

**GOOD SOURCE OF  
3 B VITAMINS**

**Nutrition Facts**

6 servings per container  
Serving size **2 Pastries (96g)**

Amount per serving  
**Calories 400**

	% Daily Value*
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 68g	<b>25%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 30g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 4g	

Vitamin D 0mcg 0%	•	Calcium 10mg 0%
Iron 1.5mg 8%	•	Potassium 70mg 0%
Thiamin 4%	•	Riboflavin 10%
Niacin 10%	•	Folate 40mcg DFE 10% (25mcg folic acid)

\* 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:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), sugar, soybean and palm oil (with TBHQ for freshness), corn syrup, dextrose, high fructose corn syrup, bleached wheat flour.

Contains 2% or less of molasses, salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), cinnamon, wheat starch, gelatin, caramel color, soy lecithin.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

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Middle and High schools

**Nutrition Facts**

10 servings per container  
Serving size **1 Pastry (50g)**

Amount per serving  
**Calories 180**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 15g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 2g	

Vitamin D 0mcg 0%	•	Calcium 130mg 10%
Iron 1.8mg 10%	•	Potassium 50mg 0%
Vitamin A 10%	•	Thiamin 10%
Riboflavin 10%	•	Niacin 10%
Vitamin B <sub>6</sub> 10%		

\* 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:** Whole wheat flour, sugar, corn syrup, enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), dextrose, soybean and palm oil, bleached wheat flour, polydextrose, glycerin, fructose.

Contains 2% or less of wheat starch, dried strawberries, dried pears, dried apples, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), vegetable juice concentrate for color, sodium stearoyl lactylate, citric acid, modified wheat starch, DATEM, comstarch, gelatin, xanthan gum, brown rice syrup, paprika extract color, vitamin A palmitate, niacinamide, reduced iron, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), soy lecithin.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

Elementary schools