



JACK & JILL NOVELTY NUTRITION 2010

Product	Size	Serv'g	Calories		Fr Fat	Fat	Sat. Fat	Trans Fat	Choles terol	Sodium	Carbs	Fiber	Dietary Sugar	Alcohol	Protein	VITAMIN				ALLERGENS						FD&C YELLOW		INGREDIENTS			
			Per	Total												A	C	Calcium	Iron	PEA-	TREE	SOY	MILK	EGGS	#5	#6					
			Calories	Calories												% DV	% DV	% DV	% DV	GLUTEN	NUTS	NUTS	SOY	MILK	EGGS	#5	#6				
JACK & JILL NOVELTIES																															
Sticks/Bars																															
Fudge Stix	3 fl.oz.	90g	120	20	3g	1.5g	0g	10mg	95mg	19g	0g	18g	-	2g	0	0	10	0	YES	^	^	^	YES	^	^	^	^	^	^	^	INGREDIENTS: Milkfat and nonfat milk, corn syrup, sugar syrup, high fructose corn syrup, whey, cocoa processed with alkali, food starch, malt, guar gum, carrageenan.
Orange Cream Stix	3 fl.oz.	59g	90	20	2g	1.5g	0g	10mg	35mg	15g	0g	15g	-	1g	0	0	4	0	^	^	^	^	YES	^	^	^	^	^	^	YES	INGREDIENTS: Milkfat and nonfat milk, corn syrup, sugar syrup, high fructose corn syrup, whey, orange puree (concentrated orange juice, orange pulp, orange oil), artificial flavor, mono- and diglycerides, guar gum, xanthan gum, polysorbate 80, locust bean gum, annatto (color) and artificial color (yellow #6).
Deluxe Ice Cream Bars	3 fl.oz.	55g	170	100	11g	8g	0g	20mg	45mg	14g	0g	14g	-	2g	4	0	6	0	^	^	^	YES	YES	^	^	^	^	^	^	INGREDIENTS: Ice Cream Ingredients: Milkfat and nonfat milk, corn syrup, high fructose corn syrup, whey, buttermilk, sugar syrup, mono- and diglycerides, guar gum, xanthan gum, vanilla, polysorbate 80, locust bean gum, carrageenan. Coating Ingredients: Coconut oil, sugar, cocoa (may be processed with alkali), chocolate liquor, partially hydrogenated soybean oil, soy lecithin (an emulsifier), salt and vanilla.	
Chocolate Éclair Bars	3.5 fl. Oz	69g	180	90	10g	4.5g	0g	15mg	55mg	22g	0g	16g		2g	2	0	4	0	YES	^	^	YES	YES	^	^	^	^	^	^	INGREDIENTS: milk, water, liquid sugar, chocolate and vanilla flavored crunch (bleached wheat flour, sugar, partially hydrogenated soybean oil, caramel color, salt, baking soda, corn syrup, cocoa, artificial flavor, soy lecithin), corn syrup, cream, white coating (soybean oil, coconut oil, partially hydrogenated vegetable oil [palm kernel or cottonseed oil], non-fat milk powder, soy lecithin [emulsifier], salt, vanillin), buttermilk, skim milk, milkfat, whey, chocolate flavored coating (coconut oil, sugar, cocoa, whey powder, cocoa [processed with alkali], soy lecithin [emulsifier], natural flavor), cocoa (processed with alkali), locust bean gum, mono- and diglycerides, guar gum, sodium silicoaluminate, calcium sulfate, cellulose gum, carrageenan, maltodextrin, salt, dextrose, natural and artificial flavor.	
Strawberry Shortcake	3.5 fl. Oz	71g	180	80	9g	4g	0g	15mg	60mg	23g	0g	17g		2g	2	0	4	0	YES	^	^	YES	YES	^	^	^	^	^	^	INGREDIENTS: milk, water, corn syrup, red and white crunch (bleached wheat flour, sugar, partially hydrogenated soybean oil, salt, baking soda, artificial flavor, soy lecithin, red 3), liquid sugar, cream, white coating (soybean oil, coconut oil, sugar, partially hydrogenated vegetable oil [palm kernel or cottonseed oil], non-fat milk powder, soy lecithin [emulsifier], salt, vanillin), buttermilk, skim milk, milkfat, whey, maltodextrin, adipic acid, mono- and diglycerides, guar gum, locust bean gum, sodium silicoaluminate, calcium sulfate, cellulose gum, carrageenan, dextrose, natural and artificial flavors, red #40, blue #1.	
Chocolate Éclair Bars Reduced Fat	3 fl.oz.	60g	140	50	6g	1.5g	0g	0mg	55mg	21g	0g	15g	-	2g	0	0	6	0	YES	^	^	YES	YES	^	^	^	^	^	^	INGREDIENTS: Skim Milk, Buttermilk, Liquid Sugar, Crunch (Bleached Wheat Flour, Sugar, Partially Hydrogenated Soybean Oil, Caramel Color, Salt, Baking Soda, Corn Syrup, Cocoa, Artificial Flavor, Soy Lecithin), Water, Corn Syrup, Coating (Soybean Oil, Palm Oil, Coconut Oil, Soy Lecithin, Vanillin), Whey, Cocoa (Processed with Alkali), Maltodextrin, Cream, Mono- and Diglycerides, Locust Bean Gum, Propylene Glycol Monoesters, Guar Gum, Carrageenan, Cellulose Gum, Salt, Natural and Artificial Flavor, Vitamin A Palmitate.	
Strawberry Shortcake Bars Reduced Fat	3 fl.oz.	60G	140	50	6g	1.5G	0g	0MG	35mg	21g	0g	15g	-	2g	0	0	6	0	YES	^	^	YES	YES	^	^	^	^	^	^	INGREDIENTS: Skim Milk, Buttermilk, Liquid Sugar, Water, Crunch (Bleached Wheat Flour, Sugar, Partially Hydrogenated Soybean Oil, Salt, Baking Soda, Artificial Flavor, Soy Lecithin, Red 3), Corn Syrup, Coating (Soybean Oil, Palm Oil, Coconut Oil, Soy Lecithin, Vanillin), Whey, Maltodextrin, Cream, Adipic Acid, Locust Bean Gum, Propylene Glycol Monoesters, Mono- and Diglycerides, Guar Gum, Cellulose Gum, Carrageenan, Natural and artificial Flavors, Red 40, Blue 1, Citric Acid, Vitamin A Palmitate.	



