PDC Lunch Menu

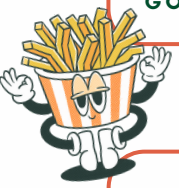
Entree

CHICKEN NUGGETS	$5.99	MEATBALL HERO	$6.49	TURKEY SANDWICH	$5.99	BAGEL PLAIN	$2.99
HAMBURGER	$5.99	CHICKEN SANDWICH	$6.49	TURKEY & CHEESE SANDWICH	$5.99	BAGEL & CREAM CHEESE	$3.75
CHEESE BURGER	$5.99	CHICKEN CESEAR WRAP	$6.49	CHEESE SANDWICH	$3.99	BAGEL & BUTTER	$3.75
HOT DOG	$3.99	GARDEN SALAD	$5.99	CHEESE, CRACKERS, & PEPPERONI	$6.49		
GRILLED CHEESE	$3.99	CESEAR SALAD	$5.99	HUMMUS & VEGGIES	$6.49		

FRIDAY SPECIAL!
PIZZA SLICE
$3.75

Snack

APPLE	$1.99	PRETZELS	$1.49
POTATO CHIPS	$1.49	SMARTFOOD	$1.49
GOLDFISH	$1.49	FRUIT SNACKS	$1.49



Drink

WATER	$1.49	APPLE JUICE	$1.49
HORIZON MILK	$3.49	FRUIT PUNCH	$1.49
CHOCOLATE MILK	$3.49	VERY BERRY JUICE	$1.49

Dessert

ICE CREAM SANDWICH	$2.99	FLA-VOR-ICE	$1.00	RICE KRISPY TREAT	$1.49	CHOCOLATE CHIP COOKIES	$1.49

ADD OUR LUNCH PROGRAM TO YOUR ENROLLMENT AND IGNORE THE PRICES.
YOUR CHILD CAN CHOOSE 1 ITEM FROM EACH CATEGORY TO ENJOY AT LUNCH TIME!

DON'T WANT TO ENROLL IN THE LUNCH PROGRAM? NO PROBLEM! YOU CAN STILL ORDER LUNCH ITEMS FOR YOUR CHILD A LA CARTE. ADD A DAILY FLA-VOR-ICE FOR A SPECIAL TREAT OR ORDER PIZZA LUNCH ON FRIDAYS.

ORDERS MUST BE PLACED BY 8:00PM THE EVENING PRIOR. SCAN THE QR CODE TO PLACE YOUR ORDER FOR THE WHOLE WEEK!


Day Camp
PURCHASE
Community House
Children's Center


We are excited to share our new on-line ordering experience with you!

YOU MUST SET UP AN ONLINE ACCOUNT TO ORDER LUNCH FOR YOUR CHILD

ORDER DEADLINE
8PM THE NIGHT BEFORE

Orders must be **completed** by 8pm to receive lunch the next day.
You will receive a confirmation email once an order transaction is complete.

***BE SURE** the order is complete. Items placed in your shopping cart that are not completed will not show up on our reports.

EMERGENCY LUNCH

If you forget to place your order by 8pm.

YOUR CHILD WILL RECEIVE:
CHICKEN NUGGETS, LAYS, WATER, FLA-VOR ICE

This is for emergencies and is not intended for regular ordering.

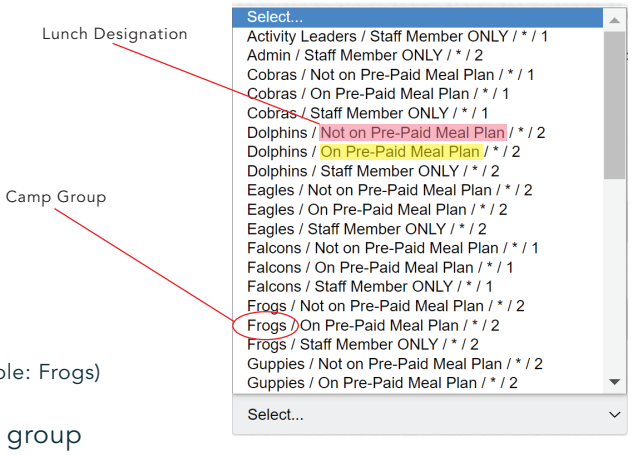
With the exception of Week 1 (menu available now), Menu's will open for ordering on Friday by 10pm the week prior.
For Example: Week 2 of Camp starts on July 8, the Menu to order for Week 2 will unlock by 10pm on July 5. And so on....

FOLLOW THESE SIMPLE STEPS TO SETUP YOUR ACCOUNT:

Use your smartphone, tablet, or laptop

1. Go to: https://happykidlunch.boonli.com
2. Click: **Create an Account**
   - Click link 'First time users **click here** to create your account'
3. Please enter the PASSWORD: **PDC10** (all capital)
   - Select I am not a robot - Click **'NEXT'**
4. Enter all of your information and select **'SUBMIT'**
5. Create User Profile
   - Make sure first name and last name are correct
   - In the location drop down, select your child's Camp Group (example: Frogs)
   - **Very Important** -
     Be sure to select the correct lunch designation next to the group
     Not on Pre-Paid Lunch Plan - Families that opted out of the meal plan inclusive with tuition and would like purchase items
     On Pre-Paid Lunch Plan - Families that opted in to received lunch, snack, drink, & dessert inclusive with tuition

     Example: Your child is assigned to Dolphins and you have opted to receive pre-paid lunch.
     Select - 'Dolphins / On Pre-Paid Meal Plan / * / 2' from the drop down
   - Then click 'Add Profile'
   - For families with multiple camprs, add as many campers as you have.
   - When complete, click **'I'm Done'**



Once your account is set up, you can navigate our intuitive ordering process and start placing orders. It works like amazon, place items in cart, checkout. You will be asked to enter credit card information at checkout. Credit card can be saved for easy checkout on future orders.
- You can order in advance for multiple days per week.
- It is important to note, we have a $10.00 transaction minimum, which can be spread out over multiple days.
- If you are on the Pre-Paid Lunch Program, you can purchase additional items. The pre-paid items will not incur a charge, the addional items will.

