

# Brooks School Summer Programs

## FOOD INGREDIENTS & NUTRITION INFORMATION



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# Cheerios

## Nutrition Facts

Serving size: 1 1/2 cup (39g) (age 4+ years)

Amount per serving

**Calories**

**140**

As Packaged

Food component / Nutrient	Amount As Packaged	% DV* As Packaged
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<b>Total Fat</b>	2.5g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	—
Polyunsaturated Fat	1g	—
Monounsaturated Fat	1g	—
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	190mg	8%
<b>Total Carbohydrate</b>	29g	10%
Dietary Fiber	4g	15%
Soluble Fiber	2g	—
Total Sugars	2g	—
<b>Incl. Added Sugars</b>	1g	2%
<b>Protein</b>	5g	—

<b>Vitamin D</b>	4mcg	20%
<b>Calcium</b>	130mg	10%
<b>Iron</b>	12.6mg	70%
<b>Potassium</b>	250mg	6%
<b>Vitamin A</b>	—	10%
<b>Vitamin C</b>	—	10%
<b>Thiamin</b>	—	20%
<b>Niacin</b>	—	10%
<b>Vitamin B6</b>	—	20%
<b>Folate</b>	—	20%
<b>Folic Acid</b>	45mcg	—
<b>Vitamin B12</b>	—	20%
<b>Phosphorus</b>	—	15%
<b>Magnesium</b>	—	10%
<b>Zinc</b>	—	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 Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. 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 A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

**Does Not Contain Declaration Obligatory Allergens**

## Cheez-Its

### INGREDIENTS

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), vegetable oil (high oleic soybean, soybean, palm, and/or canola oil with TBHQ for freshness), cheese made with skim milk (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color). Contains 2% or less of salt, paprika, yeast, paprika extract color, soy lecithin.

### Nutrition Facts

Servings Per Container About 12

**Serving Size 27 Crackers (30 g)**

#### Amount Per Serving

**Calories** **150**

	Amount/Serving	% Daily Value*
<b>Total Fat</b>	8 g	10%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Polyunsaturated Fat	4 g	
Monounsaturated Fat	2 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	230 mg	10%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	<1 g	2%
Total Sugars	0 g	
<b>Includes 0g Added Sugars</b>	0 g	0%
<b>Protein</b>	3 g	
<b>Vitamin D</b>	0 mcg	0%
<b>Calcium</b>	30 mg	2%
<b>Iron</b>	1 mg	4%
<b>Potassium</b>	30 mg	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.

# Corn Chex

## NUTRITION FACTS

**Serving Size:** 1 1/4 cup (39g)

**Servings Per Container:** About 8

<b>Amount Per Serving</b>	<b>As Packaged with 1/2 cup skim milk</b>	
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<b>Calories</b>	<b>150</b>	<b>190</b>
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% Daily Value\*

<b>Total Fat 1g**</b>	<b>1%</b>	<b>1%</b>
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Saturated Fat 0g	<b>0%</b>	<b>0%</b>
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Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
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<b>Sodium 280mg</b>	<b>12%</b>	<b>14%</b>
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<b>Total Carbohydrate 33g</b>	<b>12%</b>	<b>14%</b>
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Dietary Fiber 2g	<b>7%</b>	<b>7%</b>
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Total Sugars 4g

Incl. Added Sugars 4g	<b>7%</b>	<b>7%</b>
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**Protein 3g**

Vitamin D 2mcg 10%	Calcium 130mg 10%
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Iron 10.8mg 60%	Potassium 0mg 0%
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Vitamin A 10%	Vitamin C 10%
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Thiamin 20%	Riboflavin 10%
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Niacin 10%	Vitamin B6 20%
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Folate (45mcg folic acid) 20%	Vitamin B12 20%
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Phosphorus 4%	Magnesium 4%
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Zinc 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.

\*\* Amount in cereal. A serving of cereal plus skim milk provides 1g Total Fat, less than 5mg Cholesterol, 330mg Sodium, 39g Total Carbohydrate (10g Total Sugars), 7g Protein, 3mcg Vitamin D, 260mg Calcium, 270mg Potassium.

