

Carbohydrate Count--Ice Cream and Sorbet 2020-2021

| Description | Allergens | Calories | CHO (g) | Other |
|----------------------------------|--|----------|---------|-------------|
| Birthday Cake Cone | Milk, Soy, Tree Nuts (as coconut oil), Wheat | 150 | 29 | |
| Orange Pushup | Milk | 90 | 20 | |
| Van & Choc Cone | Milk, Soy, Tree Nuts (as coconut oil), Wheat | 150 | 27 | |
| Cookies & Cream Round | Milk, Wheat, Soy | 140 | 28 | |
| Creamy Cotton Candy | Milk | 70 | 15 | |
| Peach Frozen Yogurt LF (Tub) | Milk | 100 | 20 | |
| Sour Swell | Milk | 70 | 12 | |
| Strawberry Shortcake | Milk, Soy, Wheat | 140 | 23 | |
| Chocolate Shortcake | Milk, Soy, Tree Nuts (as coconut oil), Wheat | 140 | 22 | |
| Crumbled Cookie Cone | Milk, Soy, Tree Nuts (as coconut oil), Wheat | 150 | 29 | |
| Chocolate Light Ice Cream | Milk | 100 | 19 | |
| Strawberry Light Ice Cream | Milk | 100 | 19 | Red Dye #40 |
| Lowfat Vanilla Ice Cream | Milk | 110 | 20 | |
| Vanilla Ice Cream Sandwich | Milk, Wheat, Soy | 130 | 26 | |
| Fudge Bar | Milk | 100 | 22 | |
| Chocolate Frozen Yogurt LF (Tub) | Milk | 100 | 20 | |
| Chloe's Pop-Strawberry | None | 60 | 15 | 100% Fruit |
| Strawberry Kiwi Slush | None | 60 | 15 | 100% Fruit |

10/2/2020

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