FOLLOW THESE SIMPLE STEPS TO EDIT OR CANCEL AN ORDER:

Must be completed prior to 8pm the night before.

1. Log in
2. Select the day you would like to edit or cancel on the lunch calendar
3. Click on the capers name(if you have multiple campers on your account)
4. Click **'Edit or Cancel'** you will be able to select or deselect items.
5. Confirm in your shopping cart.
6. If you are paying for lunch and your camper is going to be absent, you must cancel your lunch by 8pm the night before or email **bo@happykidlunch.com** by 9am to cancel **otherise you will not receive a refund, no exceptions.**

FOR HELP EMAIL: bo@happykidlunch.com

CAMP LUNCH PROGRAM

LUNCH

CHICKEN CAESAR WRAP

BREADED CHICKEN BREAST STRIPS

Breaded Chicken Breast Patties
WITH RIB MEAT

INGREDIENTS: Chicken breast with rib meat, water, seasoning (modified food starch, sodium and potassium bicarbonate, natural flavor), salt, sodium phosphate.

PREDUSTED AND BATTERED WITH: Water, wheat flour, wheat starch, yellow corn flour, salt, dehydrated onion, dehydrated garlic, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil (processing aid), extractives of paprika.

BREADED WITH: Bleached wheat flour, wheat starch, salt, dextrose, soybean oil (processing aid), dehydrated onion, dehydrated garlic, sugar, torula yeast, extractives of paprika. Breading is set in vegetable oil.

CONTAINS: WHEAT

HEATING INSTRUCTIONS:

CONVENTIONAL OVEN: Preheat oven to 375 F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 20 minutes.

DEEP FRY: Preheat frying oil to 350 F. Place frozen chicken pieces into frying oil. Fry for 2 minutes, 45 seconds.

Nutrition Facts
53 servings per container
Serving size 1 Patty (85g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 47mg	2%

*The % Daily Value 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.

7 60695 03420 8

980665

PRODUCT OF USA
DISTRIBUTED BY ROJET, LLC
17-10 WHITESTONE EXPRESSWAY
WHITESTONE NY 11357
V38995

NET WT. 10 lbs (4.54kg)

ROMAINE LETTUCE

Nutrition Facts
Serving Size 6 Leaves (85g)

Amount Per Serving
Calories 20 Calories from Fat 0

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 140mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	

Vitamin A 20% • Vitamin C 4%
Calcium 2% • Iron 2%

*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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Proof of Purchase
Item # 39036

SHREDDED PARMESAN

Imported Shredded
PARMESAN

Nutrition Facts
Serving Size 1 Tbsp (approx. 5g)
Servings Per Bag 454

Amount Per Serving
Calories 20 Fat Calories 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 0%

Ingredients: Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes
Contains: Milk

CAESAR DRESSING

KEN'S ESSENTIALS
Creamy Caesar Dressing

FOR BEST FLAVOR REFRIGERATE AFTER OPENING

Nutrition Facts
Serving Size 2 Tbsp (30g)
Servings Per Container about 128

Amount Per Serving
Calories 150 Fat Calories 140

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 0%

*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
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

827 ONLY THE ESSENTIAL INGREDIENTS:
Soybean Oil, Vinegar, Water, Apple Cider Vinegar, Grated Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Contains less than 2% of: Garlic,* TABASCO® Brand Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Sugar, Spices, Anchovy (Fish), Garlic Powder, Mustard Flour, Carrageenan, Xanthan Gum, Beta Carotene (for color). *Dried. Contains Fish (Anchovy), Milk.
1-800-426-5707 / Ken's Foods Inc., Marlborough, MA 01752 USA / www.KensFoodservice.com

WHITE FLOUR WRAP

White Flour

Nutrition Facts
Serving Size 1 Tortilla (100g)
Servings Per Container 12

Amount Per Serving
Calories 310 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 9g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 15%
Thiamine 30% • Riboflavin 15%
Niacin 20% • Folate 6%

*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
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

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Enriched Flour (Wheat Flour, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Malted Barley Flour), Water, Soybean Oil, Canola Oil and/or Partially Hydrogenated Soybean Oil and Cottonseed Oil, with Polyglycerol Esters of Fatty Acids and Monoglycerides, Contains 2% or less of each of the following: Salt, Mono and Diglycerides, Guar Gum, Xanthan Gum, Calcium Propionate (as Preservative), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Fumaric Acid, Sodium Bicarbonate, Potassium Sorbate (as Preservative), Dough Conditioner (Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate).

Contains: Wheat

GARDEN SALAD

ROMAINE LETTUCE

CHERRY TOMATO

CUCUMBER

SHAVED CARROT

DRESSING CHOICE OF:

CAESAR
RANCH
ITALIAN
HONEY MUSTARD

CAESAR SALAD

ROMAINE LETTUCE

SHAVED PARMESAN

CRUTONS

CAESAR DRESSING

Nutrition Facts
Serving Size 1 oz
(28g, about a 1 inch cube)
Servings Per Container 48

Amount Per Serving	
Calories 100 Calories from Fat 90	
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 110mg	**5%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Sugars <1g	
Protein 2g	

Vitamin A 6% • Vitamin C 0%
Calcium 0% • Iron 0%

*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
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

INGREDIENTS: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM

CONTAINS: MILK.

