

# Smart Snacks in School



**3 ounce cups**

\*These cups are made in a plant that contains tree nuts.



2915 S Dixie Hwy, West Palm Beach, FL 33405  
www.RichIceCream.com • (561) 833-7585

**NUT FREE**  
 **FACILITY**



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Product	Size Weight	≤200 Cal.	Cal. from fat	Total Fat	<30% % of fat cal	Sat. Fat	<10% 2g or less % of Cal from Sat Fat	0g Trans Fat	<200 mg Sodium	Sugar	<35% % of sugar by weight
Low Fat Sandwich 	3 fl oz 51g	130	20	2 g	14%	1g	7% <b>51% Whole Grain</b>	0g	120mg	12g	24%
Strawberry Shortcake 	3 fl oz 70g	130	30	3.5g	24%	1g	7% <b>51% Whole Grain</b>	0g	45mg	15g	22%
Chocolate Shortcake 	3 fl oz 63g	140	40	3.5g	23%	1g	6% <b>51% Whole Grain</b>	0g	60mg	15g	21%
Crumbled Cookie Cone 	3 fl oz 70g	170	30	3.5g	19%	1.5g	8% <b>51% Whole Grain</b>	0g	105mg	15g	21%
Chocolate & Vanilla Cone 	3 fl oz 70g	150	30	3g	18%	1.5g	9% <b>51% Whole Grain</b>	0g	105mg	14g	20%
Birthday Cake Cone 	3 fl oz 70g	160	20	2.5g	14%	1.5g	8% <b>51% Whole Grain</b>	0g	115mg	17g	24%
Orange Cream Bar 	2.5 fl oz 52g	70	10	1g	13%	.5g	6% <b>Gluten Free</b>	0g	31mg	11g	20%
Fudge Frenzy 	2.5 fl oz 63g	90	0	0	0%	0g	0 <b>Gluten Free</b>	0g	80mg	13g	21%
Sour Swell 	2.5 fl oz 53g	70	10	1g	13%	.5g	6% <b>Gluten Free</b>	0g	20mg	11g	19%
Creamy Cotton Candy 	2.5 fl oz 54g	70	5	1g	13%	.5g	6% <b>Gluten Free</b>	0g	40mg	8g	15%
Orange Polar Pole 	2.75 fl oz 46g	70	10	1g	13%	.5g	6% <b>Gluten Free</b>	0g	20mg	12g	21%
Rainbow Polar Pole 	2.75 fl oz 46g	70	10	1g	13%	.5g	6% <b>Gluten Free</b>	0g	20mg	12g	21%
Sour Cyclone Blue Raspberry 	3.75 fl oz 80g	100	10	1g	2%	.5g	3% <b>Gluten Free</b>	0g	35mg	17g	21%
3 oz. Plastic Cup ** LF Van. 	3 fl oz 50g	70	15	1g	21%	.5g	6% <b>Gluten Free</b>	0	60	10g	20%
3 oz. Plastic Cup ** LF Choc. 	3 fl oz 50g	80	15	1g	19%	.5g	6% <b>Gluten Free</b>	0	55	10g	20%
3 oz. Plastic Cup ** LF Strawberry 	3 fl oz 50g	70	15	1g	21%	.5g	6% <b>Gluten Free</b>	0	60	10g	20%
3 oz. Plastic Cup ** LF. Orange/Van. 	3 fl oz 50g	80	10	1g	13%	.5g	6% <b>Gluten Free</b>	0	35	12g	21%

Nutrition facts for each item can be found at [www.richicecream.com](http://www.richicecream.com).

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