Flavor	Calories per serving (2/3 cup)	Total Fat (mg)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugar (g)	Protein (g)	Dairy	Gluten	Nut	Soy	Egg
NONFAT YOGURT												
Birthday Cake	120	0	0	90	27	20	2	X				
Cherry Amaretto	130	0	0	80	28	23	3	X				
Cotton Candy	120	0	0	85	26	20	3	X				
Crispie Rice Treat	130	0	5	90	29	25	3	X				
Dreamy Dark Chocolate	150	0	0	125	34	25	3	X				
Euro Tart	110	0	5	70	24	23	3	X				
Mint Chocolate Chip	120	0	0	90	27	20	3	X				
New York Cheesecake	130	0	0	135	30	23	2	X				
Pecan Praline	130	0	0	95	28	18	2	X				
Red Velvet Cupcake	120	0	5	115	26	19	4	X				
S'Mores	120	0	0	95	26	21	3	X				
NO SUGAR ADDED NONFAT YOGURT												
Vanilla Bean	90	0	0	120	20	8	3	X				
Wild Strawberry	90	0	0	110	20	8	3	X				
LOW FAT YOGURT												
Cake Batter	130	2.5	10	90	23	20	4	X				
Chocolate Kiss	150	3	10	75	27	21	4	X				
Cinnamon Bun	140	1.5	10	105	27	22	3	X				X
Cookie Monster	140	3	10	80	26	21	3	X				
Cute Cookie	150	3.5	10	110	26	21	4	X	X			
Espresso	140	3	10	100	24	21	3	X				
Peanut Butter	170	7	10	180	23	16	4	X		X		
Pumpkin Pie	140	3	10	65	26	20	3	X				
Sea Salted Caramel Pretzel	140	3	10	210	24	20	4	X	X			
Spiced Apple Pie	140	3.5	15	95	24	21	4	X				
Strawberry Sensations	140	3	10	85	25	22	3	X				
White Chocolate Mousse	140	2.5	10	70	27	23	3	X				
DAIRY FREE												
Mango Tango	90	0	0	0	22	19	0					
Pink Lemonade	90	0	0	0	22	19	0					
Valencia Orange	90	0	0	0	22	19	0					
Watermelon	90	0	0	0	19	20	0					
Coconut	130	3.5	0	15	25	25	0			X		
GELATO												
Yellow Cake Batter	150	8	25	110	22	18	3	X				
Chocolate Obsession	170	8	25	95	22	18	3	X				
Chocolate Chip Cookie Dough	150	6	20	105	22	22	3	X	X		X	
Strawberry Shortcake	170	7	25	105	22	19	3	X				
CUSTARD												
Vanilla	210	12	65	120	23	21	4	X				X
Chocolate	210	11	65	110	24	23	5	X				X

Allergen Information: Gluten Free (GF), Nut Free (NF), Non Dairy (ND), Soy Free (SF)