

TOTOWA PARENT  TEACHER ORGANIZATION, INC.

HALLOWEEN TREATS

The PTO will be handing out water, pretzels and cookies on Friday, October 29th to all Washington Park Students. Cookie and Pretzel ingredients are listed below. Bottled water is also provided to the students.

Oreo Cookies

Nutrition Facts	Per serving		Per pack	
		% DV*		% DV*
24 servings per container Serving size 3 cookies (34g) Calories 160 per serving	Total Fat	7g 9%	13g 17%	
	Saturated Fat	2g 10%	3.5g 18%	
	Trans Fat	0g	0g	
	Cholesterol	0mg 0%	0mg 0%	
	Sodium	135mg 6%	260mg 11%	
	Vitamin D	0mcg 0%	0mcg 0%	
	Iron	1.4mg 8%	2.8mg 15%	
	320 per pack			
	* The % Daily Value (DV) tells you how much a nutrient in a serving of food or			

	Per serving		Per pack	
		% DV*		% DV*
Total Carb	25g	9%	49g	18%
Dietary Fiber	<1g	2%	1g	4%
Total Sugars	14g		27g	
Incl Added Sugars	14g	28%	27g	54%
Protein	1g		3g	
Calcium	10mg	0%	30mg	2%
Potassium	50mg	0%	110mg	2%

Contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

CONTAINS: WHEAT, SOY.

Utz Pretzels



HALLOWEEN

Bat and Jack Shaped Pretzels

Nutrition Facts	Amount/serving		% DV	
70 servings per container Serving size 1 bag (14.2g) Calories per serving 50	Total Fat	0.5g	1%	Total Carb. 11g 4%
	Sat. Fat	0g	0%	Dietary Fiber <1 1%
	Trans Fat	0g		Total Sugars 0g
	Cholesterol	0mg	0%	Incl. 0g Added Sugars 0%
	Sodium	240mg	10%	Protein 1g
	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

INGREDIENTS: Wheat Flour, Salt, Vegetable Oil (Corn Oil, Sunflower Oil, Or Canola Oil), Malt Syrup (Derived From Corn And Malted Barley), Sugar, Yeast, Baking Soda.

CONTAINS WHEAT

Made in a facility that uses sesame seeds.
Made in a peanut and tree nut free facility.

Scan here for more food information or call 1-800-367-7629.



UTZ QUALITY FOODS, LLC
HANOVER, PA 17331 1-800-FOR-SNAX
www.utzsnacks.com



WARNING: To avoid choking or aspiration, keep the container away from babies, children and pets. Do not feed to infants, toddlers, preschoolers, teenagers or young adults. This statement is not a law.

Happy Halloween!

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