

Nutrition Facts	
1 servings per container	
Serving size	2.7 oz (76g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g of Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.4mg	2%
Potassium 150mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color). *PHENYLKETONURICS: CONTAINS PHENYLALANINE. CONTAINS: MILK, WHEAT, SOY.

Nutrition Facts

1 servings per container
Serving size 5.2 oz (146g)

Amount per serving
Calories 190

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	41g	15%
Dietary Fiber	<1g	4%
Total Sugars	10g	
Includes 0g of Added Sugars		0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	250mg	20%
Iron	0.4mg	2%
Potassium	300mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color). *PHENYLKETONURICS: CONTAINS PHENYLALANINE. CONTAINS: MILK, WHEAT, SOY.

Nutrition Facts

1 servings per container
Serving size 7.7 oz (216g)

Amount per serving
Calories 280

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	59g	21%
Dietary Fiber	<1g	4%
Total Sugars	15g	
Includes 0g of Added Sugars		0%
Protein	10g	
Vitamin D	0mcg	0%
Calcium	380mg	30%
Iron	0.4mg	2%
Potassium	450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color). *PHENYLKETONURICS: CONTAINS PHENYLALANINE. CONTAINS: MILK, WHEAT, SOY.

Nutrition Facts

1 servings per container
Serving size 10.2 oz (286g)

Amount per serving
Calories 360

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	77g	28%
Dietary Fiber	1g	4%
Total Sugars	20g	
Includes 0g of Added Sugars		0%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	500mg	40%
Iron	0.4mg	2%
Potassium	600mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color). *PHENYLKETONURICS: CONTAINS PHENYLALANINE. CONTAINS: MILK, WHEAT, SOY.

Nutrition Facts	
1 servings per container	
Serving size	2.5 oz (70g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g of Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame*.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK.

Nutrition Facts	
1 servings per container	
Serving size	5 oz (140g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 36g	13%
Dietary Fiber <1g	4%
Total Sugars 10g	
Includes 0g of Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 300mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame*.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK.

Nutrition Facts

1 servings per container
Serving size 7.5 oz (210g)

Amount per serving
Calories 250

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	54g	20%
Dietary Fiber	<1g	4%
Total Sugars	15g	
Includes 0g of Added Sugars		0%
Protein	10g	
Vitamin D	0mcg	0%
Calcium	370mg	30%
Iron	0mg	0%
Potassium	450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame*.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK.

Nutrition Facts

1 servings per container
Serving size 10 oz (280g)

Amount per serving
Calories 340

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	72g	26%
Dietary Fiber	1g	4%
Total Sugars	20g	
Includes 0g of Added Sugars		0%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	500mg	40%
Iron	0mg	0%
Potassium	590mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame*.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK.

Nutrition Facts

1 servings per container

Serving size 3 oz (83g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 30g 11%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 3g of Added Sugars 6%

Protein 4g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 0.4mg 2%

Potassium 170mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Oat Fiber And/Or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin.

*PHENYLKETONURICS: CONTAINS PHENYLALANINE.
CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

1 servings per container

Serving size 5.5 oz (153g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 48g 17%

Dietary Fiber <1g 4%

Total Sugars 13g

Includes 3g of Added Sugars 6%

Protein 7g

Vitamin D 0mcg 0%

Calcium 270mg 20%

Iron 0.4mg 2%

Potassium 320mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Oat Fiber And/Or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin.

*PHENYLKETONURICS: CONTAINS

PHENYLALANINE.

CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

1 servings per container
Serving size 8 oz (223g)

Amount per serving
Calories 310

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	66g	24%
Dietary Fiber	<1g	4%
Total Sugars	18g	
Includes 3g of Added Sugars		6%
Protein	10g	
Vitamin D	0mcg	0%
Calcium	400mg	30%
Iron	0.4mg	2%
Potassium	460mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Oat Fiber And/Or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin.

*PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

1 servings per container
Serving size 10.5 oz (293g)

Amount per serving
Calories 390

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrate	84g	31%
Dietary Fiber	1g	4%
Total Sugars	23g	
Includes 3g of Added Sugars		6%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	520mg	40%
Iron	0.4mg	2%
Potassium	600mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean And/Or Canola Oil, Modified Palm Oil, Soy Lecithin, And/Or Partially Hydrogenated Soybean Oil), Oat Fiber And/Or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin.

*PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts	
1 servings per container	
Serving size	3.6 oz (100g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 10g of Added Sugars	20%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.6mg	4%
Potassium 150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean And Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, WHEAT, EGG, SOY.

Nutrition Facts	
1 servings per container	
Serving size	6.1 oz (170g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 59g	21%
Dietary Fiber <1g	4%
Total Sugars 20g	
Includes 10g of Added Sugars	20%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0.6mg	4%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean And Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, WHEAT, EGG, SOY.

Nutrition Facts	
1 servings per container	
Serving size	8.6 oz (240g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 77g	28%
Dietary Fiber <1g	4%
Total Sugars 25g	
Includes 10g of Added Sugars	20%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 0.6mg	4%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean And Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, WHEAT, EGG, SOY.

Nutrition Facts	
1 servings per container	
Serving size	11.1 oz (310g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 94g	34%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 10g of Added Sugars	20%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 0.6mg	4%
Potassium 590mg	15%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame*. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean And Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.
 *PHENYLKETONURICS: CONTAINS PHENYLALANINE.
 CONTAINS: MILK, WHEAT, EGG, SOY.