



J&J SNACK

218914 - Bar Oatmeal Choc/Chip Benefit Wg

Give kids all the benefits of great-tasting 51% Whole Grain Readi-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

48 Servings Per Container

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
40401	218914	10073321404014	48	48 / 2.5 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9 lb	7.5 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.69 in	7.31 in	9.13 in	0.49 ft3	20x7	540 DAYS	-10 °F / 0 °F



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Nutrition Analysis - By Measure

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

Additional Images

