Explorers Club Snack Cart

Six snack choices are offered each day along with a choice of milk or 100% fruit juice.



Serving Size 1 packet (35g	
Amount Per Serving	
Calories 160 Calories from	Fat 50
	Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 110mg	5%
Total Carbohydrate 25	g 8%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	
Vitamin A 0% · Vitamin	C 0%
Calcium 25% · Iron 6%	5
*Percent Daily Values are based on a 2,000	calorie diet.
Visit Annies.com learn about our produ our commitment to a hee planet (and for free loop	icts, althier

Ingredients: Organic Whole Grain Wheat Flour (Organic Graham Flour), Organic Whole Grain Oat Flour, Organic Cane Sugar, Organic Expellerpressed Sunflower Oil, Organic Cane Syrup, Organic Honey, Calcium Carbonate, Organic Cocoa, Organic Chocolate Cookie Bits (Organic Wheat Flour, Organic Cane Sugar, Organic Sunflower oil, Organic Roasted Barley Flour, Organic Cocoa, Salt, Baking Soda). Natural Flavors (Vanilla, Chocolate and Graham Cracker), Baking Soda, Sea Salt, Organic Chocolate Chips (Organic Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin, Organic Vanilla Extract), Vitamin E (To protect Flavor).

Contains Soy and Wheat Ingredients.

Made on shared equipment that also processes milk.

6	
Nutrition Facts	
Serving Size	28g 1z 1ea
Servings Per Case	120.000
Amount Per Serving	% DV*
Calories 140.0	7%
Fat Calories 63.0	
Total Fat 7.0g	11%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sodium 105.0mg	4%
Total Carbohydrates	6%
19.0g	
Dietary Fiber 1.0g	4%
Sugars 0.0g	0%
Protein 2.0g	4%
Vitamin A 0.0 IU	0%
Vitamin C 0.0mg	0%
Calcium 40.0mg	4%
Iron 0.0mg	0%
* Percent Daily Values are bas	
diet. Your daily values may be depending on your calorie nee	
aspending on your calone net	

Ingredients: Whole grain white corn, corn oil and/or sunflower oil. Salt.



Nutrition Facts

Serving Size	29g 1.02z 2T
Servings Per Case	252.000
Amount Per Serving	% DV*
Calories 10.0	1%
Sodium 70.0mg	3%
Total Carbohydrates	1%
2.0g	170
Sugars 1.0g	0%
Potassium 100.0mg	3%
Vitamin A 100.0 IU	2%
Vitamin C 2.4mg	4%
Iron 0.4mg	2%
* Percent Daily Values are base	
diet. Your daily values may be i depending on your calorie need	
depending on your calone need	us.

Ingredients: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Jalapeno Peppers, Vinegar, Water, Less Than 2% Of: Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid.



Daily Fresh Fruit Choice-Varies with season

Weekly Fresh Vegetable Choice





Nutrition Facts 80.000 servings per case Serving size 18g .625z 1ea Amount per serving Colorios 00 0

Calories	80.0
% Daily	Value*
Fat Calories 27.0	
Total Fat 3.0g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.0g	0%
Sodium 95.0mg	4%
Total Carbohydrates 12.0g	4%
Dietary Fiber 2.0g	7%
Total Sugars 1.0g	
Includes 1.0g Added Sugars	2%
Potassium 64.0mg	2%
Protein 2.0g	4%
Calcium 18.0mg	2%
* The % Daily Values (DV) tells you how muc nutrient in a serving of food contributes to a d 2,000 calories a day is used for general nutrit advice.	laily diet.

Ingredients: Popcorn, Cheese Seasoning (Whey, Cheddar Cheese [Cultured Milk, Salt, Enzymes], Buttermilk, Maltodextrin, Natural Flavors, Salt, Disodium Phosphate, Modified Food Starch, Lactic Acid, Citric Acid), Vegetable Oil (Contains One Or More Of The Following: Corn, Sunflower, Or Canola Oil).

