Wesley KIDS Snack Nutritional Information



Nutrition Facts

about 12 servings per container

Serving size 1 cup (61g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 48g	17%
Dietary Fiber 7g	25%
Total Sugars 22g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 4.1mcg	20%
Calcium 0mg	0%
Iron 3.7mg	20%
Potassium 390mg	8%
Vitamin A	20%
Thiamine	20%
Riboflavin	20%
Niacin	20%
Vitamin B_6	20%
Folate 160mcg DFE (85mcg folic acid)	40%
Vitamin B_{12}	20%
Phosphorus	15%
Magnesium	20%
Zinc	20%

* 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: WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, MALTED BARLEY SYRUP, POTASSIUM CHLORIDE. **VITAMINS AND MINERALS:** REDUCED IRON, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B_2), THIAMINE MONONITRATE (VITAMIN B_1), FOLIC ACID, VITAMIN D, VITAMIN B_{12}.
CONTAINS WHEAT.



Nutrition Facts

about 14 servings per container

Serving size 1/4 cup (40g)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.6mg	4%
Potassium 310mg	6%

* 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.

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

INGREDIENTS: RAISINS.



Nutrition Facts

About 25 Servings Per Container

Serving Size 55 Pieces (30g)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 240mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 80mg	2%
Thiamin 0.12mg	10%
Folate 40mcg DFE (30mcg folic acid)	10%

* 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.

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OIL (CANOLA, SOYBEAN AND/OR SUNFLOWER), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA.
CONTAINS: WHEAT, MILK.
PEPPERIDGE FARM INC., CAMDEN, NJ 08130-1707
Contains bioengineered food ingredients.



Nutrition Facts

about 13 servings per container
Serving size 2 full cracker sheets (31g)

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 8g	
Includes 8g Added Sugars	**16%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	6%
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.

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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAHAM FLOUR (WHOLE WHEAT FLOUR), SUGAR, HIGH OLEIC CANOLA AND/OR SOYBEAN OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS, HONEY, CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, NATURAL FLAVOR, SOY LECITHIN, SODIUM SULFITE.

CONTAINS WHEAT AND SOY. MAY CONTAIN TRACES OF MILK AND EGGS.



Nutrition Fa

8 servings per container
Serving size 1 t

	Strawberry Per serving		Blueberry Per serving	
Calories	**50**		**50**	
		% Daily Value*		**% Daily Value***
Total Fat	0.5g	**1%**	0.5g	**1%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	<5mg	**1%**	<5mg	**1%**
Sodium	35mg	**2%**	35mg	**2%**
Total Carbohydrate	9g	**3%**	9g	**3%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	6g		6g	
Includes Added Sugars	4g	**8%**	4g	**8%**
Protein	2g		2g	
Vitamin D	0.9mcg	4%	0.9mcg	4%
Calcium	150mg	10%	150mg	10%
Iron	0.1mg	0%	0.1mg	0%
Potassium	100mg	2%	100mg	2%
Vitamin A	40mcg	4%	40mcg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: STRAWBERRY: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED FOOD STARCH, FRUCTOSE, CALCIUM PHOSPHATE, PECTIN, CAROB BEAN GUM, CARRAGEENAN, NATURAL FLAVOR, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), BETA CAROTENE AND VEGETABLE JUICE (COLOR), CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D_3.
BLUEBERRY: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED FOOD STARCH, FRUCTOSE, CALCIUM PHOSPHATE, FRUIT AND VEGETABLE JUICE (COLOR), PECTIN, CAROB BEAN GUM, CARRAGEENAN, NATURAL FLAVOR, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), VITAMIN A PALMITATE, VITAMIN D_3.



Nutrition Facts

about 10 servings per container
Serving size 8 cookies (30g)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 110mg	**5%**
Total Carbohydrate 22g	**8%**
Dietary Fiber <1g	**2%**
Total Sugars 10g	
Includes 10g Added Sugars	**20%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
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.

