

# OGS PTO Lunch Pantry



Nutrition Facts	
Serving Size 1 Package (58g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber Less than 1g	<b>4%</b>
Sugars 5g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 8%

\*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
Cholest	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Fiber	25g	30g

**INGREDIENTS:** ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILK, CORN SYRUP SOLIDS, MILKFAT, PALM OIL, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, SODIUM PHOSPHATE, CITRIC ACID, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, CHEESE CULTURE, NONFAT DRY MILK, GUAR GUM, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.

**CONTAINS: WHEAT, MILK.**



APPLEAPPLE		APPLECINNAMON	
Nutrition Facts		Nutrition Facts	
7 servings per container		7 servings per container	
Serving size 1 pouch (90g)		Serving size 1 pouch (90g)	
Amount per serving		Amount per serving	
<b>Calories</b> 70		<b>Calories</b> 70	
% Daily Value*		% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	Saturated Fat 0g	<b>0%</b>
Trans Fat 0g		Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>	<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>	<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>	Dietary Fiber 3g	<b>11%</b>
Total Sugars 13g		Total Sugars 13g	
Incl. 0g Added Sugars	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g		<b>Protein</b> 0g	
Vitamin D 0mcg	0%	Vitamin D 0mcg	0%
Calcium 6mg	0%	Calcium 7mg	0%
Iron 0mg	0%	Iron 0mg	0%
Potassium 102mg	2%	Potassium 102mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Apple, Apple Puree Concentrate, Lemon Juice Concentrate.

**INGREDIENTS:** Apple, Apple Puree Concentrate, Lemon Juice Concentrate, Cinnamon.

	NL14 17345	NL14 17346	NL14 17346
Nutrition Facts			
Servings per container			
Serving size 1 Bar			
Amount per serving			
<b>Calories</b>	<b>130</b>	<b>130</b>	<b>130</b>
% DV*			
<b>Total Fat</b> 3.5g	<b>4%</b>	<b>3.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>0.5g</b>	<b>3%</b>
Trans Fat 0g		<b>0g</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>130mg</b>	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>	<b>25g</b>	<b>9%</b>
Dietary Fiber 1g	<b>5%</b>	<b>1g</b>	<b>5%</b>
Total Sugars 12g		<b>13g</b>	
Includes Added Sugars 12g	<b>24%</b>	<b>12g</b>	<b>24%</b>
<b>Protein</b> 2g		<b>2g</b>	

**NUTRI-GRAIN® APPLE CINNAMON INGREDIENTS:** CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1, THIAMIN MONONITRATE, VITAMIN B2, FOLIC ACID), SOYBEAN OIL, WHOLE WHEAT FLOUR, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, VEGETABLE GLYCERIN, INVERT SUGAR, WHEY SOLUBLE CORN FIBER, SALT, CELLULOSE, NATURAL FLAVOR, POTASSIUM BICARBONATE, VITAMIN D, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, VITAMIN B1, RIBOFLAVIN (VITAMIN B2), FOLIC ACID, ANNATTO, CANOLA OIL, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE, PAPRIKA, SPICES (CELERY), DEHYDRATED ONIONS.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

Distributed by Kellogg Sales Co.  
Battie Creek, MI 49016  
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Contains a bioengineered food ingredient



## Nutrition Facts

Serving Size 1 Pouch  
Servings Per Container 45

Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> Less than 5mg	<b>1%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber Less than 1g	<b>3%</b>
Sugars Less than 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

**MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ((CULTURED MILK, SALT, ENZYMES), ANNATTO), CANOLA AND/OR SUNFLOWER OILS, CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, AUTOLYZED YEAST, BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE, PAPRIKA, SPICES (CELERY), DEHYDRATED ONIONS.**