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MOTT'S" FRUITAFLAVORE SNACKS MIXED BERRY Utrition Facts rving Size 1 package (45g) nount Per Serving		Nutrition Fact Berving Size 1 package (45 Amount Per Serving	15 9)
MOTT'S [®] FRUIT-FLAVORE SNACKS MIXED BERRY Utrition Facts rving Size 1 package (45g) count Per Serving lories 130 Calories from F	ED Fat 0	Nutrition Fact Serving Size 1 package (45 Amount Per Serving Catories 130 Catories fm	(s) (s) (s) (s) (s) (s) (s) (s) (s) (s)
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ADT 150 FRUIT-FLAVORE BNACKS MIXED BERRY utrition Facts ving Size 1 package (45g) ount Per Serving ories 130 Calories from F % Daiby Vi al Fat 0g Saturated Fat 0g Trans Fat 0g plesterol Omg	Fat 0 alue* 0%	REAVORED SNAG Nutrition Fact Serving Size 1 package (45 Amount Per Serving Catories 130 Catories In % Dei Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol Omg	g) om Fat (04 04
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ADD 169 FRUIT FLAVORE SMACKS MIXED BERRY utrition Facts ving Size 1 package (45g) ount Per Serving ories 130 Calories from F % Daily W at Fat 0g Saturated Fat 0g Saturated Fat 0g Saturated Fat 0g biesterol Omg flum Sing at Carbohydrate 38g Dietary Fiber 9g Stugars 15g tein 0g	Fat 0 alue* 0% 0% 0% 0%	REAVORED SNAC Nutrition Fact Serving Size 1 package (45 Amount Per Serving Calories 130 Calories In Solid Total Fat 0g Tatal Fat 0g Tatal Fat 0g Cholesterol Omg Sodium Sing Total Carbohydrate 38g Dietary Fiber 9g Sugars 15g	45 9) om Fat (8) 9) 04 04 04 04 04 04 04 04 04 04 04 04 04

Ingredients: Apple Puree, Corn Syrup, Polydextrose, Sugar, Modified Corn Starch. Contains 2% or less of: Vitamin C (ascorbic acid), Citric Acid, Sodium Citrate, Malic Acid, Vegetable and Fruit Juice Added for Color, Sunflower Oil, Natural Flavor, Camauba Wax.



Saturated Fat Og Of Trans Fat Og Of Cholesterol Omg Of Sodium 190mg 87 Potassium 260mg 79 Total Carbohydrate 22g 79 Dietary Fiber 2g 89 Sugars 3g 9 Protein 2g 89 Vitamin A 35% Vitamin C 359 Calcium 4% Iron 29 "Protein Daily Values are based on a 2,000 calorie det. Your daily values may be higher or lower teponding on your calorie needs: Calories: 2,000 2,500 Tota Fat Less than 65g 90g Saturated Fat Less than 20g 25g	mount Per Serving	1	-		
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	holesterol Less t		300mg	300mg	
Total Carbohydrate 300o 375o		nan	2,400mg 300g		ng
Detary Fiber 25g 30g Calories per gram:	we we outly drate				

CITRC ACID, YEAST EXTRACT, LACTIC ACID, AND NATURAL FLAVOR CONTAINS MILK AND SOY INGREDIENTS.



Nutrition Facts

This is a representation of the nutritional label. The actual nutrition label may vary.

Serving Size	3 oz.
Servings Per Container	120
Calories	110
Calories From Fat	NA

0/ Daily Value *

	% Daily Value *
Total Fat 2g	3.0%
Saturated Fat 0g	0.0%
Trans Fat 0g	
Cholesterol < 0mg	0.0%
Sodium 100mg	4.0%
Total Carbohydrate 18g	7.0%
Dietary Fiber < 5g	18.0%
Sugars 4g	
Protein 6g	
Vitamin A	6.0%
Vitamin C	24.0%
Vitamin D	0.0%
Vitamin E	
Calcium	2.0%
Iron	10.0%
Zinc	
Phosphorus	31.57mg
Potassium	202mg

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

Ingredients: Garbanzo Beans, Water, Red Bell Pepper, Pear Juice Concentrate, Contains 2% or less of the following: Olive Oil, Citric Acid, Salt, Lemon Juice Concentrate, Garlic, Spices.