KRAFT FOODS GLOBAL, INC.
NORTHFIELD, IL 60093-2753 USA

kraft foods

1.866.538.2335
creamcheese.com

KEEP REFRIGERATED
DO NOT FREEZE

Nutrition Facts

6 servings per container
Serving Size **1.0 bagel(s)**

Amount per serving
Calories **280**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 56g	**20%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 9g	
Vitamin D 0mcg	**0%**
Calcium 38mg	**2%**
Iron 4mg	**20%**
Potassium 7mg	**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.

Ingredients
Unbromated Unbleached Enriched Whek Flour (Flour, Malted Barley Flour, Niacin [Vitamin B3], Reduced Iron, Thiamin Mononitrate ([Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Sugar, Salt, Yeast, Calcium Propionate And Sorbic Acid (To Retard Spoilage), Wheat Gulten, Enzymes, Monoglycerides, Guar Gum, Ascorbic Acid, Yellow Corn Meal.

Nutrition

Serving Size 2 oz (56g)	
AMOUNT PER SERVING	
Calories	**60 CAL**
Calories From Fat	20 CAL
	% Daily Value
Total Fat	**2.5 G**
Saturated Fat	0.5 G
Cholesterol	**8**
Sodium	**400 MG**
Total Carbohydrates	**1**
Dietary Fiber	0 G
Sugars	1 G
Protein	**7 G**
Vitamin A	0
Vitamin C	20
Calcium	0
Iron	0

Allergens
None

Ingredients
INGREDIENTS: WHITE TURKEY, WATER, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF SALT, SODIUM PHOSPHATES, SUGAR, SODIUM PROPIONATE, SODIUM DIACETATE, SODIUM BENZOATE, LEMON JUICE SOLIDS, SODIUM ASCORBATE, SODIUM NITRITE.

Nutrition Facts

Serving Size 1 slice (19g)
Servings Per Container 120

Amount Per Serving	
Calories 60	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 310mg	**13%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars <1g	
Protein 3g	

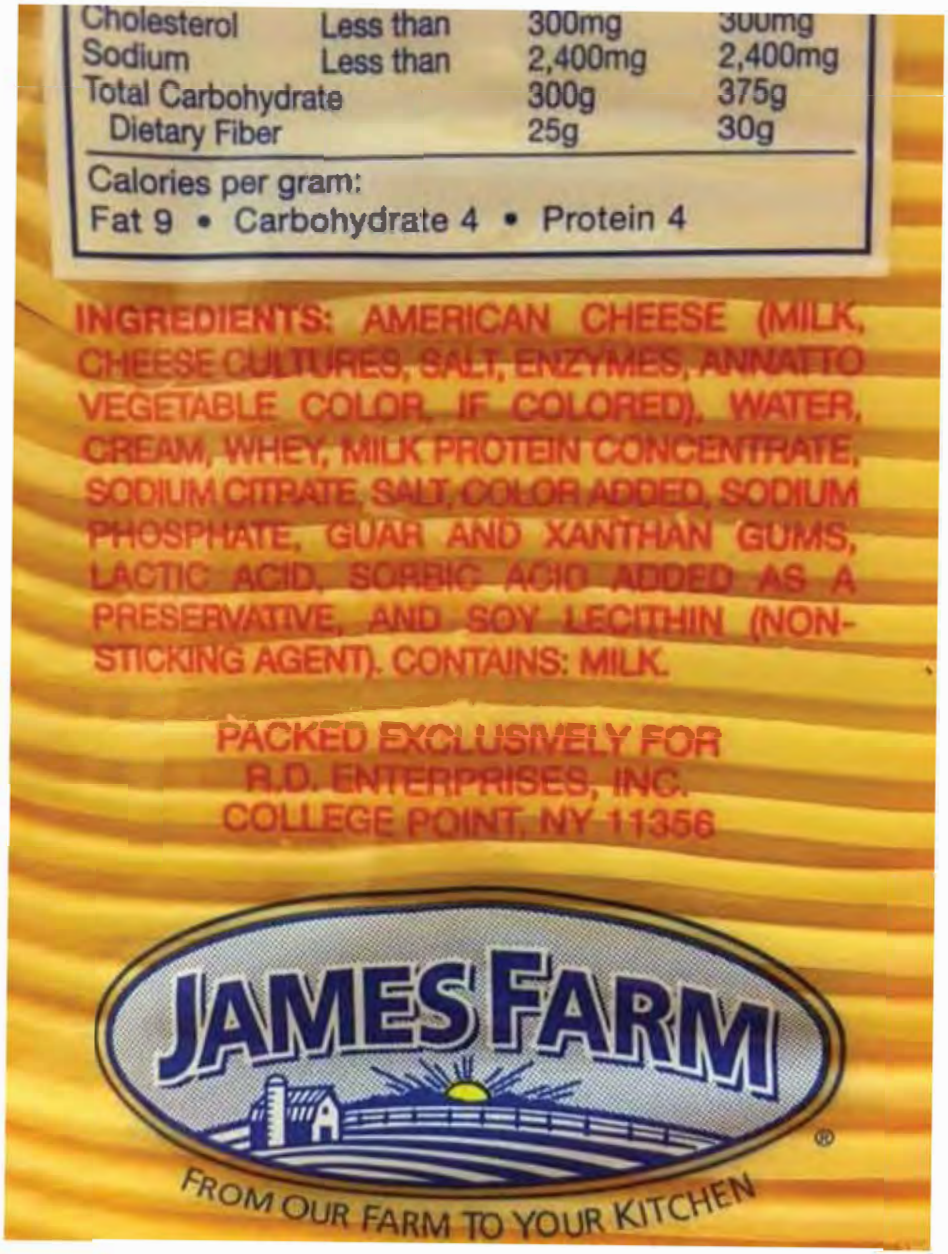
Vitamin A 6%	•	Vitamin C 0%	
Calcium 10%	•	Iron 0%	

