

NUTRITION INFO



Blueberry Pomegranate

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	35	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	15	mg
Carbs	7	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Water, Sugar, Blueberries, Pomegranate Juice Concentrate, Dextrose, Citric Acid, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier, Mono & Diglycerides, Pectin, Guar Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, FD&C Red #40, FD&C Blue #1- Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Blueberry Tart

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	34	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	15	mg
Carbs	7	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Water, Sugar, Blueberry Flavor (Blueberries, Sugar, Water, Natural Flavor, Pectin, Citric Acid, Red Cabbage Extract (Color), Sodium Benzoate, Potassium Sorbate As Preservatives), Dextrose, Citric Acid, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier, Mono & Diglycerides, Pectin, Guar Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, FD&C Red #40, FD&C Blue #1- Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Low Sugar

Boysenberry

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	31	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	37	mg
Carbs	7	g
Fiber	0	g
Sugars	3	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Maltodextrin, Sorbitol, Polydextrose, Mono & Diglycerides, Guar Gum, Sodium Phosphate, Aspartame, Acesulfame Potassium, Locust Bean Gum, Sodium Citrate, Carrageenan, Citric Acid, Natural & Artificial Flavor, FD&C Red #40, FD&C Blue #1-
Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Cake Batter

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	48	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	55	mg
Carbs	10	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: YES, Nuts: NO, Wheat: YES, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, High Fructose Corn Syrup, Cake Batter [Enriched Wheat Flour (Flour, Iron, Niacin, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening, Nonfat Dry Milk, Wheat Starch, Baking Powder, Salt, Modified Food Starch, Egg Whites, Natural & Artificial Flavor], Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural & Artificial Flavor, Annatto Color, FD&C Yellow #5.

Cappuccino

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	41	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	20	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, High Fructose Corn Syrup, Corn Syrup Solids, Sugar, Milk, Cocoa, Maltodextrin, Whey, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, Caramel Color - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Caramel Cream

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	26	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, High Fructose Corn Syrup, Corn Syrup Solids, Sugar, Milk, Cocoa, Maltodextrin, Whey, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Natural And Artificial Flavor, Caramel Color - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Cheesecake

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	42	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	39	mg
Carbs	9	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Water, Cheese Powder (Non Fat Milk Solids, Lactic Acid, And Cultures) Buttermilk Powder, Natural Flavor, Sugar Sulfites, Milk Solids, Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Propylene Glycol, Caramel Color, Natural And Artificial Flavor, Potassium Sorbate (Perservative), Sodium Benzoate (Perservative), FD&C Yellow 5, DD&C Yellow 6. Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium SSP.*, *L. Rhamnosus*, *L. Casei*

Chocolate Cherry Jubilee

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	41	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	36	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Cultured Skim Milk, Corn Syrup, Sugar, High Fructose Corn Syrup, Maltodextrin, Milk Solids, Whey, Cocoa, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Artificial Flavor, Propylene Glycol, Alcohol, Invert Syrup, red 40 Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei

Chocolate

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	20	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, High Fructose Corn Syrup, Corn Syrup Solids, Sugar, Milk, Cocoa, Maltodextrin, Whey, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, Caramel Color - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Cookies n Cream

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	46	Kcal
Fat Cal	6	Kcal
Fat	1	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	2	mg
Sodium	29	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: YES, Soy: YES

Ingredients:

Skim Milk, Milk, Corn Syrup Solids, Sugar, Cultured Skim Milk, High Fructose Corn Syrup, Whey, Maltodextrin, Chocolate Cookies (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Partially Hydrogenated Soybean &/or Cottonseed Oil, Cocoa Treated With Alkali, Contains Two Percent Or Less Of High Fructose Corn Syrup, Yellow Corn Flour, Chocolate, Baking Soda, Salt, Cornstarch, Natural & Artificial Flavors, Soy Lecithin, Nonfat Dry Milk), Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Green Tea

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	38	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	40	mg
Carbs	8	g
Fiber	0	g
Sugars	5	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Sweet Yogurt Base (Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Milk Solids, Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.) Matcha Green Tea Powder Mix (Matcha Green Tea, Evaporated Cane Juice.)

Green Tea Tart

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	30	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	22	mg
Carbs	5	g
Fiber	0	g
Sugars	5	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Tart Yogurt Base (Water, Cultured Skim Milk, Sugar, Skimmed Milk Powder, Dextrose, Skimmed Yoghurt Powder, Acidifier, Citric Acid, Artificial Flavor, Mono & Diglycerides, Guar Gum, Carrageenan - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei) Matcha Green Tea Powder Mix (Matcha Green Tea, Evaporated Cane Juice.)