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	Size	Serv'g	Calories Per Serving	Total Fr Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Dietary Sugar	Alcohol	Protein	VITAMIN				ALLERGENS						FD&C YELLOW		INGREDIENTS
															A	C	Calcium	Iron	PEA-	TREE	SOY	MILK	EGGS	#5	#6		
															% DV	% DV	% DV	% DV									
Toasted Almond Bars	3 fl.oz.	55g	180	100	11g	4.5g	0g	15mg	30mg	18g	0g	17g	-	1g	2	4	2	0	YES	^	YES	YES	YES	^	^	^	INGREDIENTS:Ice Cream Ingredients: Milkfat and nonfat milk, corn syrup, high fructose corn syrup, whey, buttermilk, cane sugar syrup, mono- and diglycerides, guar gum, xanthan gum, natural and artificial flavor, polysorbate 80, locust bean gum and carrageenan. Pre-Dip Coating: Soybean oil, sugar, coconut oil, soy lecithin and artificial flavor. Almond Crunch: Sugar, yellow corn flour, partially hydrogenated vegetable oil (cottonseed, soybean), caramel color, almonds, natural and artificial flavor.
Twin Cherry Ice Pops	3 fl.oz.	94g	70	0	0g	0g	0g	0mg	10mg	18g	0g	15g	-	0g	0	100	0	0	^	^	^	^	*	^	^	YES	INGREDIENTS:Water, high fructose corn syrup, corn syrup, sugar syrup, citric acid, artificial flavors, ascorbic acid, guar gum, carob bean gum, carrageenan, red #40 and blue #1.

