Brooks School Summer Programs

FOOD INGREDIENTS & NUTRITION INFORMATION

1160 Great Pond Road
North Andover, MA 01845
(978) 725-6253

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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
Total Fat	2.5g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	—
Polyunsaturated Fat	1g	—
Monounsaturated Fat	1g	—
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	29g	10%
Dietary Fiber	4g	15%
Soluble Fiber	2g	—
Total Sugars	2g	—
Incl. Added Sugars	1g	2%
Protein	5g	—
Vitamin D	4mcg	20%
Calcium	130mg	10%
Iron	12.6mg	70%
Potassium	250mg	6%
Vitamin A	—	10%
Vitamin C	—	10%
Thiamin	—	20%
Niacin	—	10%
Vitamin B6	—	20%
Folate	—	20%
Folic Acid	45mcg	—
Vitamin B12	—	20%
Phosphorus	—	15%
Magnesium	—	10%
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 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*
Total Fat	8 g	10%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Polyunsaturated Fat	4 g	
Monounsaturated Fat	2 g	
Cholesterol	0 mg	0%
Sodium	230 mg	10%
Total Carbohydrate	17 g	6%
Dietary Fiber	<1 g	2%
Total Sugars	0 g	
Includes 0g Added Sugars	0 g	0%
Protein	3 g	
Vitamin D	0 mcg	0%
Calcium	30 mg	2%
Iron	1 mg	4%
Potassium	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

Amount Per Serving	As Packaged	with 1/2 cup skim milk
Calories	**150**	**190**
		% Daily Value*
Total Fat 1g**	**1%**	**1%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 280mg	**12%**	**14%**
Total Carbohydrate 33g	**12%**	**14%**
Dietary Fiber 2g	**7%**	**7%**
Total Sugars 4g		
Incl. Added Sugars 4g	**7%**	**7%**
Protein 3g		

Vitamin D 2mcg 10%	Calcium 130mg 10%
Iron 10.8mg 60%	Potassium 0mg 0%
Vitamin A 10%	Vitamin C 10%
Thiamin 20%	Riboflavin 10%
Niacin 10%	Vitamin B6 20%
Folate (45mcg folic acid) 20%	Vitamin B12 20%
Phosphorus 4%	Magnesium 4%
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
Calories	110
Calories from Fat	10
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Potassium 70mg	**2%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	6%
Sugars 9g	
Other Carbohydrate 15g	
Protein 2g	

Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 25%
Vitamin D 10%	Thiamin 25%
Riboflavin 25%	Niacin 25%
Vitamin B_6 25%	Folic Acid 25%
Vitamin B_{12} 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_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **Vitamin A** (palmitate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3**.

Goldfish Crackers

NUTRITION FACTS

About 2 Servings Per Container

Serving size 55 Pieces (30

	Per Serving		Per Pac	
Calories	**140**		**30**	
		% DV*		% D
Total Fat	5g	**6%**	12g	**15**
Saturated Fat	1g	**5%**	2.5g	**13**
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		2.5g	
Monounsaturated Fat	3g		6g	
Cholesterol	10mg	**3%**	15mg	**5**
Sodium	250mg	**11%**	520mg	**23**
Total Carbohydrate	20g	**7%**	42g	**15**
Dietary Fiber	<1g	**4%**	<2g	**7**
Total Sugars	0g		0g	
Incl. Added Sugars	0g	**0%**	0g	**0**
Protein	3g		7g	
Vitamin D	0mcg	**0%**	0mcg	**0**
Calcium	40mg	**4%**	80mg	**6**
Iron	1.2mg	**6%**	2.7mg	**15**
Potassium	50mg	**0%**	110mg	**2**
Riboflavin	0.2mg	**15%**	0.4mg	**30**
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 serv of food contributes to a daily diet. 2,000 calories a day is used f 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

