

## DESSERTS

| Item                               | Serving Size | Calories | Fat    | % Cal. From Fat | Chol.  | Protein | Carb.  | Fiber | Sodium |
|------------------------------------|--------------|----------|--------|-----------------|--------|---------|--------|-------|--------|
| <b>BARS &amp; BROWNIES</b>         |              |          |        |                 |        |         |        |       |        |
| Brownies ■                         | 1 piece      | 164      | 4.3 g  | 24%             | 0 mg   | 2.2 g   | 29.2 g | 1.1 g | 196 mg |
| Brownies with Icing ■              | 1 piece      | 195      | 5.7 g  | 26%             | 0 mg   | 2.3 g   | 33.5 g | 1.1 g | 210 mg |
| German Chocolate Brownies ■        | 1 piece      | 192      | 6 g    | 28%             | 5 mg   | 2.4 g   | 32 g   | 1.2 g | 210 mg |
| Magic Cookie Bars ■                | 1 piece      | 259      | 16.2 g | 56%             | 4 mg   | 3.2 g   | 20.4 g | 1.2 g | 115 mg |
| Peanut Butter Brownies ■           | 1 piece      | 242      | 9.5 g  | 35%             | 0 mg   | 4.2 g   | 35 g   | 1.5 g | 245 mg |
| White Chocolate Chip Brownies ■    | 1 piece      | 205      | 6.5 g  | 29%             | 2 mg   | 2.7 g   | 34 g   | 1.1 g | 207 mg |
| <b>CAKES</b>                       |              |          |        |                 |        |         |        |       |        |
| Applesauce Cake ■                  | 1 piece      | 295      | 12.4 g | 38%             | 19 mg  | 3.6 g   | 42.2 g | 0.5 g | 268 mg |
| Banana Cake ■                      | 1 piece      | 208      | 9.3 g  | 40%             | 46 mg  | 3 g     | 28 g   | 0 g   | 241 mg |
| Chocolate Chip Cake ■              | 1 piece      | 388      | 16.4 g | 38%             | 46 mg  | 4 g     | 56 g   | 0.4 g | 303 mg |
| German Chocolate Cake ■            | 1 piece      | 241      | 8.7 g  | 32%             | 16 mg  | 2.2 g   | 38.4 g | 1.7 g | 284 mg |
| Lemon Glaze Cake ■                 | 1 piece      | 244      | 10.5 g | 39%             | 46 mg  | 3.2 g   | 34.1 g | 0 g   | 245 mg |
| Marble Cake ■                      | 1 piece      | 262      | 11.6 g | 40%             | 62 mg  | 4.3 g   | 35 g   | 0 g   | 326 mg |
| Peach Spice Cake ■                 | 1 piece      | 193      | 4.5 g  | 21%             | 10 mg  | 2 g     | 36 g   | 0 g   | 270 mg |
| Pineapple Upside Down Cake ■       | 3" sq.       | 194      | 6 g    | 28%             | 24 mg  | 2.6 g   | 32.4 g | 0 g   | 206 mg |
| Red Velvet Cake ■                  | 1/16th       | 308      | 10.7 g | 31%             | 38 mg  | 3.4 g   | 49.5 g | 0 g   | 239 mg |
| Strawberry Shortcake ■             | 1 piece      | 299      | 15 g   | 45%             | 46 mg  | 3 g     | 38 g   | 0 g   | 265 mg |
| <b>COOKIES</b>                     |              |          |        |                 |        |         |        |       |        |
| Chocolate Chip Cookie ■            | 1            | 210      | 11 g   | 47%             | 15 mg  | 2 g     | 24 g   | <1 g  | 150 mg |
| Chocolate Chunk Cookie ■           | 1            | 200      | 11 g   | 50%             | 15 mg  | 2 g     | 24 g   | 0 g   | 140 mg |
