## Breakfast Bar Nutri-grn Blubry

Printer Friendly

**SUPC: 5523816**

# Nutrition Information

**Serving Size:** 1 Bar (37 grams)

**Amount Per Serving**

**Calories:** 120 | Calories from Fat: 27

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 3 GM | 5% |
| Saturated Fat: | 0.5 GM | 2% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 110 MG | 5% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 24 GM | 8% |
| Dietary Fiber: | 3 GM | 12% |
| Sugars: | 12 GM | |
| **Protein:** | 2 GM | |

Vitamin A: 15% • Vitamin C: 0%

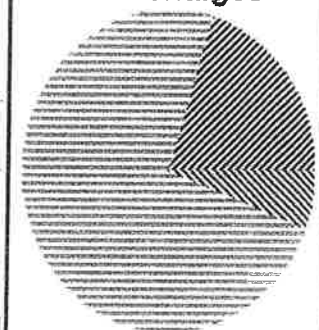
Calcium: 20% • Iron: 10%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Calorie Percentages**



PRO - 6%
CHO - 73%
FAT - 21%

**Ingredients:**

**FILLING (HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, BLUEBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, WATER, SODIUM ALGINATE, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, MALIC ACID, RED #40, BLUE #1), WHOLE GRAIN ROLLED OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WHOLE WHEAT FLOUR, SUNFLOWER AND/OR SOYBEAN OIL WITH TBHQ FOR FRESHNESS, HIGH FRUCTOSE CORN SYRUP, SUGAR, CONTAINS TWO PERCENT OR LESS OF HONEY, DEXTROSE, CALCIUM CARBONATE, SOLUBLE CORN FIBER, NONFAT DRY MILK, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE (LEAVENING), NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, SODIUM STEAROYL LACTYLATE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID.**

**Allergens:** Milk, Soy, Wheat

## Notes

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## Cookie Animal Cracker

Printer Friendly

SUPC: 5494380

### Nutrition Information

**Serving Size:** 10 crackers (29 grams)

**Amount Per Serving**

**Calories:** 130 Calories from Fat: 32

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 3.5 GM | 5% |
| Saturated Fat: | 1 GM | 5% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 150 MG | 6% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 22 GM | 7% |
| Dietary Fiber: | less than 1 GM | 4% |
| Sugars: | 8 GM | |
| **Protein:** | 2 GM | |

…amin A: 0% • Vitamin C: 0%

Calcium: 10% • Iron: 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 6%
CHO - 69%
FAT - 25%

**Ingredients:**

**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, BAKING SODA, SOY LECITHIN, ARTIFICIAL FLAVOR.**

**Allergens:** Soy, Wheat

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144/1 OZ
REORDER #
CHOCOLATE CHIP COOKIE
0099117
CLASSIC
INGREDIENTS: Wheat Flour, Margarine (Palm Oil, Water, Salt, Mono and Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Bleached Wheat Flour, Sugar, Chocolate Chips (Sugar, Hydrogenated Palm Kernel Oil, Cocoa, Cocoa processed with Alkali, Soy Lecithin, and Artificial Flavor), Water, Invert Sugar, Brown Sugar (Sugar, Molasses), Molasses, contains less than 2% of Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Baking Soda, Eggs, Natural and Artificial Flavor, Salt.
CONTAINS: Wheat, Eggs, Milk, Soy.
DISTRIBUTED BY SYSCO CORPORATION, HOUSTON, TEXAS 77077
Manufactured on equipment that also processes products containing peanuts/tree nuts.
00734730266350
(01)00734730266350
(10)21140170707SY01
21140170707SY01
Nutrition Fact
144 Servings Per Container
Serving Size 1 cookie
Amount Per Serving
Calories 12
Total Fat 5g
Saturated Fat 3g
Trans Fat 0g
Cholesterol 5mg
Sodium 140mg
Total Carbohydrate 17g
Dietary Fiber 0g
Total Sugars 9g
Includes 9g Added Sugars
Protein 1g
Vitamin D 0mcg
Calcium 14mg
Iron 1mg
Potassium 44mg

Calories 100
% Daily Value*
Total Fat 6g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol less than 5mg 1%
Sodium 150mg 6%
Total Carbohydrate 8g 3%
Dietary Fiber 1g 5%
Total Sugars 1g
Protein 2g
0%
Calcium 40mg 2%
Iron 0.3mg 0%
Potassium 30mg 0%
Not a significant source of added sugars.
calories a day is used for general nutrition advice.
INGREDIENTS: POPCORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, BUTTERMILK, NATURAL FLAVOR, AND SALT.
CONTAINS MILK INGREDIENTS.
MANUFACTURED FOR:
SMARTFOODS, INC.
PLANO, TX 75024-4099
2019 SMARTFOODS, INC.
The notorious little black bag of popcorn deliciousness.
WWW.SMARTFOOD.COM
@SMARTFOODPOPCORN

Smartfood
WHITE CHEDDAR

Popcorn- continued
DISTRIBUTED BY:
KERRY CONSULTING CORP.
BOYNTON BEACH, FLORIDA 33436
INGREDIENTS: AIR POPPED POPCORN, CANOLA AND/ OR COTTONSEED OIL, SALT, ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE OR ANNATTO (ANISE) FOR COLOR.

# SKINNY POP®

## POPCORN

*We believe in Snacking Without Compromise®. To us, that means using the fewest, cleanest and simplest ingredients possible to bring you the best tasting popcorn. That's the Skinny!*

28 INDIVIDUAL .65 OZ (18g) BAGS
100 CALORIES EACH

TOTAL NET WT 18.2 OZ (516g)

Manufactured for Amplify Snack Brands, Inc.
Austin, TX 78701 USA

SKINNYPOP.COM • 833 8-POPCORN

Popped SKINNY in the USA

CERTIFIED GLUTEN FREE · NON GMO PROJECT VERIFIED · CERTIFIED VEGAN · WHOLE GRAIN

100 CALORIES PER BAG



8 50251 00462 9

2002301-SP

**NO ARTIFICIAL INGREDIENTS**

NON GMO
GLUTEN FREE
DAIRY FREE
PEANUT FREE
TREE NUT FREE
PRESERVATIVE FREE
NO ARTIFICIAL FLAVORS
AND DELICIOUS!

## Nutrition Facts

28 servings per container
**Serving size** 1 package (18g)

| Amount per serving | |
|---|---|
| **Calories** | **100** |
| | % Daily Value* |
| **Total Fat** 7g | 9% |
| Saturated Fat 0.5g | 3% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 50mg | 2% |
| **Total Carbohydrate** 10g | 4% |
| Dietary Fiber 2g | 7% |
| Insoluble Fiber 2g | |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.2mg | 2% |
| Potassium 30mg | 0% |

*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:**
Popcorn, Sunflower Oil and Salt

That's All. Nothing More. Nothing Less.