## INGREDIENTS

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

## VITAMINS & 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.

# Golden Grahams Cereal

## Nutrition Facts

Serving Size: 3/4 cup (30g)

Servings Per Container: about 18

Amount Per Serving	As Packaged
<b>Calories</b>	110
Calories from Fat	10
<b>% Daily Value *</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Potassium</b> 70mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	6%
Sugars 9g	
Other Carbohydrate 15g	
<b>Protein</b> 2g	
Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 25%
Vitamin D 10%	Thiamin 25%
Riboflavin 25%	Niacin 25%
Vitamin B <sub>6</sub> 25%	Folic Acid 25%
Vitamin B <sub>12</sub> 25%	Phosphorus 4%
Magnesium 2%	Zinc 25%

\* 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

**Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola Oil, Dextrose, Baking Soda, Salt, Natural Flavor.**

**Contains WHEAT INGREDIENTS**

## Vitamins & Minerals

**Calcium Carbonate, Iron and Zinc** (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B<sub>6</sub>** (pyridoxine hydrochloride), **Vitamin B<sub>2</sub>** (riboflavin), **Vitamin B<sub>1</sub>** (thiamin mononitrate), **Vitamin A** (palmitate), **A B Vitamin** (folic acid), **Vitamin B<sub>12</sub>**, **Vitamin D<sub>3</sub>**.

# Goldfish Crackers

## NUTRITION FACTS

About 2 Servings Per Container

Serving size 55 Pieces (30g)

	Per Serving		Per Package	
		<b>140</b>		<b>300</b>
		% DV*		% DV
<b>Calories</b>				
<b>Total Fat</b>	5g	<b>6%</b>	12g	<b>15%</b>
Saturated Fat	1g	<b>5%</b>	2.5g	<b>13%</b>
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		2.5g	
Monounsaturated Fat	3g		6g	
<b>Cholesterol</b>	10mg	<b>3%</b>	15mg	<b>5%</b>
<b>Sodium</b>	250mg	<b>11%</b>	520mg	<b>23%</b>
<b>Total Carbohydrate</b>	20g	<b>7%</b>	42g	<b>15%</b>
Dietary Fiber	<1g	<b>4%</b>	<2g	<b>7%</b>
Total Sugars	0g		0g	
Incl. Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	3g		7g	
Vitamin D	0mcg	<b>0%</b>	0mcg	<b>0%</b>
Calcium	40mg	<b>4%</b>	80mg	<b>6%</b>
Iron	1.2mg	<b>6%</b>	2.7mg	<b>15%</b>
Potassium	50mg	<b>0%</b>	110mg	<b>2%</b>
Riboflavin	0.2mg	<b>15%</b>	0.4mg	<b>30%</b>
Niacin	2.3mg		4.9mg	
Folate	75mcg DFE (45mcg folic acid)		165mcg DFE (95mcg folic acid)	

\* 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 as a basis for general nutrition advice.

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

## ▲ ALLERGENS

GLUTEN

MILK/DAIRY

WHEAT

## DIETARY NEEDS

Sodium 141-480 mgs Per Serving; Vegetarian

## INGREDIENTS

MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA. CONTAINS: WHEAT, MILK.

# Hot Dogs

FG-552-2 3 of 5 F02 F  
 WEST CRK FRANKS 10/1 AM 6" 2/5 LB  
 ITEM 157485 B# 7980225 C# 0082717789 DR 24  
 55000415 MG@BROOKS SCHOOLS 157485  
 07/17/23  
 RTE 0125  
 NCF



