



J&J SNACK
218918 - Bar Apple Benefit Wg S/O

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

Servings per Container 48
Serving size 1bar (71g)

Amount per serving
Calories 290

% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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), APPLES, OATS, SOYBEAN OIL, INVERT SUGAR, CANOLA OIL, SUGARCANE MOLASSES, CONTAINS 2% OR LESS OF THE FOLLOWING: EGGS, BAKING POWDER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), WHEY, NATURAL FLAVORS, INULIN, XANTHAN GUM, SPICE, SALT, SOY LECITHIN. CONTAINS EGGS, MILK, WHEAT, SOY.

Allergens

Contains:
eggs milk soy wheat

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.
40403	218918	10073321404038	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
0in	0in	0in	0.49ft3	5x2	0DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	290	Total Fat	9g	Sodium	240mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	48g	Saturated Fat	3g	Iron	0mg
Sugars	22g	Added Sugars	0g	Potassium	0mg
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



INGREDIENTS: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried apples, oats, interesterified soybean oil, eggs, invert syrup, canola oil, molasses, baking powder (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), whey, natural flavors, inulin, xanthan gum, cinnamon, salt, soy lecithin. **Contains wheat, milk, soy, and egg ingredients.** One serving of this product meets 2 servings of grains under the Child Nutrition Program.