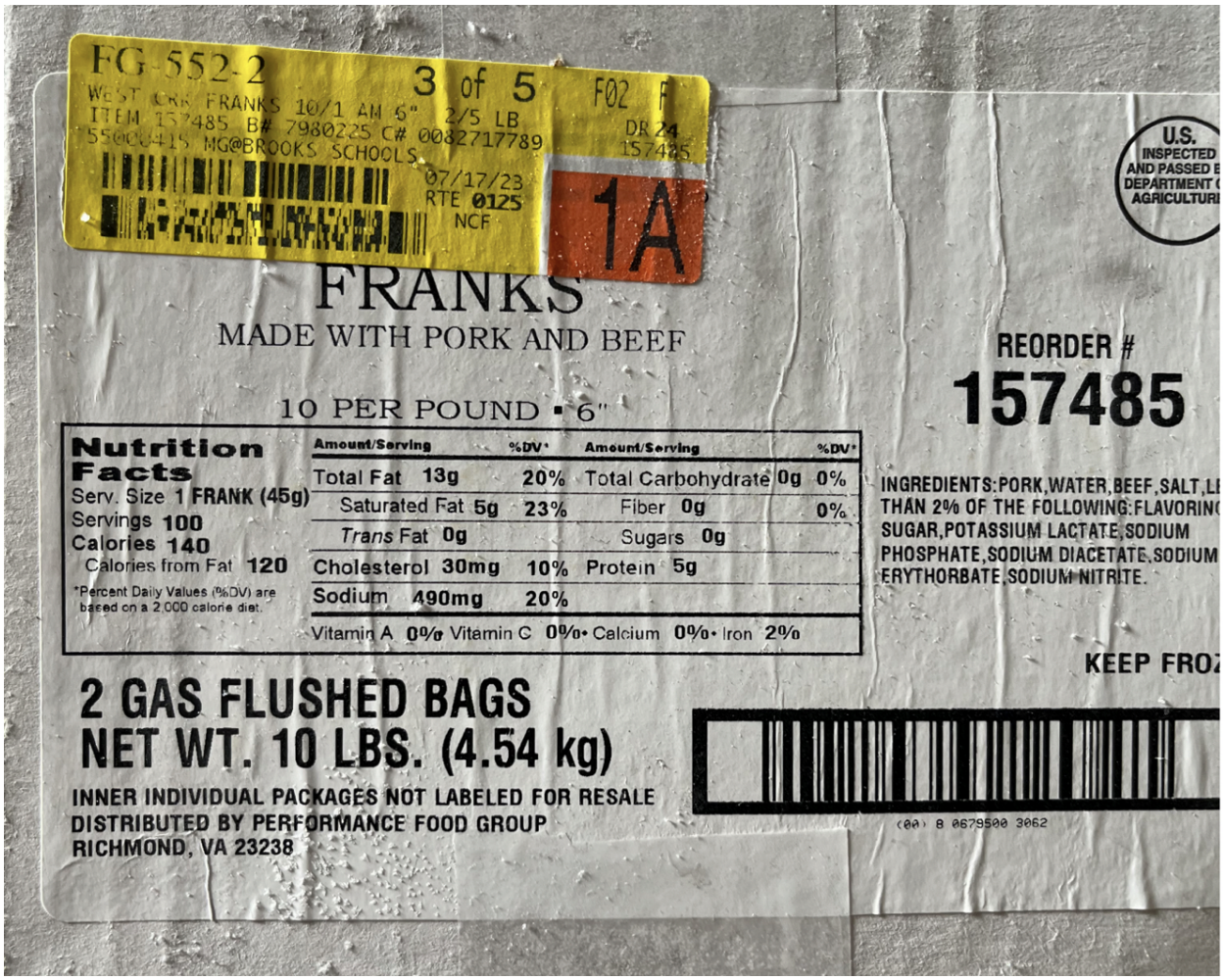
DIETARY NEEDS

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
MG@BROOKS SCHOOLS
DR 24
157485
07/17/23
RTE 0125
NCF
1A
U.S. INSPECTED AND PASSED
FRANKS
MADE WITH PORK AND BEEF
10 PER POUND • 6"
REORDER #
157485
Nutrition Facts
Serv. Size 1 FRANK (45g)
Servings 100
Calories 140
Calories from Fat 120
*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 13g 20% Total Carbohydrate 0g 0%
Saturated Fat 5g 23% Fiber 0g 0%
Trans Fat 0g Sugars 0g
Cholesterol 30mg 10% Protein 5g
Sodium 490mg 20%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%
INGREDIENTS:PORK,WATER,BEEF,SALT,LE
THAN 2% OF THE FOLLOWING:FLAVORIN
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
(00) 8 0679500 3062

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.

Jimmies (chocolate)

Jimmies (rainbow)

M&Ms


MILK CHOCOLATE
CHOCOLATE CANDIES
m&m's®
SHIP TO
DISTRIBUTED BY MARS WRIGLEY CONFECTIONERY U.S. LLC
HACKETTSTOWN, NJ 07840-1503 USA
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Facts
400 servings per container
Serving size
1 oz (28g / about 32 pieces)
Calories per serving 140
Total Fat 5g 6%
Saturated Fat 3.5g 18%
Trans Fat 0g
Cholesterol <5mg 1%
Sodium 20mg 1%
Total Carbohydrate 21g 8%
Dietary Fiber <1g 3%
Total Sugars 18g
Includes 17g Added Sugars 34%
Protein 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 LECITHIN, 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
Calories	**160**	**200**
		% Daily Value*
Total Fat 1g	**1%**	**1%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 330mg	**14%**	**17%**
Total Carbohydrate 35g	**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

