



Add-on Lunch and Snack Nutrition and Ingredient Information

Snacks

All nutrition facts are listed for one serving and are taken directly from the manufacturer. Percent daily values are based on a 2,000-calorie diet.

Pepperidge Farm Goldfish

Nutrition Facts	Amount	Daily %
Calories	140	8%
Total Fat	5g	5%
Sat. Fat	1g	
Trans Fat	0g	
Polyunsat. Fat	1g	
Monounsat. Fat	2.5g	2.5%
Cholesterol	10mg	3%
Sodium	250mg	10%
Total Carbohydrates	20g	7%
Dietary Fiber	1g	
Sugar	0g	
Protein	3g	

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Cultured Milk, Salt Enzymes], Annatto), Canola and/or Sunflower Oil, Contains 2 percent or less of: Salt, Yeast, Sugar, Autolyzed Yeast, Baking Soda, Monocalcium Phosphate, Paprika, Spices, Celery, Onion Powder

Contains: Wheat, Milk

Rold Gold Tiny Twists

Nutrition Facts	Amount	Daily %
Calories	110	8%
Total Fat	1g	2%
Sat. Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	450mg	19%
Total Carbohydrates	23g	8%
Dietary Fiber	1g	
Sugar	<1g	
Protein	2g	

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Corn Syrup, Ammonium Bicarbonate, Malt Extract, and Yeasts

Contains: Wheat Ingredient

Clif Kid Organic Z Fruit Rope-Strawberry

Nutrition Facts	Amount	Daily %
Calories	60	0%
Total Fat	0g	0%
Sat. Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	10%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	
Sugar	14g	
Protein	0g	

Ingredients: Organic Apple Puree Concentrate, Organic Apple Juice Concentrate, Organic Natural Flavors, Malic Acid, Pectin, Colored with Vegetable Juice, Organic Sunflower Oil, Ascorbic Acid (Vit. C), and Ferric Orthophosphate (Iron)

Glutino Gluten Free Pretzel Twists

Nutrition Facts	Amount	Daily %
Calories	120	0%
Total Fat	3g	5%
Sat. Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	490mg	20%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	
Sugar	1g	
Protein	0g	

Ingredients: Corn Starch, Potato Starch, Rice Flour, Soluble Corn Fiber, Palm Oil, Salt, Sugar, Cellulose Gum, Soy Lecithin, Sodium Bicarbonate, Yeast Extract, Sodium Acid Pyrophosphate, Citric Acid

Contains: Soy

Qwackers Gluten Free Crackers- Cheddar Cheese

Nutrition Facts	Amount	Daily %
Calories	130	
Total Fat	7g	11%
Sat. Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	20mg	6%
Sodium	130mg	6%
Total Carbohydrates	10g	3%
Dietary Fiber	0g	
Sugar	0g	
Protein	4g	

Ingredients: Sharp Cheddar (Pasteurized Milk, Cheese Cultures, Enzymes, Annatto [Vegetable Color]), White Rice Flour, Butter (Cream, Salt), Potato Starch, Tapioca Starch, Cultured Buttermilk, Guar Gum, Cream of Tartar, Baking Soda, Sea Salt

Contains: Milk

Add-on Lunch

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Mission Hearty Grains Ultra 6” Heat Pressed Flour Tortilla

Nutrition Facts	Amount	Daily %
Calories	90	
Total Fat	2.5g	4%
Sat. Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	4%
Sugar	1g	
Protein	3g	

Ingredients: Water, Whole Grain Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Sugar, Contains 2% or less of each of the following: Vital Monoglycerides, Enzymes, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Yeast, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid)

Contains: Wheat, Soy

Mission Gluten Free Tortilla

Nutrition Facts	Amount	Daily %
Calories	130	
Total Fat	4.5g	7%
Sat. Fat	2g	10%
Trans Fat	0g	
Polyunsat. Fat	1.5g	
Monounsatur. Fat	1g	
Cholesterol	0mg	0%
Sodium	390mg	16%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	8%
Sugar	2g	10%
Protein	3g	

Ingredients: Tortilla Blend (Modified Food Starch, Rice Flour, Tapioca Starch, Potato Extract, Cellulose Gum, Guar Gum, Xanthan Gum, Dextrose, Soybean Flour, Potato Starch, Salt, Rice Starch, Corn Dextrin, Polyglycerol Esters of Fatty Acids, Mono-And Diglycerides of Fatty Acids), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), Pea Protein, Resistant Corn Starch, Contains 2% or less of: Sugar, Inulin, Baking Soda, Sodium Acid Pyrophosphate, Monoglycerides, Fumaric Acid, Enzymes, and Calcium Propionate. Sorbic Acid and Citric Acid to maintain freshness.

