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Nutrition Facts	
About 5 servings per container	
Serving size 1oz (28g/about 8 pieces)	
Amount per serving	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
Cholesterol <5mg	<b>1%</b>
Sodium 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>21%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 78mg	<b>2%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, COCOA BUTTER, UNSWEETENED CHOCOLATE, SKIM MILK POWDER, BUTTER OIL (MILK), LACTOSE, SOY LECITHIN (EMULSIFIER), SALT, CORN SYRUP, YEAST, MALTED BARLEY FLOUR, ARTIFICIAL FLAVOR, LEAVENING (SODIUM BICARBONATE).



**ALLERGY INFORMATION:** CONTAINS WHEAT, MILK, SOY

**INGREDIENTS**

**MAY CONTAIN TREE NUTS**

Nutrition Facts	
About 4 servings per container	
Serving size 1 cup (240 mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Cholesterol 10mg	<b>3%</b>
Sodium 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>21%</b>
Vitamin D 5mcg 25%	• Calcium 360mg 30%
Iron 0mg 0%	• Potassium 360mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** PASTEURIZED LOWFAT MILK, NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.  
**CONTAINS: MILK.**