## Pop Tart Stwbry Frstd Pouch

Printer Friendly

**SUPC: 7573280**

### Nutrition Information

Serving Size: 2 PCS (104 grams)

**Amount Per Serving**

Calories: 400 — Calories from Fat: 90

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 10 GM | 15% |
| Saturated Fat: | 3.5 GM | 18% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 330 MG | 14% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 73 GM | 24% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 34 GM | |
| **Protein:** | 4 GM | |

Vitamin A: 20% • Vitamin C: 0%

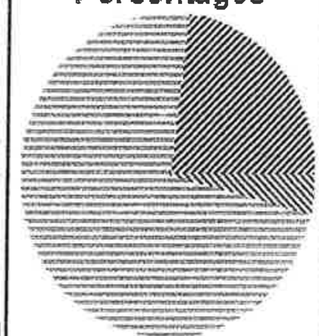
Calcium: 0% • Iron: 20%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 4%
CHO - 73%
FAT - 23%

**Ingredients:**

ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL* WITH TBHQ AND CITRIC ACID FOR FRESHNESS), SUGAR, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED APPLES, DRIED PEARS, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MILLED CORN, MODIFIED WHEAT STARCH, GELATIN, CARAMEL COLOR, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL*, MODIFIED CORN STARCH, XANTHAN GUM, SOY LECITHIN, COLOR ADDED, NIACINAMIDE, REDUCED IRON, RED #40, VITAMIN A PALMITATE, YELLOW #6, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, TURMERIC COLOR, BLUE #1.

**Allergens:** Soy, Wheat

## Notes

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proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

**School Equivalents**

| | | |
|---|---|---|
| **'ortion Size: 3.67 oz.** | **ID#:** | |
| **hild Nutrition Label:** | | No |
| **oduct Formulation Statement:** | | Yes |
| **.eat/Meat Alt:** | | N/A oz eq |
| **Grain/Bread:** | | 2.250 oz eq |
| **Fruit:** | | N/A cup |
| **Vegetable:** | | |
| Red/Orange: | | N/A cup |
| Dark Green: | | N/A cup |
| Starchy: | | N/A cup |
| Beans/Peas: | | N/A cup |
| Other: | | N/A cup |

**Notes:**

I certify that the above information is true and correct and that a 3.67 ounce portion of this product (ready for serving) provides 2.25 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion.

# REGULAR SALTED PRETZEL

Serving Size: 1/2

- CALORIES 145
- FAT 0G
- SATURATED FAT 0G
- TRANS FAT 0G
- CHOLESTEROL 0MG
- SODIUM 550MG
- CARBOHYDRATE 35G
- DIETARY FIBER 2G
- SUGARS 2G
- PROTEIN 7G

## PRETZEL DOUGH INGREDIENTS

Bleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dough Conditioner (Whey [milk]], Corn Flour, Monocalcium Phosphate, L-cysteine Hydrochloride, Potassium Bromate), Yeast.

## ALLERGEN INFORMATION

Please be aware that our pretzels contain wheat and whey (a dairy by-product). Both are known allergens. We also bake our pretzels on equipment that could come in contact with seeds (poppy & sesame). Lastly, please note that our pretzel dogs and sausages contain cheese.

## Pudding Chocolate Rtu

Printer Friendly

**SUPC: 2027860**

# Nutrition Information

**Serving Size:** 1/2 cup(s) (128 grams)

**Amount Per Serving**

**Calories:** 140 Calories from Fat: 36

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 4 GM | 6% |
| Saturated Fat: | 0.5 GM | 2% |
| Trans Fat: | 1.5 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 190 MG | 8% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 25 GM | 8% |
| Dietary Fiber: | 0 GM | 0% |
| Sugars: | 18 GM | |
| **..tein:** | 2 GM | |

..amin A: 0% • Vitamin C: 0%

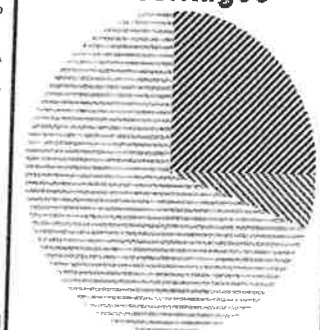
Calcium: 6% • Iron: 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Calorie Percentages



PRO - 6%
CHO - 69%
FAT - 25%

**Ingredients:**

**SKIM MILK, WATER, SUGAR, CORN SYRUP, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL VANILLA FLAVOR, FD&C YELLOW 5 AND FD&C YELLOW 6. Contains Milk ingredients**

**Allergens:** Milk

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# Snack Bar Rice Krispies Treat

Printer Friendly

SUPC: 7451305

## Nutrition Information

Serving Size: 1.6 oz (1/20th sheet) (45 grams)

**Amount Per Serving**

Calories: 190 | Calories from Fat: 41

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 4.5 GM | 7% |
| Saturated Fat: | 1.5 GM | 8% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 210 MG | 9% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 35 GM | 12% |
| Dietary Fiber: | 0 GM | 0% |
| Sugars: | 17 GM | |
| **Protein:** | 1 GM | |

Vitamin A: 8% • Vitamin C: 0%

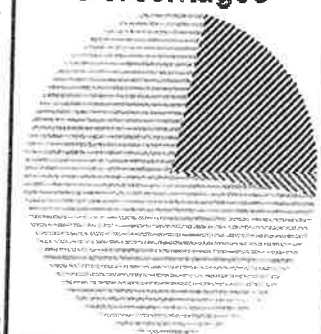
Calcium: 0% • Iron: 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 2%

CHO - 76%

FAT - 22%

**Ingredients:**

TOASTED RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B2], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), SOY LECITHIN.

