

# Dietary Information for the Museum of Science Overnight Program\*

## Evening Snack

Fruitfull® Non-Dairy Fruit Bars- Strawberry



### Strawberry

Made with only the finest non-GMO ingredients:

Purified water, strawberries, organic cane sugar, cane sugar, beet juice, natural strawberry flavor, natural vegetable stabilizers (cellulose gum, guar gum), turmeric, annatto.

### Nutrition Facts

Serv. Size 1 Bar (82g)

Calories 90

Fat Cal. 0

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	% DV *	Amount/serving	% DV *
<b>Total Fat</b> 0 g	<b>0%</b>	<b>Sodium</b> 5 mg	<b>0%</b>
Sat Fat 0 g	<b>0%</b>	<b>Total Carbs.</b> 23 g	<b>8%</b>
Trans Fat 0 g		Fiber 0 g	<b>0%</b>
		Sugars 23 g	
<b>Cholest.</b> 0 mg	<b>0%</b>	<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 0%

Tropical Splash

### Allergy Info: Strawberries

All of the above products are produced on shared equipment with Soy, Milk, Tree Nuts and MAY CONTAIN seeds, pits, and nutshell fragments.

### Product Website:

<https://www.happyandhealthy.com/fruitfull-bars/>

Fruitfull® Non-Dairy Fruit Bars- Mango



### Mango

Made with only the finest non-GMO ingredients:

Fruit blend (mango puree, mango slices, mango juice), purified water, organic cane sugar, natural vegetable stabilizers (cellulose gum, guar gum).

### Nutrition Facts

Serv. Size 1 Bar (82g)

Calories 65

Fat Cal. 0

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	% DV *	Amount/serving	% DV *
<b>Total Fat</b> 0 g	<b>0%</b>	<b>Sodium</b> 5 mg	<b>0%</b>
Sat Fat 0 g	<b>0%</b>	<b>Total Carbs.</b> 15 g	<b>5%</b>
Trans Fat 0g		Fiber 1 g	<b>4%</b>
		Sugars 14 g	
<b>Cholest.</b> 0 mg	<b>0%</b>	<b>Protein</b> 11 g	
Vitamin A 7%	Vitamin C 25%	Calcium 0%	Iron 0%

All of the above products are produced on shared equipment with Soy, Milk, Tree Nuts and MAY CONTAIN seeds, pits, and nutshell fragments.

### Product Website:

<https://www.happyandhealthy.com/fruitfull-bars/>

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# Morning Options

## Nutri-Grain Cereal Bar (Strawberry)

### Ingredients:

Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), whole wheat flour, soybean oil, high fructose corn syrup, soluble corn fiber, sugar, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, mono- and diglycerides, soy lecithin, natural and artificial flavor, wheat gluten, niacinamide, vitamin a palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride ), vitamin b2 (riboflavin), folic acid. Filling: high fructose corn syrup, corn syrup, strawberry puree concentrate, glycerin, sugar, sodium alginate, modified corn starch, citric acid, natural and artificial flavor, dicalcium phosphate, methylcellulose, caramel color, malic acid, red 40.



<b>Nutrition Facts</b>	
Serving Size	1 Bar (37g)
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 10%
Thiamin 15%	Riboflavin 25%
Niacin 25%	Vitamin B <sub>6</sub> 25%
Folic Acid 10%	Zinc 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

### Allergy Info:

Contains Milk, Wheat and Soy.

### Product Website:

<http://www.nutrigrain.com/ProductDetail.aspx?product=349>

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## Nutri-Grain Cereal Bar (Blueberry)

### Ingredients:

Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), whole wheat flour, soybean oil, high fructose corn syrup, soluble corn fiber, sugar, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, mono- and diglycerides, soy lecithin, natural and artificial flavor, wheat gluten, niacinamide, vitamin a palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin), folic acid. Filling: high fructose corn syrup, corn syrup, blueberry puree concentrate, glycerin, sugar, water, sodium alginate, modified corn starch, natural and artificial flavor, citric acid, methylcellulose, calcium phosphate, malic acid, red 40, blue 1.



