

Jamboree 2023: Participant's Menu

July 19, 2023
Dinner

Chicken Breast with BBQ Sauce	BBQ Sauce	Corn on the Cob	Smashed Potatoes	Cole Slaw	Oranges	Rice Krispies Treat																																																																																																																																																																																																																																																																										
<p>Ingredients: Boneless, skinless chicken breast with rib meat</p> <p>Free From: Does not contain obligatory allergens as listed in the regulations</p>	<p>Ingredients: tomato paste, high fructose corn syrup, corn syrup, water, distilled vinegar, molasses, salt, mustard bran, natural flavor (including hickory smoke), spices, onion powder, celery seed, sodium benzoate (to protect quality), garlic powder & sugar.</p> <p>Free from: crustaceans, eggs, fish, milk, peanuts, sesame seeds, soy, tree nuts, wheat</p>	<p>Ingredients: Cob corn</p> <p>Free From: Does not contain obligatory allergens as listed in the regulations</p>	<p>Ingredients: Potatoes, skim milk, salt, disodium pyrophosphate (added to maintain color), potassium sorbate (added to maintain freshness).</p> <p>Contains milk contains: milk</p>	<p>Ingredients: CABBAGE, MAYONNAISE (Soybean Oil, Water, Egg Yolks, Distilled Vinegar, Sugar, Salt, Mustard Seed, Dehydrated Garlic and Onion), SUGAR, DISTILLED WHITE VINEGAR (Distilled White Vinegar and Filtered Water), CARROTS, VEGETABLE OIL (100% Soybean Oil), CIDER FLAVORED VINEGAR (White Distilled Vinegar, Filtered Water, and Flavoring), SALT, LEMON JUICE (Water, Lemon Juice Concentrate, Citric Acid, Salt, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (Preservatives), Sodium Bisulfite (preserve color), Lemon Oil), XANTHAN GUM, ASCORBIC ACID, CITRIC ACID, SODIUM BENZOATE (Preservative), POTASSIUM SORBATE (Preservative), SODIUM ERYTHORBATE.</p>	<p>Ingredients: 100% Orange</p>	<p>Ingredients: toasted rice cereal (rice, sugar, salt, malt flavor, niacinamide, reduced iron, vitamin B2 [riboflavin], folic acid), corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, gelatin, natural and artificial flavors (contains milk), salt, DATEM, acetylated monoglycerides, soy lecithin, BHT for freshness.</p> <p>Contains: milk, soy</p>																																																																																																																																																																																																																																																																										
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Jamboree 2023: Participant's Menu

July 20, 2023
Breakfast

Corn Flakes

Ingredients:

Whole grain corn, corn meal, sugar, corn starch, corn syrup, salt, brown sugar syrup, barley malt syrup, canola oil, baking soda, natural flavor. Vitamin e (mixed tocopherols) added to preserve freshness. Vitamins and minerals: calcium carbonate, iron and zinc (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), vitamin b12, a b vitamin (folic acid), vitamin d3. May contain wheat ingredients.

Nutrition Information	
Serving size	1 Serving (28 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 1.2mcg	6%
Calcium 78mg	6%
Iron 5.40mg	30%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Apple Cinnamon Muffin

Ingredients:

whole wheat flour, sugar, eggs, water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), applesauce (apples, water, ascorbic acid [to retain color]), invert sugar, soybean oil, contains 2% or less of: fractionated interesterified palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, wheat gluten, oat fiber, mono- and diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), cinnamon, modified corn starch, potassium sorbate (preservative), sodium alginate, salt, natural apple flavor, soy lecithin, sodium stearoyl lactylate, caramel color, enzymes.
Contains: eggs, soy, wheat.
Contains: Eggs, Soy, Sulphur Dioxide and Sulphites, Wheat
Free From: Crustaceans, Fish, Milk, Peanuts, Sesame seeds, Shellfish, Tree Nuts

Nutrition Information	
Serving size	1 Serving (57 grams)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 15g Added Sugars	30%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 0.90mg	6%
Potassium 110mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Apple

