

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 22nd. Ingredients for snacks are listed below.

Utz Pretzels

Nutrition Facts	
Serving Size: 1 bag (28.3g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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

Utz Chips

Nutrition Facts	
Serving Size: 1 bag (28.3g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 370mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 20%	Thiamin 2%
Niacin 8%	Vitamin B6 4%
Phosphorus 4%	Magnesium 4%
*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	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Potatoes, cottonseed oil and salt.

Oreo Cookies

Nutrition Facts	
Serving Size 1 pack (68g)	
Servings Per Container: 12	
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	Less than 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.

Any questions please call:

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