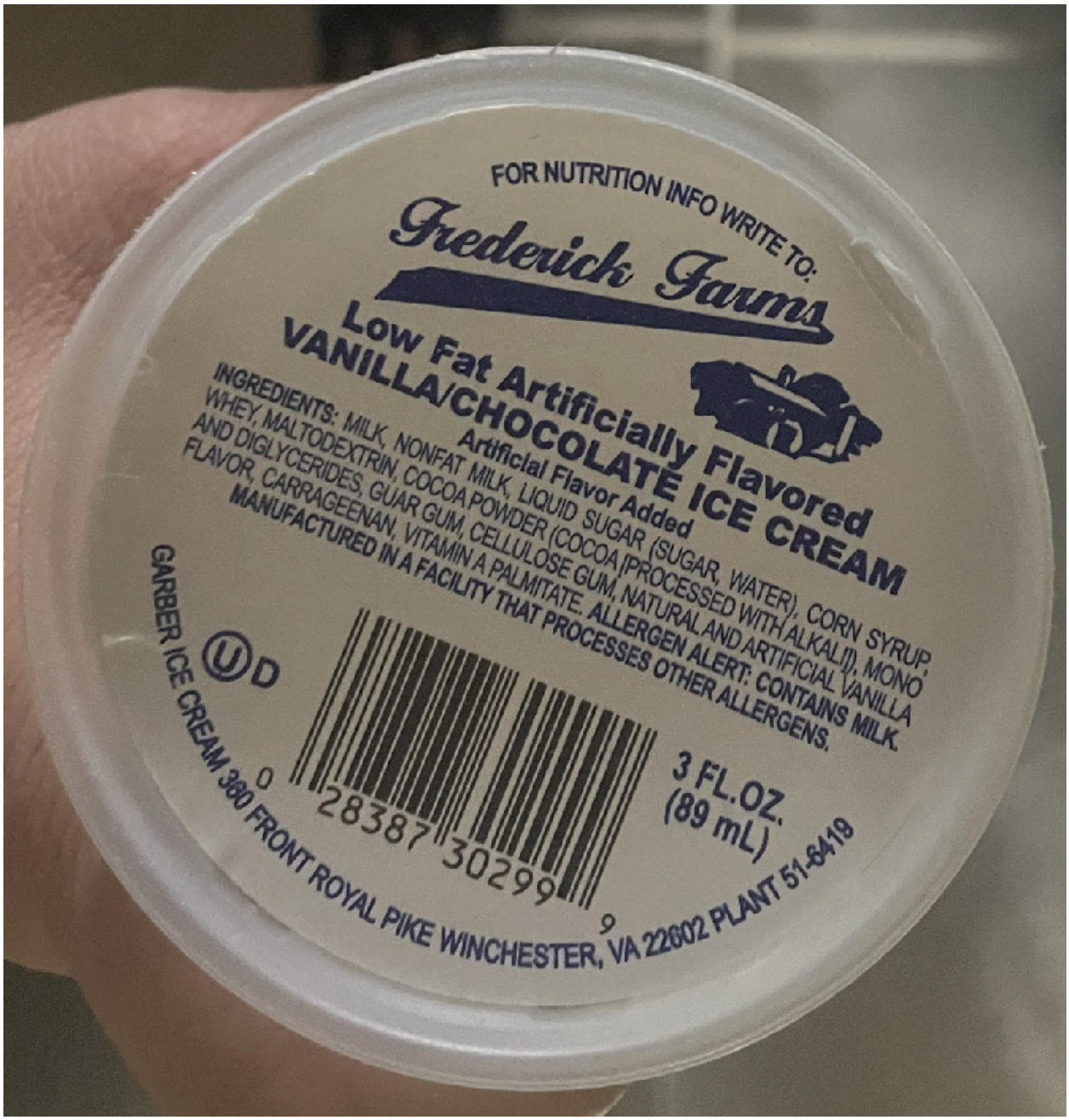
Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

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

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

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

(Model 888670047804)

Nutrition Facts

250 servings per container

Serving size **43 g (1.5oz/1 pop)**

Amount per serving

Calories **20**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 4g Added Sugars	**8%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
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. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, ARTIFICIAL FLAVORS, SODIUM CARBOXYMETHYL CELLULOSE (STABILIZER), SODIUM BENZOATE AND POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), STEVIA EXTRACT, PINEAPPLE PUNCH CONTAINS YELLOW 5 AND YELLOW 6, BLUE RASPBERRY CONTAINS BLUE 1, CHERRY CONTAINS RED 40, GRAPE CONTAINS BLUE 1 AND RED 40, ORANGE CONTAINS YELLOW 6.