Nutrition Facts

This is a representation of the nutritional label. The actual nutrition label may vary.

Serving Size	3 oz.
Servings Per Container	120
Calories	110
Calories From Fat	NA
	% Daily Value *
Total Fat 2g	3.0%
Saturated Fat 0g	0.0%
Trans Fat 0g	
Cholesterol < 0mg	0.0%
Sodium 100mg	4.0%
Total Carbohydrate 18g	7.0%
Dietary Fiber < 5g	18.0%
Sugars 3g	
Protein 6g	
Vitamin A	
Vitamin C	
Vitamin D	0.0%
Vitamin E	
Calcium	2.0%
Iron	10.0%
Zinc	
Phosphorus	99mg
Potassium	185mg

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

Ingredients: Garbanzo Beans, Water, Lemon Juice Concentrate, Olive Oil, Garlic, Contains 2% or less of the following: Citric Acid, Spice, Salt.



This is a representation of the actual nutrition label ma	
Serving Size Servings Per Container Calories Calories From Fat	1 oz. 200 120
	% Daily Value *
Total Fat 4g	5.0%
Saturated Fat 1g	5.0%
Trans Fat 0g	
Cholesterol < 0mg	0.0%
Sodium 50mg	2.0%
Total Carbohydrate 21g	8.0%
Dietary Fiber < 0g	0.0%
Sugars 8g	
Protein 2g	
Vitamin A	
Vitamin C	
Vitamin D	0.0%
Vitamin E	
Calcium	0.0%
Iron	0.0%
Zinc	
Phosphorus	
Potassium	49mg

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

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Non Pareils (Sugar, Corn Starch, Color Added [Spirulina Extract, Annatto Extract, Vegetable Juice, Tumeric], Confectioners Glaze, Carnauba Wax), Natural Flavor, Salt, Malted Barley Flour, Soy Lecithin, Baking Soda.



Nutrition Facts

 This is a representation of the nutritional label.

 The actual nutrition label may vary.

 Serving Size
 1 oz.

 Servings Per Container
 200

 Calories
 120

 Calories From Fat
 % Daily Value *

Total Fat 4g	5.0%
Saturated Fat 1g	5.0%
Trans Fat 0g	
Cholesterol < 0mg	0.0%
Sodium 55mg	2.0%
Total Carbohydrate 21g	8.0%
Dietary Fiber < 0g	0.0%
Sugars 7g	
Protein 2g	
Vitamin A	
Vitamin C	
Vitamin D	0.0%
Vitamin E	
Calcium	0.0%
Iron	0.0%
Zinc	
Phosphorus	
Potassium	55mg

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

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Natural Flavor, Molasses, Red Beet Juice (Color), Salt, Malted Barley Flour, Soy Lecithin, Baking Soda.



Nutrition Facts

This is a representation of the nutritional label. The actual nutrition label may vary.

Serving Size Servings Per Container Calories Calories From Fat	2.2 oz. 120 250 NA	
	% Daily Value *	
Total Fat 8g Saturated Fat 2.5g Trans Fat 0g	10.0% 13.0%	
Cholesterol < 0mg Sodium 80mg	0.0% 3.0%	
Total Carbohydrate 42g Dietary Fiber < 2g Sugars 14g	15.0% 7.0%	
Protein 4g Vitamin A Vitamin C		
Vitamin D Vitamin E	0.0%	
Calcium Iron Zinc	2.0% 10.0%	
Phosphorus Potassium	103mg	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher		

calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole Grain Blend (Oats, Whole Oat Flour, Whole Wheat Flour), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Corn Syrup, Soybean Oil, Palm Oil, Marshmallow Flavored Bits (Sugar, Corn Syrup, Corn Cereal, Corn Starch, Palm Oil, Natural Flavor, Titanium Dioxide), Raisin Paste, Natural Flavor, Palm Kernel Oil, Cocoa (processed with alkali), Salt, Baking Soda, Soy Lecithin.



