



Smart Snacks in School



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HOLLANDIA DAIRY SINCE 1950

From our cows to you... Naturally!

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Smart Facts for Smart Snacks



Product	Size Weight	Calories < 200	Total Fat	Fat Cal % < 30%	Sat. Fat	Sat. Fat Calorie % < 10%	Trans Fat 0g	Sodium <200mg	Sugar	Sugar % by Weight < 35%	
 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 %	
 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 %	
 Fudge Frenzy	2.5 fl oz 63 g	110	0 g	0 %	0 g	0 %	0 g	65 mg	19 g	30 %	
 Savegely Sour Cherry	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	10 mg	11 g	16 %	 
 Cool Watermelon	2.5 fl oz 70 g	70	0 g	0 %	0 g	0 %	0 g	10 mg	11 g	16 %	 
 Rainbow Polar Pole	2.75 fl oz 45 g	70	.5 g	6.5 %	0 g	0 %	0 g	15 mg	13 g	29 %	
 Watermelon Cyclone	3.75 fl oz 79 g	90	0.5 g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %	

Nutrition facts are available at www.richicecream.com

51% Whole Grain



Gluten Free



Dairy Free



HOLLANDIA
DAIRY
SINCE 1950

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If the package says

Rich's
ICE CREAM
...It's Nut Free!