*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
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

INGREDIENTS: AMERICAN CHEESE (MILK,



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

INGREDIENTS: AMERICAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO VEGETABLE COLOR, IF COLORED), WATER, CREAM, WHEY, MILK PROTEIN CONCENTRATE, SODIUM CITRATE, SALT, COLOR ADDED, SODIUM PHOSPHATE, GUAR AND XANTHAN GUMS, LACTIC ACID, SORBIC ACID ADDED AS A PRESERVATIVE, AND SOY LECITHIN (NON-STICKING AGENT). CONTAINS: MILK.

PACKED EXCLUSIVELY FOR
R.D. ENTERPRISES, INC.
COLLEGE POINT, NY 11356

JAMES FARM®

FROM OUR FARM TO YOUR KITCHEN

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:
Enriched Flour (Wheat Flour, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Malted Barley Flour), Water, Soybean Oil, Canola Oil and/or Partially Hydrogenated Soybean Oil and Cottonseed Oil, with Polyglycerol Esters of Fatty Acids and Monoglycerides, Contains 2% or less of each of the following: Salt, Mono and Diglycerides, Guar Gum, Xanthan Gum, Calcium Propionate (as Preservative), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Fumaric Acid, Sodium Bicarbonate, Potassium Sorbate (as Preservative), Dough Conditioner (Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate).

Contains: Wheat

GLUTEN FREE • NO ARTIFICIAL FLAVORS OR COLORS • NO BY-PRODUCTS

Since 1916

Nathan's®

FAMOUS

THE ORIGINAL Nathan's FOR OVER 100 YEARS

SKINLESS

BEEF FRANKS

INGREDIENTS: BEEF, WATER, CONTAINS 2% OR LESS OF SALT, SORBITOL, SODIUM LACTATE, NATURAL FLAVORINGS, SODIUM PHOSPHATES, HYDROLYZED CORN PROTEIN, PAPRIKA, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE

INGREDIENTS: BEEF, WATER, CONTAINS 2% OR LESS OF SALT, SORBITOL, SODIUM LACTATE, NATURAL FLAVORINGS, SODIUM PHOSPHATES, HYDROLYZED CORN PROTEIN, PAPRIKA, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

Nutrition Facts

Beef Burger 80/20 4ounce Patty - Ocs Beef Burger 4oz.

Servings: 1 | 1 - 4 ounce Patty

Calories	280	**Sodium**	75 mg
Total Fat	22 g	**Potassium**	304 mg
Saturated	9 g	**Total Carbs**	0 g
Polyunsaturated	1 g	**Dietary Fiber**	0 g
Monounsaturated	8 g	**Sugars**	0 g
Trans	1 g	**Protein**	19 g
Cholesterol	80 mg		
Vitamin A	0%	**Calcium**	0%
Vitamin C	0%	**Iron**	0%

KEEP FROZEN

ALL BEEF HAMBURGER 80/20

4 OZ FLAT SIZE

40 COUNT

10 LBS NET WEIGHT

Chicken Nuggets

(either one may be served)

Or

Chicken Patty Sandwich

On a hamburger bun

Alternate Chicken Patty if we cannot source the Chicken Patty on the previous page.

Nutrition Facts

About 30 servings per container
Serving size **1 piece (76g)**

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 4g	
Cholesterol 35mg	**12%**
Sodium 560mg	**24%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 10g	**18%**
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 120mg	2%

* 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.

Chicken Patty

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: CORN STARCH, DEXTROSE, DRIED GARLIC, DRIED ONION, DRIED YEAST, NATURAL FLAVOR, PAPRIKA EXTRACT, SALT, SOYBEAN OIL, SPICES, SUGAR, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL.
CONTAINS: WHEAT.

On a hamburger bun

MEATBALL HERO

Ingredients
Enriched Flour (Wheat Flour Unbleached, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Contains Less Than 2% Of: Calcium Propionate (to Retain Freshness), Calcium Sulfate, Enzymes, Monoglycerides, Propionic Acid, Phosphoric Acid, Ascorbic Acid, Wheat Gluten, Salt, Sugar.

Warnings
Allergens: Contains wheat. Made in a facility that does not contain nuts, processed in a facility that uses sesame seeds.

Nutrition Facts

6 servings per container
Serving Size 1.0 roll

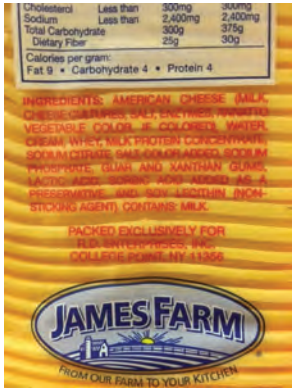
Amount per serving
Calories 170

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 1mcg	0%
Calcium 100mg	8%
Iron 2mg	10%
Potassium 90mg	2%

*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
Don Pepino's Marinara sauce uses only the finest ingredients; concentrated crushed tomatoes combined with a special mix of imported spices and cholesterol free corn oil. These ingredients are blended and cooked to give you a truly old world flavor. We never add preservatives, gums, starches, fillers, artificial color or citric acid..