Insulated Cups

Vanilla Ice Cream	4 fl.oz.	67g	140	60	7g	4.5g	0g	25mg	50mg	16g	0g	12g	-	2g	6	0	8	2	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream:Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor. CONTAINS: MILK
Chocolate Ice Cream	4 fl.oz.	67g	140	60	7g	4.5g	0g	30mg	45mg	16g	<1g	11g	-	2g	6	0	8	2	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream:[Milk, cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Cocoa Processed with Alkali, Whey Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan). CONTAINS: MILK
Strawberry Ice Cream	4 fl.oz.	67g	140	60	7g	4g	0g	25mg	45mg	17g	0g	13g	-	2g	4	0	6	2	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream:Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Strawberry Puree [Corn Syrup, Strawberries, Water, Modified Corn Starch, Natural Flavor, Citric Acid, Certified Food Color (FD&C Red #40), Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Strawberry Flavor, Citric Acid. CONTAINS: MILK
Vanilla/Chocolate Ice Cream	4 fl.oz.	67g	140	60	7g	4.5g	0g	30mg	45mg	16g	0g	12g	-	2g	6	0	8	3	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream: Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Cocoa Processed with Alkali, Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor. CONTAINS: MILK
Fat Free NSA Chocolate Ice Cream	4 fl.oz.	70g	70	0	0g	0g	0g	0mg	50mg	17g	4g	4g	2g	3g	6	2	10	0	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream: Skim Milk, Maltodextrin, Polydextrose, Sorbitol, Cocoa Processed with Alkali, Nonfat Dry Milk, Whey Powder, Stabilizer (Guar Gum, Mono & Diglycerides, Xanthan Gum, Polysorbate 80, Carrageenan, Dextrose), Sucralose, Vitamin A Palmitate. Contains: Milk
Fat Free NSA Cherry Vanilla	4 fl.oz.	70g	70	0	0g	0g	0g	0mg	60mg	16g	3g	5g	2g	3g	6	2	10	0	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream: Skim Milk, Milk, Maltodextrin, Polydextrose, Sorbitol, Nonfat Dry Milk, Whey Powder, Natural and Artificial Cherry Flavor, Natural and Artificial Vanilla Flavor, Stabilizer (Guar Gum, Mono & Diglycerides, Xanthan Gum, Polysorbate 80, Carrageenan, Dextrose), Modified Corn Starch, Certified Food Color (FD&C Red #40), Citric Acid, Sucralose, Vitamin A Palmitate. Contains: Milk
Vanilla Yogurt	4 fl.oz.	67mg	100	20	2g	1.5g	0g	10mg	60mg	18g	0g	14g	-	3g	2	0	8	4	^	^	^	^	YES	^	^	^	INGREDIENTS:Ice Cream:Milk, Sugar, Corn Syrup, Nonfat Dry Milk, Whey, Cream, Stabilizer (Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan), Natural and Artificial Vanilla Flavor. (Contains Live Cultures:Streptococcus Thermophilus, Lactobacillus bulgaricus) CONTAINS: MILK