**Allergens:** Milk, Soy

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eNutrition

# Cookie Vanilla Wafer Bulk Pack

**SUPC:4008314**

Nutrition Information
**Serving Size: 8 piece(s) (30 grams)**

**Amount Per Serving**
**Calories: 140**
Calories from Fat: 54

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 6 GM | 9% |
| Saturated Fat: | 1 GM | 5% |
| Trans Fat: | 2.5 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 120 MG | 5% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 21 GM | 7% |
| Dietary Fiber: | 0 GM | 2% |
| Sugars: | 9 GM | |
| **Protein:** | 1 GM | |

| | |
|---|---|
| Vitamin A: 0% | Vitamin C: 0% |
| Calcium: 0% | Iron: 2% |
| Thiamin: 20% | Riboflavin: 10% |
| Niacin: 10% | Vitamin B-6: 0% |
| Folate: 20% | Vitamin B-12: 0% |

**Ingredients:**
**Enriched flour, (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean and/or cottonseed oil, contains two percent or less of salt, high fructose corn syrup, leavening (baking soda, monocalcium phosphate), soy lecithin, butter (cream, salt), natural and artificial flavor. CONTAINS WHEAT, SOY AND MILK INGREDIENTS.**

**Calorie Percentages**

PRO - 2.82%
CHO - 59.15%
FAT - 38.03%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2000 | 2500 |
|---|---|---|---|
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 31g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

good things come from Sysco eNutrition

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## Cracker Graham Cinn Bug Bites

Printer Friendly

**SUPC: 0444598**

## Nutrition Information

**Serving Size: 1 Package (28 grams)**

**Amount Per Serving**

**Calories:** 120 | Calories from Fat: 32

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 3.5 GM | 5% |
| Saturated Fat: | 1 GM | 5% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 115 MG | 5% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 21 GM | 7% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 8 GM | |
| **rotein:** | 2 GM | |

Vitamin A: 10% • Vitamin C: 0%

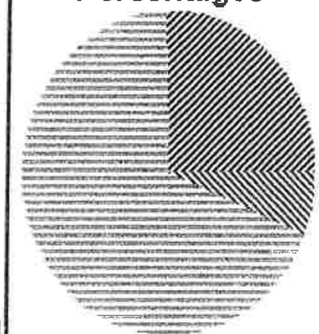
Calcium: 10% • Iron: 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 6%
CHO - 68%
FAT - 26%

**Ingredients:**

**WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, SALT, BAKING SODA, CINNAMON, MALTODEXTRIN, SOY LECITHIN, VITAMIN A PALMITATE, BHT FOR FRESHNESS.**

**Allergens:** Soy, Wheat

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**School Equivalents**

**Portion Size: 1 package (28 g)** **ID#:**

| | |
|---|---|
| **Child Nutrition Label:** | No |
| **Product Formulation Statement:** | Yes |
| **Meat/Meat Alt:** | N/A oz eq |
| **Grain/Bread:** | 1.000 oz eq |
| **Fruit:** | N/A cup |
| **Vegetable:** | |
| Red/Orange: | N/A cup |
| Dark Green: | N/A cup |
| Starchy: | N/A cup |
| Beans/Peas: | N/A cup |
| Other: | N/A cup |
| **Notes:** | |

# Cake Sheet Choc Iced 12x16

Printer Friendly

**SUPC: 1581461**

## Nutrition Information

**Serving Size: 1/24 CAKE (85 grams)**

**Amount Per Serving**

**Calories:** 320 Calories from Fat: 135

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 15 GM | 23% |
| Saturated Fat: | 4 GM | 20% |
| Trans Fat: | 2 GM | |
| Polyunsaturated Fat: | 3.5 GM | |
| Monounsaturated Fat: | 5 GM | |
| **Cholesterol:** | 35 MG | 12% |
| **Sodium:** | 280 MG | 12% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 44 GM | 15% |
| Dietary Fiber: | 2 GM | 8% |
| Sugars: | 31 GM | |
| **Protein:** | 3 GM | |

nin A: 0% • Vitamin C: 0%

:a ): 10% • Iron: 10%

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending
1 your calorie needs:
alories per gram:
at 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 4%
CHO - 54%
FAT - 42%

**gredients:**

**JGAR, ENRICHED BLEACHED FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WDERED SUGAR (SUGAR, CORNSTARCH), EGGS , PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN OIL AND TTONSEED OIL), WATER, NONFAT MILK, COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, CORN SYRUP, CONTAINS LESS THAN 2% EACH OF THE FOLLOWING: MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL AND COTTONSEED OIL, SOYBEAN OIL, NONFAT ( MILK, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, ARTIFICIALLY FLAVORED, COLORED WITH BETA CAROTENE, AMIN A PALMITATE ADDED), INVERT SUGAR SYRUP, EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE, CARRAGEENAN, VITAMIN . FOOD STARCH-MODIFIED, MONO- AND DIGLYCERIDES WITH BHT AND CITRIC ACID AS PRESERVATIVES, POLYSORBATE 60, SALT, ( LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, CORNSTARCH, XANTHAN GUM, CALCIUM SULFATE, GUAR GUM, LEAVENING (BAKING )A, SODIUM ALUMINUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, CORN FLOUR, PROPYLENE GLYCOL, SOY FLOUR , :TROSE, CHOCOLATE LIQUOR, CARAMEL COLOR, POLYSORBATE 80, GLYCERINE, SODIUM PROPIONATE, PROPIONIC ACID, 'ASSIUM SORBATE, SORBIC ACID AND PHOSPHORIC ACID (TO PRESERVE FRESHNESS), CONTAINS WHEAT, EGGS, MILK, SOYBEANS**

**ergens:** Eggs, Milk, Soy, Wheat

### :es

'he nutritional values indicated may not be complete based on limited information from product manufacturer. his is a representation of the nutrition label. Because the data may change from time to time, this rmation may not always be identical to the nutrition label information on products sold.
' the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three ments on the product packaging itself, defer to the information on the product packaging. To ensure ple and current information on a product, always contact the product manufacturer.
1e .ems' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of nanufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise er caution in the consumption of any food items and should always consider their individual dietary irements and needs.

# Cake Sheet Yellow White Iced

Printer Friendly

**SUPC: 2296556**

## Nutrition Information

**Serving Size: 1 slice (90 grams)**

**Amount Per Serving**

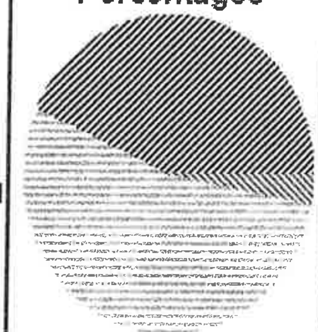
**Calories:** 370 — Calories from Fat: 162

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 18 GM | 28% |
| Saturated Fat: | 7 GM | 35% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 6 GM | |
| Monounsaturated Fat: | 5 GM | |
| **Cholesterol:** | 15 MG | 5% |
| **Sodium:** | 290 MG | 12% |
| **Potassium:** | 0 MG | 0% |
| **Total Carbohydrate:** | 51 GM | 17% |
| Dietary Fiber: | 0 GM | 0% |
| Sugars: | 31 GM | |
| **Protein:** | 3 GM | |

| | |
|---|---|
| min A: 0% | Vitamin C: 0% |
| C m: 4% | Iron: 6% |
| Thi in: 10% | Riboflavin: 4% |
| Niacin: 6% | Vitamin B-6: 0% |
| Folate: 6% | Vitamin B-12: 0% |
| Phosphorus: 0% | Zinc: 0% |