Ingredients: Apple

Nutrition Information	
Serving size	1 cup, sliced (109 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat 0g	
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D NA	NA
Calcium 5mg	0%
Iron 0.16mg	0%
Potassium 130mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Granola Bar

Ingredients:

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.
Contains: Soy
May Contain: Almonds, Peanuts, Pecan nut, Tree Nuts

Nutrition Information	
Serving size	1 Serving (21 grams)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D NA	NA
Calcium NA	NA
Iron 0.50mg	2%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Juice Drink

Ingredients:

100% Orange Juice

Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mcg	0%
Calcium NA	2%
Iron NA	NA
Potassium 450mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Milk

Ingredients:

Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains: Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 20, 2023
Dinner

Turkey & Cheese Sandwich

Ingredients:
Turkey breast, turkey broth, cultured sugar, dextrose, contains 2% or less of salt, sodium diacetate, vinegar, carrageenan, potassium lactate, potassium phosphate.
Free from:
Crustaceans, eggs, fish, lupine, milk, molluscs, mustard, peanuts, sesame seeds, soy, tree nuts, wheat

Nutrition Information	
Serving size	100 Gram (100 grams)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 620mg	27%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein 16g	
Vitamin D NA	NA
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Pepperjack Cheese

Ingredients:
Monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes). Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto [color] if colored). Potato starch and powdered cellulose added to prevent caking.
Contains: Milk
Free From: Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (28 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 7g	
Vitamin D NA	NA
Calcium 260mg	20%
Iron 0mg	0%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Sandwich Bread

Ingredients:
Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup or sugar, contains 2% or less of each of: vegetable oil (canola oil or soybean oil), vinegar, salt, wheat gluten, wheat flour, calcium sulfate, preservatives (calcium propionate, sorbic acid), dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, enzymes), soybean lecithin.
Contains: Soy, Wheat
May Contain: Sesame seeds, Tree Nuts
Free From: Crustaceans, Eggs, Fish, Milk, Peanuts

Nutrition Information	
Serving size	2 slices (61 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein 5g	
Vitamin D NA	NA
Calcium 42mg	4%
Iron 1.98mg	10%
Potassium 45mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Apple

Ingredients:
100% Apple

Nutrition Information	
Serving size	1 cup, sliced (109 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat 0g	
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D NA	NA
Calcium 5mg	0%
Iron 0.16mg	0%
Potassium 130mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Fruit Bar

Ingredients:
INGREDIENTS: CRUST: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil, whole wheat flour, sugar, dextrose, fructose, calcium carbonate, vegetable glycerin, invert sugar, whey, soluble corn fiber, salt, cellulose, natural flavor, potassium bicarbonate, cinnamon, vitamin and mineral blend (salt, niacinamide, reduced iron, zinc oxide, vitamin A palmitate, vitamin B1 [thiamin hydrochloride], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin]), wheat bran, mono- and diglycerides, soy lecithin, wheat gluten, carrageenan, guar gum, **FILLING:** invert sugar, corn syrup, apple puree concentrate, vegetable glycerin, sugar, modified food starch, sodium alginate, malic acid, sodium citrate, methylcellulose, dicalcium phosphate, cinnamon, citric acid.
Contains: Milk, Soy, Wheat

Nutrition Information	
Serving size	1 Serving (37 grams)
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.80mg	10%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Fruit Snack

Ingredients:
Fresh cantaloupe, grapes, honeydew, and pineapple

Nutrition Information	
Serving size	100 Gram (100 grams)
Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat NA	NA
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D NA	NA
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 21, 2023
Breakfast

Sausage Link

Ingredients:
Pork, Water, Contains 2% Or Less Of: Corn Syrup, Salt, Spices, Sugar, Autolyzed Yeast Extract, BHT, Propyl Gallate, Citric Acid, Stuffed In Beef Collagen Casings.
Free From:
Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (85 grams)
Amount Per Serving	
Calories	390
	% Daily Value*
Total Fat 39g	50%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 510mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes NA Added Sugars	NA
Protein 9g	
Vitamin D NA	NA
Calcium 36mg	2%
Iron 1.00mg	6%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Egg