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															ALLERGENS										FD&C YELLOW		INGREDIENTS	
	Size	Serv'g	Calories Per Serving	Calories	Total	Sat.	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Alcohol	Protein	VITAMIN		Calcium	Iron	GLUTEN	PEA-	TREE	SOY	MILK	EGGS	#5	#6		
															A	C												% DV
Peach Yogurt	4 fl.oz.	67mg	100	20	2g	1g	0g	10mg	55mg	18g	0g	15g	-	2g	2	0	8	4	^	^	^	^	YES	^	^	^	^	INGREDIENTS:Ingredients:Milk, Sugar, Corn Syrup, Nonfat Dry Milk, Whey, Cream, Peach Puree [Peach Puree, Nectarine Puree, Corn Syrup, Water, Modified Corn Starch, Natural Flavor, Certified Food Color (FD&C Red #40)], Stabilizer (Mono & Diglycerides, Guar Gum, Locust Bean Gum, Polysorbate 80, Carrageenan), Natural Peach Flavor [Sugar, Water, Citric Acid Ascorbic Acid, Certified Food Colors (FD&C Yellow #5, Red #40, Yellow #6, Blue #1)], Citric Acid. (Contains Live Cultures: Streptococcus thermophilus, Lactobacillus bulgaricus). CONTAINS: MILK
Orange Sherbet	4 fl.oz.	85g	120	15	1.5g	1g	0g	5mg	20mg	25g	0g	18g	-	1g	0	0	4	4	^	^	^	^	YES	^	^	YES	INGREDIENTS:Ingredients:Skim Milk, Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Cream, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural Orange Flavor (Water, Modified Corn Starch, Sodium Citrate, Citric Acid, Certified Food Color (FD&C Yellow #6), Xanthan Gum), Natural Flavor, Acacia Gum, Citric Acid. CONTAINS: MILK	
Lemon Lime Sherbet	4 fl.oz.	85g	120	15	1.5g	1g	0g	5mg	20mg	25g	0g	19g	-	1g	0	0	4	4	^	^	^	^	YES	^	YES	^	INGREDIENTS:Skim Milk, Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Cream, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural Lemon Flavor [Water, Sugar, Citric Acid, Xanthan Gum, Certified Food Color (FD&C Yellow #5)], Natural Lime Flavor [Water, Sugar, Citric Acid, Modified Corn Starch, Certified Food Colors (FD&C Yellow #5, Blue #1), Xanthan Gum], Citric Acid CONTAINS: MILK	
Orange Water Ice	4 fl.oz.	102g	110	0	0g	0g	0mg	0	27g	0g	23g	-	0g	0	0	0	0	0	^	^	^	^	^	^	^	YES	INGREDIENTS:Ingredients: Water, Sugar, Corn Syrup, Guar Gum, Dextrose, Natural Orange Flavor [Water, Modified Corn Starch, Sodium Citrate, Citric Acid, Certified Food Color (FD&C Yellow #6), Citric Acid.	
Lemon Water Ice	4 fl.oz.	102g	110	0	0g	0g	0mg	0	27g	0g	23g	-	0g	0	0	0	0	0	^	^	^	^	^	^	YES	^	INGREDIENTS: Water, Sugar, Corn Syrup, Guar Gum, Dextrose, Natural Lemon Flavor [Water, Sugar, Citric Acid, Xanthan Gum, Certified Food Color (FD&C Yellow #5), Citric Acid.	
Raspberry Water Ice	4 fl.oz.	102g	110	0	0g	0g	0mg	0	27g	0g	23g	-	0g	0	0	0	0	0	^	^	^	^	^	^	^	^	INGREDIENTS:Water, Sugar, Corn Syrup, Guar Gum, Dextrose, Natural Raspberry Flavor, Certified Food Colors [FD&C Red #40, Blue #1], Citric Acid.	
Sour Cherry Juice Cup	4fl.oz	102g	100	0g	0g	0g	0g	0g	0g	25g	0g	14g	-	0g	0g	0g	0g	0g	^	^	^	^	^	^	^	^	INGREDIENTS:Water Ice(Water, Sugar,Corn Syrup, Guar Gum, Dextrose)Apple Juice Concentrate,Citric Acid,Natural Cherry Flavor, Natural Flavors, Certified Food Colors [FD&C Red #40,Red #3]. Ascorbic Acid (Vitamin C).	

Other Cups

Small Vanilla/Chocolate Dixie Cup	3 fl.oz.	50	100	45	5g	3.5g	0g	20mg	35mg	12g	0g	9g	-	2g	4	0	6	2	^	^	^	^	Yes	^	^	^	INGREDIENTS:Ice Cream: Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Cocoa Processed with Alkali, Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor. CONTAINS: MILK
Larger Vanilla/Chocolate Dixie Cup	5 fl. Oz.	84g	170	80	9g	5g	0g	35mg	60mg	20g	0g	15g	-	3g	6	0	8	2	^	^	^	^	Yes	^	^	^	INGREDIENTS:Ice Cream: Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Cocoa Processed with Alkali, Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor. CONTAINS: MILK



