

Happy Holidays!

The PTO will be providing pretzels, cookies and a water bottle for all the students at Washington Park and Memorial School on Thursday December 23rd. Ingredients are listed below:

Oreo Cookies

Nutrition Facts	
Serving Size 1 pack (57g)	
Servings Per Container 30	
Amount Per Serving	
Calories 270	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 95mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*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), CORNSTARCH, SALT, SOY LECITHIN, VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE	
CONTAINS: WHEAT, SOY.	

Synders Pretzels

Nutrition Facts	
Serving Size 1 package (26g)	
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	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	2%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 8%	Folate 15%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Glucose Syrup, Malt Extract), D cane Sugar, Canola Oil*, Yeast, Soda. *Adds a trivial amount of fat	
CONTAINS: WHEAT	
Distributed by Snyder's-Lance, Inc. Orem, UT 84057	
We are not associated with "Snyder of Berlin", Berlin, PA 19530.	
MADE IN THE USA	

Any questions please call:

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