

Small Meals:

Nutrient Components to Encourage: Meets per $\frac{3}{4}$ cup fruit juice in Capri Sun 100% juice. Calcium 10.8% DV, potassium 10.6% DV, and fiber 13% DV.

***Lunchables*® Ham & Cheddar Cracker Stacker with *Capri Sun*® 100% Juice**

FRUIT PUNCH FLAVORED 100% JUICE BLEND FROM CONCENTRATE WITH ADDED INGREDIENT AND OTHER NATURAL FLAVOR (APPLE, CHERRY AND GRAPE JUICES FROM CONCENTRATE [FILTERED WATER, APPLE, CHERRY AND GRAPE JUICE CONCENTRATES], SOLUBLE CORN FIBER, CITRIC ACID, NATURAL FLAVOR, MUSHROOM EXTRACT [TO PROTECT QUALITY]);

GUMMY WORMS (CORN SYRUP, SUGAR, WATER, GELATIN, NATURAL FLAVOR, CITRIC ACID, JUICE CONCENTRATES [CHERRY, ORANGE, APPLE, BANANA, GRAPE, PEACH, BLUEBERRY, RED RASPBERRY, WATERMELON], COLORS [FRUIT JUICE, VEGETABLE JUICE, SPIRULINA, TURMERIC OLEORESIN], PECTIN, LACTIC ACID, MALIC ACID, VEGETABLE OIL [COCONUT, CANOLA], CARNAUBA LEAF WAX;

COOKED HAM - WATER ADDED - CHOPPED AND FORMED - SMOKE FLAVOR ADDED (HAM, WATER, CONTAINS LESS THAN 2% OF POTASSIUM LACTATE, SALT, MODIFIED CORNSTARCH, POTASSIUM SALT, SODIUM PHOSPHATES, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, FLAVOR, SODIUM ASCORBATE, SODIUM NITRITE, SMOKE FLAVOR);

CHEDDAR PASTEURIZED PREPARED CHEESE PRODUCT (MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, CONTAINS LESS THAN 2% OF SODIUM CITRATE, SALT, WHEY, LACTIC ACID, SORBIC ACID [PRESERVATIVE], ENZYMES, CHEESE CULTURE, OLEORESIN PAPRIKA AND ANNATTO [COLOR], SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION);

CRACKERS (ENRICHED FLOUR [WHEAT FLOUR*, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, REDUCED IRON, FOLIC ACID], VEGETABLE OIL SHORTENING* [CANOLA AND/OR SOYBEAN AND/OR SAFFLOWER OIL], EVAPORATED CANE SUGAR*, CONTAINS LESS THAN 2% OF BROWN RICE SYRUP*, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE], SALT, ORGANIC SOY LECITHIN*, ENZYMES. *ORGANIC).

CONTAINS: MILK, WHEAT, SOY.

Nutrition Facts

Serving size 1 package

Amount per serving

Calories 320

% Daily Value*

Total Fat 9g **11%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 30mg **9%**

Sodium 460mg **20%**

Total Carbohydrate 54g **20%**

Dietary Fiber 4g **13%**

Total Sugars 31g

Includes 13g Added Sugars **25%**

Protein 8g **15%**

Vitamin D 0.1mcg 0%

Calcium 140mg 10%

Iron 1.2mg 6%

Potassium 500mg 10%

* 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.