Non Dairy

Hawaiian Delight

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	38	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	5	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	0	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	0	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: NO, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Water, Sugar, Corn Syrup Solids, High Fructose Corn Syrup, Maltodextrin, Citric Acid Guar Gum, Mono & Diglycerides, Starch, Natural & Artificial Flavor, FD&C Red #40.

Non Dairy

Mango Sorbet

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	34	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	5	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	0	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	0	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: NO, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Water, Sugar, Corn Syrup Solids, Mango Puree, High Fructose Corn Syrup, Maltodextrin, Dextrose, Guar Gum, Mono & Diglycerides, Starch, Citric Acid, Natural & Artificial Flavors, FD&C Yellow #6.

Maple Pecan

(low fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	44	Kcal
Fat Cal	4	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	2	mg
Sodium	36	mg
Carbs	9	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: YES, Wheat: NO, Soy: YES

Ingredients:

Cultured Skim Milk, Sugar, Natural Pecan Butter, Corn Syrup, High Fructose Corn Syrup, Maltodextrin, Whey, Maple Syrup, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Flavor, Soy Lecithin, Caramel Color Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei



Non-Alcoholic

Margarita Sorbet

(low fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	39	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	5	mg
Carbs	10	g
Fiber	0	g
Sugars	6	g
Protein	0	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	0	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: NO, Eggs: NO, Nuts: YES, Wheat: NO, Soy: NO

Ingredients:

Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Maltodextrin, Dextrose, Lemon Juice Concentrate, Lime Juice Concentrate, Guar Gum, Mono & Diglycerides, Locust Bean Gum, Natural Flavor, Turmeric For Color

MoonPie

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	46	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	38	mg
Carbs	10	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Milk Solids, Whey, Maltodextrin, Modified Potato Starch, Cocoa Powder (Processed With Alkali), Citric Acid, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Xanthan Gum, Propylene Glycol, Natural & Artificial Flavor, FD&C Yellow 5, FD&C Yellow 6, Caramel Color, Sodium Benzoate, Potassium Sorbate - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Oatmeal Cookie

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	39	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	40	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	3	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: YES, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, Whey, Maltodextrin, Oat Flour, Brown Sugar, Flour (Bleached Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural And Artificial Flavor, Cinnamon) Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*

Orange Cream

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	39	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	39	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Milk, High Fructose Corn Syrup, Sugar, Corn Syrup Solids, Maltodextrin, Whey, Natural & Artificial Flavor, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, FD&C Yellow #6 - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Original Tart

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	35	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	24	mg
Carbs	7	g
Fiber	0	g
Sugars	7	g
Protein	2	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	6	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Water, Cultured Skim Milk, Sugar, Skimmed Milk Powder, Dextrose, Skimmed Yogurt Powder, Acidifier, Citric Acid, Artificial Flavor, Mono & Diglycerides, Guar Gum, Carrageenan - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Low Sugar

Pecan Praline

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	31	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	36	mg
Carbs	7	g
Fiber	1	g
Sugars	2	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Cultured Skim Milk, Maltodextrin, Sorbitol, Polydextrose, Mono & Diglycerides, Guar Gum, Sodium Phosphate, Aspartame, Acesulfame Potassium, Locust Bean Gum, Sodium Citrate, Carrageenan, Citric Acid, Natural And Artificial Flavor (Polydextrose, Water, Modified Food Starch, Natural Flavors, Caramel Color, Citric Acid, Sodium Benzoate And Potassium Sorbate As Preservatives) Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Peanut Butter

(low fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	46	Kcal
Fat Cal	8	Kcal
Fat	1	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	46	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	1	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: YES, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, Peanut Butter, Whey, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural & Artificial Flavor (Propylene Glycol, Natural & Artificial Flavor, Caramel Color) - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Peanut Butter Cup

(low fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	49	Kcal
Fat Cal	8	Kcal
Fat	1	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	46	mg
Carbs	9	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	1	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: YES, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Corn Syrup Solids, Sugar, High Fructose Corn Syrup, Natural & Artificial Flavor (High Fructose Corn Syrup, Cocoa, Natural Flavor, Caramel Color, Red #40, Potassium Sorbate, Sodium Benzoate), Peanut Butter, Skim Milk, Whey, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Milk Solids - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.