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

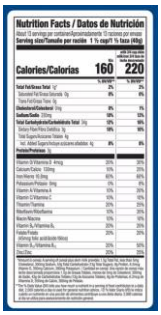
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, HIGH OLEIC CANOLA OIL, CONTAINS 2% OR LESS OF: SALT, WHEY, EGGS, NATURAL AND ARTIFICIAL FLAVORS, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SOY LECITHIN (EMULSIFIER).

CONTAINS MILK, EGGS, WHEAT AND SOY.

DISTRIBUTED BY: Walmart Inc.,
Bentonville, AR 72716

CONTAINS A BIOENGINEERED FOOD INGREDIENT.





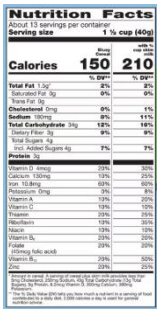
Nutrition Facts / Datos de Nutrición

Calories/Calorías	160	220

Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.





Nutrition Facts

About 13 servings per container

Serving size 1 ⅛ cup (40g)

Calories	150	210
	% DV*	% DV*
Total Fat 1.5g	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 180mg	8%	11%
Total Carbohydrate 34g	12%	16%
Dietary Fiber 3g	9%	9%
Total Sugars 4g		
Incl. Added Sugars 4g	7%	7%
Protein 3g		
Vitamin D 4mcg	20%	30%
Calcium 130mg	10%	25%
Iron 10.8mg	60%	60%
Potassium 0mg	3%	8%
Vitamin A	10%	20%
Vitamin C	10%	10%
Thiamin	20%	25%
Riboflavin	10%	35%
Niacin	10%	10%
Vitamin B_6	20%	20%
Folate (40mcg folic acid)	20%	20%
Vitamin B_{12}	20%	50%
Zinc	20%	25%

Amount in cereal. A serving of cereal plus one cup skim milk provides less than 2mg Cholesterol, 200mg Sodium, 49g Total Carbohydrate, 22g Total Sugars, 8g Protein, & 20mcg Vitamin D, 300mg Calcium, 58mg Potassium.

* 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: Whole Grain Corn, Corn Meal, Sugar, Salt, Canola and/or Sunflower Oil, Brown Sugar Syrup, Spirulina Extract (color), **Baking Soda, Natural Flavor. Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_1** (thiamin mononitrate), **Vitamin A** (palmitate), **Vitamin B_2** (riboflavin), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

MAY CONTAIN WHEAT INGREDIENTS.



Nutrition Facts

about 21 servings per container

Serving size 5 crackers (16g)

Calories	Per serving 80		Per fresh stack 210	
		% DV*		% DV*
Total Fat	4.5g	**6%**	11g	**14%**
Saturated Fat	1.5g	**8%**	3.5g	**18%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	130mg	**6%**	350mg	**15%**
Total Carb	10g	**4%**	26g	**9%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	1g		3g	
Incl Added Sugars	1g	**2%**	3g	**6%**
Protein	<1g		2g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	0%	60mg	4%
Iron	0.5mg	2%	1.4mg	8%
Potassium	10mg	0%	30mg	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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN AND/OR CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR.
CONTAINS: WHEAT, SOY.
CONTAINS A BIOENGINEERED FOOD INGREDIENT



Nutrition Facts

24 servings per container

Serving size 1 stick (28g)

Amount per serving

Calories 80

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 190mg	**8%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 7g	**14%**
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 0mg	0%
Potassium 0mg	0%

*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.

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

INGREDIENTS: PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
CONTAINS MILK.



Nutrition Facts

about 12 servings per container
Serving size 1 1/2 cup (41g)

Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 3g	**11%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 14.4mg	80%
Potassium 130mg	2%
Thiamin	30%
Riboflavin	50%
Niacin	50%
Vitamin B_6	20%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B_{12}	40%
Phosphorus	10%
Zinc	60%

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

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR.
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B_3), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B_2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), THIAMIN MONONITRATE (VITAMIN B_1), VITAMIN B_{12}.
CONTAINS WHEAT.



