

Nutrition Facts

200 servings per case
Serving size 1 Package (14 g)

Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 65 mg	3%
Total Carbohydrate 11 g	4%
Dietary Fiber <1 g	2%
Total Sugars 3 g	
Includes 3g Added Sugars	6%
Protein <1 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.5 mg	2%
Potassium 30 mg	0%

*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.

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

Ingredients

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean and/or canola), molasses, corn syrup. Contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin.

Allergens / Certifications

CONTAINS WHEAT AND SOY INGREDIENTS.



KOSHER	KOSHER PAREVE
Smart Snacks Eligible	YES
Meets USDA Whole Grain-Rich Criteria	YES
Child and Adult Care Food Program (CACFP) Eligible	YES