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 3%
CHO - 54%
FAT - 43%

**Ingredients:**

**VATER, SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON,THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC CID), PALM OIL, SOYBEAN OIL, CORN SYRUP SOLIDS, CORN SYRUP, EGG WHITES, CONTAINS LESS THAN 2%: PALM KERNEL OIL, ORN STARCH, DEXTROSE, NONFAT MILK, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), GG YOLKS, MONO & DIGLYCERIDES, MODIFIED TAPIOCA STARCH, SALT, NATURAL AND ARTIFICIAL FLAVORS, PROPYLENE GLYCOL ONO & DIESTERS, SORBITAN MONOSTEARATE, MALTODEXTRINS, TETRASODIUM PYROPHOSPHATE, XANTHAN GUM, POLYSORBATE ), SODIUM STEAROYL LACTYLATE, CALCIUM ACETATE, CELLULOSE GUM, GUAR GUM, SOY FLOUR, SODIUM SILICO ALUMINATE, AGAR, ELLOW 5, RED 40, STEAROYL LACTYLIC ACID, PRESERVATIVES (CITRIC ACID, POTASSIUM SORBATE, ASCORBIC ACID). CONTAINS: GGS, MILK, SOY, WHEAT, YELLOW 5, RED 40, GLUTEN.**

**llergens:** Eggs, Milk, Soy, Wheat

## otes

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# Cracker Cheezit Orig

Printer Friendly SUPC: 4482006

## Nutrition Information

**Serving Size:** 27 crackers (30 grams)

**Amount Per Serving**

**Calories:** 150 Calories from Fat: 72

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 8 GM | 12% |
| Saturated Fat: | 2 GM | 10% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 4 GM | |
| Monounsaturated Fat: | 2 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 230 MG | 10% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 17 GM | 6% |
| Dietary Fiber: | less than 1 GM | 4% |
| Sugars: | 0 GM | |
| **Protein:** | 3 GM | |

amin A: 2% • Vitamin C: 0%

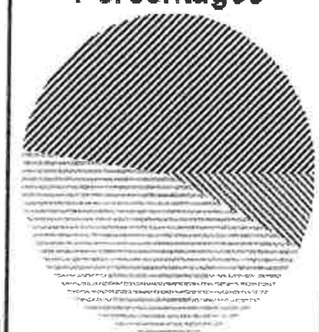
Calcium: 4% • Iron: 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 8%

CHO - 45%

FAT - 47%

**Ingredients:**

**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), CHEESE MADE WITH SKIM MILK (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), CONTAINS TWO PERCENT OR LESS OF SALT, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, SOY LECITHIN. Contains wheat, milk and soy ingredients.**

**Allergens:** Milk, Soy, Wheat

## Notes

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# Nutrition Facts

Serving Size 3 cookies (33g)
Servings Per Container About 41

| Amount Per Serving | |
|---|---|
| **Calories** 160 | Calories from Fat 70 |
| | **% Daily Value*** |
| **Total Fat** 8g | **12%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| Polyunsaturated Fat 2.5g | |
| Monounsaturated Fat 2g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 110mg | **5%** |
| **Potassium** 45mg | **1%** |
| **Total Carbohydrate** 22g | **7%** |
| Dietary Fiber <1g | **3%** |
| Sugars 11g | |
| **Protein** 2g | |

| | |
|---|---|
| Vitamin A 0% • | Vitamin C 0% |
| Calcium 0% • | Iron 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, SUGAR, SOYBEAN OIL AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR AMMONIUM PHOSPHATE), SALT, WHEY (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR.

**CONTAINS: WHEAT, SOY, MILK.**

KRAFT FOODS GLOBAL, INC.
NORTHFIELD, IL 60093-2753 USA
MADE IN MEXICO

kraft foods

4-12 OZ (340g) PA...
NET WT 3 LBS (1.36kg)
LABELED FOR RESALE

# Chocolate Milk Chips 1,000 Ct

Printer Friendly

**SUPC: 7504390**

## Nutrition Information

**Serving Size: 40 GR (40 grams)**

**Amount Per Serving**

**Calories:** 200 — Calories from Fat: 90

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 10 GM | 15% |
| Saturated Fat: | 6 GM | 30% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 5 MG | 2% |
| **Sodium:** | 20 MG | 1% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 27 GM | 9% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 26 GM | |
| **tein:** | 2 GM | |

Vitamin A: 0% • Vitamin C: 0%

Calcium: 6% • Iron: 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Calorie Percentages**

PRO - 4%
CHO - 52%
FAT - 44%

**Ingredients:**

**Sugar, cocoa butter, whole milk powder, chocolate liquor, soya lecithin (an emulsifier), vanilla extract.**

**Allergens:** Milk, Soy

## Notes

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## Nutrition Facts

Serving Size 2 Tbsp (30g)
Servings Per Container About 15

| Amount Per Serving | |
|---|---|
| **Calories** 190 | Calories from Fat 130 |
| | **% Daily Value*** |
| **Total Fat** 14g | **22%** |
| Saturated Fat 1.5g | **6%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 110mg | **5%** |
| **Total Carbohydrate** 11g | **4%** |
| Dietary Fiber 1g | **5%** |
| Sugars 4g | |
| **Protein** 3g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 4% | |

*Percent Daily Values are based on a 2,000 calorie diet.

### Chocolate No-Nut Butter

The classic taste of chocolate and peanut butter, without the peanuts! Enjoy a bit of indulgence, without fear of nut allergens. Good straight out of the jar or spread on almost anything!

Ingredients: Non GMO Canola Oil, Non GMO Yellow Peas, Sugar, Cocoa Powder, Palm Oil, Salt, Sunflower Lecithin, Natural Vanilla. CONTAINS PEAS (LEGUME) – 16 oz jar.