Nutrition Facts	
Serving Size	1 Bar (37g)
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 30
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 12g	
<b>Protein</b> 2g	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 10%
Thiamin 15%	Riboflavin 25%
Niacin 25%	Vitamin B <sub>6</sub> 25%
Folic Acid 10%	Zinc 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

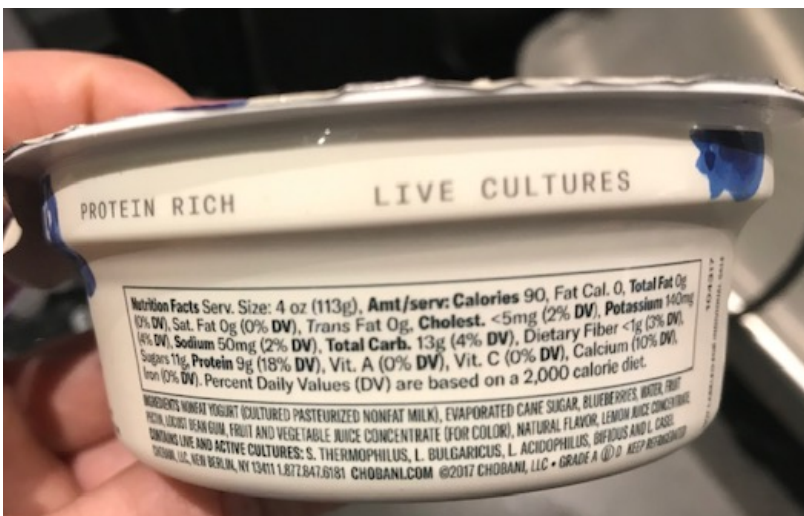
### Allergy Info:

Contains Milk, Wheat and Soy.

### Product Website:

<http://www.nutrigrain.com/ProductDetail.aspx?product=340>

## Chobani Greek Yogurt Blueberry 4 oz



**Allergy info:**  
Contains Milk

### Product Website:

<https://www.chobani.com/products/fruit-on-the-bottom/cup/blueberry/>

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# La Marca & Sons

Distributors of Quality Bread and Rolls

Phone : 781 - 397 -9449

Fax : 781-397-8388

www.lamarcaandsons.com

Manufacturer - Bagle Boy

Doz. Mini Bagels CINNAMON RAISIN  
- BB



Order Code: 6163  
Order Time: N/A  
Description: Doz. Mini Bagels CINNAMON RAISIN - BB  
Kosher : KVH Kosher Pareve

**Product Dimensions:**

Length: 3.00"  
Width/Diameter: 3.00"  
Height: 1.205"  
Shape: Round  
Finished Weight: 1.41oz

**Packaging:**

Pack Description : 12 count  
Case Length : N/A  
Case Width : N/A  
Case Height : N/A  
Case Cube : N/A  
Pallet Pattern : N/A  
Cases per Pallet : N/A  
Case Weight : N/A  
Case Count : N/A  
UPC Code : N/A  
UPC Case : N/A  
Tray Count : N/A

**Ingredients:**

Nutrition Facts		
12 Serving Per Container		
Serving Size	40g	
Amount Per Serving		
<b>Calories</b>	<b>100</b>	
% Daily Value *		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	20g	7%
Dietary Fiber	1g	4%
Total Sugars	3g	
	Includes N/A Added Sugars	N/A
Protein	3g	
Vitamin D	0.5mcg	
Calcium	N/A	6%
Iron	N/A	8%
Potassium	N/A	N/A
Vitamin A	N/A	0%
Vitamin C	N/A	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 Calories per day is used for general nutrition advice.		
Calories per gram:		
Fat	Carbohydrate	Protein
9	4	4

**Slice Info:**

Slice : N/A  
Slice Type : N/A  
Slice Thickness : N/A  
Number of Slices : N/A  
Top Cut : N/A

**Allergen Info:**

Contains Wheat: YES  
Contains Nuts: NO  
Contains Milk: NO  
Contains Egg's: NO  
Made on Equipment Shared With Nuts: NO  
Nut Free Plant: YES  
Contains Soy: NO

UNBROMATED, UNBLEACHED, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, RAISINS, SUGAR, SALT, YEAST, CINNAMON, CALCIUM PROPIONATE, WHEAT GLUTEN, CARAMEL COLOR, ENZYMES, NATURAL FLAVOR, MONOGLYCERIDES, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS), XANTHAN GUM, GUAR GUM, MALTODEXTRIN, SODIUM ALGINATE, YELLOW CORN MEAL, HIGH OLEIC CANOLA OIL.