This is a representation of the nutritional label. The actual nutrition label may vary.	
Serving Size Servings Per Container Calories Calories From Fat	1.8 oz. 120 200 NA
	% Daily Value *
Total Fat 7g	9.0%
Saturated Fat 2g Trans Fat 0g	10.0%
Cholesterol < Omg	0.0%
Sodium 40mg	2.0%
Total Carbohydrate 33g	12.0%
Dietary Fiber < 2g	7.0%
Sugars 16g	
Protein 3g	
Vitamin A	
Vitamin C	
Vitamin D	0.0%
Vitamin E	
Calcium	0.0%
Iron	10.0%
Zinc	
Phosphorus	NA
Potassium	140mg
* Percent Daily Values are ba calorie diet. Your daily values or lower depending on your c	may be higher

Ingredients: Flour Blend (Whole Grain Oat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Corn Syrup, Cherries, Soybean Oil, Cocoa (processed with alkali), Palm Oil, Raisin Paste, Icing (Sugar, Palm Kernel Oil, Soy Lecithin, Corn Starch), Baking Soda, Natural Flavors, Salt.



Nutrition Facts This is a representation of the nutritional label. The actual nutrition label may vary. Serving Size 2.2 oz. Servings Per Container 120 Calories 250 Calories From Fat NA % Daily Value * Total Fat 9g 12.0% Saturated Fat 2.5g 13.0% Trans Fat 0g Cholesterol < 0mg 0.0% Sodium 75mg 3.0% Total Carbohydrate 40g 15.0% Dietary Fiber < 2g 7.0% Sugars 13g Protein 4g Vitamin A Vitamin C Vitamin D 0.0% Vitamin E Calcium 2.0% Iron 10.0% Zinc Phosphorus Potassium 112ma * Percent Daily Values are based on a 2,000

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

Ingredients: Whole Grain Oat Blend (Whole Oat Flour, Oats), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Sugar, Soybean Oil, Palm Oil, Raisin Paste, Chocolate Flavored Chips (Sugar, Hydrogenated Vegetable Oil [Palm Kernel, Palm, Coconut], Cocoa [processed with alkali], Dextrose, Cocoa Powder, Whey [Milk], Soy Lecithin [Emulsifier], Vanilla), Natural Flavors, Cocoa, Baking Soda, Salt.



Serving Size 1.2 Servings Per Cor	
Dervings r er oor	Itali fai 1
Amount Per Serving	
Calories 190 (Calories from Fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat	2g 10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydr	rate 11g 4%
Dietary Fiber 3	ig 12%
Sugars 5g	
Protein 6g	
Vitamin A 0%	 Vitamin C 0%
Calcium 2%	 Iron 8%
Vitamin E 50%	 Folate 20%

Ingredients: Sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, zanthan gum.



Serving Size 1 oz. Servings Per Cont	(2	8.4 g)	cts
		101.		
Amount Per Serving				
Calories 170 C	alo	ories f		
			% Dai	ly Value*
Total Fat 14g				22%
Saturated Fat 2	g			10%
Trans Fat 0g				
Cholesterol 0mg				0%
Sodium 110mg				5%
Total Carbohydra	nte	6g		2%
Dietary Fiber 3g	3			12%
Sugars 1g				
Protein 6g				
Vitamin A 0%		Viter	nin C	08/
	-			0.20
Calcium 2%	٠	Iron	6%	
Vitamin E 50%	٠	Fola	le 15%	%

Ingredients: Sunflower kernels, sunflower oil, salt.