Click here for Chocolate No-Nut Butter Nutrition Facts

## Cake Funnel Bkd

Printer Friendly

**SUPC: 6622237**

# Nutrition Information

**Serving Size:** 1 funnel cake (83 grams)

**Amount Per Serving**

**Calories:** 280 — Calories from Fat: 81

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 9 GM | 14% |
| Saturated Fat: | 2 GM | 10% |
| Trans Fat: | 2.5 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 30 MG | 10% |
| **Sodium:** | 360 MG | 15% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 45 GM | 15% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 15 GM | |
| **otein:** | 5 GM | |

Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 10%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 7%
CHO - 64%
FAT - 29%

**Ingredients:**

**Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed), nonfat milk, egg yolk, mono & diglycerides, soybean oil, salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), cellulose gum, artificial flavor, soy flour.**

**Allergens:** Eggs, Milk, Soy, Wheat

## Notes

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# Cake Funnel Bkd

Printer Friendly

**SUPC: 2552016**

## Nutrition Information

**Serving Size:** 1/3 funnel cake (65 grams)

**Amount Per Serving**

**Calories:** 270 — Calories from Fat: 108

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 12 GM | 18% |
| Saturated Fat: | 3 GM | 15% |
| Trans Fat: | 3.5 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 20 MG | 7% |
| **Sodium:** | 290 MG | 12% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 35 GM | 12% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 11 GM | |
| **Protein:** | 4 GM | |

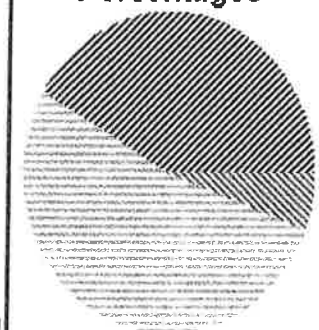
Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 8%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Calorie Percentages



PRO - 6%
CHO - 53%
FAT - 41%

**Ingredients:**

**Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed), nonfat milk, egg yolk, mono & diglycerides, soybean oil, salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), cellulose gum, artificial flavor, soy flour.**

**Allergens:** Eggs, Milk, Soy, Wheat

## Notes

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## Cracker Goldfish Cheese Baked

Printer Friendly

**SUPC: 4008652**

### Nutrition Information

**Serving Size: 1.1 oz (55 pieces) (30 grams)**

**Amount Per Serving**

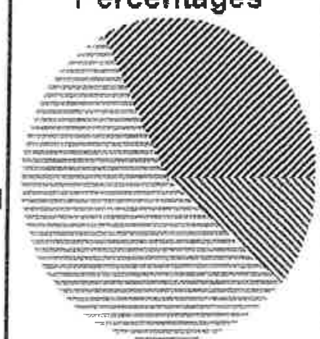
**Calories:** 140 — Calories from Fat: 45

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 5 GM | 8% |
| Saturated Fat: | 1 GM | 5% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 1.5 GM | |
| Monounsaturated Fat: | 2.5 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 250 MG | 10% |
| **Potassium:** | 1750 MG | 50% |
| **Total Carbohydrate:** | 20 GM | 7% |
| Dietary Fiber: | less than 1 GM | 4% |
| Sugars: | less than 1 GM | |
| **Protein:** | 4 GM | |

| | |
|---|---|
| Vitamin A: 0% | Vitamin C: 0% |
| Calcium: 4% | Iron: 2% |
| Thiamin: 0% | Riboflavin: 0% |
| Niacin: 6% | Vitamin B-6: 0% |
| Folate: 10% | Vitamin B-12: 0% |
| | Zinc: 0% |

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 11%
CHO - 57%
FAT - 32%

**Ingredients:**

**UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED CULTURED MILK, SALT, ENZYMES),ANNATTO], VEGETABLE OILS(CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, SPICES, AUTOLYZED YEAST, LEAVENING (MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE, BAKING SODA), AND ONION POWDER.**

**Allergens:** Milk, Wheat

## Notes

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proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

**School Equivalents**

| | | |
|---|---|---|
| **Portion Size: 30 g** | **ID#:** | |
| **Child Nutrition Label:** | | No |
| **Product Formulation Statement:** | | Yes |
| **Meat/Meat Alt:** | | N/A oz eq |
| **Grain/Bread:** | | 1.500 oz eq |
| **Fruit:** | | N/A cup |
| **Vegetable:** | | |
| Red/Orange: | | N/A cup |
| Dark Green: | | N/A cup |
| Starchy: | | N/A cup |
| Beans/Peas: | | N/A cup |
| Other: | | N/A cup |

**Notes:**
A 30 gram portion provides 1.5 oz. of equivalent grains. Non-creditable grains are not above 0.24 ounce equivalent per portion.

## Cracker Graham Honey

Printer Friendly

**SUPC: 4008116**

### Nutrition Information

Serving Size: 4 crackers (28 grams)

**Amount Per Serving**

Calories: 120 — Calories from Fat: 32

| | Amount | % Daily Value* |
|---|---|---|
| **Total Fat:** | 3.5 GM | 5% |
| Saturated Fat: | 1 GM | 5% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 130 MG | 5% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 21 GM | 7% |
| Dietary Fiber: | 0 GM | 2% |
| Sugars: | 6 GM | |
| **Protein:** | 2 GM | |

Vitamin A: 0% • Vitamin C: 0%

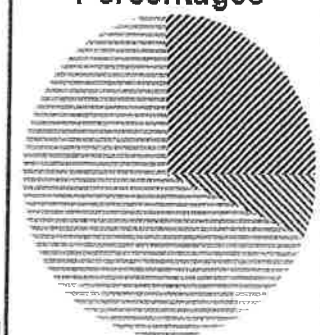
Calcium: 10% • Iron: 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Calorie Percentages**




**Ingredients:**

**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), VEGETABLE OIL (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS)†, SUGAR, GRAHAM FLOUR, HONEY, MOLASSES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, SOY LECITHIN.**

**Allergens:** Soy, Wheat

### Notes

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**School Equivalents**

| | | |
|---|---|---|
| Portion Size: 4 crackers(28 g) | ID#: | |
| Child Nutrition Label: | | No |
| Product Formulation Statement: | | Yes |
| Meat/Meat Alt: | | N/A oz eq |
| Grain/Bread: | | 1.000 oz eq |
| Fruit: | | N/A cup |
| Vegetable: | | |
| Red/Orange: | | N/A cup |
| Dark Green: | | N/A cup |
| Starchy: | | N/A cup |
| Beans/Peas: | | N/A cup |
| Other: | | N/A cup |
| Notes: | | |

## Cracker Graham – Nabisco

Printer Friendly

**SUPC: 4914669**

## Nutrition Information

**Serving Size:** 1 package (21 grams)

**Amount Per Serving**

**Calories:** 90 — Calories from Fat: 18

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 2 GM | 3% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 1 GM | |
| Monounsaturated Fat: | 0 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 130 MG | 5% |
| **Potassium:** | 35 MG | 1% |
| **Total Carbohydrate:** | 16 GM | 5% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 5 GM | |
| **Protein:** | 1 GM | |

| | |
|---|---|
| Vitamin A: 0% | Vitamin C: 0% |
| Calcium: 2% | Iron: 6% |
| Thiamin: 2% | Riboflavin: 2% |
| Niacin: 4% | |
| Phosphorus: 4% | Zinc: 2% |

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 5%
CHO - 74%
FAT - 21%

**Ingredients:**

ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, MOLASSES, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, CORNSTARCH.