| M&M Cookie ■                       | 1            | 180      | 7 g    | 35%             | 10 mg  | 2 g     | 26 g   | 1 g   | 210 mg |
| Oatmeal Cookie ■                   | 1            | 180      | 7 g    | 35%             | 10 mg  | 2 g     | 27 g   | 1 g   | 115 mg |
| Peanut Butter Cookie ■             | 1            | 190      | 10 g   | 47%             | 5 mg   | 3 g     | 23 g   | 1 g   | 240 mg |
| Sugar Cookie ■                     | 1            | 190      | 8 g    | 38%             | 20 mg  | 1 g     | 26 g   | 0 g   | 240 mg |
| White Chocolate Macadamia Cookie ■ | 1            | 200      | 11 g   | 50%             | 10 mg  | 2 g     | 24 g   | 0 g   | 150 mg |
| <b>MISC. DESSERTS</b>              |              |          |        |                 |        |         |        |       |        |
| Apple Cobbler ■                    | 3 oz.        | 204      | 4.8 g  | 21%             | 0 mg   | 0 g     | 40.3 g | 1.4 g | 80 mg  |
| Cannoli ■                          | 1            | 153      | 7.7 g  | 45%             | 24 mg  | 2.4 g   | 18.6 g | 0 g   | 52 mg  |
| Cinnamon Twist ■                   | 1            | 440      | 2.3 g  | 47%             | 25 mg  | 7 g     | 52 g   | 2 g   | 710 mg |
| Cookie Sandwich ■                  | 1            | 515      | 24.3 g | 42%             | 10 mg  | 4 g     | 70 g   | 2 g   | 320 mg |
| Dirt Pudding ■                     | 1/2 cup      | 394      | 19.6 g | 45%             | 15 mg  | 4.3 g   | 50 g   | 1.5 g | 332 mg |
| Mini Scone ■                       | 1            | 220      | 10.5 g | 43%             | 7.5 mg | 2.5 g   | 29 g   | 0.5 g | 150 mg |
| Scone ■                            | 1            | 440      | 21 g   | 43%             | 15 mg  | 5 g     | 57 g   | 1 g   | 300 mg |
| <b>PIES</b>                        |              |          |        |                 |        |         |        |       |        |
| Apple Pie ■                        | 1/8 of pie   | 542      | 34 g   | 56%             | 0 mg   | 4 g     | 55 g   | 3.8 g | 500 mg |
| Banana Cream Pie ■                 | 1/8 of pie   | 450      | 32 g   | 64%             | 75 mg  | 5 g     | 35 g   | 1.3 g | 263 mg |
| Blueberry Pie ■                    | 1/8 of pie   | 375      | 19 g   | 46%             | 0 mg   | 4 g     | 51 g   | 2.5 g | 438 mg |
| Boston Cream Pie ■                 | 1/8 of pie   | 275      | 9 g    | 29%             | 25 mg  | 4 g     | 45 g   | 2.5 g | 288 mg |
| Cherry Pie ▲                       | 1/8 of pie   | 500      | 25 g   | 45%             | 0 mg   | 5 g     | 63 g   | 3.8 g | 438 mg |
| Chocolate Cream Pie ■              | 1/8 of pie   | 308      | 17 g   | 50%             | <5 mg  | 2 g     | 37 g   | 1.5 g | 158 mg |
| Coconut Cream Pie ■                | 1/8 of pie   | 323      | 19 g   | 53%             | <5 mg  | 2 g     | 37 g   | 2.3 g | 248 mg |
| French Silk Pie ■                  | 1/8 of pie   | 570      | 40 g   | 63%             | 85 mg  | 4 g     | 48 g   | 3 g   | 210 mg |
| Keylime Pie ■                      | 1/8 of pie   | 520      | 31 g   | 54%             | 220 mg | 9 g     | 53 g   | 1 g   | 220 mg |
| Lemon Meringue Pie ■               | 1/8 of pie   | 290      | 9 g    | 28%             | 0 mg   | 2 g     | 52 g   | 2 g   | 330 mg |