FUN BOX - Pepperoni, Cheese, Club Crackers



Ingredients: Pork, Beef, Salt, Contains 2% or less of Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.

FUN BOX - Hummus, Carrots, Cucumber

Description Nutrition Ingredients

Cooked Chickpeas, Water, Tahini (Ground Sesame), NonGMO Soybean Oil, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added to Maintain Freshness.


CLASSIC
ITALIAN CHEESES
MADE IN THE U.S.A.
SAY BEL-JOY-OSO
CLASSICI ITALIANI
FATTI IN AMERICA
BELGIOIOSO®
PARMESAN
FRESHLY SHAVED
CHEESE CRAFTED WITH FRESH LOCAL MILK
FULL, NUTTY FLAVOR
GLUTEN FREE rBST FREE*
Award Winning
AGED OVER 10 MONTHS
Crafted in Wisconsin
Ingredients: Cultured milk, salt, enzymes, cellulose to prevent caking, natamycin to protect flavor.
*No significant difference has been found in milk from cows treated with artificial hormones.
Nutrition Facts Servings: 453, Serv. Size: 1 tbsp. (5g),
Amount Per Serving: Calories 20, Total Fat 1g (2% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. <5mg (1% DV), Sodium 45mg (2% DV), Total Carb. 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 2g (4% DV), Vit. D (0% DV), Calcium (4% DV), Iron (0% DV), Potas. (0% DV).
0 31142 35942 8
NET WT
5 LBS (2.26Kg)
BELGIOIOSO.COM - BELGIOIOSO CHEESE INC. DENMARK, WI 54208

Nutrition Facts

About 130 servings per container

Serving size **2 Tbsp (7g)**

Amount per serving

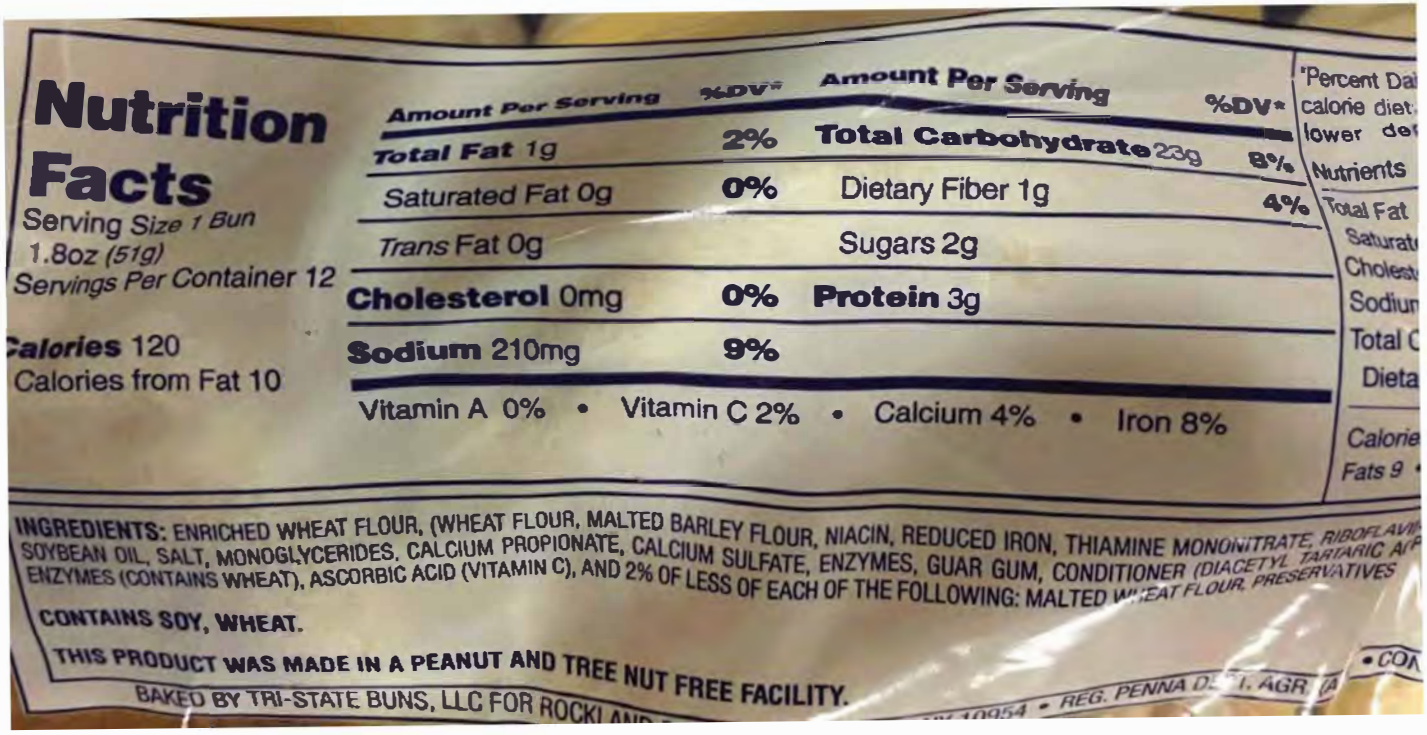
Calories **35**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 4g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	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.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) CANOLA OIL, SEASONING (SUGAR, WHEY, SALT, ROMANO CHEESE BLEND [ROMANO CHEESE MADE FROM COW'S MILK (MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY DISODIUM PHOSPHATE, LACTIC ACID], PARMESAN CHEESE BLEND [PARMESAN CHEESE (PASTEURIZED MILK CHEESE CULTURES, SALT, ENZYMES), WHEY, SALT DISODIUM PHOSPHATE, LACTIC ACID], TOMATO POWDER GARLIC POWDER, NATURAL FLAVOR [INCLUDING AUTOLYZED YEAST EXTRACT], VINEGAR POWDER [MALTODEXTRIN, VINEGAR], SPICES, DEHYDRATED PARSLEY, SILICON DIOXIDE ADDED TO PREVENT CAKING) SALT, WATER, YEAST, NATURAL BUTTER FLAVOR, ASCORBIC ACID.