**Allergens:** Wheat

## Notes

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# Awesome Granola (TM)

What makes our granola so awesome? It's amazing taste and soft flakes that work perfectly in milk or yogurt. It is a no-nut granola that still has four grams protein and low sugar.

Original / Plain
Raisin & Cranberry
Chocolate

## Nutrition Facts

| | |
|---|---|
| **Serving size** | **One package (35g)** |
| **Amount per serving** | |
| **Calories** | **170** |
| | **% Daily Value*** |
| **Total Fat** 8g | **10%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 20mg | **1%** |
| **Total Carbohydrate** 22g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 1g | |
| Includes 1g Added Sugars | **2%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 13mg | 2% |
| Iron 1mg | 6% |
| Potassium 115mg | 2% |

*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.

## Marshmallow Mini White

Printer Friendly

**SUPC: 4080966**

## Nutrition Information

**Serving Size:** ½ cup(s) (25 grams)

| Amount Per Serving | | |
|---|---|---|
| **Calories:** 83 | | Calories from Fat: 0 |
| | | **% Daily Value*** |
| **Total Fat:** | 0 GM | 0% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 10 MG | 0% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 20 GM | 7% |
| Dietary Fiber: | 0 GM | 0% |
| Sugars: | 13 GM | |
| **Protein:** | less than 1 GM | |

Vitamin A: 0% • Vitamin C: 0%

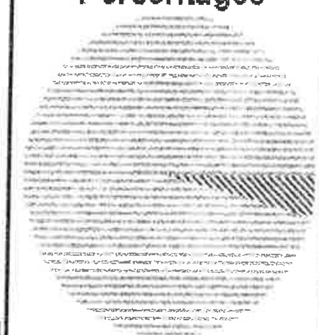
Calcium: 0% • Iron: 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages



PRO - 4%
CHO - 96%
FAT - 0%

**Ingredients:**

**Corn Syrup, Sugar, Modified Food Starch (Corn),Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate.**

### Notes

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## Cookie Choc Oreo Mini Sndwich

Printer Friendly

**SUPC: 6989964**

# Nutrition Information

**Serving Size: 1 pack (28 grams)**

**Amount Per Serving**

**Calories:** 130 Calories from Fat: 45

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 5 GM | 8% |
| Saturated Fat: | 1.5 GM | 8% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 115 MG | 5% |
| **Potassium:** | 45 MG | 1% |
| **Total Carbohydrate:** | 20 GM | 7% |
| Dietary Fiber: | less than 1 GM | 4% |
| Sugars: | 11 GM | |
| **Protein:** | 1 GM | |

Vitamin A: 0% • Vitamin C: 0%

Calcium: 0% • Iron: 6%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Calorie Percentages

PRO - 3%

CHO - 62%

FAT - 35%

**Ingredients:**

**UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), DEXTROSE, HIGH FRUCTOSE CORN SYRUP, BAKING SODA, CORNSTARCH, SALT, SOY LECITHIN, CHOCOLATE, VANILLIN - AN ARTIFICIAL FLAVOR.**

**Allergens:** Soy, Wheat

## Notes

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## Snack Fruit Scooby-doo Shape

Printer Friendly

**SUPC: 4673687**

## Nutrition Information

Serving Size: 25 GR (25 grams)

**Amount Per Serving**

Calories: 70 — Calories from Fat: 0

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 0 GM | 0% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 0 GM | |
| Monounsaturated Fat: | 0 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 30 MG | 1% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 21 GM | 7% |
| Dietary Fiber: | 4 GM | 16% |
| Sugars: | 8 GM | |
| **Protein:** | 0 GM | |

Vitamin A: 0% • Vitamin C: 100%

Calcium: 0% • Iron: 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 0%

CHO - 100%

FAT - 0%

**Ingredients:**

**Fruit Juice Blend from Concentrate (pear, apple), Corn Syrup, Polydextrose, Sugar, Modified Corn Starch. Contains 2% or less of: Fruit Pectin, Citric Acid, Dextrose, Vitamin C (ascorbic acid), Sodium Citrate, Malic Acid,Sunflower Oil?, Potassium Citrate, Maltodextrin, Natural and Artificial Flavor, Color (red 40, yellow 5, blue 1 and other color added), Acerola Extract (a natural source of Vitamin C), Carnauba Wax. ?Adds A Trivial Amount Of Fat**

## Notes

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# Fruit Mix In Light Syrup

Printer Friendly

**SUPC: 7712698**

## Nutrition Information

**Serving Size: 1/2 cup (126 grams)**

**Amount Per Serving**

**Calories:** 70 — Calories from Fat: 0

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 0 GM | 0% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | 0 GM | |
| Monounsaturated Fat: | 0 GM | |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 15 MG | 1% |
| **Potassium:** | NA | NA |
| **Total Carbohydrate:** | 18 GM | 6% |
| Dietary Fiber: | 1 GM | 4% |
| Sugars: | 16 GM | |
| **Protein:** | 1 GM | |

Vitamin A: 15% • Vitamin C: 80%

Calcium: 2% • Iron: 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Calorie Percentages

PRO - 5%
CHO - 95%
FAT - 0%

**Ingredients:**

**Cantaloupe, Honeydew, Pineapple, Orange, Grapes; Filtered Water, Liquid Sucrose, Citric Acid, Ascorbic Acid (Vitamin C), Potassium Sorbate and Sodium Benzoate (Preservatives).**

