

TOTOWA PARENT  TEACHER ORGANIZATION, INC.

Happy Holidays!

The PTO will be providing pretzels, potato chips, cookies and a water bottle for the students at Washington Park School on Friday December 21st. Ingredients are listed on the Parent Portal.

Oreo Cookies

Nutrition Facts

Serving Size 1 pack (68g)
Servings Per Container 30

Amount Per Serving	
Calories 320	Calories from Fat 120
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Potassium 105mg	3%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MONDELEZ GLOBAL LLC
EAST HANOVER, NJ 07936 USA

MADE IN MEXICO

Synders Pretzels

Nutrition Facts

Serving Size 1 package (24g)
Servings Per Container 1

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrate 24g	7%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamin 0%	Riboflavin 0%
Niacin 0%	Folate 15%

*Percent Daily Values are based on a diet of other people's secrets.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

Lays Potato chips

Questions or Comments? 1-800-352-4477
Weekdays 9:00am to 4:30pm CT
email or chat at fritolay.com

Nutrition Facts

1 serving per container
Serving size 1 package

Amount per serving
Calories 160

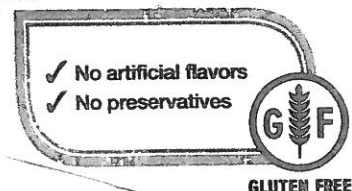
Amount per serving	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	

Vitamin D 0mcg 0%
Calcium 10mg 0%
Iron 0.6mg 2%
Potassium 350mg 6%
Vitamin C 6%

Not a significant source of added sugars.

*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: POTATOES, VEGETABLE OIL (SUNFLOWER, CORN AND/OR CANOLA OIL), AND SALT.



Any questions please call:

Simmie Rossi 862-684-6458 or MaryAnn Nunez: 973-809-5149