

Ingredients

WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINMONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING, DRIED WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, DRIED EGG WHITES, SALT, ETC.

Allergy Info

(Manufacturers are asked to review for the following allergens: milk, egg, peanut, wheat, soy, tree-nut, and shellfish. If applicable, they will appear below.)

Egg, Milk, Wheat, Soy

Nutrition Facts

Serving Size	1 ea
Servings Per Case	144.00
Amount Per Serving	% DV*
Calories 70.7	0%
Fat Calories 9.0	
Total Fat 1.0g	0%
Saturated Fat 0.3g	0%
Cholesterol 0.4mg	0%
Sodium 185.8mg	0%
Total Carbohydrates 14.0g	0%
Dietary Fiber 0.3g	0%
Protein 1.6g	0%
Calcium 24.6mg	0%
Iron 0.5mg	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.



School Equivalents

Serving Size	1 ea(1.1 oz)
Meat/Meat Alternatives	
Fruit/Vegetables	
Grain/Bread	1
Milk	
Child Nutrition	NO

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