Real Smiles.

SKU	FLAVOR	Serving Size (cups)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Tropi-Kool® Fruit Bars																	
31230	Banana Cream	1 Bar	140	2.5	1.5	0	10	30	28	1	27	13	2	2	2	8	2
31231	Coconut Cream	1 Bar	190	4.5	3	0	15	40	31	1	29	19	2	0	2	10	0
31232	Mango	1 Bar	110	0	0	0	0	0	27	1	23	16	0	2	0	0	2
31234	Strawberry	1 Bar	110	0	0	0	0	10	28	1	24	21	0	0	0	0	2
Juice Rush® Cups																	
31700	Cherry Blue-Raspberry	1 Cup	110	0	0	0	0	20	27	0	24	0	1	0	2	0	6
31701	Lemon Orange	1 Cup	110	0	0	0	0	20	27	0	24	0	1	0	2	0	6
31702	Strawberry Mango	1 Cup	110	0	0	0	0	20	27	0	24	0	1	0	2	0	6
31703	Mango Heat	1 Cup	50	0	0	0	0	0	12	0	12	0	0	0	2	6	2
Twister Cups																	
50230	NF Birthday Cake Yogurt	1 Cup	90	0	0	0	0	40	19	0	14	12	2	0	6	0	0
50245	NF Cotton Candy Yogurt	1 Cup	100	0	0	0	0	40	22	0	13	11	2	0	6	0	0
50246	NF Unicorn Horn	1 Cup	90	0	0	0	0	40	19	0	14	12	2	0	6	0	0
50255	NF Sour Apple	1 Cup	90	0	0	0	0	10	23	0	19	11	0	0	0	0	2
50260	NF Sour Blue Raspberry	1 Cup	90	0	0	0	0	10	23	0	19	11	0	0	0	0	2
Sandwiches																	
31280	Polar Bear Chocolate Chip	1 Sand	430	20	10	0	25	260	57	2	37	34	5	0	6	10	4
31285	Polar Bear Cookies N' Cream	1 Sand	290	12	7	0	15	480	43	3	19	16	5	0	6	15	6
31319	RF Vanilla	1 Sand	140	2.5	1.5	0	5	140	27	1	15	11	3	0	8	0	4
31329	Giant Andes® Mint	1 Sand	250	10	6	0	30	180	39	1	23	18	4	0	10	0	4
31330	Vanilla Sandwich	1 Sand	170	6	3.5	0	20	135	27	0	15	12	3	0	6	0	2
31341	Giant Vanilla	1 Sand	250	9	6	0	30	160	39	0	22	18	4	0	10	0	2
31352	Vanilla Mighty Mini	1 Sand	100	2	1	0	5	100	19	0	10	7	2	0	6	0	2
31355	RF Cookies & Cream	1 Sand	140	2.5	1.5	0	5	150	27	1	15	10	3	0	8	0	4
31356	RF Brownie Batter	1 Sand	140	2	1	0	5	135	27	1	14	11	3	0	4	6	4
31358	LF Llama Party	1 Sand	190	4	2	0	5	140	31	0	16	13	3	0	6	0	2
Other Novelties																	
50215	Screwball	1 Cup	110	0	0	0	0	10	28	0	19	19	0	0	0	0	0
Ice Cream Cakes																	
06000	Round Cake	1 Slice	270	14	10	0	25	130	32	1	23	18	3	0	6	0	4
06015	Large Sheet Cake	1 Slice	240	13	9	0	25	115	28	1	20	16	3	0	6	0	4