

3 fl oz cups mixmi frozen yogurt - Perfect for the **LUNCH KAY** (0.25 ounce meat alternate)

Nutrition Facts	Ultimate Chocolate mixmi frozen yogurt	Vanilla Cupcake mixmi frozen yogurt	Orange Dream mixmi frozen yogurt	Peppermint Stick mixmi frozen yogurt	Wild at Heart Cherry mixmi frozen yogurt	Shamrock Cool Mint mixmi frozen yogurt
	3 fl oz (45 g)	3 fl oz (45 g)	3 fl oz (45 g)	3 fl oz (45 g)	3 fl oz (45 g)	3 fl oz (45 g)
Amount per serving						
Calories	80	80	80	80	80	80
Calories from Fat	10	10	10	10	10	10
	% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	1g 2%	1g 2%	1g 2%	1g 2%	1g 2%	1g 2%
Saturated Fat	0.5g 4%	0.5g 4%	0.5g 4%	0.5g 4%	0.5g 4%	0.5g 4%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	5mg 2%	5mg 2%	5mg 2%	5mg 2%	5mg 2%	5mg 2%
Sodium	25mg 1%	25mg 1%	25mg 1%	25mg 1%	25mg 1%	25mg 1%
Total Carbohydrate	14g 5%	14g 5%	14g 5%	14g 5%	14g 5%	14g 5%
Dietary Fiber	2g 8%	2g 8%	2g 8%	2g 8%	2g 8%	2g 8%
Sugars	7g	7g	7g	7g	7g	7g
Protein	2g	2g	2g	2g	2g	2g
	Vitamin A 0%		Vitamin A 0%		Vitamin A 0%	
	Vitamin C 0%		Vitamin C 0%		Vitamin C 0%	
	Calcium 5%		Calcium 5%		Calcium 5%	
	Iron 2%		Iron 2%		Iron 2%	

*Percent Daily Values are based on a 2000 calorie diet.



Ultimate Chocolate
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Cocoa (processed with alkali), Natural Flavors, Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

Vanilla Cupcake
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Natural Flavors, Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

Orange Dream
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Natural Flavors, Beta-Carotene, Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

Peppermint Stick
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Natural Flavors, Vegetable Juice, Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

Wild at Heart Cherry
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Natural Flavors, Vegetable Juice, Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

Shamrock Cool Mint
Ingredients : Milk, Cultured Milk, Sugar, Maltodextrin, Nonfat Dry Milk, Soluble Corn Fiber (dietary fiber), Natural Flavors, Natural Color (Vegetable Juice, Turmeric), Organic Locust Bean Gum, Guar Gum, Live Active Cultures including *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and *Bifidobacterium lactis*.

All mixmi frozen yogurt contains: milk

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