1A

**FRANKS**  
 MADE WITH PORK AND BEEF

REORDER #  
**157485**

10 PER POUND • 6"

Nutrition Facts	Amount/Serving		%DV*	Amount/Serving		%DV*
	Serv. Size 1 FRANK (45g)	Total Fat	13g	20%	Total Carbohydrate	0g
Servings 100	Saturated Fat	5g	23%	Fiber	0g	0%
Calories 140	Trans Fat	0g		Sugars	0g	
Calories from Fat 120	Cholesterol	30mg	10%	Protein	5g	
*Percent Daily Values (%DV) are based on a 2,000 calorie diet.	Sodium	490mg	20%			
	Vitamin A	0%		Vitamin C	0%	
				Calcium	0%	
				Iron	2%	

INGREDIENTS: PORK, WATER, BEEF, SALT, LESS THAN 2% OF THE FOLLOWING: FLAVORING, SUGAR, POTASSIUM LACTATE, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

KEEP FROZ

**2 GAS FLUSHED BAGS**  
**NET WT. 10 LBS. (4.54 kg)**

INNER INDIVIDUAL PACKAGES NOT LABELED FOR RESALE  
 DISTRIBUTED BY PERFORMANCE FOOD GROUP  
 RICHMOND, VA 23238



001806795003062



# Hot Dog Buns

## NUTRITION FACTS

**Calories** 110

Serving size: 1 Roll (43g)

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 9%

**Total Carbohydrate** 20g 7%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes Added Sugars 2g 4%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.8mg 15%

Potassium 40mg 0%

*\*Product data is subject to change*

## INGREDIENTS:

Unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin hydrochloride, riboflavin, folic acid), water, liquid sucrose, yeast, soybean and/ or canola oil, contains less than 2% of salt, wheat gluten, sugar, cultured wheat flour, dough conditioners (sodium stearoyl lactylate, mono and diglycerides, ascorbic acid, enzymes), yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (preservative), soy lecithin.

## ALLERGENS:

Contains wheat, soy.

Jimnies (chocolate)



SPARROW  
ENTERPRISES



# CHOCOLATE JIMMIES

INGREDIENTS: SUGAR, CORN STARCH, PALM & PALM KERNEL OIL, COCOA POWDER  
SOY LECITHIN, DEXTRIN, CARNAUBA WAX, CONFECTIONERS GLAZE  
FD&C COLORS YELLOW#5, YELLOW#6, BLUE#1, RED#40.

**NET WEIGHT: 10 LBS**



LOT# D317A  
Best Before: 4/17/2025



98R Condor Street East Boston, MA 02128 [www.sparrowfoods.com](http://www.sparrowfoods.com)

Jimnies (rainbow)



# RAINBOW JIMMIES

(CARNIVAL 6 COLOR MIX)

INGREDIENTS: SUGAR, CORN STARCH, PALM & PALM KERNEL OIL, SOY LECITHIN  
DEXTRIN, CARNAUBA WAX, CONFECTIONERS GLAZE, FD&C COLORS YELLOW#5  
LAKE, YELLOW#6 LAKE, BLUE#1 LAKE, RED#40 LAKE, FD&C RED#3.

**NET WEIGHT: 10 LBS**

Lot# E305A

Best Before:  
5/5/2025



98R Condor Street East Boston, MA 02128 [www.sparrowfoods.com](http://www.sparrowfoods.com)

# M&Ms

MILK CHOCOLATE CHOCOLATE CANDIES



SHIP TO

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**Facts**

400 servings per container  
**Serving size**  
**1 oz (28g / about 32 pieces)**

**Calories per serving** 140

Amount per serving	%	Amount per serving	%
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 21g	<b>8%</b>
Saturated Fat 3.5g	<b>7%</b>	Dietary Fiber <1g	<b>3%</b>
Trans Fat 0g		Total Sugars 18g	
<b>Cholesterol</b> <5mg	<b>1%</b>	Includes 17g Added Sugars	<b>34%</b>
<b>Sodium</b> 20mg	<b>1%</b>	<b>Protein</b> 1g	

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.5mg 2% • Potassium 0mg 0%

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:** MILK CHOCOLATE (SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, LACTOSE, MILKFAT, SOY LECTHIN, SALT, NATURAL FLAVOR), SUGAR, CORNSTARCH; LESS THAN 1% OF: CORN SYRUP, DEXTRIN, COLORS (INCLUDES BLUE 1 LAKE, YELLOW 6, RED 40, YELLOW 5, BLUE 1, YELLOW 6 LAKE, RED 40 LAKE, YELLOW 5 LAKE, BLUE 2 LAKE, BLUE 2), CARNAUBA WAX, GUM ACACIA.

