

SALTAIRE DAY CAMP SNACK SCHEDULE WEEK 5 & 6
MONDAY - FRUIT LEATHERS, TUESDAY - TEDDY GRAHAMS,
WEDNESDAY - MOTTS APPLESAUCE, THURSDAY - PIRATE'S BOOTY, FRIDAY - WELLSLEY
FREEZE POPS

Fruit Leathers

- Real fruit
- No added sugar
- No artificial flavors,
- No artificial preservatives
- No artificial colors
- Gluten free
- Non-GMO
- Vegan
- Dairy Free



Nutrition Facts	CHERRY with 100% White Juice		APPLE with 100% White Juice		STRAWBERRY with 100% White Juice		GRAPE		RASPBERRY		APRICOT	
	Servings per container	1 Fruit Leather (14g)	Servings per container	1 Fruit Leather (14g)	Servings per container	1 Fruit Leather (14g)	Servings per container	1 Fruit Leather (14g)	Servings per container	1 Fruit Leather (14g)	Servings per container	1 Fruit Leather (14g)
Amount per serving												
Calories	50		50		50		50		50		45	
Total Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Total Carbohydrate	12g	4%	13g	4%	12g	4%	12g	4%	12g	4%	11g	4%
Dietary Fiber	<1g	3%	<1g	3%	1g	4%	1g	4%	1g	5%	1g	5%
Total Sugars	10g	3%	9g	3%	9g	3%	9g	3%	9g	3%	7g	3%
Includes Added Sugars	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Protein	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Vitamin D	0%		0%		0%		0%		0%		0%	
Calcium	0%		0%		0%		0%		0%		0%	
Iron	0%		0%		0%		0%		0%		0%	
Potassium	2%		2%		2%		2%		2%		2%	
Ingredients: Apple puree concentrate, cherry puree concentrate, concentrated orange juice, orange pulp, water, natural black cherry flavor with other natural flavors, orange oil.												
Ingredients: Apple puree concentrate, natural apple flavor with other natural flavors, lemon juice concentrate.												
Ingredients: Apple puree concentrate, pear puree concentrate, strawberry puree concentrate, lemon juice concentrate, natural strawberry flavor with other natural flavors.												
Ingredients: Apple puree concentrate, pear puree concentrate, grape puree concentrate.												
Ingredients: Apple puree concentrate, pear puree concentrate, raspberry puree concentrate, lemon juice concentrate.												
Ingredients: Apple puree concentrate, pear puree concentrate, apricot puree concentrate, lemon juice concentrate.												

Ingredients

APPLE PUREE CONCENTRATE, CHERRY PUREE CONCENTRATE, PEAR PUREE CONCENTRATE, LEMON JUICE CONCENTRATE, STRAWBERRY PUREE CONCENTRATE, APRICOT PUREE CONCENTRATE, CHERRY PUREE CONCENTRATE, GRAPE PUREE CONCENTRATE, RASPBERRY PUREE CONCENTRATE, CONCENTRATED ORANGE JUICE, ORANGE PULP, WATER, NATURAL

BLACK CHERRY FLAVOR, WITH OTHER NATURAL FLAVORS, ORANGE OIL, NATURAL APPLE FLAVOR.

Teddy Grahams

- Made with real honey
- No artificial flavors
- No artificial colors
- No high fructose corn syrup



Nutrition Facts Serv size: 1 pack (28g),
Amount per serving: **Calories 120**, **Total Fat** 4g (5% DV),
Sat Fat 0g (0% DV), *Trans Fat* 0g, **Cholest** 0mg (0% DV),
Sodium 90mg (4% DV), **Total Carb** 21g (8% DV), Fiber 1g
(4% DV), Total Sugars 7g (Incl 6g Added Sugars, 12% DV),
Protein 2g, Vit D (0% DV), Calcium (10% DV), Iron (4% DV),
Potas (0% DV).

Ingredients

GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, CANOLA OIL, DEXTROSE, HONEY, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, BAKING SODA, SALT, CINNAMON, SOY LECITHIN, NATURAL FLAVOR.