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	NUTRITION														ALLERGENS										FD&C YELLOW		INGREDIENTS			
	Serv'g		Calories	Calories		Total	Sat.	Trans	Cholesterol		Sodium		Carbs	Fiber	Dietary	Sugar		VITAMIN		Calcium	Iron	PEA-TREE		SOY	MILK	EGGS		#5	#6	
	Size	Size	Per Serving	Fr Fat	Fat	Fat	Fat	mg	mg	mg	mg	g	g	g	g	g	g	% DV	% DV	% DV	% DV	GLUTEN	NUTS	NUTS						
Double Fudge Sundae Cup	6 fl.oz.	138g	310	80	9g	6g	0g	35mg	240mg	50g	<1g	38g	-	4g	6	0	10	4	4	4	^	^	^	^	Yes	^	^	^	^	INGREDIENTS:Ice Cream:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer(Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor] Chocolate Sauce:[High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Modified Corn Starch, Cocoa Processed with Alkali, Corn Starch, Salt, Natural Flavor]. CONTAINS: MILK
Strawberry Sundae Cup	6 fl.oz.	138g	300	80	9g	6g	0g	35mg	210mg	49g	0g	38g	-	3g	6	2	10	4	4	4	^	^	^	^	Yes	^	^	^	^	INGREDIENTS:Ice Cream:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor] Strawberry Sauce:[Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Modified Corn Starch, Natural and Artificial Flavors, Citric Acid, Certified Food Colors (F.D. & C. Red#40, Blue #1). CONTAINS: MILK
Sandwiches/ Cones																														
Vanilla Ice Cream Sandwich	4 fl.oz.	70g	180	60	7g	4g	0g	20mg	35mg	27g	0g	14g	-	4g	4	0	6	2	2	2	Yes	^	^	Yes	Yes	^	^	^	^	INGREDIENTS:Ice Cream: Milk Fat, Nonfat Milk, Cane Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Mono And Diglycerides, Guar Gum, Vanilla Extract, Cellulose Gum And Carrageenan. Wafer Ingredients: Wheat Flour, Sugar, High Fructose Corn Syrup, Shortening (Partially Hydrogenated Soybean Oil), Caramel Color, Soy Flour, Corn Starch, Baking Soda, Lecithin, Cocoa, Salt, Vanilla Flavor.
Vanilla Reduced Fat Ice Cream Sandwich	4 fl.oz.	70g	160	35	4g	1.5g	0g	10mg	150mg	28g	0g	15g		4g	4	0	8	2	2	2	Yes			Yes	Yes	^	^	^	^	INGREDIENTS:Ice Cream:[Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Cream, Whey, Nonfat Dry Milk, Stabilizer (Mono & Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan), Natural and Artificial Vanilla Flavor, Vitamin A Palmitate]. Wafer Ingredients: (Wheat Flour, Sugar, High Fructose Corn Syrup, (Partially Hydrogenated Soybean Oil), Caramel Color, Soy Flour, Corn Starch, Baking Soda, Soy Lecithin, Cocoa, Salt, Vanilla]. CONTAINS: MILK, WHEAT, SOY
Mini Reduced Fat Ice Cream Sandwich	2.75oz.	50g	120	25	2.5g	1g	0g	5mg	115mg	21g	0g	10g	-	2g	2	0	4	0	0	0	Yes	^	^	Yes	Yes	^	^	^	^	INGREDIENTS:Ice Cream:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer, (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor]. Wafer Ingredients:[Wheat Flour, High Fructose Corn Syrup, Shortening (Partially Hydrogenated Soybean Oil), Caramel Color, Soy Flour, Baking Soda, Soy Lecithin, Cocoa, Corn Starch, Salt, Natural Flavors]. CONTAINS: MILK, WHEAT, SOY
Giant Vanilla Sandwich	6oz.	104g	250	90	10g	5g	0g	35mg	150mg	35g	0g	20g		5g	6	0	6	2	2	2	Yes	^	^	Yes	Yes	^	^	^	^	INGREDIENTS:Ice Cream:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor]. Wafer Ingredients: Wheat Flour,Sugar, High Fructose Corn Syrup, Shortening (Partially Hydrogenated Soybean Oil), Caramel Color, Soy Flour, Corn Starch, Baking Soda, Soy Lecithin, Cocoa, Salt, Vanilla. CONTAINS: MILK, WHEAT, SOY
Vanilla Ice Cream Cone	4 fl.oz.	68g	180	70	8g	5g	0g	20mg	80mg	24g	<1g	14g	-	3g	4	0	6	2	2	2	Yes	^	^	Yes	Yes	^	^	^	^	INGREDIENTS:Ice Cream: [Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor]. Cone: [Bleached Wheat Flour, Sugar, Molasses, Soybean Oil, Salt, Soy Lecithin, Caramel Color]. Chocolate Flavored Coating: [Coconut Oil, Sugar, Cocoa, Whey, Cocoa Processed With Alkali, Soy Lecithin, Vanilla]. CONTAINS: MILK, WHEAT, SOY



