



## Nutrition Facts

6 servings per container  
**Serving size** 1 Bar (55g)

Amount per serving  
**Calories** **160**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 11g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0.6mg	<b>4%</b>
Potassium 0mg	<b>0%</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:** NONFAT MILK, DARK CHOCOLATE COOKIE CRUNCH (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, COCOA PROCESSED WITH ALKALI, SODIUM BICARBONATE, SALT), CORN SYRUP, MILK CHOCOLATE FLAVORED COATING (SUGAR, COCONUT OIL, CHOCOLATE (PROCESSED WITH ALKALI), MILK, WHEY, SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, ARTIFICIAL FLAVOR, SALT), SOYBEAN OIL, FRUCTOSE, COCONUT OIL, LESS THAN 2% OF: WHEY, MONO AND DIGLYCERIDES, MOLASSES, TARA GUM, GUAR GUM, LOCUST BEAN GUM, CORN SYRUP, NATURAL FLAVOR, SUGAR, VANILLA EXTRACT.

**CONTAINS MILK, SOY AND WHEAT.**