



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

48 Servings Per Container

Serving size **1bar (71g)**

Amount per serving  
**Calories 290**

% Daily Value\*

**Total Fat** 9 g **12%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

**Cholesterol** 15 mg **5%**

**Sodium** 240 mg **10%**

**Total Carbohydrate** 48 g **17%**

Dietary Fiber 3 g **11%**

Total Sugars 22 g

Includes Added Sugar **%**

**Protein** 5 g

Vitamin D **0%**

Calcium **2%**

Iron **10%**

Potassium **%**

\* 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:



### 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.
40403	218918	10073321404038	48	48 / 2.5 ONZ

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.8 in	7.3 in	9 in	0.49 ft3	20x7	540 DAYS	-10 °F / 0 °F



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## Nutrition Analysis - By Measure

Calories	290	Total Fat	9 g	Sodium	240 mg
Protein	5	Trans Fats	0 g	Calcium	
Total Carbohydrates...	48 g	Saturated Fat	3 g	Iron	
Sugars	22 g	Added Sugars		Potassium	
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15 mg		
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