Ingredients:
Cage Free Whole Eggs, Citric Acid (Citric Acid added to Preserve Color)
Contains:
Eggs
Free From:
Crustaceans, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	3 Tbsp. (47 grams)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1.2mcg	6%
Calcium 30mg	2%
Iron 0.80mg	4%
Potassium 65mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Cheese

Ingredients:
Pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). Potato starch and powdered cellulose added to prevent caking.
Contains: Milk
Free From: Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 oz (28 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 7g	
Vitamin D NA	NA
Calcium 260mg	20%
Iron 0mg	0%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

White Bread

Ingredients:
Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup or sugar, contains 2% or less of each of: vegetable oil (canola oil or soybean oil), vinegar, salt, wheat gluten, wheat flour, calcium sulfate, preservatives (calcium propionate, sorbic acid), dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, enzymes), soybean lecithin.
Contains: Soy, Wheat
May Contain: Sesame seeds, Tree Nuts
Free From: Crustaceans, Eggs, Fish, Milk, Peanuts

Nutrition Information	
Serving size	2 slices (61 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein 5g	
Vitamin D NA	NA
Calcium 42mg	4%
Iron 1.98mg	10%
Potassium 45mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Orange Juice/ Apple Juice

Ingredients:
100% Orange Juice

Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mg	0%
Calcium 20mg	2%
Iron NA	NA
Potassium 450mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients:
100% Apple juice from concentrate
Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (118 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Milk

Ingredients:
Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
Contains:
Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 21, 2023
Dinner

Chicken Jambalaya

Rice

Corn

Cornbread

Doughnuts

Ingredients:

Boneless, skinless chicken breast with rib meat

Free From: Does not contain obligatory allergens as listed in the regulations

Ingredients: enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid), onion, salt, paprika, red and green bell pepper, yeast extract, garlic & spices (including red pepper).

Free From:

Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Ingredients:

Corn

Free From:

Does not contain obligatory allergens as listed in the regulations

Ingredients:

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), eggs, water, sugar, soybean oil, yellow corn meal, high fructose corn syrup, contains 2% or less: skim milk, modified corn starch, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), salt, mono- and diglycerides, lactose, milk protein concentrate, xanthan gum.

Contains:

Eggs, Milk, Wheat

Ingredients:

Ingredients for u.S. Market: enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, water, whey (a milk derivative), dextrose and/or sugar, soybean oil, yeast, contains less than 2% of the following: salt, defatted soy flour, leavening (sodium acid pyrophosphate, baking soda), skim milk, distilled monoglycerides, sodium stearoyl lactylate, to preserve freshness (calcium propionate), cellulose gum, guar gum, xanthan gum, ascorbic acid, colored with beta carotene.L

Contains:

Milk, Soy, Sulphur Dioxide and Sulphites, Wheat

Nutrition Information	
Serving size	4 Ounces (112 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 25g	
Vitamin D NA	NA
Calcium 0mg	0%
Iron 1.00mg	6%
Potassium NA	NA

Nutrition Information	
Serving size	1 Serving (49 grams)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	30%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.70mg	15%
Potassium 150mg	3%

Nutrition Information	
Serving size	2/3 Cup (93 grams)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.40mg	2%
Potassium 200mg	4%

Nutrition Information	
Serving size	1 Serving (30 grams)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.00mg	6%
Potassium 40mg	1%

Nutrition Information	
Serving size	1 Serving (71 grams)
Amount Per Serving	
Calories	310
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.70mg	10%
Potassium 70mg	1%

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Jamboree 2023: Participant's Menu

July 22, 2023
Breakfast

Toasted Oats Cereal - Cheerios

Ingredients:
Ingredients: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
Contains:
Almonds, Tree Nuts

