

Kids 2.5 oz

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Baseball Nut	160	9	0.2	19	13	3			YES
Berry Cookies N Cream	140	5	0.1	20	16	3		*Contains Live Yogurt C	YES
Blueberry Muffin	150	6	0.2	21	15	3			YES
Caramel Cappuccino Cheesecake	160	9	0.3	18	15	3			yes
Cherries Jubilee	140	7	0.2	16	12	2			YES
Chocolate	140	8	0.3	16	11	3			YES
Chocolate Chip	150	10	0.3	15	11	3			YES
Chocolate Chip Cookie Dough	170	9	0.3	20	14	3			YES
Chocolate Chocolate Chip Cheesecake	190	11	0.2	19	14	3			YES
Chocolate Mousse Royale	180	11	0.3	18	13	3			YES
Citrus Twist Ice	60	0	0	15	11	0			YES
Cookies 'n Caramel	180	9	0.2	20	15	3			YES
Cookies 'n Cream	170	10	0.3	16	11	3			YES
Cotton Candy	150	7	0.3	18	11	3			YES
Gold Medal Ribbon	150	8	0.3	19	14	3			YES
Icing on the Cake	200	11	0.2	22	18	3			YES
Jamoca® Almond Fudge	160	9	0.2	18	13	3			YES
Love Potion #31	160	9	0.2	18	15	3			YES
Mango Mania	130	6	0.2	17	14	2			YES
Mango Tango	140	6	0.2	18	15	2			YES
Maple Walnut	160	10	0.3	14	11	3			NO
Maui Brownie Madness Frozen Yogurt	150	7	0.1	19	14	4		*Contains Live Yogurt C	YES
Mint Chocolate Chip	150	10	0.3	14	11	3			YES
Mom's Makin' Cookies	190	9	0.2	24	18	3			YES
NF Vanilla Yogurt	80	0.2	0	16	13	4		*Contains Live Yogurt C	YES
NSA Caramel Turtle Truffle	120	5	0.1	24	4	3	15	WARNING: Sensitive in	YES
NSA Pineapple Coconut	100	4	0.1	19	5	3	9	WARNING: Sensitive in	YES
Nutty Coconut	180	12	0.2	15	11	4			YES
Orange Sherbet	80	1.5	0	16	13	1			YES
Peanut Butter 'n Chocolate	180	12	0.2	15	11	4			YES
Pink Bubblegum	150	7	0.3	20	17	3			YES
Pistachio Almond	170	12	0.3	13	10	4			YES
Pralines 'n Cream	170	9	0.3	20	16	3			YES
Rainbow Sherbet	80	1.5	0.1	17	13	1			YES
Rocky Road	160	9	0.2	18	13	3			NO
Rum Raisin	150	7	0.2	19	16	2			YES
Strawberry Cheesecake	160	8	0.2	18	14	3			YES
Vanilla	140	9	0.3	14	13	3			YES
Very Berry Strawberry	130	7	0.2	15	13	2			YES
Wild 'n Reckless Sherbet	80	1.5	0	16	12	1			YES
World Class Chocolate	160	10	0.3	15	11	3			YES

Regular 4oz

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Baseball Nut	260	14	0.4	29	20	5			YES
Berry Cookies N Cream	220	8	0.2	32	25	4		*Contains Live Yogurt	YES
Blueberry Muffin	240	10	0.3	33	25	4			YES
Caramel Cappuccino Cheesecake	260	14	0.4	29	24	5			YES
Cherries Jubilee	220	11	0.4	26	19	4			YES
Chocolate	230	13	0.4	25	18	5			YES
Chocolate Chip	240	15	0.5	23	18	5			YES
Chocolate Chip Cookie Dough	280	15	0.5	31	23	5			YES
Chocolate Chocolate Chip Cheesecake	300	18	0.4	31	22	5			YES
Chocolate Mousse Royale	280	17	0.5	28	21	5			YES
Citrus Twist Ice	100	0	0	24	18	0			YES
Cookies 'n Caramel	280	15	0.4	32	23	4			YES
Cookies 'n Cream	270	17	0.4	25	18	5			YES
Cotton Candy	230	12	0.4	28	18	4			YES
Gold Medal Ribbon	240	12	0.4	30	23	4			YES
Icing on the Cake	320	18	0.4	35	28	4			YES
Jamoca® Almond Fudge	260	15	0.4	28	20	5			YES
Love Potion #31	260	14	0.4	29	24	4			YES
Mango Mania	210	10	0.4	27	22	4			YES
Mango Tango	230	10	0.4	29	24	4			YES
Maple Walnut	260	17	0.4	22	17	5			NO
Maui Brownie Madness Frozen Yogurt	230	11	0.2	30	22	6		*Contains Live Yogurt	YES
Mint Chocolate Chip	240	15	0.5	23	18	5			YES
Mom's Makin' Cookies	300	14	0.4	45	29	4			YES
NF Vanilla Yogurt	130	0.4	0	25	20	6		*Contains Live Yogurt	YES
NSA Caramel Turtle Truffle	200	8	0.2	38	7	5	24	WARNING: Sensitive	YES
NSA Pineapple Coconut	160	6	0.2	30	8	5	14	WARNING: Sensitive	YES
Nutty Coconut	280	19	0.4	23	17	6			YES
Orange Sherbet	130	2	0.1	26	20	1			YES
Peanut Butter 'n Chocolate	290	20	0.4	24	17	7			YES
Pink Bubblegum	250	12	0.4	31	27	4			YES
Pistachio Almond	270	18	0.5	21	15	7			YES
Pralines 'n Cream	270	14	0.4	32	26	4			YES
Rainbow Sherbet	130	2	0.1	26	20	1			YES
Rocky Road	250	14	0.4	29	20	5			NO
Rum Raisin	230	11	0.4	30	25	4			YES
Strawberry Cheesecake	250	13	0.4	28	21	4			YES
Vanilla	220	14	0.5	20	16	5			YES
Very Berry Strawberry	200	10	0.4	24	21	4			YES
Wild 'n Reckless Sherbet	130	2	0.1	25	18	2			YES
World Class Chocolate	260	16	0.5	25	18	5			YES