

Lucky You!

Product Nutritional Information

Nutrition Facts	Oreo®		Rice Krispy		HoneyMaid Graham Square		Sugar Crystals		Frosting Sheets		Dark Chocolate		White Chocolate		Candy Corn	
	34g (About 3 cookies)		1 cube (1/80th sheet)		1 oz(square,1/2 cracker)		1g (About 10 cookies)		.1g (2"x2")		.8g (About 1 cookie)		.8g (About 1 cookie)		1 candy corn	
Serving Size	varied		varied		varied		varied		varied		varied		varied		varied	
Servings per container (varied)	varied		varied		varied		varied		varied		varied		varied		varied	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	160		48		33		4		0		42		44		8	
Calories from fat	0		10				0		0		24		24		0	
Total Fat (g)	7	11%	1	2%	6		0		0		2.6	4%	2.6	4%	0	0%
Saturated Fat	2	10%	0.4	2%	0.1	75%	0		0		2.4	13%	2.6	13%	0	0%
Trans Fatty Acid	0		0	0%	0		0		0		0	0%	0		0	0%
Polyunsaturated Fat	1		0	0%	0.4		0		0		0	0%	0		0	0%
Monounsaturated Fat	3		0	0%	0.1		0		0		0	0%	0		0	0%
Cholesterol (mg)	0	0%	0	0%	0	0%	0		0		0	0%	0		0	0%
Sodium (mg)	190	8%	52.5	2%	48	2%	0	0%	0	0%	0.2	0%	9	0%	6	1%
Potassium			0	0%	10	0%									0	0%
Total Carbohydrate (g)	24	8%	8.75	3%	6	2%	1	0%	1	0%	4.8	2%	5	2%	2	1%
Dietary Fiber:	1	4%	0	0%	0	0%	0		0		0.4	2%	0	0%	0	0%
Sugars	14		4.25		2		1		0		4.2		5		2	
Protein	2		0.25		0.5		0		0		0.4		0.2		0	
Vitamin A		0%		2%		0%		0%		0%		0%		0%		0%
Vitamin D				2%												0%
Vitamin B6				5%												0%
Vitamin C		0%		0%		0%		0%		0%		0%		1%		0%
Thiamin				5%												0%
Folic Acid				3%												0%
Calcium		0%		0%		0%		0%		0%		0%		1%		0%
Riboflavin				5%												0%
Niacin				5%												0%
Iron		10%		1%		2%		0%		0%		2%		0%		0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie diet needs.																
*Not a significant source of this nutrient.																

note - divided graham serving size by 4 to get 1 graham square

Chocolate Covered Oreos

Oreo Ingredients: SUGAR, ENRICHED FLOUR (WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HIGH OLEIC CANOLA OIL AND/OR PALM OIL AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, BAKING SODA, CORNSTARCH, SALT, SOY LECITHIN (EMULSIFIER), VANILLIN-AN ARTIFICIAL FLAVOR, CHOCOLATE.

Graham Cracker

Graham Ingredients: ENRICHED FLOUR (WHEAR GLOUR, NIACIN,REDUCED IRON, THIAMINE MONONITRATE,{VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SOYBEAN OIL AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, ATRTIFICIAL FLAVOR, SOY LECITHIN - AN EMULSIFIER, CORNSTARCH.

Crispie

Crispy Ingredients: TOASTED RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B2], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS]), WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK]. DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORISE (VITAMIN B1), SOY LECITHIN.

Candy Corn

Candy Corn Ingredients: SUGAR, CORN SYRUP, SALT, HONEY, SOY PROTEIN, GELATIN, CONFECTIONER'S GLAZE, DEXTROSE, ARTIFICIAL FLAVOR, TITANIUM DIOXIDE COLOR, YELLOW 6, YELLOW 5, RED 3, BLUE 1.

Mixed sugar crystals/Topings:

Blue, green, yellow mixed ingredients: Sugar, Artificial Color, Confectioner's Glaze, FD&C Yellow #5 Lake, FD&C Blue #1 Lake, Corn Syrup, Gum Arabic, Carnauba Wax, FD&C Red #40 Lake, FD&C Blue #2 Lake, FD&C Yellow #6 Lake, Hydroxylated Soy Lecithin

Dark Chocolate:

Sugar, palm kernel and parially hydronenated palm oils, cocoa (processed with potassium carbonate), nonfat milk, sorbitan monostrearate and soys lecithin emulsifiers, pure vanilla

ALLERGY INFORMATION: MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS, TREE NUTS, SUNFLOWER SEEDS, MILK, SOY, AND WHEAT.