utrition Facts
ervings per container rving size 2.7 oz (76g)
ount per serving 120
% Daily Value
al Fat <sup>0</sup> g <b>0%</b>
aturated Fat 0g <b>0%</b>
rans Fat 0g
olesterol 0mg 0%
<b>lium</b> 70mg <b>3%</b>
al Carbohydrate 25g <b>9%</b>
ietary Fiber 0g <b>0%</b>
otal Sugars 5g
Includes 0g of Added Sugars 0%
tein 4g
min D 0mcg 0%
ium 120mg <b>10%</b>
0.5mg <b>2%</b>
assium 170mg <b>4%</b>
0.5mg <b>2</b>

Nutrition Fall 1 servings per container Serving size 5.20	
Serving Size 5.2	oz (146g)
Amount per serving Calories	210
%	6 Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 125mg	5%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber <1g	4%
Total Sugars 10g	
Includes 0g of Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0.6mg	4%
Potassium 330mg	8%

<b>Nutrition Fa</b>	acts
1 servings per container	
Serving size 7.7 or	z (216g)
Amount per serving Calories	<b>300</b>
%	Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
<b>Total Carbohydrate</b> 65g	24%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 0g of Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 0.8mg	4%
Potassium 490mg	10%

<b>Nutrition Fa</b>	cts
1 servings per container Serving size 10.2 oz	(286g)
Amount per serving Calories	<del>1</del> 00
% D	aily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 85g	31%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 0g of Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 0.9mg	6%
Potassium 660mg	15%
*The % Daily Value (DV) tells you how m nutrient in a serving of food contributes t diet. 2,000 calories a day is used for ger nutrition advice.	o a daily

<b>Nutrition Fa</b>	acts
1 servings per container Serving size 2.5	oz (70g)
Amount per serving Calories	90
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 60mg	3%
Total Carbohydrate 20g	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 160mg	4%

<b>Nutrition Fa</b>	cts
1 servings per container Serving size 5 oz	(140g)
Amount per serving Calories	90
% Da	ily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 40g	15%
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 320mg	6%
*The % Daily Value (DV) tells you how mu nutrient in a serving of food contributes to diet. 2,000 calories a day is used for gene nutrition advice.	a daily

<b>Nutrition Fa</b>	acts
1 servings per container <b>Serving size 7.5 o</b>	z (210g)
Amount per serving Calories	280
%	Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 170mg	7%
Total Carbohydrate 60g	22%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 0g of Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 0.4mg	2%
Potassium 490mg	10%

<b>Nutrition Fa</b>	acts
1 servings per container Serving size 10 c	oz (280g)
Amount per serving Calories	380
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 230mg	10%
Total Carbohydrate 80g	29%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 0g of Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 0.5mg	2%
Potassium 650mg	15%

Vertical, Standard Saturday, October 27, 2018

servings per container Serving size 3	oz (83g
Amount per serving Calories	150
%	Daily Valu
Total Fat 0g	09
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol Omg	09
Sodium 80mg	39
Total Carbohydrate 32g	129
Dietary Fiber 0g	09
Total Sugars 8g	
Includes 3g of Added Sugars	69
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.5mg	2%
Potassium 180mg	4%

1 servings per container Serving size 5.5	oz (153g)
Amount per serving Calories	240
Ç	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 135mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber <1g	4%
Total Sugars 13g	
Includes 3g of Added Sugars	6%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 0.6mg	4%
Potassium 340mg	8%

<b>Nutrition Fa</b>	acts
1 servings per container Serving size 8 c	oz (223g)
Amount per serving Calories	330
%	Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 190mg	8%
Total Carbohydrate 72g	26%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 3g of Added Sugars	6%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 400mg	30%
Iron 0.8mg	4%
Potassium 500mg	10%

1 servings per container Serving size 10.5 o	z (293g
Amount per serving Calories	430
%	Daily Value
Total Fat 0.5g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 250mg	119
Total Carbohydrate 92g	33%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 3g of Added Sugars	6%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 520mg	40%
ron 0.9mg	6%
Potassium 670mg	15%

Nutrition Formation Format	acts
Serving size 3.6	oz (100g)
Amount per serving Calories	220
9	% Daily Value
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 43g	16%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 10g of Added Sugar	s <b>20%</b>
Protein 5g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.7mg	4%
Potassium 160mg	4%

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\*. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE CONTAINS: MILK, WHEAT, EGG, SOY.

1 servings per container Serving size 6.1 c	z (170g
Amount per serving Calories	310
%	Daily Value
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Fotal Carbohydrate 63g	23%
Dietary Fiber <1g	4%
Total Sugars 20g	
Includes 10g of Added Sugars	20%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
ron 0.8mg	4%
Potassium 320mg	6%

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\*. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE CONTAINS: MILK, WHEAT, EGG, SOY.

<b>Nutrition Fa</b>	acts
1 servings per container Serving size 8.6	oz (240g)
Serving Size 8.0 (	)Z (2409)
Amount per serving Calories	410
%	Daily Value
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 83g	30%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 10g of Added Sugars	20%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 1mg	6%
Potassium 490mg	10%

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\*. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE

CONTAINS: MILK, WHEAT, EGG, SOY.

1 servings per container Serving size 11.1 c	z (310g
Amount per serving Calories	<b>500</b>
%	Daily Value
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 103g	37%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 10g of Added Sugars	20%
Protein <sup>14</sup> g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
ron 1mg	6%
Potassium 650mg	15%

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\*. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE CONTAINS: MILK, WHEAT, EGG, SOY.