



Apple Crisp, Qtr Sheet

Nutrition Facts			
Serving Size 4.5 oz (128 g)			
Servings Per Container 12			
Amount Per Serving			
Calories 250	Calories from Fat 70		
Calories From Saturated Fat 30			
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3g			
Cholesterol 0mg	0%		
Sodium 350mg	14%		
Potassium 75mg	2%		
Total Carbohydrate 45g	15%		
Dietary Fiber 1g	3%		
Sugars 33g			
Sugar Alcohol 0g			
Protein 1g	2%		
Vitamin A	0%		
Vitamin C	130%		
Calcium	2%		
Iron	6%		
Vitamin D	0%		
Vitamin E	0%		
Vitamin K	0%		
Riboflavin	2%		
Niacin	2%		
Vitamin B6	0%		
Vitamin B12	0%		
* 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: APPLES (GRANNY SMITH APPLES, ASCORBIC ACID, CITRIC ACID, SALT), SUGAR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, SALT, CINNAMON, BAKING SODA, SPICES

CONTAINS: SOYBEANS AND WHEAT.



Blackberry Crisp, Qtr Sheet

Nutrition Facts			
Serving Size 4 1/2 OZ (128 g)			
Servings Per Container 12			
Amount Per Serving			
Calories 260	Calories from Fat 70		
Calories From Saturated Fat 30			
% Daily Value*			
Total Fat 8g	13%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3g			
Cholesterol 0mg	0%		
Sodium 350mg	15%		
Potassium 105mg	3%		
Total Carbohydrate 46g	15%		
Dietary Fiber 3g	12%		
Sugars 32g			
Sugar Alcohol 0g			
Protein 2g	3%		
Vitamin A	2%		
Vitamin C	20%		
Calcium	2%		
Iron	4%		
Vitamin D	0%		
Vitamin E	4%		
Vitamin K	15%		
Riboflavin	4%		
Niacin	4%		
Vitamin B6	0%		
Vitamin B12	0%		
* 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: BLACKBERRIES, SUGAR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, SALT, CINNAMON, BAKING SODA

CONTAINS: SOYBEANS AND WHEAT.



Cherry Crisp, Qtr Sheet

Nutrition Facts			
Serving Size 4 1/2 oz (128 g)			
Servings Per Container 12			
Amount Per Serving			
Calories 260	Calories from Fat 70		
Calories From Saturated Fat 30			
% Daily Value*			
Total Fat 8g	13%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3g			
Cholesterol 0mg	0%		
Sodium 280mg	12%		
Potassium 80mg	2%		
Total Carbohydrate 46g	15%		
Dietary Fiber 1g	4%		
Sugars 33g			
Sugar Alcohol 0g			
Protein 1g	3%		
Vitamin A	8%		
Vitamin C	2%		
Calcium	2%		
Iron	4%		
Vitamin D	0%		
Vitamin E	0%		
Vitamin K	2%		
Riboflavin	4%		
Niacin	4%		
Vitamin B6	2%		
Vitamin B12	0%		
* 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: CHERRIES, WATER, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, SALT, CINNAMON, BAKING SODA

CONTAINS: SOYBEANS AND WHEAT.



Peach Crisp, Qtr Sheet

Nutrition Facts	
Serving Size 4 1/2 oz (128 g)	
Servings Per Container 12	
Amount Per Serving	
Calories 240	Calories from Fat 70
Calories From Saturated Fat 30	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Potassium 140mg	4%
Total Carbohydrate 43g	14%
Dietary Fiber 1g	5%
Sugars 30g	
Sugar Alcohol 0g	
Protein 2g	3%
Vitamin A	4%
Vitamin C	8%
Calcium	0%
Iron	4%
Vitamin D	0%
Vitamin E	2%
Vitamin K	2%
Riboflavin	4%
Niacin	6%
Vitamin B6	0%
Vitamin B12	0%
* 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: PEACHES (SLICED FREESTONE PEACHES, ASCORBIC, ERYTHORBIC & CITRIC ACIDS TO RETARD OXIDATION), SUGAR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, SALT, CINNAMON, BAKING SODA

CONTAINS: SOYBEANS AND WHEAT.