Nutrition Facts Serving Size 35g 1.25z 1ea 100.000 Servings Per Case Amount Per Serving % DV* Calories 160.0 8% Fat Calories 54.0 Total Fat 6.0g 9% Saturated Fat 0.5g 3% Trans Fat 0.0g 0% Cholesterol 0.0mg 0% Sodium 140.0mg 6% Total Carbohydrates 8% 24.0g Dietary Fiber 3.0g 12% 0% Sugars 8.0g Protein 3.0g 6% Vitamin A 0.0 IU 0% Vitamin C 0.0mg 0% Calcium 200.0mg 20% Iron 0.4mg 2% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: organic whole grain wheat flour, organic whole grain oat flour, organic cane sugar, organic sunflower oil, organic honey, calcium carbonate, baking soda, sea salt, organic maltodextrin, mixed tocopherols (vitamin e) to protect flavor, organic vanilla extract, natural flavor



Nutrition Facts

Serving Size	111g 3.9z 1ea
Servings Per Case	72.000
Amount Per Serving	% DV*
Calories 50.0	3%
Fat Calories 0.0	
Total Fat 0.0g	0%
Sodium 0.0mg	0%
Total Carbohydrates	4%
13.0g	470
Dietary Fiber 1.0g	4%
Sugars 11.0g	0%
Potassium 85.0mg	2%
Protein 0.0g	0%
Vitamin C 12.0mg	20%
* Percent Daily Values are based	
diet. Your daily values may be hi depending on your calorie needs	
	-

Ingredients: apples, water, ascorbic acid (Vitamin C).



Serving Size	113g 4z 1ea
Servings Per Case	36.000
Amount Per Serving	% DV*
Calories 90.0	5%
Fat Calories 0.0	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Sodium 5.0mg	0%
Total Carbohydrates	7%
22.0g	1 70
Dietary Fiber 2.0g	8%
Sugars 18.0g	0%
Potassium 115.0mg	3%
Vitamin A 0.0 IU	0%
Vitamin C 27.0mg	45%
Calcium 0.0mg	0%
Iron 0.0mg	0%
 Percent Daily Values are based of 	
diet. Your daily values may be high depending on your calorie needs.	er or lower
depending on your calone needs.	

Ingredients: pears, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), ascorbic acid (to promote color retention), natual flavors, and citric acid.



Nutrition Facts	
Serving Size 113g	4z 1ea
Servings Per Case 36.0	00
Amount Per Serving	% DV*
Calories 80.0	4%
Fat Calories 0.0	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Sodium 5.0mg	0%
Total Carbohydrates	6%
19.0g	
Dietary Fiber 1.0g	4%
Sugars 18.0g	0%
Potassium 180.0mg	5%
Vitamin A 200.0 IU	4%
Vitamin C 27.0mg	45%
Calcium 0.0mg	0%
Iron 0.4mg	2%
* Percent Daily Values are based on a 2,0	
	ower
diet. Your daily values may be higher or la depending on your calorie needs.	ower

Ingredients: peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water lemon juice concentrate), natural flavors, ascorbic acid (to promote color retention), and citric acid.



Nutrition Facts

Serving Size	113g 4z 1ea
Servings Per Case	36.000
Amount Per Serving	% DV*
Calories 90.0	5%
Fat Calories 0.0	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Sodium 5.0mg	0%
Total Carbohydrates	7%
22.0g	170
Dietary Fiber 1.0g	4%
Sugars 18.0g	0%
Potassium 160.0mg	5%
Vitamin A 400.0 IU	8%
Vitamin C 27.0mg	45%
Calcium 40.0mg	4%
Iron 0.0mg	0%
* Percent Daily Values are based	
diet. Your daily values may be high	her or lower
depending on your calorie needs.	

Ingredients: Mandarin Oranges, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.



Nutrition Facts	
	113g 4z 1ea 36.000
Servings Per Case Amount Per Serving	50.000 % DV*
Calories 60.0	3%
Fat Calories 0.0	0%
Total Fat 0.0g Saturated Fat 0.0g	0%
Sodium 0.0mg	0%
Total Carbohydrates 15.0g	5%
Dietary Fiber 1.0g	4%
Sugars 14.0g	0%
Potassium 135.0mg	4%
Vitamin A 0.0 IU Vitamin C 30.0mg	0% 50%
Calcium 0.0mg	0%
For 0.4mg * Percent Daily Values are based of	2%
diet. Your daily values may be high depending on your calorie needs.	
depending on your calone needs.	

Ingredients: pineapple, pinepple juice, ascorbic acid (to promote color retention), and citric acid.



