

Below you will find the ingredients for all snack items we will eat each day.

Frosting Cups: (Monday and Thursday)



HoneyMaid Graham Crackers:



INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, CANOLA OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

Goldfish Crackers (Tues/Thursday):

Nutrition Facts		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 Pouch Servings Per Container 30		Calories: 2,000 2,500	
Amount Per Serving		Total Fat	Less than 65g 80g
Calories 200	Calories from Fat 60	Sat Fat	Less than 20g 25g
% Daily Value*		Cholesterol	Less than 300mg 300mg
Total Fat 7g	11%	Sodium	Less than 2,400mg 2,400mg
Saturated Fat 2g	10%	Total Carbohydrate	300g 375g
Trans Fat 0g		Dietary Fiber	25g 30g
Polyunsaturated Fat 2g		MADE WITH SMILES AND 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 (SUNFLOWER, CANOLA 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.	
Monounsaturated Fat 3.5g			
Cholesterol 5mg	2%		
Sodium 360mg	15%		
Total Carbohydrate 28g	9%		
Dietary Fiber 1g	4%		
Sugars Less than 1g			
Protein 5g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 4%		

Vanilla Pudding Cups (Wednesday):

Snack Pack mmm...delicious
MADE WITH REAL MILK

****60% more pudding per 5.5oz cup than regular-sized Snack Pack pudding cup.**

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 Servings per container Serving size 1 pudding cup (156g)	Calories per serving 170	Total Fat 4.5g	6%	Sodium 210mg	9%
		Saturated Fat 2g	10%	Total Carbohydrate 32g	12%
		Trans Fat 0g		Dietary Fiber 1g	4%
		Polyunsaturated Fat 0g		Total Sugars 20g	
		Monounsaturated Fat 1.5g		Includes 19g of Added Sugars	38%
		Cholesterol 0mg	0%	Protein less than 1g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.4mg 2% • Potassium 0mg 0%			

INGREDIENTS: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, DISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 6.
CONTAINS: MILK.

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Rice Krispie Treats (Thursday):



Rice Krispies Treats Ingredients:

Toasted Rice Cereal (Rice, Sugar, Salt, Malt Flavoring, Niacinamide, Reduced Iron, Riboflavin [Vitamin B2], Folic Acid), Marshmallow (Corn Syrup, Sugar, Gelatin, Natural and Artificial Flavor), Fructose, Margarine (Vegetable Oil [Soybean and Palm Oil with TBHQ for Freshness], Water, Natural and Artificial Butter Flavor [Contains Milk], DATEM, Acetylated Monoglycerides, BHT for Freshness, Vitamins A Palmitate, Vitamin D), Corn Syrup Solids, Contains Two Percent or less of Dextrose, Glycerin, Salt, Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Soy Lecithin.

FOOD BABE
Vani Hari

Swedish Fish (Monday/Wednesday):

INGREDIENTS: SUGAR, INVERT SUGAR, CORN SYRUP, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, WHITE MINERAL OIL, CARNAUBA WAX, RED 40, YELLOW 5, BLUE 1, YELLOW 6.