Nutrition Facts Servings: about 11, **Serv. size: 1/2 cup (126g),**
Amount per serving: **Calories 90,**
Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 10mg (0% DV), **Total Carb.** 23g (8% DV), Fiber 1g (4% DV), Total Sugars 20g (Incl. 9g Added Sugars, 18% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (2% DV).

INGREDIENTS: APPLES, SUGAR, WATER, ASCORBIC ACID (TO MAINTAIN COLOR).



Nutrition Facts Servings: about 11, **Serv. size: 1/2 cup (128g),**
Amount per serving: **Calories 100,**
Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 10mg (0% DV), **Total Carb.** 26g (9% DV), Fiber 1g (4% DV), Total Sugars 23g (Incl. 12g Added Sugars, 24% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (2% DV).

INGREDIENTS: APPLES, SUGAR, WATER, CINNAMON, ASCORBIC ACID (TO MAINTAIN COLOR).





Ingredients

POTATO STARCH, POTATO FLOUR, EXPELLER PRESSED CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SALT, TOMATO PASTE, SPINACH POWDER, TURMERIC (COLOR), BEETROOT POWDER (COLOR), BETA-CAROTENE (COLOR), POTASSIUM CHLORIDE

11.2.26



Blueberry

Nutrition Facts
18 servings per container
Serving Size 1 package (57g)

Amount per Serving
Calories 200

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 3g	**11%**
Total Sugars 19g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 1mcg	6%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 130mg	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: Whole Wheat Flour, Fig Paste, Cane Sugar, Brown Rice Syrup, Blueberry Filling (Cane Sugar, Naturally Milled Sugar, Rice Starch, Glycerin, Blueberries, Apple Powder, Natural Flavors, Pectin, Citric Acid, Locust Bean Gum), Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Natural Flavor, Citric Acid, Baking Soda. **CONTAINS WHEAT.**

DISTRIBUTED BY NATURE'S BAKERY, LLC, RENO, NV 89511
MADE IN A DEDICATED PEANUT AND TREE NUT FREE FACILITY

Strawberry

Nutrition Facts
18 servings per container
Serving Size 1 package (57g)

Amount per Serving
Calories 200

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 3g	**11%**
Total Sugars 19g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 1mcg	6%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 140mg	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: Whole Wheat Flour, Fig Paste, Cane Sugar, Brown Rice Syrup, Strawberry Filling (Naturally Milled Sugar, Cane Sugar, Strawberry Puree, Rice Starch, Glycerin, Apple Powder, Natural Flavors, Citric Acid, Pectin, Locust Bean Gum), Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Natural Flavor, Citric Acid, Baking Soda. **CONTAINS WHEAT.**

DISTRIBUTED BY NATURE'S BAKERY, LLC, RENO, NV 89511
MADE IN A DEDICATED PEANUT AND TREE NUT FREE FACILITY

Fig

Nutrition Facts
18 servings per container
Serving Size 1 package (57g)

Amount per Serving
Calories 200

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 3g	**11%**
Total Sugars 19g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0.6mcg	4%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 150mg	4%

*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: Whole Wheat Flour, Fig Paste, Cane Sugar, Brown Rice Syrup, Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Citric Acid, Baking Soda. **CONTAINS WHEAT.**

DISTRIBUTED BY NATURE'S BAKERY, LLC, RENO, NV 89511
MADE IN A DEDICATED PEANUT AND TREE NUT FREE FACILITY



Nutrition Facts
about 30 servings per container
Serving size 16 crackers (30g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 7g Added Sugars	**14%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 26mg	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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN OIL, INVERT SUGAR, SALT, BAKING SODA (FOR LEAVENING), SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR, SPICE.
CONTAINS: SOY, WHEAT
MAY CONTAIN EGG, MILK.
MADE IN A PEANUT FREE FACILITY.