Contains: Soy

Fiesta Foods Yellow Corn Tortilla Mini Strips

Nutrition Facts	Amount	Daily %
Calories	180	
Total Fat	10g	15%
Sat. Fat	2.5g	13%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	8%
Sugar	0g	
Protein	2g	

Ingredients: Whole Grain Corn, Vegetable Oil (Corn and/or Cottonseed Oil), Sea Salt

SunButter Sunflower Butter

Nutrition Facts	Amount	Daily %
Calories	200	
Total Fat	17g	22%
Sat. Fat	2g	10%
Trans Fat	0g	
Polyunsat. Fat	5g	
Monounsat. Fat	9g	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	7%
Sugar	3g	6%
Protein	7g	

Ingredients: Sunflower Seed, Sugar (Dehydrated Cane Syrup), Salt

Burnette Foods Original Hummus

Nutrition Facts	Amount	Daily %
Calories	120	
Total Fat	3.5g	5%
Sat. Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrates	18g	6%
Dietary Fiber	5g	20%
Sugar	3g	
Protein	5g	

Ingredients: Garbanzo Beans, Water, Lemon Juice, Garlic, Olive Oil, Contains 2% or less of the following: Citric Acid, Spice, Salt

Bumble Bee Chicken Salad

Nutrition Facts	Amount	Daily %
Calories	140	
Total Fat	8g	12%
Sat. Fat	1g	6%
Trans Fat	0g	
Polyunsat. Fat	4.5g	
Monounsat. Fat	2g	
Cholesterol	30mg	9%
Sodium	430mg	18%
Total Carbohydrates	11g	4%
Dietary Fiber	<1g	2%
Sugar	7g	
Protein	8g	

Ingredients: Cooked Chicken, Dressing (Water, Soybean Oil, Distilled Vinegar, Sugar, High Fructose Corn Syrup, Food Starch Modified, Corn Syrup, Egg Yolks, Salt, Mustard Flour, Natural Flavor, Spices, Paprika), Celery, Water Chestnuts, Textured Soy Flour, Fructose, Water, Glucono Delta Lactone, Dextrose, Salt, Onion

Contains: Soy, Eggs

Bumble Bee Chicken in Barbecue Sauce

Nutrition Facts	Amount	Daily %
Calories	130	
Total Fat	3g	5%
Sat. Fat	1g	4%
Trans Fat	0g	
Cholesterol	35mg	11%
Sodium	240mg	10%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	3%
Sugar	9g	
Protein	11g	22%

Ingredients: Cooked Chicken, Sauce (Water, Sugar, Tomato Paste, Molasses, Distilled Vinegar, Corn Starch, Salt, Natural Hickory Smoke Flavor, Spices, Caramel Color, Garlic Powder, Ground Celery Seeds, Mustard Seed, Citric Acid, Chili Pepper, Turmeric and Paprika (Color)), Water, Contains 2% or less: Onion, Green Peppers, Glucono Delta Lactone, Salt

Red Gold Marinara

Nutrition Facts	Amount	Daily %
Calories	40	
Total Fat	1g	1%
Sat. Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	200mg	9%
Total Carbohydrates	7g	3%
Dietary Fiber	2g	7%
Sugar	4g	2%
Protein	1g	

Ingredients: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Sugar, Less than 2% of: Soybean Oil, Salt, Dried Garlic, Dried Onion, Spices, Parsley, Citric Acid

Contains: Soy

White Cheddar Cheese Planks

Nutrition Facts	Amount	Daily %
Calories	100	
Total Fat	8g	10%
Sat. Fat	6g	30%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	360mg	16%
Total Carbohydrates	1g	
Dietary Fiber	0g	
Sugar	0g	
Protein	6g	12%

Ingredients: Cultured Pasteurized Milk, Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative), Enzymes

Contains: Milk

Roasted Salted Sunflower Kernels

Nutrition Facts	Amount	Daily %
Calories	200	
Total Fat	13g	21%
Sat. Fat	2g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	147mg	5%
Total Carbohydrates	7g	1%
Dietary Fiber	9g	13%
Sugar	2g	
Protein	7g	12%

