

If the package says...

# Rich's

ICE CREAM

...It's Nut Free!

## Smart Snacks in School



## Dairy-free Options



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# Smart Facts for Smart Snacks

Product	Size Weight	Calories	Total Fat	Fat Cal %	Sat. Fat	Sat. Fat Calorie %	Trans Fat	Sodium	Sugar	Sugar % by Weight	
LF Vanilla Sandwich	3 fl oz 51 g	130	2.5 g	17%	1 g	7 %	0 g	120 mg	11 g	22%	
Strawberry Shortcake	3 fl oz 70 g	140	5 g	32 %	1.5 g	9.5 %	0 g	50 mg	12 g	17 %	
Chocolate Crunch Cake	3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	18.5 %	
Crumbled Cookie Bar	3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	18.5 %	
Crumbled Cookie Cone	3 fl oz 69 g	150	2.5 g	15 %	1.5 g	9 %	0 g	110 mg	14 g	20 %	
Birthday Cake Cone	3 fl oz 69 g	150	2.5 g	15 %	1.5 g	9 %	0 g	90 mg	14 g	20 %	
Sour Cyclone Blue Raspberry	3.75 fl oz 79 g	90	0.5 g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %	
Cherry Polar Pole	2.75 fl oz 45 g	70	.5 g	6.5 %	0 g	0 %	0 g	15 mg	13 g	29 %	
Fudge Frenzy	2.5 fl oz 63 g	110	0 g	0 %	0 g	0 %	0 g	65 mg	19 g	30 %	
Savagely Sour Blue	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %	
Savagely Sour Cherry	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %	
Cotton Candy Twirl	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %	

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

51% Whole Grain Gluten Free Dairy Free



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