

SESAME BREADSTICKS

Ingredients: Enriched Wheat Flour (containing Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sesame Seeds, Soybean Oil, Yeast, Salt, Corn and Malt Syrup, Salt and Dried Brewers Yeast.

CONTAINS: WHEAT

NUTRITION FACTS

Serving Size 4 Pieces (13g / 2 Packages)

Servings Per Container 62 1/2

Amount Per Serving

Calories 50

Calories from Fat 15

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber Less than 1g	0%
Sugars 0g	
Protein 2g	

Vitamin A	0%	•	Vitamin C	0%
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Calcium	2%	•	Iron	4%
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*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
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Total Fat	Less than	65g	80g
Sat 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
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Lance Captain's Wafers

2 Pack

Ingredients: Enriched wheat flour (Containing Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Sugar, High Fructose Corn Syrup, Malt Syrup, Salt, Leavening (Sodium Bicarbonate, Monocalcium Phosphate).

Contains: Wheat

Nutrition Facts:

Calories: 70
Calories From Fat: 25

	Amount	% Daily Value
Total Fat	2.5g	4
Saturated Fat	0g	0
Trans Fat	0g	
Cholesterol	0mg	0
Sodium	105mg	4
Total Carbohydrate	9g	3
Dietary Fiber	0g	0
Sugars	1g	
Protein	1g	

	% Daily Value
Vitamin A	0
Vitamin C	0
Calcium	0
Iron	2

Percent Daily Values (DV) are based on a 2000 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
Cholesterol	Less Than		300mg		300mg
Sodium	Less Than		2,400g		2,400g
Total Carbohydrate			300g		375g
Dietary Fiber			25g		30g

	Calories Per Gram
Fat	9
Carbohydrate	4
Protein	4

Lance Wheat Twins 2 Pack

Ingredients: Enriched wheat flour (Containing Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Sugar, High Fructose Corn Syrup, Malt Syrup, Salt, Leavening (Sodium Bicarbonate, Monocalcium Phosphate).

Contains: Wheat

**Nutrition
Facts:**

Calories: 70
Calories From Fat: 25

	Amount	% Daily Value
Total Fat	.5g	2
Saturated Fat	0g	0
Trans Fat	0g	
Cholesterol	0mg	0
Sodium	120mg	4
Total Carbohydrate	10g	3
Dietary Fiber	0g	4
Sugar	1g	
Protein	1g	

	% Daily Value
Vitamin A	0
Vitamin C	0
Calcium	2
Iron	4

Percent Daily Values (DV) are based on a 2000 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
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400g	2,400g
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

	Calories	
	Per Gram	
Fat	9	
Carbohydrate	4	
Protein	4	