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															ALLERGENS										FD&C YELLOW		INGREDIENTS
	Calories		Total	Sat.	Trans	Cholesterol	Sodium	Carbs	Fiber	Dietary Sugar	Alcohol	Protein	VITAMIN		Calcium	Iron	GLUTEN	PEA-NUTS	TREE NUTS	SOY	MILK	EGGS	#5	#6			
	Serv'g Per	Calories											% DV	% DV													
Size	Size	Serving	Fr Fat	Fat	Fat	Fat	terol	Sodium	Carbs	Fiber	Sugar	Alcohol	Protein	% DV	% DV	% DV	% DV	GLUTEN	NUTS	NUTS	SOY	MILK	EGGS	#5	#6		
Chocolate Ice Cream Cone	4 fl.oz.	68g	180	70	8g	5g	0g	20mg	75mg	24g	<1g	14g	-	3g	4	0	6	2	Yes	^	^	Yes	Yes	^	^	^	INGREDIENTS:Ice Cream: [Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Cocoa Processed with Alkali, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan)]. Cone: [Bleached Wheat Flour, Sugar, Molasses, Soybean Oil, Salt, Soy Lecithin, Caramel Color]. Chocolate Flavored Coating: [Coconut Oil, Sugar, Cocoa, Whey, Cocoa Processed With Alkali, Soy Lecithin, Vanilla]. CONTAINS: MILK, WHEAT, SOY
Nut Cone	4 fl.oz.	72g	230	110	12g	7g	0g	20mg	75mg	25g	<1g	15g	-	4g	4	0	6	2	Yes	Yes	^	Yes	Yes	^	^	^	INGREDIENTS:Ice Cream:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor]. Cone: [Bleached Wheat Flour, Sugar, Molasses, Soybean Oil, Salt, Soy Lecithin, Caramel Color]. ChocolateFlavored Coating: [Coconut Oil, Sugar, Cocoa, Whey, Cocoa Processed With Alkali, Soy Lecithin, Vanilla]. Peanuts: [Roasted in Soybean and/or Cottonseed Oil, Salt]. CONTAINS: MILK, WHEAT, SOY, PEANUTS
Jimmy Swirl Cone	4 fl.oz.	72	200	70	8g	5g	0g	20mg	95mg	29g	<1g	17g	-	3g	4	0	6	2	Yes	^	^	Yes	Yes	^	^	^	INGREDIENTS:[Milk, Cream, Sugar, Corn Syrup, Nonfat Dry Milk, High Fructose Corn Syrup, Whey, Stabilizer (Mono & Diglycerides, Guar Gum, Cellulose Gum, Carrageenan), Natural and Artificial Vanilla Flavor], Cone [Bleached Wheat Flour, Sugar, Molasses, Soybean Oil, Salt, Soy Lecithin, Caramel Color], Chocolate Sauce [High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Modified Corn Starch, Cocoa Processed with Alkali, Corn Starch, Salt, Natural Flavor]. Sprinkles [Sugar, Corn Starch, Partially Hydrogenated Soybean and/or Cottonseed Oil, Cocoa Processed with Alkali, Dextrin, Soy Lecithin, Confectioner's Glaze, Natural and Artificial Flavors, Carnauba Wax], Chocolate Flavored Coating [Coconut Oil, Sugar, Cocoa, Whey, Cocoa Processed with Alkali, Soy Lecithin, Vanilla]. CONTAINS: MILK, WHEAT, SOY
Reduced Fat Cookies & Cream Cone	4 oz.	82g	180	35	3.5g	2g	0g	10mg	110mg	33g	less than 1g	15g		4g%	4%	0%	8%	4%	YES	^	^	YES	YES	^	^	^	INGREDIENTS: Ice Cream:[Milk, Sugar, Corn Syrup,Maltodextrn, High Fructose Corn Syrup, Cream, Whey, Nonfat Dry Milk, Stabilizer (Mono & Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan), Natural and Artificial Vanilla Flavor, Vitamin A Palmitate]. Cone: (Wheat, Flour, Multidextrin, Partially Hydrogenated Soybean Oil, Salt, Natural & Artificial Flavors, Caramel Color, Soy Lecithin, Sucralose (Splenda brand), Cookie Crunch:(Bleached Wheat Flour, Sugar, Cocoa processed with alkali, Corn Flour, Corn Syrup, Partially Hydrogenated Soybean Oil, Natural & Artificial Flavor, Baking Soda, Salt, Soy Lecithin), Chocolate Flavor Coating (Coconut Oil, Sugar, Cocoa, Whey Powder, Cocoa Processed with Alkali, Soy Lecithin, Natural Flavor). CONTAINS: MILK,WHEAT,SOY
Push Ups																											
Fat Free Orange Juice Sherbet Up	4 fl.oz.	70g	70	0	0g	0g	0g	0mg	60mg	16g	3g	5g	2g	3g	6	2	10	0	^	^	^	^	^	^	^	^	INGREDIENTS:Ice Cream: Skim Milk, Milk, Maltodextrin, Polydextrose, Sorbitol, Nonfat Dry Milk, Whey Powder, Stabilizer (Guar Gum, Mono & Diglycerides, Xanthan Gum, Polysorbate 80, Carrageenan, Dextrose), Natural and Artificial Vanilla Flavor, Sucralose, Vitamin A Palmitate. Contains: Milk