**ALLERGY INFORMATION:** CONTAINS MILK AND SOY. MAY CONTAIN PEANUTS.

**NET WT 25 LB (11.34 kg)**

FINISHED GOODS  
40" x 48"  
PALLET PATTERN  
15 PER TIER  
6 TIERS HIGH



SINGLE STACK ONLY

# Rice Chex

## NUTRITION FACTS

**Serving Size:** 1 1/3 cup (40g)

**Servings Per Container:** About 8

Amount Per Serving	As Packaged with 1/2 cup skim milk	
<b>Calories</b>	<b>160</b>	<b>200</b>
	% Daily Value*	
<b>Total Fat 1g</b>	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	0%	1%
<b>Sodium 330mg</b>	14%	17%
<b>Total Carbohydrate 35g</b>	13%	15%
Dietary Fiber 2g	5%	5%
Total Sugars 3g		
Incl. Added Sugars 3g	6%	6%

### Protein 3g

Vitamin D 2mcg 10%      Calcium 130mg 10%

Iron 12.6mg 70%      Potassium 0mg 0%

Vitamin A 10%      Vitamin C 10%

Thiamin 20%      Riboflavin 30%

Niacin 10%      Vitamin B6 20%

Folate 20%      Vitamin B12 20%

Phosphorus 6%      Magnesium 6%

Zinc 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.

\*\* Amount in cereal. A serving of cereal plus skim milk provides 1g Total Fat, less than 5mg Cholesterol, 380mg Sodium, 41g Total Carbohydrate (9g Total Sugars), 7g Protein, 3mcg Vitamin D., 260mg Calcium, 270mg Potassium

## INGREDIENTS

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

## VITAMINS & MINERALS

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

# Vanilla Ice Cream

# LANDMARK

*Home Style Ice Cream*

## Vanilla Ice Cream

23067

3 Gallon Tub

\*\* Keep Frozen: -10 Degrees F.

Plant No. 39-126

Note: This product was manufactured in a facility that uses peanuts, tree nuts, milk, egg, wheat, and soybean products.

\*\* ALLERGEN ALERT: Contains - Milk.

INGREDIENTS: MILK, CREAM, SUGAR, CORN SYRUP, NONFAT DRY MILK, WHEY, NATURAL AND/OR ARTIFICIAL FLAVORS, STABILIZER (MONO & DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, STANDARDIZED WITH DEXTROSE), AND ANNATTO.

### Nutrition Facts

72 servings per container  
Serving size 2/3 Cup (92g)

Amount per serving  
**Calories 190**  
% Daily Value\*

Total Fat 9g 12%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 80mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Total Sugars 18g