CONTAINS: MILK, WHEAT.



Nutrition Facts

Serving Size 1 Bun
1.8oz (51g)
Servings Per Container 12

Calories 120
Calories from Fat 10

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 1g	2%	**Total Carbohydrate** 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	**Protein** 3g	
Sodium 210mg	9%		

Vitamin A 0% • Vitamin C 2% • Calcium 4% • Iron 8%

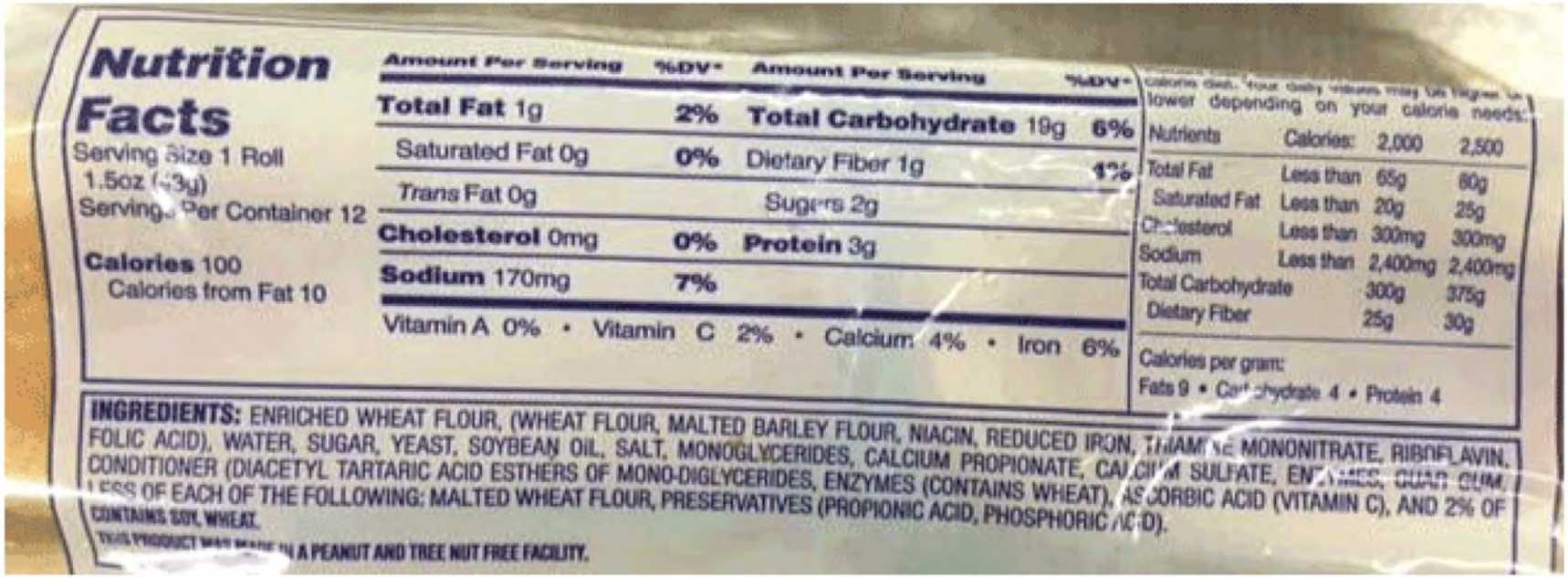
*Percent Dai
calorie diet
lower de
Nutrients
Total Fat
Saturat
Cholest
Sodiu
Total C
Dieta
Calorie
Fats 9

INGREDIENTS: ENRICHED WHEAT FLOUR, (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN
SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE, CALCIUM SULFATE, ENZYMES, GUAR GUM, CONDITIONER (DIACETYL TARTARIC AI
ENZYMES (CONTAINS WHEAT), ASCORBIC ACID (VITAMIN C), AND 2% OF LESS OF EACH OF THE FOLLOWING: MALTED WHEAT FLOUR, PRESERVATIVES

CONTAINS SOY, WHEAT.

THIS PRODUCT WAS MADE IN A PEANUT AND TREE NUT FREE FACILITY.

BAKED BY TRI-STATE BUNS, LLC FOR ROCKLAND
10954 • REG. PENNA DEPT. AGR
• CON



Nutrition Facts

Serving Size 1 Roll
1.5oz (43g)
Servings Per Container 12

Calories 100
Calories from Fat 10

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 1g	**2%**	**Total Carbohydrate** 19g	**6%**
Saturated Fat 0g	**0%**	Dietary Fiber 1g	**1%**
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	**0%**	**Protein** 3g	
Sodium 170mg	**7%**		

Vitamin A 0% • Vitamin C 2% • Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrients	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:
Fats 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR, (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE, CALCIUM SULFATE, ENZYMES, GUAR GUM, LESS OF EACH OF THE FOLLOWING: MALTED WHEAT FLOUR, PRESERVATIVES (PROPIONIC ACID, PHOSPHORIC ACID), ASCORBIC ACID (VITAMIN C), AND 2% OF

CONTAINS: SOY, WHEAT.