Nutrition Information	
Serving size	1 Serving (37 grams)
Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 3g	
Vitamin D 2.0mcg	10%
Calcium 130mg	10%
Iron 3.60mg	20%
Potassium 150mg	3%

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Blueberry Muffin

Ingredients:
Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Water, Soybean Oil, Eggs, Blueberries, Nonfat Dry Milk, Contains 2% or less of the following: Modified Corn Starch, High Fructose Corn Syrup, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Natural and Artificial Flavors, Sodium Propionate and Potassium Sorbate (Preservatives), Xanthan Gum. CONTAINS WHEAT, EGG, MILK
Contains:
Cereals containing gluten, Eggs, Milk, Wheat

Nutrition Information	
Serving size	1 muffin (28 grams)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.40mg	2%
Potassium 30mg	1%

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Apples

Nutrition Information	
Serving size	1 cup, sliced (109 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat 0g	
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D NA	NA
Calcium 5mg	0%
Iron 0.16mg	0%
Potassium 130mg	3%

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Vanilla Yogurt

Ingredients:
Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Corn Starch, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.
Contains:
Milk

Nutrition Information	
Serving size	1 Serving (113 grams)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 11g Added Sugars	22%
Protein 3g	
Vitamin D 1.9mcg	10%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 160mg	3%

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Orange Juice

Ingredients:
100% Orange Juice

Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mcg	0%
Calcium 20mg	2%
Iron NA	NA
Potassium 450mg	10%

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Milk

Ingredients:
Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains:
Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

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Jamboree 2023: Participant's Menu

July 22, 2023
Dinner

Cheese Tortellini

Ingredients:
Pasta Ingredients: Extra Fancy Durum Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Pasteurized Whole Eggs. Filling: Cheeses: Part Skim Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan [Stabilizer]), Whole Milk Ricotta Cheese (Whey, Whole Milk, Cream, Vinegar), Romano Cheese (Pasteurized Sheep's Milk, Cultures, Rennet, Salt), Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Canola Oil, Water, Salt, Spices, Nutmeg. Contains: Wheat, Milk, Eggs.
Contains: Eggs, Milk, WheatNuts

Nutrition Information	
Serving size	1 Cup (139 grams)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 600mg	26%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 3.00mg	15%
Potassium 105mg	2%

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Meatballs

Ingredients:
Ground beef (not more than 30% fat), water, textured vegetable protein (soy flour, caramel color), breadcrumbs (wheat flour, dextrose, salt, yeast, soybean oil), seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomato puree (tomatoes, citric acid), potassium and sodium phosphates, Parmesan cheese type flavor (water, lipolyzed cream, salt, butterfat, flavor, propylene glycol, xanthan gum), natural flavors, Romano cheese type flavor (water, cream [contains cultures], salt, butterfat, flavor, propylene glycol, xanthan gum).
Contains: Milk, Soy, Wheat
Free From: Crustaceans, Eggs, Fish, Peanuts, Tree Nuts

Nutrition Information	
Serving size	1 Serving (85 grams)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat NA	NA
Cholesterol 45mg	15%
Sodium 360mg	16%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2.00mg	10%
Potassium 380mg	8%

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Marinara Sauce

Ingredients:
Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived

Nutrition Information	
Serving size	1 Serving (126 grams)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.80mg	4%
Potassium 360mg	8%

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Parmesan Cheese

Ingredients:
Parmesan Cheese
Contains: Milk

Nutrition Information	
Serving size	1 tbsp (5 grams)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 90mg	4%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D 0.0mcg	0%
Calcium 43mg	4%
Iron 0.02mg	0%
Potassium 10mg	0%

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Bread

INGREDIENTS FOR U.S market:
enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, yeast, contains less than 2% of the following: nonfat dry milk, salt, spices, sugar, to preserve freshness (calcium propionate), sodium stearoyl lactylate, guar gum, enzymes.
Contains: Milk, Sulphur Dioxide and Sulphites, Wheat
May Contain: Sesame seeds, Soy

