



# Make your students day by adding mixmi to your lunch menu!

SMART  
Snack

FIBER

probiotic  
5 live & active  
cultures

NO  
corn  
syrup

gluten & nut  
FREE

PROTEIN

NO  
artificial  
colors & flavors

NO  
artificial  
growth hormones

## Why choose **mixmi**?

“... We were pleased with the line of (mixmi) frozen yogurt cups they have to offer. The natural flavors and simple ingredients come together for a truly tasty and healthy dessert... Some students even said it was the best Minnesota treat ever...”

I highly recommend mixmi to all schools wanting to give a great healthy treat to their students. We love working with mixmi and plan to keep mixmi frozen yogurt as part of our MN Thursday line up.”

Thanks, Laura E Anderson, Minneapolis Public Schools,  
Culinary and Wellness, Buyer



Photo by Minneapolis Public  
Schools Culinary and  
Wellness Serv.

3 fl oz cups mixmi frozen yogurt - Perfect for the **LUNCH TRAY** (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
1 serving per container Serving size 1 container	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
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
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
	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%
	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%
	<b>Calcium</b> 5%	<b>Calcium</b> 5%	<b>Calcium</b> 5%	<b>Calcium</b> 5%	<b>Calcium</b> 5%	<b>Calcium</b> 5%
	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%

4 fl oz cups mixmi frozen yogurt - Great for **ALA CARTE** (0.5 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
1 serving per container Serving size 1 container	4 fl oz (60 g)	4 fl oz (60 g)	4 fl oz (60 g)	4 fl oz (60 g)	4 fl oz (60 g)	4 fl oz (60 g)
Amount per serving						
Calories	100	100	100	100	100	100
Calories from Fat	13	13	13	13	13	13
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
Total Fat	1.5g 3%	1.5g 3%	1.5g 3%	1.5g 3%	1.5g 3%	1.5g 3%
Saturated Fat	1g 5%	1g 5%	1g 5%	1g 5%	1g 5%	1g 5%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	10mg 3%	10mg 3%	10mg 3%	10mg 3%	10mg 3%	10mg 3%
Sodium	35mg 2%	35mg 2%	35mg 2%	35mg 2%	35mg 2%	35mg 2%
Total Carbohydrate	18g 6%	18g 6%	18g 6%	18g 6%	18g 6%	18g 6%
Dietary Fiber	3g 11%	3g 11%	3g 11%	3g 11%	3g 11%	3g 11%
Sugars	10g	10g	10g	10g	10g	10g
Protein	2g	2g	2g	2g	2g	2g
	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%	<b>Vitamin A</b> 0%
	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%	<b>Vitamin C</b> 0%
	<b>Calcium</b> 7%	<b>Calcium</b> 7%	<b>Calcium</b> 7%	<b>Calcium</b> 7%	<b>Calcium</b> 7%	<b>Calcium</b> 7%
	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%	<b>Iron</b> 2%

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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