Incl. 13g Added Sugars 26%

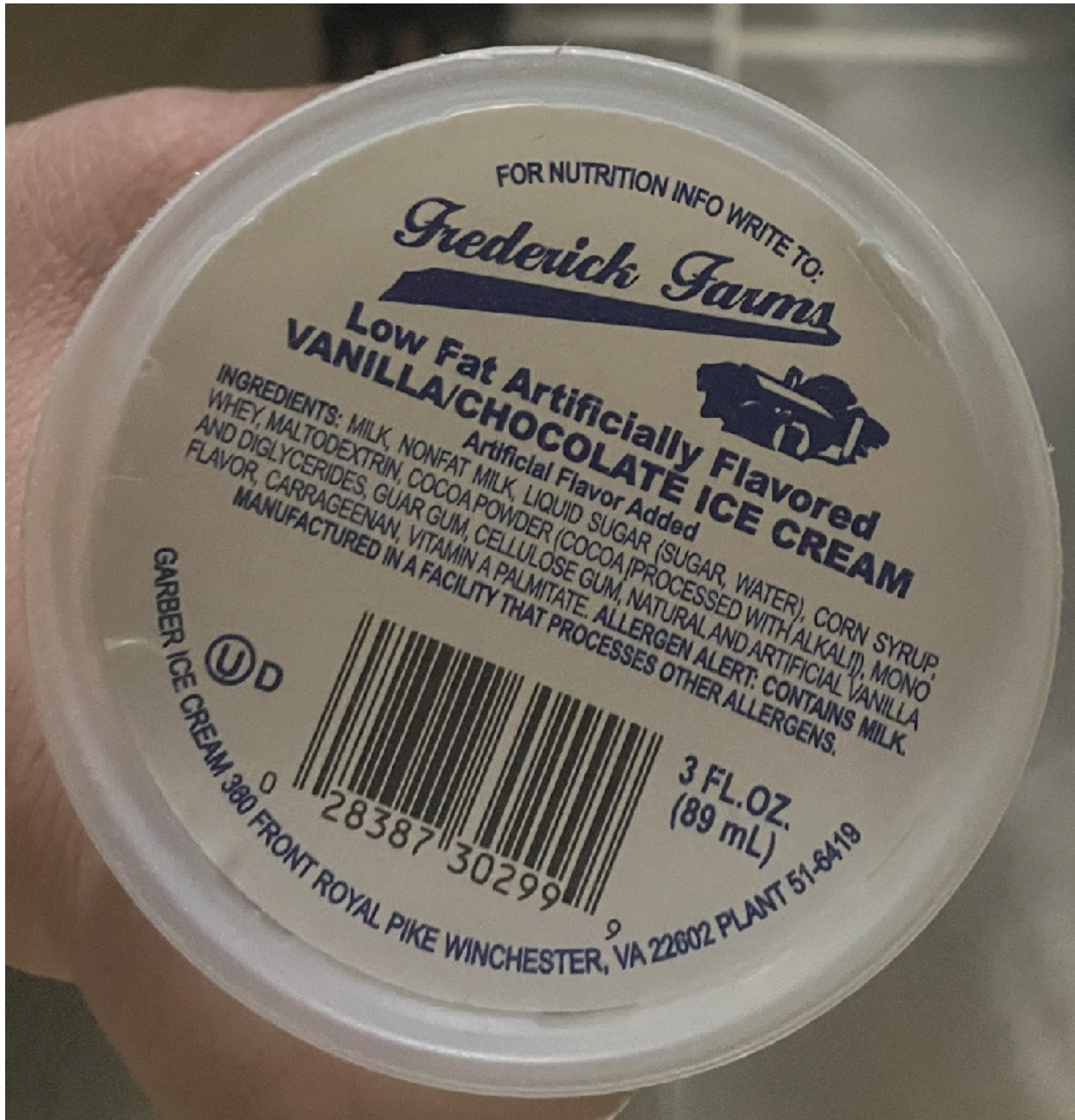
Protein 3g

Vit. D 1mcg 6% • Calcium 109mg 8%

Iron 0mg 0% • Potas. 200mg 4%



Vanilla / Chocolate Ice Cream Cups



## Cabot Sweetened Light Whipped Cream

### **INGREDIENTS**

Cream; skim milk; sugar; stabilizer (mono and diglycerides carrageenan); natural vanilla flavor and nitrous oxide as whipping propellant

### **NUTRITION FACTS**

		—
<b>TOTAL FAT</b>	1g	2%
<b>SATURATED FAT</b>	0.5g	4%
<b>TRANSFATTY ACIDS</b>	0g	2%
<b>CHOLESTEROL</b>	5mg	1%
<b>SODIUM</b>	0mg	0%
<b>TOTAL DIETARY FIBER</b>	0g	0%
<b>TOTAL SUGAR</b>		<1g
<b>PROTEIN</b>		0g
<b>CALORIES</b>		15
<b>CARBOHYDRATES</b>	1g	0%