## Notes

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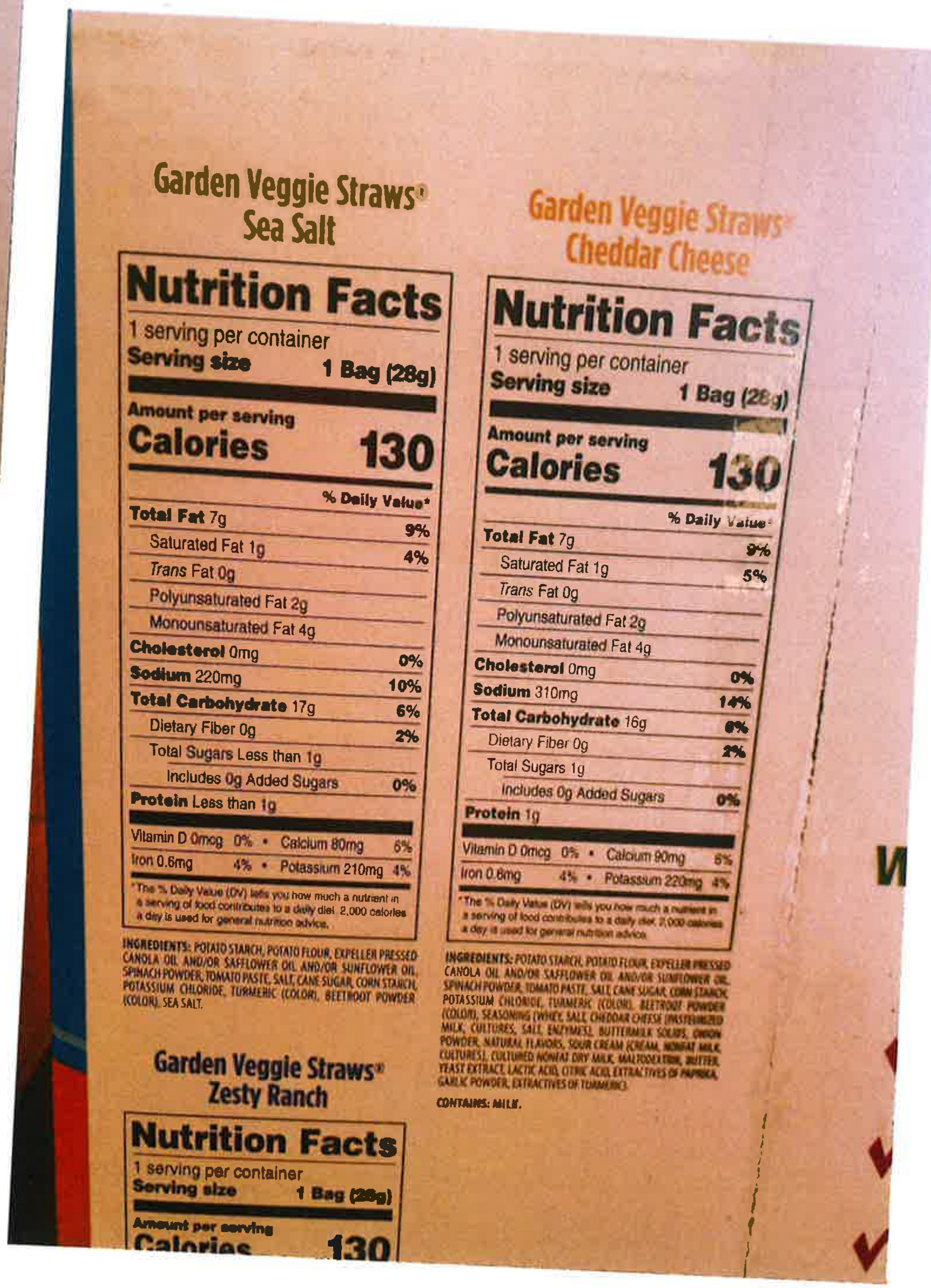
CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SPINACH POWDER, TOMATO PASTE, SALT, CANE SUGAR, CORN STARCH, POTASSIUM CHLORIDE, TURMERIC (COLOR), BEETROOT POWDER (COLOR), SEA SALT.
CONTAINS: MILK.
Garden Veggie Straws®
Zesty Ranch
Nutrition Facts
1 serving per container
Serving size 1 Bag (28g)
Amount per serving
Calories 130
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 2g
Monounsaturated Fat 4g
Cholesterol 0mg 0%
Sodium 280mg 12%
Total Carbohydrate 17g 6%
Dietary Fiber Less than 1g 2%
Total Sugars Less than 1g
Includes 0g Added Sugars 1%
Protein Less than 1g
CONTAINS: MILK.


Garden Veggie Straws®
Sea Salt
Nutrition Facts
1 serving per container
Serving size 1 Bag (28g)
Amount per serving
Calories 130
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 4%
Trans Fat 0g
Polyunsaturated Fat 2g
Monounsaturated Fat 4g
Cholesterol 0mg 0%
Sodium 220mg 10%
Total Carbohydrate 17g 6%
Dietary Fiber 0g 2%
Total Sugars Less than 1g
Includes 0g Added Sugars 0%
Protein Less than 1g
Vitamin D 0mcg 0% • Calcium 80mg 6%
Iron 0.6mg 4% • Potassium 210mg 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.
INGREDIENTS: POTATO STARCH, POTATO FLOUR, EXPELLER PRESSED CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SPINACH POWDER, TOMATO PASTE, SALT, CANE SUGAR, CORN STARCH, POTASSIUM CHLORIDE, TURMERIC (COLOR), BEETROOT POWDER (COLOR), SEA SALT.
Garden Veggie Straws®
Cheddar Cheese
Nutrition Facts
1 serving per container
Serving size 1 Bag (28g)
Amount per serving
Calories 130
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 2g
Monounsaturated Fat 4g
Cholesterol 0mg 0%
Sodium 310mg 14%
Total Carbohydrate 16g 6%
Dietary Fiber 0g 2%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 1g
Vitamin D 0mcg 0% • Calcium 90mg 6%
Iron 0.6mg 4% • Potassium 220mg 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.
INGREDIENTS: POTATO STARCH, POTATO FLOUR, EXPELLER PRESSED CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SPINACH POWDER, TOMATO PASTE, SALT, CANE SUGAR, CORN STARCH, POTASSIUM CHLORIDE, TURMERIC (COLOR), BEETROOT POWDER (COLOR), SEASONING (WHEY, SALT, CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], BUTTERMILK SOLIDS, ONION POWDER, NATURAL FLAVORS, SOUR CREAM [CREAM, NONFAT MILK, CULTURES], CULTURED NONFAT DRY MILK, MALTODEXTRIN, BUTTER, YEAST EXTRACT, LACTIC ACID, CITRIC ACID, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, EXTRACTIVES OF TURMERIC).
CONTAINS: MILK.
Garden Veggie Straws®
Zesty Ranch
Nutrition Facts
1 serving per container
Serving size 1 Bag (28g)
Amount per serving
Calories 130

## YOGURT LIGHT & FIT STRAWBERRY/RASPBERRY/BLUEBERRY NON FAT

| | |
|---|---|
| Dot #: | 475578 |
| Mfr #: | 409 |
| GTIN: | 20036632004684 |
| Supplier: | The Dannon Company Inc |
| Description: | YOGURT LIGHT & FIT STRAWBERRY/RASPBERRY/BLUEBERRY NON FAT |