JACK & JILL NOVELTY NUTRITION 2010

	ALLERGENS																			FD&C YELLOW		INGREDIENTS					
	Calories							VITAMIN							PEA- TREE												
	Serv'g	Per	Calories	Total	Sat.	Trans		Dietary	Sugar		A	C	Calcium	Iron										#5	#6		
Size	Size	Serving	Fr Fat	Fat	Fat	Fat	Choles terol	Sodium	Carbs	Fiber	Sugar	Alcohol	Protein	% DV	% DV	% DV	% DV	GLUTEN	NUTS	NUTS	SOY	MILK	EGGS				
Cherry Juice Up	3.75oz.	77g	100	0	0	0	0	0	24g	0	15g		0	0	10	0	0	^	^	^	^	^	^	^	^		INGREDIENTS: Water Ice [Water, Sugar, Corn Syrup, Guar Gum, Dextrose], Apple Juice Concentrate, Natural Cherry Flavor, Red Beet Extract (Color), Citric Acid, Ascorbic Acid (Vitamin C)
Screwball	3.75oz.	80g	100	0	0	0	0	75mg	29g	0g	25g		0	0	0	0	0	^	^	^	^	^	^	^	Yes	Yes	INGREDIENTS: Water Ice [Water, Sugar, Corn Syrup, Guar Gum, Dextrose], Apple Juice Concentrate, Gumball [Sugar, Dextrose, Corn Syrup, Gum Base, Corn Starch, Natural and Artificial Flavors, Resinous Glaze, Glycerin, Tapioca Dextrin, Carnuba Wax, Certified Food Colors (FD& C Yellow #5, Yellow #6, Blue #1), BHT (preservative)], Citric Acid, Artificial Cherry Flavor [Water, Propylene Glycol, Tragacanth Gum, Citric Acid, Certified Food Colors (FD& C Red #40, Blue #1)].

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION –ITZKADOOZIE

Itzakadoozie: Made by Nestle

Nutrition Facts

Serving Size: 1 bar

Calories: 100

Calories from Fat: 0

Total Fat: 0g

Saturated Fat: 0g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 10mg

Total Carbohydrate: 24g

Dietary Fiber: 0g

Sugars: 22g

Protein: 0g

Ingredients: WATER, SUGAR, GLUCOSE, GUAR GUM, KARAYA GUM, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOUR, MALIC ACID, COLOUR (CONTAINS TARTRAZINE).

MADE ON EQUIPMENT THAT ALSO PROCESSES PEANUTS/NUTS.