



Panther Pride Pretzel Day!!!

When: Friday, February 21st

What: Wear your **blue** and **white** / PVE spirit gear to show your Panther pride and enjoy a pretzel!

There is a limit of one pretzel per student. If you are willing, and able, to cover the cost of a fellow classmate's pretzel your generosity would be appreciated! Our goal is for every student at PVE who wants a pretzel to get one!

Cash on the day of the sale cannot be accepted. Please pre-order your pretzel!

[Order Here!](#)

****Ingredients:** Flour (gluten), water, sugar, yeast, dough conditioner & vegetable shortening (palm oil). There is no cross contamination regarding the top 9 allergens. Butter is only used when making cinnamon sugar pretzels which are made in an entirely different area. If you have any additional questions/concerns, please contact us at pennvalleyHSA@gmail.com.

Nutrition Facts			
Serving Size 1 Pretzel (113g)			
Servings Per Container			
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Amount Per Serving			
Calories 300	Calories from Fat 10		
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		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 65g			22%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 10g			
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Vitamin A 0%		Vitamin C 8%	
Calcium 15%		Iron 20%	
Thiamin 35%		Riboflavin 20%	
Niacin 20%		Folate 30%	
*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			