Images and Attachments

Nutritionals and Ingredients

Representation of label(s): the actual nutritional label(s) on the package may vary slightly

**Nutrition Facts (Prepared)**

Serving Size 113 g

Servings Per Container 48

**Amount Per Serving**

| | |
|---|---|
| Calories 59 | Calories from fat 0 |
| | % Daily Value* |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 4 mg | 1% |
| Sodium 55 mg | 2% |
| Potassium 180 mg | 5% |
| Total Carbohydrate 10 g | 3% |
| Dietary Fiber 0 g | 0% |
| Sugar 6.5 g | |
| Protein 4 g | 8% |
| Vitamin A 0 NIU | 8% |
| Vitamin C 0 NIU | 0% |
| Calcium 0 mg | 10% |
| Iron 0 mg | 0% |
| Vitamin D 0 EIU | 10% |
| Riboflavin 0 g | 15% |
| Phosphorus 0 mg | 10% |

-- Information is currently not available for this nutrient

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDIs that are specified for the intended group provided by the FDA.

| | | | |
|---|---|---|---|
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Potassium | | 3500mg | 3500mg |
| Total Carbohydrates | | 300mg | 375mg |
| Dietary Fiber | | 25mg | 30mg |

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

**Child Nutrition Label:**

**Ingredients:** STRAWBERRY: CULTURED GRADE A NON FAT MILK, STRAWBERRIES, WATER, MODIFIED FOOD STARCH, CANE SUGAR, CONTAINS LESS THAN 1% OF KOSHER GELATIN, VEGETABLE JUICE (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, ACESULFAME POTASSIUM, MALIC ACID, SODIUM CITRATE, VITAMIN A PALMITATE, VITAMIN D3. RASPBERRY: CULTURED GRADE A NON FAT MILK, WATER, MODIFIED FOOD STARCH, CANE SUGAR, CONTAINS LESS THAN 1% OF RASPBERRY PUREE, KOSHER GELATIN, NATURAL AND ARTIFICIAL FLAVORS, FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), SUCRALOSE, MALIC ACID, ACESULFAME POTASSIUM, VITAMIN A PALMITATE, VITAMIN D3, SODIUM CITRATE. BLUEBERRY: CULTURED GRADE A NON FAT MILK, WATER, MODIFIED FOOD STARCH, CANE SUGAR, BLUEBERRIES, CONTAINS LESS THAN 1% KOSHER GELATIN, FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, MALIC ACID, ACESULFAME POTASSIUM, VITAMIN A PALMITATE, VITAMIN D3, SODIUM CITRATE

### Allergens and Diet

**Allergens (FDA)**

| | |
|---|---|
| Peanuts: | Free From |
| Tree Nuts: | Free From |
| Eggs: | Free From |
| Milk: | Contains |
| Fish: | Free From |
| Molluscs: | [illegible] |

**Suitable for Diet**

| | |
|---|---|
| Kosher: | Yes |
| Organic: | Not Organic |
| Gluten Free: | Yes |

(COLOR), SEA SALT

# Garden Veggie Straws®
# Zesty Ranch

## Nutrition Facts

1 serving per container

**Serving size** **1 Bag (28g)**

**Amount per serving**

| **Calories** | **130** |
|---|---|
| | **% Daily Value*** |
| **Total Fat** 7g | **9%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 4g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 280mg | **12%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber Less than 1g | **2%** |
| Total Sugars Less than 1g | |
| Includes 0g Added Sugars | **1%** |
| **Protein** Less than 1g | |

| | | | |
|---|---|---|---|
| Vitamin D 0mcg | 0% | Calcium 90mg | 6% |
| Iron 0.6mg | 4% | Potassium 220mg | 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.

**INGREDIENTS:** POTATO STARCH, POTATO FLOUR, EXPELLER PRESSED CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SPINACH POWDER, TOMATO PASTE, SALT, CANE SUGAR, CORN STARCH, POTASSIUM CHLORIDE, TURMERIC (COLOR), BEETROOT POWDER (COLOR), SEASONING (SALT, BUTTERMILK, NATURAL FLAVORS, COCONUT OIL, MALTODEXTRIN, GARLIC POWDER, YEAST EXTRACT, SOUR CREAM (CREAM, NONFAT MILK, CULTURES), DEXTROSE, ONION POWDER, TOMATO POWDER, CREAM, CITRIC ACID, CULTURED NONFAT MILK, SPICES (INCLUDING CELERY SEED), PAPRIKA, SUGAR, LACTIC ACID, MALIC ACID, VINEGAR, NONFAT MILK, SODIUM CASEINATE.

**CONTAINS: MILK.**

**DISTRIBUTED BY:**
THE HAIN CELESTIAL GROUP, INC.

MILK, CULTURES, SALT, ENZYMES), BUTT
POWDER, NATURAL FLAVORS, SOUR CREAM
CULTURES), CULTURED NONFAT DRY MILK, A
YEAST EXTRACT, LACTIC ACID, CITRIC ACID, E
GARLIC POWDER, EXTRACTIVES OF TURMERIC

**CONTAINS: MILK.**

# SKINNY POP POPCORN

*We believe in **Snacking Without Compromise**®. To us, that means using the fewest, cleanest and simplest ingredients possible to bring you the best tasting popcorn. That's the Skinny!*

28 INDIVIDUAL .65 OZ (18g) BAGS
100 CALORIES EACH

TOTAL NET WT 18.2 OZ (516g)

Manufactured for Amplify Snack Brands, Inc.
Austin, TX 78701 USA

SKINNYPOP.COM • 833 8-POPCORN

Popped SKINNY in the USA

CERTIFIED GLUTEN FREE · NON GMO Project VERIFIED · CERTIFIED VEGAN · 50%+ WHOLE GRAIN

100 CALORIES PER BAG



8 50251 00462 9

2002301-SP

NO ARTIFICIAL INGREDIENTS

NON GMO
GLUTEN FREE
DAIRY FREE
PEANUT FREE
TREE NUT FREE
PRESERVATIVE FREE
NO ARTIFICIAL FLAVORS
AND DELICIOUS!

## Nutrition Facts

28 servings per container
**Serving size** 1 package (18g)

| Amount per serving | % Daily Value* |
|---|---|
| **Calories** | **100** |
| **Total Fat** 7g | 9% |
| Saturated Fat 0.5g | 3% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 50mg | 2% |
| **Total Carbohydrate** 10g | 4% |
| Dietary Fiber 2g | 7% |
| Insoluble Fiber 2g | |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.2mg | 2% |
| Potassium 30mg | 0% |

*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:
Popcorn, Sunflower Oil and Salt

That's All. Nothing More. Nothing Less.