



J&J SNACK

218914 - Bar Oatmeal Choc/Chip Benefit Wg

Give kids all the benefits of great-tasting 51% Whole Grain Read-Bake BeneFIT Bars. Keep kids going with two wholesome servings of grains packed with fiber and protein. These delicious chewy bars are an ideal solution for any day part providing various breads and grains under The Child Nutrition Program.



Nutrition Facts

Servings per Container	48
Serving size	1bar (71g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 19g Added Sugar	38%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	11%
Potassium 150mg	3%

\* 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.

Benefits

Made with 51% whole grains  
Good source of Iron  
Contains at least 3 grams of Fiber  
Thaw and serve convenience  
Frozen shelf life: 18 Months, refrigerated: 6 weeks, ambient: 1 week

Ingredients

WHOLE WHEAT FLOUR, SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), OATS, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA FLAVOR), EGGS, SOYBEAN OIL, INVERT SUGAR, CANOLA OIL, MOLASSES, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEY, NATURAL FLAVOR, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), XANTHAN GUM, INULIN, SALT. CONTAINS EGG, MILK, SOY, WHEAT.

Allergens

Contains:

eggs milk soy wheat

Free From:

crustaceans shellfish fish  
peanuts sesame tree nuts

Handling Suggestions

Keep Frozen (0 F or below). Shelf life up to eighteen months when unopened and stored properly. When thawed at ambient temperature, shelf life is one week. When stored in refrigerated temperature, shelf life is 6 weeks.

Serving Suggestions

Thaw and serve.

Prep & Cooking Suggestions

Thaw and serve.

Product Specifications

Brand		Manufacturer				
J&J SNACK		J&J SNACK FOODS FSC				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
40401	218914	10073321404014	48	48/2.5 OZ		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
7.88lb	7.5lb	USA	Yes	No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8.5in	9.5in	10.5in	0.49ft3	20x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	280	Total Fat	8g	Sodium	230mg
Protein	5	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	47g	Saturated Fat	3g	Iron	2mg
Sugars	20g	Added Sugars	19g	Potassium	150mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