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

★ Manufactured in a facility that processes peanuts, tree nuts, eggs, soy, milk & wheat.

## DESSERTS & FROZEN YOGURT/ICE CREAM

| Item                             | Serving Size | Calories | Fat  | % Cal. From Fat | Chol. | Protein | Carb. | Fiber  | Sodium |
|----------------------------------|--------------|----------|------|-----------------|-------|---------|-------|--------|--------|
| Lite Apple Pie ■                 | 1/8 of pie   | 240      | 7 g  | 26%             | 0 mg  | 4 g     | 41 g  | 3 g    | 320 mg |
| Peach Pie ■                      | 1/8 of pie   | 450      | 23 g | 46%             | 10 mg | 4 g     | 57 g  | 2.5 g  | 363 mg |
| Pecan Pie ■                      | 1/8 of pie   | 600      | 28 g | 42%             | 79 mg | 7 g     | 81 g  | 1 g    | 578 mg |
| Pumpkin Pie ■                    | 1/8 of pie   | 400      | 14 g | 32%             | 50 mg | 6 g     | 64 g  | 3.8 g  | 375 mg |
| <b>FROZEN YOGURT</b>             |              |          |      |                 |       |         |       |        |        |
| Blueberry Burst ■★               | 1/2 cup      | 100      | 0 g  | 0%              | 0 mg  | 2 g     | 22 g  | 10% DV | 70 mg  |
| Butter Brickle ■★                | 1/2 cup      | 110      | 0 g  | 0%              | 5 mg  | 3 g     | 23 g  | 15% DV | 85 mg  |
| Cappuccino ■★                    | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 4 g     | 21 g  | 15% DV | 85 mg  |
| Irish Mint ■★                    | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 3 g     | 22 g  | 10% DV | 70 mg  |
| Island Banana ■★                 | 1/2 cup      | 100      | 0 g  | 0%              | 0 mg  | 3 g     | 21 g  | 10% DV | 80 mg  |
| Kahlua ■★                        | 1/2 cup      | 100      | 0 g  | 0%              | 0 mg  | 2 g     | 22 g  | 10% DV | 75 mg  |
| New York Cheesecake ■★           | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 3 g     | 23 g  | 10% DV | 80 mg  |
| Outrageous Orange ■★             | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 3 g     | 22 g  | 10% DV | 85 mg  |
| Snickerdoodle ■★                 | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 3 g     | 20 g  | 10% DV | 75 mg  |
| Very Raspberry ■★                | 1/2 cup      | 100      | 0 g  | 0%              | 0 mg  | 2 g     | 22 g  | 8% DV  | 70 mg  |
| Very Strawberry ■★               | 1/2 cup      | 90       | 0 g  | 0%              | 0 mg  | 3 g     | 20 g  | 10% DV | 70 mg  |
| White Chocolate Macadamia ■★     | 1/2 cup      | 100      | 0 g  | 0%              | 5 mg  | 3 g     | 21 g  | 10% DV | 80 mg  |
| <b>HAND DIPPED FROZEN YOGURT</b> |              |          |      |                 |       |         |       |        |        |
| Chocolate ■                      | 1 cup        | 220      | 5 g  | 20%             | 20 mg | 6 g     | 40 g  | 0 mg   | 120 mg |
| Vanilla ■                        | 1 cup        | 240      | 5 g  | 19%             | 20 mg | 6 g     | 44 g  | 0 mg   | 110 mg |
| <b>HAND DIPPED ICE CREAM</b>     |              |          |      |                 |       |         |       |        |        |
| Banana Split ■                   | 1 cup        | 280      | 12 g | 39%             | 30 mg | 2 g     | 42 g  | 80 mg  | 70 mg  |
| Bing Cherry ■                    | 1 cup        | 300      | 14 g | 42%             | 40 mg | 4 g     | 38 g  | 120 mg | 80 mg  |
| Black Raspberry ■                | 1 cup        | 300      | 14 g | 42%             | 30 mg | 4 g     | 42 g  | 120 mg | 80 mg  |
| Butter Almond ■                  | 1 cup        | 320      | 18 g | 51%             | 40 mg | 6 g     | 36 g  | 160 mg | 120 mg |
| Butter Pecan ■                   | 1 cup        | 320      | 18 g | 51%             | 40 mg | 4 g     | 34 g  | 120 mg | 100 mg |
| Chocolate Chip ■                 | 1 cup        | 320      | 16 g | 45%             | 40 mg | 4 g     | 40 g  | 120 mg | 80 mg  |
| Chocolate Chip Cookie Dough ■    | 1 cup        | 320      | 16 g | 45%             | 30 mg | 4 g     | 44 g  | 120 mg | 90 mg  |
| Chocolate Eclair ■               | 1 cup        | 360      | 18 g | 45%             | 30 mg | 4 g     | 44 g  | 120 mg | 100 mg |
| Chocolate Marshmallow ■          | 1 cup        | 300      | 14 g | 42%             | 30 mg | 4 g     | 40 g  | 120 mg | 100 mg |
| Classic Chocolate ■              | 1 cup        | 280      | 14 g | 45%             | 40 mg | 4 g     | 36 g  | 120 mg | 90 mg  |
| Coffee ■                         | 1 cup        | 280      | 14 g | 45%             | 40 mg | 4 g     | 36 g  | 120 mg | 80 mg  |
| Cookies & Cream ■                | 1 cup        | 320      | 16 g | 45%             | 40 mg | 4 g     | 40 g  | 120 mg | 100 mg |
| Egg Nog ■                        | 1 cup        | 320      | 16 g | 45%             | 40 mg | 4 g     | 36 g  | 120 mg | 80 mg  |
| French Vanilla ■                 | 1 cup        | 300      | 14 g | 42%             | 80 mg | 4 g     | 38 g  | 120 mg | 90 mg  |
| Fudge Ripple ■                   | 1 cup        | 300      | 14 g | 42%             | 30 mg | 4 g     | 42 g  | 120 mg | 80 mg  |
| Mint Chocolate Chip ■            | 1 cup        | 320      | 16 g | 45%             | 40 mg | 4 g     | 40 g  | 120 mg | 80 mg  |
| Peach ■                          | 1 cup        | 280      | 12 g | 39%             | 30 mg | 4 g     | 38 g  | 120 mg | 80 mg  |
| Peanut Butter Cup ■              | 1 cup        | 320      | 20 g | 56%             | 30 mg | 8 g     | 36 g  | 120 mg | 90 mg  |
| Peanut Butter Ripple ■           | 1 cup        | 320      | 20 g | 56%             | 30 mg | 6 g     | 36 g  | 120 mg | 90 mg  |

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

★ Manufactured in a facility that processes peanuts, tree nuts, eggs, soy, milk & wheat.

