

SALTAIRE DAY CAMP SNACK SCHEDULE WEEK 7 & 8

MONDAY - SMARTFOOD POPCORN, TUESDAY - TEDDY GRAHAMS,
WEDNESDAY - FRUIT LEATHERS, THURSDAY - PIRATE'S BOOTY, FRIDAY - WELLSLEY
FREEZE POPS

Popcorn

- Gluten free
- No artificial flavors
- No artificial colors
- No artificial preservatives



Nutrition Facts

1 serving per container

Serving size

1 package

	Per serving		Per cup	
Calories	160		70	
	% DV*		% DV*	
Total Fat	10g	13%	4g	5%
Saturated Fat	2g	11%	1g	5%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	<5mg	1%
Sodium	240mg	10%	100mg	4%
Total Carb.	14g	5%	6g	2%
Dietary Fiber	2g	8%	<1g	3%
Total Sugars	2g		<1g	
Protein	3g		1g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	10mg	0%
Iron	0.4mg	2%	0.2mg	0%
Potassium	60mg	0%	20mg	0%

Not a significant source of added sugars.

* 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

POPCORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), NATURAL FLAVORS, WHEY, MALTODEXTRIN (MADE FROM CORN), BUTTERMILK, CHEDDAR CHEESE(MILK, CHEESE CULTURES, SALT, ENZYMES), AND SALT

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.

Fruit Leathers

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



	CHERRY NLI14006 WITH OTHER NATURAL FLAVORS	APPLE NLI14004 WITH OTHER NATURAL FLAVORS	STRAWBERRY NLI14003 WITH OTHER NATURAL FLAVORS	GRAPE NLI14007	RASPBERRY NLI14008	APRICOT NLI14005
Servings per container	8	8	8	8	8	8
Serving size	1 Fruit Leather (14g)	1 Fruit Leather (14g)	1 Fruit Leather (14g)	1 Fruit Leather (14g)	1 Fruit Leather (14g)	1 Fruit Leather (14g)
Amount per serving						
Calories	50	50	50	50	50	45
Total Fat	0g	0g	0g	0g	0g	0g
Saturated Fat	0g	0g	0g	0g	0g	0g
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg
Sodium	0mg	0mg	0mg	0mg	0mg	0mg
12g	4%	12g	4%	12g	4%	11g
Total Carbohydrate	<1g	<1g	3g	4g	1g	8g
Dietary Fiber	10g	9g	9g	9g	9g	7g
Total Sugars	0g	0g	0g	0g	0g	0g
Includes Added Sugars	0g	0g	0g	0g	0g	0g
Protein	0g	0g	0g	0g	0g	0g
Vitamin D 0mcg	0%	Vitamin D 0mcg	0%	Vitamin D 0mcg	0%	Vitamin D 0mcg
Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg	0%	Calcium 0mg
Iron 0mg	0%	Iron 0mg	0%	Iron 0.3mg	0%	Iron 0.1mg
Potassium 90mg	2%	Potassium 80mg	0%	Potassium 110mg	2%	Potassium 130mg
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.						
<small>Distributed by: Stretch Island Fruit Leathers, L.L.C., Englewood, MA 01934 USA www.stretchislandfruit.com 1-800-750-9887</small>						

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.

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%

*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.

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**

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*
250 servings per container		Total Fat 0g	0%	Total Carbohydrate 5g	2%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 0g	0%
1 pop (43g/1.5 oz)		Trans Fat 0g		Total Sugars 4g	
Calories		Cholesterol 0mg	0%	Includes 4g of Added Sugars	8%
per serving		Sodium 5mg	0%	Protein 0g	
20		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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