Nutrition Facts

Serving Size	34g 1.2z 1ea
	216.000
Amount Per Serving	% DV*
Calories 140.0	7%
Fat Calories 40.5	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sodium 80.0mg	3%
Total Carbohydrates	8%
24.0g	0 70
Dietary Fiber 1.0g	4%
Sugars 9.0g	0%
Protein 2.0g	4%
Vitamin A 0.0 IU	0%
Vitamin C 6.0mg	10%
Calcium 0.0mg	0%
Iron 0.7mg	4%
* Percent Daily Values are based of	
diet. Your daily values may be high depending on your calorie needs.	ner or lower
depending on your calone needs.	

Ingredients: Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, high fructose corn syrup, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), palm kernel oil, eggs, soy lecithin, molasses, cinnamon, natural flavors (contains milk), salt, baking soda, sodium ascorbate (Vitamin C).



Nutrition Facts	_
120.000 servings per case Serving size 34g 1.2z 3ea	
Amount per serving	
Calories 150.0)
% Daily Value	*
Fat Calories 45.0	_
Total Fat 5.0g 89	-
Saturated Fat 0.5g 39	
Trans Fat 0.0g 09	_
Sodium 140.0mg 6%	-
Total Carbohydrates 25.0g 8%	_
Dietary Fiber 2.0g 8%	6
Total Sugars 9.0g	_
Includes 0.0g Added Sugars	_
Protein 3.0g 6%	6
Iron 0.7mg 49	6
* The % Daily Values (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: Whole Grain Oats, Whole Grain Oat Flour, Fructose, Canola Oil, Corn Syrup, Sugar, Rice Flour, Honey. Contains 1% or less of: Salt, Cinnamon, Baking Soda, Malt Extract, Natural Flavor, Oil of Rosemary.



Serving Size 34g 1.3	
Servings Per Case 120.00	0
Amount Per Serving	% DV*
Calories 150.0	8%
Fat Calories 45.0	
Total Fat 5.0g	8%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sodium 135.0mg	6%
Total Carbohydrates	8%
25.0g	0 /0
Dietary Fiber 2.0g	8%
Sugars 9.0g	0%
Protein 3.0g	6%
Iron 0.7mg	4%
* Percent Daily Values are based on a 2,00	
diet. Your daily values may be higher or low	
depending on your calorie needs.	

Ingredients: Whole Grain Oats, Whole Grain Oat Flour, Corn Syrup, Canola Oil, Sugar, Fructose, Semi-Sweet Chocolate Chips (sugar, chocolate liquor processed with alkali, cocoa butter, milk fat, soy lecithin, natural flavor), Rice Flour, Honey. Contains 1% or less of: Salt, Natural Flavor, Baking Soda, MaltExtract, Oil of Rosemary.



1z 1ea
% DV*
6%
6%
3%
2%
7%
8%
0%
4%
4%
00 calorie
wer

Ingredients: Whole wheat flour, sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, dextrose, soy lecithin, soluble corn fiber, natural flavor (contains milk), applesauce (apples, ascorbic acid), baking soda, salt. CONTAINS WHEAT, SOY and MILK.



Nutrition Facts

0	25-425-4
Serving Size	35g 1.25z 1ea
Servings Per Case	96.000
Amount Per Serving	% DV*
Calories 140.0	7%
Fat Calories 36.0	
Total Fat 4.0g	6%
Saturated Fat 1.5g	8%
Sodium 115.0mg	5%
Total Carbohydrates	8%
24.0g	070
Dietary Fiber 3.0g	12%
Sugars 10.0g	0%
Protein 2.0g	4%
Calcium 100.0mg	10%
Iron 1.1mg	6%
* Percent Daily Values are based on a 2,000 calorie	
diet. Your daily values may be higher or lower	
depending on your calorie need	5.

Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oats, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin [an emulsifier], vanilla), interesterified soybean oil, inulin, molsasses, canola oil, invert syrup, whey, calcium carbonate, natural flavors, baking soda, xanthan gum, salt, eggs.