

Nutrition Labels and Student-Athlete Information Cards

Student-Athlete Information Card #1

Zahra

Zahra has already eaten the following foods:

- ¾ cup strawberry Greek yogurt
- 1 egg
- 1 everything bagel
- 1 cup (8 oz) apple juice

Student-Athlete Information Card #2

Claudio

Claudio has already eaten the following foods:

- 1 packet of fruit & grain baked mini bars
- 8 graham crackers

Student-Athlete Information Card #3

Rhiannon

Rhiannon has already eaten the following foods:

- 1 packet of maple & brown sugar oatmeal
- 1 popsicle

Student-Athlete Information Card #4

Bernard

Bernard has already eaten the following foods:

- 2 tablespoons mini M&Ms
- 1 graham cracker

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Nutrition Label: Apple Juice

CONTAINS 100% JUICE

Nutrition Facts
8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving		% DV*
Calories	110	
Total Fat	0g	0%
Sodium	30mg	1%
Total Carbohydrate	28g	10%
Total Sugars	28g	
Includes 0g Added Sugars		0%
Protein	0g	
Potassium	240mg	6%
Vitamin C	72mg	80%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin D, Calcium and Iron.

INGREDIENTS: FILTERED WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).

DISTRIBUTED BY: A.C. SA DISTRIBUTION, LLC SALISBURY, NC 28147

Contains Concentrate from: See Top of Bottle

For product questions or concerns, contact us at 1-833-992-3872

Quality guaranteed or your money back.

CHILL AND SHAKE WELL BEFORE USING.

REFRIGERATE AFTER OPENING TO MAINTAIN FRESHNESS.

PASTEURIZED

**ONE 8 FL OZ SERVING PROVIDES 2 SERVINGS (1/2 CUP EACH) OF FRUIT. USDA DIETARY GUIDELINES RECOMMEND 2 CUPS OF FRUIT DAILY FOR A 2,000-CALORIE DIET.

CTRV Empty & Recycle

Nutrition Label: Fruit & Grain Baked Mini Bars

Nutrition Facts
10 servings per container
Serving size 1 pouch (37g)

Amount per serving		% Daily Value*
Calories	150	
Total Fat	5g	6%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	70mg	9%
Total Carbohydrate	24g	7%
Dietary Fiber	2g	
Total Sugars	12g	
Includes 11g Added Sugars		22%
Protein	2g	
Vitamin D	0mcg	0%

Nutrition Label: Mini M&M's

Nutrition Facts
about 11 servings per container
Serving size 2 tablespoons (25g)

Amount per serving		% Daily Value*
Calories	120	
Total Fat	4.5g	6%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	18g	6%
Dietary Fiber	<1g	2%
Total Sugars	16g	
Includes 15g Added Sugars		30%
Protein	1g	
Vitamin D	0mcg	
Calcium	30mg	
Iron	0.4 mg	
Potassium	0mg	

*The % Daily Value is based on a diet of other people's secrets.

SKIM MILK, COCOA BUTTER, AVOR), SUGAR; LESS THAN 2% (INCLUDES BLUE 1 LAKE, RED FLOW 6 LAKE, YELLOW 5 LAKE, ...)

US, LLC

Questions or Comments? Call 1-800-627-7852

Recycle if Clean & Dry

Store Drop-off

how2recycle

Nutrition Label: Popsicle

Nutrition Facts
About 24 servings per container
Serving size 1 pop (57g)

Amount per serving		% DV
Calories	40	
Total Fat	0g	0%
Sat. Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carb.	11g	4%
Fiber	0g	0%
Total Sugars	10g	20%
Includes 10g Added Sugars		20%
Protein	0g	
Vitamin D	0%	
Calcium	0%	
Iron	0%	
Potassium	0%	

FLAVORING, ARTIFICIAL FLAVORS, LESS THAN 1% POTASSIUM CITRATE, DISTILLED WATER, SALT, SUGAR, 1-833-992-3872

Nutrition Label: Graham Crackers

Nutrition Facts	
about 14 servings per container	
Serving size 8 crackers (30g) (1 serving = 2 full cracker sheets)	
Amount per serving	130
Calories	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%

Nutrition Label: Strawberry Greek Yogurt

Nutrition Facts	
About 5 servings per container	
Serving size 3/4 cup (170g)	
Amount per serving	130
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	2%
Total Sugars 17g	
Incl. 12g Added Sugars	24%
Protein 13g	26%
Vit. D 0mcg	0%
Calcium 160mg	10%
Iron 0.2mg	0%
Potas. 210mg	4%

Nutrition Label: Ketchup

For over 150 years, only **Land O'Lakes** has made the thick, rich ketchup America loves from only the best red-ripe tomatoes. Nothing else tastes like

Nutrition Facts	
About 58 servings per container	
Serving size 1 Tbsp (17g)	
Amount/serving	20
Calories	
% Daily Value*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 0mg	0%
Sodium 190mg	8%
Total Carb. 5g	2%
Fiber 0g	0%
Total Sugars 4g	
Incl. 4g Added Sugars	7%
Protein 0g	
Vit. D 0%	Calcium 0%
Iron 0%	Potas. 0%

INGREDIENTS: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING. MANUFACTURED BY

GLUTEN-FREE

Quantity of Government: CALL 1-888-750-5758
For best results, refrigerate after opening. Shake well before use.

Nutrition Label: Egg

Nutrition Facts	
12 servings per container	
Serving size 1 egg (50 g)	
Amount per serving	70
Calories	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 2.3mcg	10%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 70mg	0%

*The % Daily Value (DV) shows how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general dieting.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For Kosher questions, visit landolakes.com and used by licensees.

SAFE
To prevent illness from salmonella, eat eggs until yolks are firm.

