



Serving Size 1 serving

Nutrition Facts

Amount per serving	
Calories	313
% Daily Value	
Total Fat 8 gm	12%
Saturated Fat 3 gm	15%
Trans Fat 0 gm	
Cholesterol 5 mg	2%
Sodium 181 mg	8%
Potassium 296 mg	8%
Carbohydrates 55 gm	18%
Dietary Fiber 7 gm	28%
Total Sugars 25 gm	
Includes 18 Added Sugars	
Protein 5 gm	
Iron 1 mg	8%
Calcium 30 mg	3%
Vitamin A 0 mcg RAE	0%
Vitamin C 0 mg	0%
Vitamin D 0 iu	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.

Allergens



Attributes

Ingredients

Ultimate Breakfast Round: WHOLE WHEAT FLOUR, SUGAR, OATS, SOYBEAN AND PALM OILS, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, SKIM MILK, SOY LECITHIN), CHICORY ROOT FIBER, MOLASSES, CONTAINS LESS THAN 2% OF THE FOLLOWING: GLYCERINE (VEGETABLE BASED), LEAVENING (BAKING SODA), BROWN SUGAR, CINNAMON, MODIFIED CORNSTARCH, EGGS, RAISIN PASTE, NATURAL AND ARTIFICIAL FLAVOR, SALT, CARRAGEENAN, GUAR GUM, SOY LECITHIN, CORN SYRUP SOLIDS, EGG WHITES. **CONTAINS:** WHEAT, MILK, SOT, EGGS

CAL: 270kcal **FAT:** 8g **CARBS:** 44g **PRO:** 5g

Apple Crisps: Dried Apples, Natural Flavor

CAL: 40kcal **FAT:** 0g **CARBS:** 10g **PRO:** 0g



Ingredients

Wowbutter Sandwich: BREAD: Whole Grain Wheat Flour, Water, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Sugar, Wheat Gluten, Resistant Corn Starch, Soybean Oil, Salt, Yeast, Monoglycerides, Modified Whey, Calcium Propionate (A Preservative), Butter Flavor, Citric Acid, Calcium Sulfate, Vitamin D2 (Ergocalciferol), Ascorbic Acid. JELLY: White Sugar, Grape Juice (Made From Concentrate), Pectin, Citric Acid, Potassium Sorbate. WOWBUTTER: Whole Toasted Soy, Pressed Soy Oil, Cane Sugar, Palm Oil (Sustainable), Sea Salt.

CAL: 280kcal FAT: 14g CARBS: 28g PRO: 9g

Wheat Crackers: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Sodium Bicarbonate, Malt Syrup, Onion Powder, Molasses, Honey, Ammonium Bicarbonate, Citric Acid, Cream of Tartar (Potassium Bitartrate), Sodium Acid Pyrophosphate, Natural Honey Flavor, Garlic Powder.

CAL: 180kcal FAT: 6g CARBS: 30g PRO: 3g

Carrots

CAL: 35kcal FAT: 0g CARBS: 8g PRO: 0g

Fresh Apple Slices: Apples, Calcium Ascorbate (a blend of calcium and vitamin C to maintain freshness and color).

CAL: 30kcal FAT: 0g CARBS: 8g PRO: 0g

Orange Tangerine Juice: Apple juice (water, apple juice concentrate), pear juice (water, pear juice concentrate), orange juice (water, orange juice concentrate), tangerine juice (water, tangerine juice concentrate), passionfruit juice (water, passionfruit juice concentrate), natural flavors, ascorbic acid (vitamin C), calcium lactate, calcium gluconate, beta carotene (for color), citric acid (for tartness), vitamin A palmitate, vitamin E acetate.

CAL: 80kcal FAT: 0g CARBS: 19g (orange) 21g (apple) 22g (very berry) PRO: 0g

Ranch: SOYBEAN OIL, WATER, DISTILLED WHITE VINEGAR, CORN SYRUP, CULTURED LOWFAT BUTTERMILK (CULTURED LOWFAT MILK, SALT, VITAMIN A PALMITATE, VITAMIN D3, CULTURES), SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: ENZYME MODIFIED EGG YOLKS, SALT, EGG YOLKS, MODIFIED FOOD STARCH, INACTIVE DRIED YEAST, MONOSODIUM GLUTAMATE, PHOSPHORIC ACID, LACTIC ACID, GARLIC POWDER, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, XANTHAN GUM, POLYSORBATE 60, ONION POWDER, NATURAL FLAVOR, DEHYDRATED PARSLEY, CULTURED CREAM, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, BUTTERMILK POWDER, SOY LECITHIN.

CAL: 49kcal FAT: 5g CARBS: 1g PRO: 0g

Nutrition Facts

Serving Weight 458 gm

Serving Size 1 serving

Nutrition Facts

Amount per serving

Calories

654

% Daily Value

Total Fat 25 gm	39%
Saturated Fat 5 gm	24%
Trans Fat 0 gm	
Cholesterol 4 mg	1%
Sodium 814 mg	34%
Potassium 943 mg	27%
Carbohydrates 93 gm	31%
Dietary Fiber 11 gm	44%
Total Sugars 46 gm	
Includes 15 Added Sugars	
Protein 13 gm	

Iron 4 mg	21%
Calcium 165 mg	17%
Vitamin A 0 mcg RAE	0%
Vitamin C 72 mg	119%
Vitamin D 50 iu	12%

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