Applesauce

- Gluten free
- Made from 100% real fruit
- No artificial flavors
- No added sugar



Nutrition Facts

12 servings per container
Serving size 1 Pouch (90g)

Amount per serving

Calories 40

% Daily Value

Total Fat 0g 0%

Sodium 5mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 0g

Potassium 70mg 2%

Vitamin C 9mg 10%

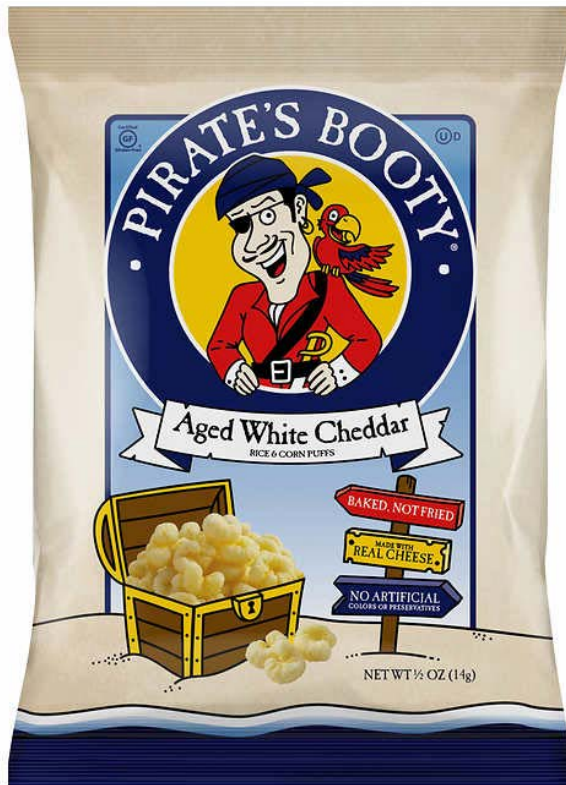
Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, and iron.

Ingredients

APPLES, WATER, ASCORBIC ACID (VITAMIN C).

Pirates Booty

- Gluten Free
- No Artificial Colors
- No Artificial Flavors
- No Artificial Preservatives
- Kosher
- White Cheddar



Nutrition Facts	
40 servings per container	
Serving size: 1 package (14g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 57mg	2%
<small>*The % Daily Value 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.</small>	
<small>INGREDIENTS: CORNMEAL, RICE FLOUR, SUNFLOWER OIL AND/OR EXPELLER PRESSED CANOLA OIL, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, NATURAL FLAVOR, SEA SALT, CITRIC ACID AND LACTIC ACID (FOR FLAVOR), ORGANIC BLACK PEPPER. CONTAINS MILK</small>	

Ingredients

CORNMEAL, RICE FLOUR, SUNFLOWER OIL AND/OR EXPELLER PRESSED CANOLA OIL, CHEDDAR CHEESE(CULTURES MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, NATURAL FLAVOR, SEA SALT, CITRIC ACID AND LACTIC ACID (FOR FLAVOR), ORGANIC BLACK PEPPER. CONTAINS MILK.

Wellsley Freeze Pops

- Gluten free
- Kosher



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 5g	2%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%	
Trans Fat 0g		Total Sugars 4g		
Cholesterol 0mg	0%	Includes 4g of Added Sugars	8%	
Sodium 5mg	0%	Protein 0g		
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%				

250 servings per container
Serving size
1 pop (43g/1.5 oz)
Calories per serving **20**

* 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.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, ARTIFICIAL FLAVORS, SODIUM CARBOXYMETHYL CELLULOSE (STABILIZER), SODIUM BENZOATE AND POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), STEVIA EXTRACT, PINEAPPLE PUNCH CONTAINS YELLOW 5 AND YELLOW 6, BLUE RASPBERRY CONTAINS BLUE 1, CHERRY CONTAINS RED 40, GRAPE CONTAINS BLUE 1 AND RED 40, ORANGE CONTAINS YELLOW 6.



Ingredients:

WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, ARTIFICIAL FLAVORS, SODIUM CARBOXYMETHYL CELLULOSE (STABILIZE), SODIUM BENZOATE AND POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), STEVIA EXTRACT