Manufacturer - Bagle Boy

## Doz. Mini Bagels PLAIN - BB



Order Code: 6161  
 Order Time: N/A  
 Description: Doz. Mini Bagels PLAIN - BB  
 Kosher : KVH Kosher Pareve

### Product Dimensions:

Length: 3' to 3.38"  
 Width/Diameter: 3' to 3.38"  
 Height: 1.13" to 1.38"  
 Shape: Round  
 Finished Weight: 40g

### Packaging:

Pack Description : N/A  
 Case Length : N/A  
 Case Width : N/A  
 Case Height : N/A  
 Case Cube : N/A  
 Pallet Pattern : N/A  
 Cases per Pallet : N/A  
 Case Weight : N/A  
 Case Count : N/A  
 UPC Code : N/A  
 UPC Case : N/A  
 Tray Count : N/A

### Ingredients:

Enriched High Gluten Wheat Flour, (Thiamine, Riboflavin, Niacin, Iron, Folic Acid),

Nutrition Facts	
12 Serving Per Container	
Serving Size	40g
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value *	
Total Fat	0 0%
Saturated Fat	0 0%
Trans Fat	N/A
Cholesterol	0 0%
Sodium	90mg 0%
Total Carbohydrate	20g 0%
Dietary Fiber	1g 0%
Total Sugars	N/A
Includes N/A Added Sugars	
Protein	4g
Vitamin D	0.5mcg
Calcium	N/A 0%
Iron	N/A 0%
Potassium	N/A N/A
Vitamin A	N/A N/A
Vitamin C	N/A N/A
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 Calories per day is used for general nutrition advice.	
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

### Slice Info:

Slice : N/A  
 Slice Type : N/A  
 Slice Thickness : N/A  
 Number of Slices : N/A  
 Top Cut : N/A

### Allergen Info:

Contains Wheat: YES  
 Contains Nuts: NO  
 Contains Milk: NO  
 Contains Egg's: NO  
 Made on Equipment Shared With Nuts: NO  
 Nut Free Plant: YES  
 Contains Soy: NO



## Rice Krispies

### Ingredients:

Rice, sugar, salt, malt flavoring, Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D.

### Allergy Info:

### Product Website:

[http://www.kelloggs.com/en\\_US/kelloggs-rice-krispies-cereal.html](http://www.kelloggs.com/en_US/kelloggs-rice-krispies-cereal.html)



<b>Nutrition Facts</b>	
Serving Size 1 Container (18g)	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 10%	• Vitamin C 10%
Calcium 0%	• Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	

## Cheerios

### Ingredients:

Whole grain oats (includes the oat bran), modified corn starch, sugar, salt, Tripotassium phosphate, wheat starch. Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and minerals: Calcium carbonate, iron and zinc (mineral nutrients), vitamin C (sodium ascorbate) A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), A B vitamin (folic acid), Vitamin B 12, Vitamin D 3

### Allergy Info:

### Product Website:

<http://www.cheerios.com/Products/Cheerios>



<b>Nutrition Facts</b>	
Serving Size 1 Bowl (19g)	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 10
<b>%Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 6%
Calcium 6%	• Iron 30%
Not a significant source of saturated fat, trans fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

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## Hood Fat Free Milk

**Ingredients:**

Fat Free Milk, Ascorbic Acid (Vitamin C), Vitamin A Palmitate and Vitamin D2

**Allergy Info:**

Milk

**Product Website:**

<http://www.hood.com/Products/prodDe tail.aspx?id=629&lb=863>

<b>Nutrition Facts</b>	
Serving Size 1 cup (236mL)	
Amount Per Serving	
<b>Calories</b> 80	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 120%
Not a significant source of calories from fat, saturated fat, trans fat, dietary fiber, calcium, iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## Hood 2% Reduced Fat Milk

**Ingredients:**

Reduced Fat Milk, Ascorbic Acid (Vitamin C), Vitamin A Palmitate and Vitamin D2

**Allergy Info:**

Milk

**Product Website:**

<http://www.hood.com/Products/prodDe tail.aspx?id=636&lb=863>

<b>Nutrition Facts</b>	
Serving Size 1 cup (236mL)	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
	<b>%Daily Value*</b>
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g <b>15%</b>	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 120%
Not a significant source of trans fat, dietary fiber, calcium, iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## Hood Orange Juice

**Ingredients:**

Water, Orange Juice Concentrate

**Allergy Info:**

**Product Website:**

<http://www.hood.com/Products/prodDe tail.aspx?id=631&lb=857>

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (236mL)	
Amount Per Serving	
<b>Calories</b> 120	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Sugars 30g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 120%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, calcium, iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

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