

Milk Bar Mint Hot Cocoa 9.29.2025

Nutrition Facts

1 serving per container

Serving size **1 Cookie (77g)**

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 280mg **12%**

Total Carbohydrate 50g **18%**

Dietary Fiber 3g **11%**

Total Sugars 28g

Includes 27g Added Sugars **54%**

Protein 5g

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 2.6mg 15%

Potassium 140mg 4%

* 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.

Milk Bar Gingerbread

9.29.2025

Nutrition Facts	
1 serving per container	
Serving size	1 Cookie (77g)
Amount Per Serving	
Calories	340
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 260mg	11%
Total Carbohydrate 56g	20%
Dietary Fiber 1g	4%
Total Sugars 34g	
Includes 32g Added Sugars	64%
Protein 4g	
Vitamin D 0.3mcg	2%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 90mg	2%
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Serving size **1 Cookie (77g)**

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 280mg **12%**

Total Carbohydrate 50g **18%**

Dietary Fiber 3g **11%**

Total Sugars 28g

Includes 27g Added Sugars **54%**

Protein 5g

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 2.6mg 15%

Potassium 140mg 4%

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Milk Bar Muddy Buddy

9.29.2025

Nutrition Facts

1 serving per container

Serving size 1 Cookie (77g)

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 410mg **18%**

Total Carbohydrate 53g **19%**

Dietary Fiber 2g **7%**

Total Sugars 28g

Includes 26g Added Sugars **52%**

Protein 8g

Vitamin D 0.4mcg 2%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 160mg 4%

* 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.

9.29.2025

1 serving per container

Serving size **1 Cookie (77g)**

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 290mg **13%**

Total Carbohydrate 49g **18%**

Dietary Fiber 1g **4%**

Total Sugars 28g

Includes 27g Added Sugars **54%**

Protein 3g

Vitamin D 0.1mcg	0%
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Calcium 20mg	2%
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Iron 1.5mg	8%
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Potassium 20mg	0%
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* 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.

Milk Bar Coconut Snowball 9.29.2025

Nutrition Facts

1 serving per container

Serving size **1 Cookie (77g)**

Amount Per Serving

Calories **380**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 310mg **13%**

Total Carbohydrate 51g **19%**

Dietary Fiber 2g **7%**

Total Sugars 29g

Includes 26g Added Sugars **52%**

Protein 5g

Vitamin D 0.4mcg 2%

Calcium 50mg 4%

Iron 1.5mg 8%

Potassium 80mg 2%

* 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.