













# Smart Snacks in School





# Smart Facts for Smart Snacks

Product	Size Weight	Calories < 200	Total Fat	Fat Cal % < 35%	Sat. Fat	Sat. Fat Calorie % < 10%	Trans Fat 0g	Sodium < 200mg	Sugar	Sugar % by Weight < 35%
 Frozen Fruit Punch  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Savagely Sour Cherry  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Savagely Sour Blue Raspberry  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Cotton Candy Twirl  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Cool Watermelon  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Bubble Gum Bar  	2.5 fl oz 70 g	70	0g	0%	0g	0%	0g	0 mg	11 g	16%
 Fudge Frenzy 	2.5 fl oz 63 g	110	0g	0%	0g	0%	0g	65 mg	19 g	30%
 Sour Swell 	2.5 fl oz 53 g	70	1g	13%	0.5g	6%	0g	20 mg	11 g	21%
 Strawberry Shortcake 	3 fl oz 70 g	140	5 g	32%	1.5g	9%	0g	50 mg	12 g	17%
 Chocolate Crunch Cake 	3 fl oz 70 g	150	5 g	30%	1.5 g	9%	0g	55 mg	13 g	19%
 Crumbled Cookie Bar 	3 fl oz 70 g	150	5 g	30%	1.5 g	9%	0g	55 mg	13 g	19%
 Orange Cream Bar 	2.5 fl oz 59 g	90	1g	10%	0.5g	5%	0g	35 mg	16 g	27%
 LF Vanilla Sandwich 	3 fl oz 51 g	130	2.5g	17%	1g	7%	0g	120 mg	11 g	21%
 Crumbled Cookie Cone 	3 fl oz 69 g	150	2.5g	15%	1.5g	9%	0g	110 mg	14 g	20%
 Birthday Cake Cone 	3 fl oz 69 g	150	2.5g	15%	1.5g	9%	0g	90 mg	14 g	20%
 Vanilla & Chocolate Swirl Cone 	3 fl oz 69 g	150	2.5g	15%	1.5g	9%	0g	110 mg	14 g	20%
 Rainbow Polar Pole 	2.75 fl oz 45 g	70	0.5g	6%	0g	0%	0g	15 mg	13 g	29%
 Cherry Cyclone 	3.75 fl oz 79 g	90	0.5g	5%	0g	0%	0g	30 mg	14 g	18%
 Sour Cyclone Blue Raspberry 	3.75 fl oz 79 g	90	0.5g	5%	0g	0%	0g	30 mg	14 g	18%
 Watermelon Cyclone 	3.75 fl oz 79 g	90	0.5g	5%	0g	0%	0g	30 mg	14 g	18%
 LF Vanilla and Chocolate Cup 	3 fl oz 50 g	80	1g	11%	0.5g	6%	0g	45 mg	12 g	24%
 LF Vanilla Cup 	3 fl oz 50 g	80	1g	11%	0.5g	6%	0g	45 mg	12 g	24%
 LF Strawberry Cup 	3 fl oz 50 g	80	1g	11%	0.5g	6%	0g	45 mg	12 g	24%
LF Chocolate Cup	3 fl oz 50 g	80	1g	11%	0.5g	6%	0g	45 mg	12 g	24%

More nutrition facts are available at [www.richicecream.com](http://www.richicecream.com)