Ingredients: Sunflower Kernels, Sunflower Oil, Salt

Vintage Cheddar Cheese Planks

Nutrition Facts	Amount	Daily %
Calories	100	
Total Fat	8g	10%
Sat. Fat	6g	30%
Trans Fat	0g	0%
Cholesterol	25mg	8%
Sodium	360mg	16%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Sugar	0g	0%
Protein	6g	12%

Ingredients: Cultured Pasteurized Milk, Water, Salt, Sodium Phosphate, Natural Flavoring, Sorbic Acid (Preservative), Color (Paprika Annatto), Enzymes

Contains: Milk

Mozzarella Cheese Planks

Nutrition Facts	Amount	Daily %
Calories	100	
Total Fat	8g	31%
Sat. Fat	6g	30%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	360mg	16%
Total Carbohydrates	1g	
Dietary Fiber	0g	
Sugar	0g	
Protein	6g	12%

Ingredients: Cultured Pasteurized Milk, Water, Salt, Sodium Phosphate, Natural Flavoring, Sorbic Acid (Preservative), Enzymes

Contains: Milk

Indian Summer Unsweetened Applesauce

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	8%
Sugar	12g	
Protein	0g	0%

Ingredients: Apples, Water, Ascorbic Acid

Indian Summer Unsweetened Cinnamon Applesauce

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	4%
Sugar	13g	
Protein	0g	0%

Ingredients: Apples, Water, Natural Flavor, Ascorbic Acid (Vit. C), Cinnamon

Indian Summer Unsweetened Strawberry Applesauce

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	4%
Sugar	13g	
Protein	0g	0%

Ingredients: Apples, Water, Strawberry Puree, Natural Flavor, Ascorbic Acid (Vit. C), Malic Acid, FD&C Red 40

Indian Summer Unsweetened Mixed Berry Applesauce

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrates	15g	5%
Dietary Fiber	2g	8%
Sugar	13g	
Protein	0g	0%

Ingredients: Apples, Water, Raspberry Puree, Strawberry Puree, Blueberry Puree, Natural Flavor, Ascorbic Acid (Vit. C), FD&C Red 40 and F# 1

PRIZE True Fruit Snacks- Mountain Quest Blend

Nutrition Facts	Amount	Daily %
Calories	110	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	29g	10%
Dietary Fiber	2g	8%
Sugar	24g	
Protein	1g	0%

Ingredients: Dried Pineapple, Raisins, Golden Raisins, Dried Apricots, Dried Apples, Sugar, Citric Acid, Sulfur Dioxide for color retention. Any added sugar is part of the fruit dehydration process.

Caution: May contain occasional pit or stem fragment

PRIZE California Natural Raisins

Nutrition Facts	Amount	Daily %
Calories	110	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	280mg	8%
Total Carbohydrates	30g	10%
Dietary Fiber	1g	4%
Sugar	22g	
Protein	1g	0%

Ingredients: California Raisins. Canola and/or palm oil added to prevent crystallization of natural sugars.

Ardmore Farms 100% Apple Juice

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugar	15g	
Protein	0g	0%

Ingredients: Filtered Water, Apple Juice Concentrate, Calcium Lactate, Ascorbic Acid (Vit. C), Natural Flavor, Malic Acid

Ardmore Farms Grape Blend

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugar	14g	
Protein	0g	0%

Ingredients: Filtered Water, Apple, Pear and Grape Juice Concentrate, Calcium Lactate, Ascorbic Acid (Vit. C), Natural Flavor, Citric Acid

Ardmore Farms 100% Orange Juice

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	0g	0%
Sugar	12g	
Protein	1g	

Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (Vit. C)

Ardmore Farms Orange Tangerine Juice

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugar	14g	
Protein	0g	0%

Ingredients: Filtered Water, Apple, Pear, Orange and Tangerine Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vit. C), Citric Acid

Ardmore Farms Tropical Fruit Punch

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugar	14g	
Protein	0g	0%

Ingredients: Filtered Water, Apple and Pear Juice Concentrate, Less than 2% of Grape, Pineapple and Orange Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vit. C), Citric Acid

Ardmore Farms Strawberry Banana Juice

Nutrition Facts	Amount	Daily %
Calories	60	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugar	14g	
Protein	0g	0%

Ingredients: Filtered Water, Apple, Pear, and Strawberry Juice Concentrate, Less than 2% of Banana Puree, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vit. C), Malic Acid