

Explorers Club Snack Cart

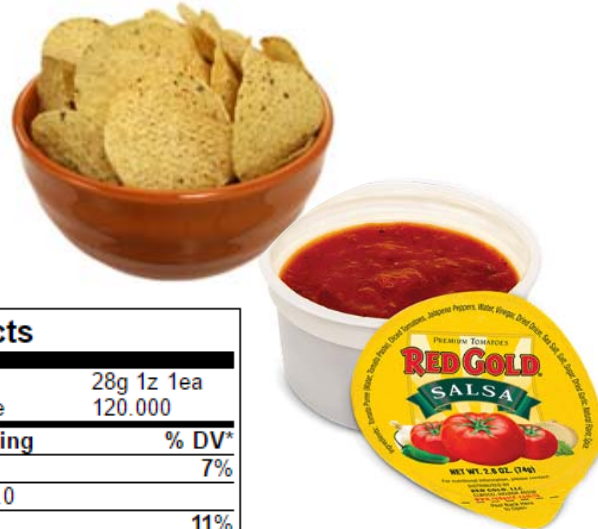
Six snack choices are offered each day along with a choice of milk or 100% fruit juice.



Nutrition Facts	
Serving Size 1 packet (35g)	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 25% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	
<p>Visit Annie's.com to learn about our products, our commitment to a healthier planet (and for free loot, too!).</p>	

Ingredients: Organic Whole Grain Wheat Flour (Organic Graham Flour), Organic Whole Grain Oat Flour, Organic Cane Sugar, Organic Expeller-pressed 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.



Nutrition Facts	
Serving Size 28g 1z 1ea	
Servings Per Case 120.000	
Amount Per Serving	
Calories 140.0	
% DV*	
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 19.0g	6%
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 based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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	
Calories 10.0	
% DV*	
Sodium 70.0mg	3%
Total Carbohydrates 2.0g	1%
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 based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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	
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 much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

MOTT'S® FRUIT-FLAVORED SNACKS MIXED BERRY	
Nutrition Facts	
Serving Size 1 package (45g)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 9g	32%
Sugars 15g	
Protein 0g	
Vitamin C	100%
Not a significant source of vitamin A, calcium and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

MOTT'S® FRUIT-FLAVORED SNACKS	
Nutrition Facts	
Serving Size 1 package (45g)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 9g	32%
Sugars 15g	
Protein 0g	
Vitamin C	100%
Not a significant source of vitamin A, calcium and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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).

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, Cannauba Wax.



Nutrition Facts	
Serving Size 1 oz. (28g/about 15 crisps)	
Servings Per Container About 7	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 260mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: DRIED POTATOES, POTATO STARCH, CORN OIL, SUGAR, CARROT, RED PEPPER, SEA SALT, MALTODEXTRIN, WHEY, SOY LECITHIN, SPINACH, GARLIC POWDER, ONION POWDER, SPICE, SOUR CREAM POWDER (CULTURED CREAM, NONFAT MILK), BUTTERMILK SOLIDS, CULTURED BUTTERMILK (SKIM MILK, LACTIC ACID, CULTURES), NONFAT DRY MILK, CITRIC 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
% 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.



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 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 2.2 oz.
Servings Per Container 120
Calories 250
Calories From Fat NA

% Daily Value *

Total Fat 8g 10.0%
Saturated Fat 2.5g 13.0%
Trans Fat 0g
Cholesterol < 0mg 0.0%
Sodium 80mg 3.0%
Total Carbohydrate 42g 15.0%
Dietary Fiber < 2g 7.0%
Sugars 14g
Protein 4g
Vitamin A
Vitamin C
Vitamin D 0.0%
Vitamin E
Calcium 2.0%
Iron 10.0%
Zinc
Phosphorus
Potassium 103mg

* 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 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.



Nutrition Facts

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

Serving Size	1.8 oz.
Servings Per Container	120
Calories	200
Calories From Fat	NA

% Daily Value *

Total Fat 7g	9.0%
Saturated Fat 2g	10.0%
Trans Fat 0g	
Cholesterol < 0mg	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 based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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	112mg

* 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.



Nutrition Facts

Serving Size 1.2 oz. (34.0 g)
Servings Per Container : 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 Carbohydrate 11g	4%
Dietary Fiber 3g	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.



Nutrition Facts	
Serving Size 1 oz. (28.4 g)	
Servings Per Container : 1	
Amount Per Serving	
Calories 170	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Vitamin E 50%	Folate 15%

Ingredients: Sunflower kernels, sunflower oil, salt.



Nutrition Facts	
Serving Size	35g 1.25z 1ea
Servings Per Case	100.000
Amount Per Serving	
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 24.0g	8%
Dietary Fiber 3.0g	12%
Sugars 8.0g	0%
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	
Calories 50.0	3%
Fat Calories 0.0	
Total Fat 0.0g	0%
Sodium 0.0mg	0%
Total Carbohydrates 13.0g	4%
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 on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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



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 22.0g	7%
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 on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size	113g 4z 1ea
Servings Per Case	36.000
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 19.0g	6%
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 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 22.0g	7%
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 on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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), natural flavors, and citric acid.

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.

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

Serving Size	113g 4z 1ea
Servings Per Case	36.000
Amount Per Serving	% DV*
Calories 60.0	3%
Fat Calories 0.0	
Total Fat 0.0g	0%
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	0%
Vitamin C 30.0mg	50%
Calcium 0.0mg	0%
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: pineapple, pineapple juice, ascorbic acid (to promote color retention), and citric acid.



Nutrition Facts

Serving Size	34g 1.2z 1ea
Servings Per Case	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 24.0g	8%
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 on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	8%
Saturated Fat 0.5g	3%
Trans Fat 0.0g	0%
Sodium 140.0mg	6%
Total Carbohydrates 25.0g	8%
Dietary Fiber 2.0g	8%
Total Sugars 9.0g	
Includes 0.0g Added Sugars	
Protein 3.0g	6%
Iron 0.7mg	4%

* 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.



Nutrition Facts	
Serving Size	34g 1.2z 1ea
Servings Per Case	120.000
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 25.0g	8%
Dietary Fiber 2.0g	8%
Sugars 9.0g	0%
Protein 3.0g	6%
Iron 0.7mg	4%

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

Nutrition Facts	
Serving Size	28g 1z 1ea
Servings Per Case	
Amount Per Serving	% DV*
Calories 120.0	6%
Fat Calories 36.0	
Total Fat 4.0g	6%
Saturated Fat 0.5g	3%
Sodium 50.0mg	2%
Total Carbohydrates 21.0g	7%
Dietary Fiber 2.0g	8%
Sugars 8.0g	0%
Protein 2.0g	4%
Iron 0.7mg	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.

Nutrition Facts	
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 24.0g	8%
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 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.

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.

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.