THIS PRODUCT WAS MADE IN A PEANUT AND TREE NUT FREE FACILITY.

Nutrition Facts

Serving Size (5.5g)
Servings Per Container 500

Amount Per Serving	
Calories 5	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 5mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: DISTILLED VINEGAR, #1 MUSTARD SEED, SALT, TURMERIC, SPICES

ZERO TRANS FAT

Nutrition Facts

Serving Size (9g)
Servings Per Container 200

Amount Per Serving	
Calories 60	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Potassium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: SOYBEAN OIL, WATER, EGG YOLKS, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SPICE, SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR

CONTAINS: EGG

ZERO TRANS FAT

Nutrition Facts

Serving Size 1 Packet (9g)
Servings per Container 1

Amount per Serving	
Calories 10	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* 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
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

Ingredients

tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.


TEAR HERE
TEAR HERE
KEN'S
Ranch
Dressing
NET WT
1.5 OZ (43g)


KEN'S
Ranch
Dressing
INGREDIENTS:
Nutrition Facts:
Calories 200, Fat Cal 180, Total Fat
Cholest 15mg-5%,
Total Carb 2g-1%
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 0%
MARLBOROUGH, MA 01752
1-800-645-5707
41335 07899


TEAR HERE
TEAR HERE
KEN'S
Golden
Italian
Dressing
NET WT
1.5 OZ (43g)


KEN'S
Golden
Italian
Dressing
INGREDIENTS:
Nutrition Facts:
Calories 160, Fat Cal 150,
Total Fat 17g-26%
Sat Fat 2.5g-12%
Trans Fat 0g
Cholest 0mg-0%
Total Carb 4g-1%
Protein 0g
Vitamin A 0% • Vitamin C 0%
Please Include Date
MARLBOROUGH, MA 01752
1-800-645-5707
Mon. - Fri. 9am - 5pm EST
Refrigerate After Opening
41335 08589

Ingredients:
Soybean Oil
Dijon Mustard (Distilled Vinegar, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices, Tartaric Acid)
High Fructose Corn Syrup
Contains Less Than 2% Egg Yokes
Distilled Vinegar
Salt
Spice
Mustard Bran
Xanrhan Gum
Calcium Disodium
EDTA added to protect Flavoe

Contains: EGG

CAMP LUNCH PROGRAM

DRINKS


HORIZON
ORGANIC
Organic
Lowfat Milk
VITAMINS A & D • UHT
USDA
ORGANIC
8 FL OZ (236 mL)


Nutrition Facts
Serving Size 1 Container
Amount Per Serving
Calories 110 Fat Cal 20
%DV*
Total Fat 2.5g 4%
Sat Fat 1.5g 8%
Trans Fat 0g
Polyunsat Fat 0g
Monounsat Fat 0.5g
Cholest 10mg 3%
Sodium 130mg 5%
Total Carb 13g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 8g 16%
Vit A 10% • Vit C 0%
Calcium 30% • Iron 0%
Vit D 25% • Riboflavin 25%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS:
Organic Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D3.
GRADE A


HORIZON
ORGANIC
DHA OMEGA-3
SUPPORTS BRAIN HEALTH
Chocolate
Lowfat Milk
VITAMINS A & D • UHT
USDA
ORGANIC
8 FL OZ (236 mL)


Nutrition Facts
Serving Size 1 Container
Amount Per Serving
Calories 150 Fat Cal 25
%DV*
Total Fat 2.5g 4%
Sat Fat 1.5g 8%
Trans Fat 0g
Polyunsat Fat 0g
Monounsat Fat 1g
Cholest 15mg 4%
Sodium 180mg 7%
Total Carb 23g 8%
Dietary Fiber 0g 0%
Sugars 22g
Protein 8g 17%
Vit A 10% • Vit C 0%
Calcium 30% • Iron 4%
Vit D 25% • Riboflavin 25%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS:
GRADE A


Poland Spring

apple juice
100% Juice
FROM CONCENTRATE
& ADDED INGREDIENTS

Nutrition Facts

1 serving per container
Serving size 6.75 fl. oz. (200mL)

Amount per serving
Calories 90

	%Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Total Carbohydrate 21g	8%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 0g	

Calcium 25mg 2% • Potassium 200mg 4%
Vitamin A 90mcg 10% • Vitamin C 60mg 70%
Vitamin E 1.5mg 10%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D or iron.

*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.

fruit punch
100% Juice
FLAVORED BLEND OF 4 JUICES
FROM CONCENTRATE
& ADDED INGREDIENTS

Nutrition Facts

1 serving per container
Serving size 6.75 fl. oz. (200mL)

Amount per serving
Calories 90

	%Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 0g	

Calcium 25mg 2% • Potassium 200mg 4%
Vitamin A 90mcg 10% • Vitamin C 60mg 70%
Vitamin E 1.5mg 10%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D or iron.

*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.

very berry
100% Juice
FLAVORED BLEND OF 4 JUICES
FROM CONCENTRATE
& ADDED INGREDIENTS

Nutrition Facts

1 serving per container
Serving size 6.75 fl. oz. (200mL)

Amount per serving
Calories 90

	%Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 0g	

Calcium 25mg 2% • Potassium 190mg 4%
Vitamin A 90mcg 10% • Vitamin C 60mg 70%
Vitamin E 1.5mg 10%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D or iron.