Non-Alcoholic

Piña Colada

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	39	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	44	mg
Carbs	6	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Milk Solids, Whey, Maltodextrin, Pineapple Juice Concentrate, , Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Pectin, Natural And Artificial Flavor, Tumeric, Sodium Benzoate, Potassium Sorbate
Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei

Pineapple Tart

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	32	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	12	mg
Carbs	7	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Water, Cultured Skim Milk, Sugar, Corn Syrup Solids, High Fructose Corn Syrup, Maltodextrin, Pineapple Juice Concentrate, Skimmed Yoghurt Powder, Acidifier, Citric Acid, Pectin, Natural And Artificial Flavor, Turmeric For Color Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Pomegranate Energy

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	42	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	37	mg
Carbs	9	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, Whey, Maltodextrin, Pomegranate Juice Concentrate, Cherry Juice Concentrate, Plum Juice Concentrate, Apple Juice Concentrate, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gu, Natural And Artificial Flavor Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei

Pumpkin Pie

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	43	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	26	mg
Carbs	10	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Milk, High Fructose Corn Syrup, Sugar, Corn Syrup Solids, Pumpkin Puree, Maltodextrin, Whey, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Spices (Ginger, Cinnamon, Nutmeg, Allspice, Cloves), Annatto, Caramel Color, Turmeric, FD&C Yellow #6 - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Strawberry

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	31	mg
Carbs	8	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, High Fructose Corn Syrup, Maltodextrin, Whey, Strawberries, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Citric Acid, Natural And Artificial Flavor, FD&C Red #40 - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Strawberry Tart*

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	31	mg
Carbs	8	g
Fiber	0	g
Sugars	7	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	3	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Cultured Skim Milk, Milk, High Fructose Corn Syrup, Sugar, Corn Syrup Solids, Maltodextrin, Whey, Natural & Artificial Flavor, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Natural & Artificial Flavor, FD&C Yellow #6 - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Low Sugar

Strawberry Banana

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	32	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	37	mg
Carbs	7	g
Fiber	0	g
Sugars	3	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	1	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Maltodextrin, Sorbitol, Polydextrose, Natural Flavor (Strawberries, Bananas, Modified Food Starch, Natural Flavor, Aspartame, Citric Acid, Red 40, Blue 1), Mono & Diglycerides, Guar Gum, Sodium Phosphate, Aspartame, Acesulfame Potassium, Locust Bean Gum, Sodium Citrate, Carrageenan - Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidobacterium Ssp., L. Rhamnosus, L. Casei.

Taro

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	37	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	46	mg
Carbs	8	g
Fiber	0	g
Sugars	5	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: **YES**, Eggs: **NO**, Nuts: **NO**, Wheat: **NO**, Soy: **NO**

Ingredients:

Sweet Yogurt Base (Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Milk Solids, Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.) Taro Powder Mix (Corn Syrup Solids, Hydrogenated Soybean Oil, Sodium Caseinate Dipotassium Phosphate, Mono & Diglycerides, Sodium Aluminosilicate, Sugar, Glucose, Taro Powder, Allura Red AC (FD&C Red #40), Brilliant Blue FCF, Erythrosine.)

Vanilla

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	26	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	4	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Milk, High Fructose Corn Syrup, Corn Syrup Solids, Sugar, Maltodextrin, Whey, Maltodextrin, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan, Vanilla, Natural And Artificial Flavor - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Vanilla Bean

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	40	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	1	mg
Sodium	39	mg
Carbs	9	g
Fiber	0	g
Sugars	6	g
Protein	1	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	5	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: YES, Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup Solids, Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Crushed Vanilla Beans, Natural & Artificial Flavor - Contains Active Live Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidobacterium Ssp.*, *L. Rhamnosus*, *L. Casei*.

Non Dairy

Watermelon Sorbet

(non fat)

Serving Size (33g)

Mix Weight (1.16 oz)

Calories	44	Kcal
Fat Cal	0	Kcal
Fat	0	g
Saturated Fat	0	g
Trans Fat	0	g
Cholesterol	0	mg
Sodium	6	mg
Carbs	11	g
Fiber	0	g
Sugars	8	g
Protein	0	g
Vitamin A	0	%DA
Vitamin C	0	%DA
Calcium	0	%DA
Iron	0	%DA

Allergen Information:

Manufactured in a facility that may use soy, nuts, wheat, and eggs.

Milk: NO , Eggs: NO, Nuts: NO, Wheat: NO, Soy: NO

Ingredients:

Water, Watermelon Flavor (Water, Cane Sugar, Pear Juice Concentrate, Citric Acid, Natural & Artificial Flavors, Sodium Benzoate As A Preservative, Xanthan Gum, Yellow 5, Blue 1), Sugar, Corn Syrup Solids, High Fructose Corn Syrup, Maltodextrin, Dextrose, Guar Gum, Mono & Diglycerides, Starch, Citric Acid.