Nutrition Information	
Serving size	1 Serving (94 grams)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0.4mcg	2%
Calcium 110mg	8%
Iron 3.10mg	15%
Potassium 100mg	2%

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Garden Salad

Ingredients: Lettuce
Free From: Crustaceans

Nutrition Information	
Serving size	1/2 Cup (89 grams)
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D NA	NA
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 22, 2023

Dinner

Continued

Red Velvet Sheet Cake

Ingredients: sugar, skim milk, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean, palm and/or cottonseed oils), eggs, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), corn syrup, water, margarine [palm oil, water, soybean oil, salt, mono- and diglycerides, artificial flavor, annatto (color), calcium disodium edta (preservative), vitamin a palmitate]. Contains 2% or less of each of the following: high fructose corn syrup, cocoa processed with alkali, natural and artificial flavors, mono- and diglycerides, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), whey , modified corn starch, corn starch, salt, colored with (red 40 lake, red 3, blue 1), sodium alginate, propylene glycol mono- and diesters of fats and fatty acids, gellan gum, lactic esters of fatty acids, polysorbate 60, soy lecithin, soy flour.

Contains: Eggs, Milk, Soy, Wheat

Nutrition Information

Serving size 1/24 Cake (92g) (92 grams)

Amount Per Serving

Calories **310**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 400mg **17%**

Total Carbohydrate 44g **16%**

Dietary Fiber 1g **4%**

Total Sugars 28g

Includes NA Added Sugars **NA**

Protein 3g

Vitamin D NA NA

Calcium 40mg 4%

Iron 1.22mg 6%

Potassium NA NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 23, 2023
Breakfast

French Toast

Ingredients:

Bread (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Sugar, Less Than 2% Of: Canola And/Or Soybean Oil, Salt, Cinnamon, Cocoa [Processed With Alkali], Ammonium Sulfate, Dough Conditioner [Ascorbic Acid, Monocalcium Phosphate, Enzymes], Yellow Corn Flour, Color [Turmeric Extract, Annatto Extract], Calcium Propionate [Preservative]), Water, Eggs, Sugar, Less Than 2% Of: Whey, Soybean And/Or Canola Oil, Salt, Soy Lecithin, Cinnamon Extract, Natural Flavors, Anhydrous milkfat. Contains: egg, milk, soy, wheat.
Contains: Eggs, Milk, Soy, Wheat

Nutrition Information	
Serving size	2 Slices (113g) (113 grams)
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 540mg	23%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 8g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.50mg	15%
Potassium 110mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Bacon

Ingredients:

Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Flavoring, Sodium Nitrite.
Free From: Crustaceans, Eggs, Fish, Milk, Mustard, Sesame seeds, Soy, Wheat

Nutrition Information	
Serving size	1 serving (16 grams)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 2.5g	13%
Trans Fat NA	NA
Cholesterol 20mg	7%
Sodium 250mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber NA	NA
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.0mcg	0%
Calcium 0mg	0%
Iron 0.00mg	0%
Potassium 0mg	0%

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Syrup

Ingredients:

Corn Syrup, Water, less than 2% of: Propylene Glycol, Caramel Color, Potassium Sorbate (Preservative), Cellulose Gum, Xanthan Gum, Artificial Flavor, Salt, Natural and Artificial Flavor.

Nutrition Information	
Serving size	1 Serving (39 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	
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. 2000 calories a day is used for general nutrition advice.

Apple Juice

Ingredients:

100% Apple juice from concentrate Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (118 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium NA	NA

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Milk

Ingredients:

Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains: Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 23, 2023
Dinner

Hamburgers

Ingredients: Beef
Free From: Crustaceans, Eggs, Fish, Milk, Mustard, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (112 grams)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9g	1%
Trans Fat 1.5g	45%
Cholesterol 75mg	25%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 21g	
Vitamin D NA	NA
Calcium 0mg	0%
Iron 1.80mg	10%
Potassium NA	NA