*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.

CAMP LUNCH PROGRAM

SNACKS

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**5%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 10%
Calcium 0%	•	Iron 2%
Vitamin E 6%	•	Thiamin 4%
Niacin 6%	•	Vitamin B_6 10%
Magnesium 4%	•	Zinc 2%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, malt, dextrose, canola oil*, yeast, soda.

Nutrition Facts

Serving Size 1 package (42.5g)
Servings Per Container 1

Amount Per Serving	
Calories 160	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**12%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 1g	**3%**
Sugars 1g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 15%	•	Riboflavin 10%
Niacin 15%	•	Folate 20%

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
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

Nutrition Facts

Serving Size 1 Pouch
Servings Per Container 24

Amount Per Serving	
Calories 200	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3.5g	
Cholesterol 5mg	**2%**
Sodium 360mg	**15%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 1g	**4%**
Sugars Less than 1g	
Protein 5g	
Vitamin A 0% • Vitamin C	0%
Calcium 4% • Iron	4%

*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
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

MADE WITH SMILES AND UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED **IRON**, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED CULTURED MILK, SALT, ENZYMES), ANNATTO], VEGETABLE **OILS** (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, SPICES, AUTOLYZED **YEAST**, LEAVENING (MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE, BAKING SODA) AND ONION POWDER.

PEPPERIDGE FARM, INC.
NORWALK, CT 06856
PRODUCT OF USA

7063-5-1

Ingredients: Popcorn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, and Salt. **CONTAINS MILK INGREDIENTS.**

Nutrition Facts

Serving Size 1 oz (28g/About 1 3/4 cups)

Amount Per Serving	1 oz	Entire Pkg
Calories	160	360
Calories from Fat	90	200
	% Daily Value*	
Total Fat 10g, 23g	**15%**	**35%**
Saturated Fat 2g, 4.5g	**10%**	**23%**
Trans Fat 0g, 0g		
Cholesterol less than 5mg, 10mg	**2%**	**3%**
Sodium 290mg, 660mg	**12%**	**28%**
Potassium 100mg, 220mg	**3%**	**6%**
Total Carbohydrate 14g, 32g	**5%**	**11%**
Dietary Fiber 2g, 5g	**9%**	**19%**
Sugars 2g, 4g		
Protein 3g, 7g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	6%	10%
Iron	2%	6%
Vitamin E	8%	20%
Thiamin	2%	4%
Riboflavin	6%	15%
Vitamin B_6	4%	8%
Phosphorus	10%	20%
Magnesium	6%	10%
Zinc	2%	8%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1 large apple (242g / 8 oz.)

Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value**
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 260mg	**7%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 5g	**20%**
Sugars 25g	
Protein 1g	

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 2%

* 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 per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CAMP LUNCH PROGRAM

DESSERTS

NO High Fructose Corn Syrup

Nutrition Facts

Serving Size	1 Bar (37g)
Servings Per Container	25

Amount Per Serving

Calories 150	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 1g	

Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 2%
Vitamin D 4% • Thiamin 15% • Riboflavin 15% • Niacin 15%
Vitamin B_6 15% • Folic Acid 10%

*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	
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

INGREDIENTS: TOASTED RICE CEREAL (RICE, SUGAR, SALT, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT FOR FRESHNESS, VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), THIAMIN HYDROCHLORIDE (VITAMIN B_1), RIBOFLAVIN (VITAMIN B_2), SOY LECITHIN

CONTAINS MILK AND SOY INGREDIENTS.

Nutrition Facts

36 servings per container
Serving size 1 package (56.7g)

Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 10.7g	14%
Saturated Fat 5.8g	29%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 60mg	0%

*The percent 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: Flour (Wheat Flour, Malted Barley Flour, Whole Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil (Vitamin E), Organic White Sugar, Organic Brown Sugar, Whole Eggs, Egg Whites, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Contains 2% or less of Mono- and Diglycerides, Sunflower Lecithin, Citric Acid, Beta Carotene, Vitamin A, Salt, Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Monocalcium Phosphate), Natural Flavor and Vanilla Extract.

ALLERGENS: Wheat, Eggs, Soy. May Contain Dairy

LINDEN COOKIES, INC.,
25 BRENNER DRIVE,
CONGERS, NY 10920
CONN. LIC. 3789

Ingredients: Water, high fructose corn syrup, contains 2% or less of the following: apple juice from concentrate, pear juice from concentrate, natural and artificial flavors, citric acid, sodium benzoate and potassium sorbate (preservatives), red 40, yellow 5, yellow 6, blue 1.

Nutrition Facts

Serving Size	4 fl. oz.	68g
Servings Per Container		1
Amount Per Serving		
Calories	180	
Calories From Fat	50	
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	135mg	6%
Total Carbohydrate	28g	9%
Dietary Fiber	less than 1g	0%
Sugars	15g	
Protein	3g	
Vitamin A		6%
Vitamin C		0%
Calcium		4%
Iron		0%

*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:
FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (PROPYLENE GLYCOL MONOESTER, GUAR GUM, MONO & DIGLYCERIDES, CALCIUM SULFATE, CARRAGEENAN, LOCUST BEAN GUM), ARTIFICIAL FLAVOR.
WAFERS: BLEACHED WHEAT FLOUR, SUGAR, SOY BEAN & PALM OIL. COCOA, DEXTROSE, CARAMEL COLOR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CORN FLOUR, MODIFIED CORN STARCH, SALT, BAKING SODA, SOY LECITHIN, ARTIFICIAL CHOCOLATE FLAVOR.