

Munchies Kids Mix

Nutrition Facts

Serving Size: Each

ALLERGENS

Milk, Wheat

Amount Per Serving

Calories: 100

Calories from Fat: 27

Total Fat:	3.0g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	150mg
Total Carbohydrate:	17.0g
Dietary Fiber:	2.0g
Protein:	3.0g

Vitamin A: 100RE

Vitamin C: .0mg

Calcium: 40.0mg

Iron: 2.7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Munchies Kids Mix Quaker (mfg label): CAP'N CRUNCH® CEREAL (ORIGINAL) CORN FLOUR, SUGAR, OAT FLOUR, BROWN SUGAR, COCONUT OIL, SALT, NIACINAMIDE (A B VITAMIN), REDUCED IRON, ZINC OXIDE (A SOURCE OF ZINC), ARTIFICIAL COLOR (YELLOW 5, YELLOW 6), THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), AND FOLIC ACID, AND BHT (A PRESERVATIVE). ROLD GOLD® BRAND CLASSIC TINY TWISTS PRETZELS ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN OIL, CORN SYRUP, SALT, MALT SYRUP, YEAST, SODIUM BICARBONATE, AMMONIUM BICARBONATE, AND ARTIFICIAL FLAVOR. CONTAINS A WHEAT INGREDIENT. DORITOS® BRAND NACHO CHEESE FLAVORED BITE-SIZE TORTILLA CHIPS WHOLE CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, OR SUNFLOWER OIL), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, BUTTERMILK SOLIDS, WHEY PROTEIN CONCENTRATE, WHEY, TOMATO POWDER, MONOSODIUM GLUTAMATE, ROMANO CHEESE FROM COW'S MILK (CHEESE CULTURES, MILK, SALT, ENZYMES), ONION POWDER, ASCORBIC ACID (VITAMIN C), TOCOPHEROLS (FROM REFINED SOYBEAN OIL) (VITAMIN E), MALTODEXTRIN, NATURAL FLAVOR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, SUGAR, GARLIC POWDER, DISODIUM PHOSPHATE, DEXTROSE, POTATO STARCH, BETA CAROTENE (VITAMIN A), PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), ARTIFICIAL COLORS (INCLUDING YELLOW 6), CITRIC ACID, SPICE, LACTIC ACID, NIACINAMIDE (A B VITAMIN), DISODIUM INOSINATE, DISODIUM GUANYLATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), AND RIBOFLAVIN (VITAMIN B2). CONTAINS MILK INGREDIENTS. CHEETOS® BRAND ASTEROIDS® BRAND CHEESE FLAVORED SNACKS ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, OR SUNFLOWER OIL), WHEY, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, MALTODEXTRIN, DISODIUM PHOSPHATE, SOUR CREAM (CULTURED CREAM, NONFAT MILK), ARTIFICIAL FLAVOR, MONOSODIUM GLUTAMATE, ARTIFICIAL COLORS (INCLUDING YELLOW 6), LACTIC ACID, AND CITRIC ACID, . CONTAINS MILK INGREDIENTS. SMARTFOOD® BRAND REDUCED FAT WHITE CHEDDAR CHEESE FLAVORED POPCORN POPCORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, OR SUNFLOWER OIL), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, SALT, MALTODEXTRIN, BUTTERMILK, WHEY PROTEIN CONCENTRATE, PARTIALLY HYDROGENATED SOYBEAN OIL, BUTTER (CREAM AND SALT), NATURAL FLAVORS, CREAM, SODIUM CITRATE, NONFAT MILK, CULTURED WHEY, LACTIC ACID, TOCOPHEROLS (TO HELP PROTECT FLAVOR), ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, POTATO STARCH, NIACINAMIDE (A B VITAMIN), BETA CAROTENE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), AND RIBOFLAVIN (VITAMIN B2). CONTAINS MILK AND WHEAT [900168]

