



J&J SNACK

# 218921 - Bar Oatmeal Raisin Benefit I/W 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\*

<b>Total Fat</b> 9 g	<b>12%</b>
Saturated Fat 3 g	<b>15%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrate</b> 47 g	<b>17%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 21 g	
Includes Added Sugar	<b>%</b>

<b>Protein</b> 4 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium	<b>2%</b>
Iron	<b>10%</b>
Potassium	<b>%</b>

\* 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, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, RAISINS, OATS, INTERESTERIFIED SOYBEAN OIL, EGGS, CINNAMON CHIPS (SUGAR, COCOA BUTTER, MILK, WHEY, SOY LECITHIN, CINNAMON, NATURAL FLAVOR), INVERT SUGAR, CANOLA OIL, MOLASSES, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEY, NATURAL FLAVOR, BAKING SODA, CREAM OF TARTAR, INULIN, XANTHAN GUM, SALT, SPICE.

### Allergens

#### Contains:

- eggs
- milk
- soy
- wheat

#### Free From:

- crustaceans
- 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.
40400	218921	10073321404007	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



J&J SNACK

# 218921 - Bar Oatmeal Raisin Benefit I/W 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 Analysis - By Serving

Calories	290	Total Fat	9 g	Sodium	180 mg
Protein	4	Trans Fats	0 g	Calcium	
Total Carbohydrates...	47 g	Saturated Fat	3 g	Iron	
Sugars	21 g	Added Sugars		Potassium	
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

