

# Nutritious Friendly Parties

Nutrients	Calories	Fat	Carbohydrate	Fiber	Protein
& Ingredients		grams	grams	grams	grams

## Nutritious Friendly Snack Party

<b>100 Calorie Chips Ahoy</b>	<b>100</b>	<b>3</b>	<b>18</b>	<b>&lt;1</b>	<b>1</b>
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Ingredients: Enriched Flour (wheat flour), semisweet chocolate chips, soy lecithin, sugar, high oleic canola oil, soybean oil, high fructose corn syrup, cornstarch, baking soda, calcium phosphate, milk(enzyme modified) salt, natural and artificial flavor

<b>Baked Lay's Original Chips</b>	<b>150</b>	<b>1.5</b>	<b>26</b>	<b>2</b>	<b>2</b>
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Ingredients: Dehydrated potatoes, corn oil,modified food starch, corn oil, salt, soy lecithin, monocalcium phosphate, sodium bicarbonate, dextrose

<b>Baked KC Masterpiece BBQ Lay's Chips</b>	<b>150</b>	<b>1.5</b>	<b>26</b>	<b>2</b>	<b>2</b>
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Ingredients: Dehydrated potatoes, corn oil,modified food starch, sugar, salt, and less than 1% of the following: onion powder, soy lecithin, dextrose, monocalcium phosphate, sodium bicarbonate natural flavors, molasses.

**\*May contain: Egg, milk, soy, and wheat**

<b>Baked Doritos Nacho Cheese</b>	<b>170</b>	<b>5</b>	<b>29</b>	<b>2</b>	<b>3</b>
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Ingredients: whole corn, corn oil, salt, cheddar cheese (milk, cheese cultures, salt, enzymes) buttermilk solids, whey protein concentrate, whey, tomato powder, monosodium glutamate, Romano cheese (part skim milk cheese cultures, salt, enzymes) onion powder wheat flour, natural and artificial flavor, partially hydrogenated soybean and cottonseed oil, artificial color, sugar, garlic powder, disodium phosphate, dextrose, Parmesan cheese, spice citric acid, lactic acid, disodium inosinate, disodium guanylate

**\*Contains milk and wheat ingredients**

<b>Smartfood- Popcorn</b>	<b>100</b>	<b>6</b>	<b>9</b>	<b>1</b>	<b>2</b>
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Ingredients: popcorn, vegetable oil, contains one or more of the following- corn, soybean, sunflower oil, cheddar cheese(cultured milk, salt, enzymes), whey, buttermilk, salt, disodium phosphate

**\*Contains milk**

<b>Rold Gold Pretzels</b>	<b>110</b>	<b>1</b>	<b>23</b>	<b>2</b>	<b>1</b>
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Ingredients: Enriched flour (wheat flour) salt, corn syrup, corn oil, yeast, malt extract, sodium, bicarbonate ammonium bicarbonate, artificial flavor

**\*Contains wheat**

<b>GoldFish Crackers</b>	<b>110</b>	<b>3.5</b>	<b>14</b>	<b>&lt;1</b>	<b>2</b>
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Ingredients: Unbleached enriched wheat flour, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes) water, salt, vegetable oils, canola, sunflower, and soybean, contains 2% or less: salt, yeast, sugar, yeast extract, leavening (baking soda, monocalcium phosphate, ammonium bicarbonate, spices, annato (color) onion powder

## Animal Party

<b>Trix Yogurt</b>	<b>120</b>	<b>1.5</b>	<b>23</b>	<b>0</b>	<b>4</b>
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Ingredients: Cultured pasteurized grade A reduced fat milk sugar, high fructose corn syrup, modified corn starch nonfat milk, whey protein concentrate, kosher gelatin, citric acid, natural and artificial flavor, potassium sorbate added Red #40, Yellow #5, vitamin A acetate, vitamin D3, active yogurt cultures, L. acidophilus

<b>Animal Crackers</b>	<b>130</b>	<b>3.5</b>	<b>22</b>	<b>&lt;1</b>	<b>2</b>
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Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate -Vitamin B1, riboflavin -Vitamin B2, Folic acid) sugar, vegetable oil (soybean, palm and palm kernel oil with TBHQ for freshness), high fructose corn syrup, contains two percent or less of salt, calcium carbonate, baking soda, soy lecithin, artificial flavor.

**Contains wheat and soy ingredients.**

## Cheesy Cracker Party

<b>Monterey Jack Cheese</b>	<b>89</b>	<b>6</b>	<b>0.2</b>	<b>0</b>	<b>8</b>
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<b>Provolone Cheese</b>	<b>100</b>	<b>7.6</b>	<b>0.6</b>	<b>0</b>	<b>7.3</b>
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<b>Swiss Cheese</b>	<b>108</b>	<b>7.6</b>	<b>0.6</b>	<b>0</b>	<b>7.3</b>
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<b>Saltine Crackers</b>	<b>62</b>	<b>1.7</b>	<b>10</b>	<b>0.4</b>	<b>1</b>
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Ingredients: Enriched Flour (whole wheat) soybean oil, salt, partially hydrogenated cottonseed oil, baking soda, malted barley flour, calcium carbonate, yeast

**\* Contains soy and wheat ingredients**

Veggie-Licious Party					
Broccoli	46	0.4	10	3.4	2
Carrot Stick					
Celery Stick					
Cucumber					
Low Fat Ranch Dressing	40	0	11	1	0
Ingredients: water, buttermilk, vinegar, maltodextrin sugar, salt, cellulose gel and cellulose, gum, garlic, carrageenan xanthan gum titanium dioxide, sour cream solids, milk, monosodium glutamate, potassium sorbate, sorbic acid, and calcium disodium edta spices, lactic acid, citric acid, natural flavor *Contains- milk ingredients					
Fruitabulous Party					
Apple	208	0.9	53	5	3
Orange					
Melon or berry (in season)					
Grapes					
Trix Yogurt	120	1.5	23	0	4
Ingredients: Cultured pasteurized grade A reduced fat milk sugar, high fructose corn syrup, modified corn starch nonfat milk, whey protein concentrate, kosher gelatin, citric acid, natural and artificial flavor, potassium sorbate added Red #40, Yellow #5, vitamin A acetate, vitamin D3, active yogurt cultures, L. acidophilus					
Pretzel Party					
Soft Pretzel	70	0	16	1	2
Ingredients: Enriched flour (wheat flour, malted barley flour), water, corn syrup, yeast, bicarbonates, and carbonates of soda. artificial flavor. <b>Contains- wheat ingredients!</b>					
Rold Gold Pretzels	110	1	23	2	1
Ingredients: Enriched flour (wheat flour) salt, corn syrup, corn oil, yeast, malt extract, sodium, bicarbonate ammonium bicarbonate, * Contains wheat ingredients!					
Cheddar Cheese Sauce	80	6	6	0	1
Ingredients: Cheese whey, partially hydrogenated soybean and/or cottonseed oil, modified food starch, cheese (cheddar and blue ch cultured milk, salt, and enzymes, salt, sodium phosphate, natural flavors, monosodium glutamate, mono & diglycerides, vinegar, sodium stearyl-2-lactylate, color added (includes FD&C Yellow 5 and FD & C Yellow 6, Lactic and citric acids) *Contains milk					
Mustard	10	0	0	0	0
Ingredients: water, distilled vinegar, number 1 mustard seed, salt, turmeric, oleoresin, paprika, and spices					