

# 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%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Total Carbohydrate** 24g 9%

Dietary Fiber 0g 0%

Total Sugars 6g

Includes 0g of Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 0.4mg 2%

Potassium 190mg 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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).

CONTAINS: MILK, WHEAT, SOY.

# Nutrition Facts

1 servings per container

**Serving size** 5.2 (146g)

**Amount per serving**  
**Calories** 200

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 120mg 5%

**Total Carbohydrate** 42g 15%

Dietary Fiber <1g 4%

Total Sugars 11g

Includes 0g of Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 280mg 20%

Iron 0.4mg 2%

Potassium 380mg 8%

\* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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).

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

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>7.7 oz (216g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 61g	<b>22%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 17g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 420mg	<b>30%</b>
Iron 0.4mg	<b>2%</b>
Potassium 560mg	<b>10%</b>
* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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).  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>10.2 oz (286g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
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	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 79g	<b>29%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 22g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
<hr/>	
Vitamin D 0mcg	<b>0%</b>
Calcium 560mg	<b>45%</b>
Iron 0.5mg	<b>2%</b>
Potassium 750mg	<b>15%</b>
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* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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).  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (70g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 140mg	<b>10%</b>
Iron 0mg	<b>0%</b>
Potassium 230mg	<b>4%</b>
*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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate.  
**CONTAINS: MILK.**

# Nutrition Facts

1 servings per container

**Serving size** 5 oz (140g)

**Amount per serving**

**Calories** 180

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 110mg 5%

**Total Carbohydrate** 38g 14%

Dietary Fiber <1g 4%

Total Sugars 11g

Includes 0g of Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 280mg 20%

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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate.  
CONTAINS: MILK.

# Nutrition Facts

1 servings per container

**Serving size** 7.5 oz (210g)

**Amount per serving**

**Calories** **270**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 57g **21%**

Dietary Fiber 1g **4%**

Total Sugars 16g

Includes 0g of Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg **0%**

Calcium 420mg **30%**

Iron 0mg **0%**

Potassium 680mg **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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate.  
CONTAINS: MILK.

# Nutrition Facts

1 servings per container

**Serving size** 10 oz (280g)

Amount per serving

**Calories** 360

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 220mg 10%

**Total Carbohydrate** 77g 28%

Dietary Fiber 1g 4%

Total Sugars 22g

Includes 0g of Added Sugars 0%

**Protein** 15g

Vitamin D 0mcg 0%

Calcium 550mg 40%

Iron 0mg 0%

Potassium 900mg 20%

\*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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate.  
CONTAINS: MILK.



<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>3 oz (83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 160mg	<b>10%</b>
Iron 0.4mg	<b>2%</b>
Potassium 200mg	<b>4%</b>
<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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5.5 oz (153g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 14g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 300mg	<b>25%</b>
Iron 0.4mg	<b>2%</b>
Potassium 390mg	<b>8%</b>
<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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>		
1 servings per container		
<b>Serving size</b>	<b>8 oz (223g)</b>	
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<b>Amount per serving</b>	<b>320</b>	
<b>Calories</b>		
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<b>% Daily Value*</b>		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	190mg	<b>8%</b>
<b>Total Carbohydrate</b>	68g	<b>25%</b>
Dietary Fiber	1g	<b>4%</b>
Total Sugars	20g	
Includes 3g of Added Sugars		<b>6%</b>
<b>Protein</b>	11g	
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Vitamin D	0mcg	<b>0%</b>
Calcium	440mg	<b>35%</b>
Iron	0.4mg	<b>2%</b>
Potassium	580mg	<b>10%</b>
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* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>10.5 oz (293g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 86g	<b>31%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 25g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 580mg	<b>45%</b>
Iron 0.5mg	<b>2%</b>
Potassium 760mg	<b>15%</b>

\* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>3.6 oz (100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
Includes 10g of Added Sugars	<b>20%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 140mg	<b>10%</b>
Iron 0.5mg	<b>2%</b>
Potassium 190mg	<b>4%</b>

\* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
**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%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 110mg 5%

**Total Carbohydrate** 60g 22%

Dietary Fiber <1g 4%

Total Sugars 21g

Includes 10g of Added Sugars 20%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 280mg 20%

Iron 0.6mg 4%

Potassium 370mg 8%

\* 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
CONTAINS: MILK, WHEAT, EGG, SOY.

# Nutrition Facts

1 servings per container

**Serving size** 8.6 oz (240g)

**Amount per serving**

**Calories** 390

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 170mg 7%

**Total Carbohydrate** 78g 28%

Dietary Fiber 1g 4%

Total Sugars 27g

Includes 10g of Added Sugars 20%

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 420mg 30%

Iron 0.7mg 4%

Potassium 560mg 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
CONTAINS: MILK, WHEAT, EGG, SOY.

# Nutrition Facts

1 servings per container

**Serving size** 11.1 oz (310g)

**Amount per serving**

**Calories** 480

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 220mg 10%

**Total Carbohydrate** 97g 35%

Dietary Fiber 1g 4%

Total Sugars 32g

Includes 10g of Added Sugars 20%

**Protein** 16g

Vitamin D 0mcg 0%

Calcium 560mg 45%

Iron 0.7mg 4%

Potassium 740mg 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Vanilla, Caramel Color, Natural Flavor, and Vitamin A Palmitate. 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.  
CONTAINS: MILK, WHEAT, EGG, SOY.