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Vegetarian Burger Patty

Ingredients: water, carrots, onions, soy flour, egg whites, mushrooms, whole grain oats, wheat gluten, water chestnuts, vegetable oil (corn, canola, and/or sunflower oil), green bell peppers, calcium caseinate (from milk), cooked brown rice (water, brown rice), red bell peppers. Contains 2% or less of onion powder, cornstarch, soy sauce powder (soy sauce [soybeans, salt, wheat]), sugar, black olives, salt, spices, garlic powder, jalapeno peppers, xanthan gum.
Contains: Eggs, Milk, Soy, Wheat

Nutrition Information	
Serving size	1 Serving (57 grams)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 1g	
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein 7g	
Vitamin D NA	NA
Calcium 0mg	0%
Iron 1.80mg	10%
Potassium NA	NA

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American Cheese

Ingredients: American cheese (milk, cheese culture, salt, and enzymes), water, dry cream, milkfat, sodium citrate, salt, sorbic acid as a preservative, artificial color, lecithin (soy)
Contains: Milk, Soy
Free From: Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 oz (28 grams)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 360mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 6g	
Vitamin D NA	NA
Calcium 260mg	20%
Iron 0mg	0%
Potassium NA	NA

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Lettuce and Tomato

Ingredients: Fresh, US No. 1 minimum Green Leaf Lettuce.

Nutrition Information	
Serving size	2 1/3 Cup (85 grams)
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat NA	NA
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D NA	NA
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 160mg	3%

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Ingredients: Tomatoes

Nutrition Information	
Serving size	1 plum tomato (62 grams)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	
Total Sugars 0g	3%
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0.17mg	0%
Potassium 150mg	3%

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Potato Salad

Ingredients: potatoes, mayonnaise (soybean oil, water, egg yolks, distilled vinegar, sugar, salt, mustard seed, dehydrated garlic and onion), SALAD DRESSING (water, soybean oil, sugar, distilled vinegar, modified food starch (corn), egg yolks, salt, xanthan gum, mustard flour), celery, water, mustard (water, vinegar, mustard seed, salt, turmeric and spice), SUGAR, sweet relish (cucumbers, sugar, distilled vinegar, salt, contains less than 2% of: mustard seed, xanthan gum, celery seed, dehydrated red bell pepper, calcium chloride, natural flavoring, turmeric, and dehydrated onion), red peppers (peppers, water, citric acid), salt, onion, sodium benzoate (preservative), artificial food color (fd&c yellow #5 and #6), potassium sorbate (preservative), xanthan gum, white pepper.
Contains: eggs
free from: crustaceans, fish, milk, peanuts, soy, tree nuts, wheat

Nutrition Information	
Serving size	1 Serving (226 grams)
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 730mg	32%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 330mg	7%

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Banana Cake

Ingredients: sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, whey, water, vegetable oils (soybean and palm oils), banana puree, margarine [vegetable oil (palm and soybean oil), water, salt, mono- and diglycerides, annatto (color), calcium disodium edta (preservative), artificial flavor, vitamin a palmitate]. Contains 2% or less: high fructose corn syrup, corn starch, mono- and diglycerides, corn syrup, modified corn starch, salt, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), modified food starch, wheat bran, propylene glycol mono- and diesters of fats and fatty acids, gums (guar, xanthan), sodium alginate, soy lecithin, natural and artificial flavors (natural and artificial flavors, sulfites), lactic esters of fatty acids, cream of tartar, molasses, caramel color (caramel color, sulfites).
Contains: Eggs, Milk, Soy, Wheat

Nutrition Information	
Serving size	1/24 Cake (89 grams)
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 49g	17%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes NA Added Sugars	NA
Protein 3g	
Vitamin D NA	NA
Calcium 17mg	2%
Iron 1.05mg	6%
Potassium NA	NA

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Jamboree 2023: Participant's Menu

July 24, 2023
Breakfast

Rice Krispies Cereal

Ingredients:
INGREDIENTS: RICE, SUGAR, CONTAINS 2% OR LESS OF salt, malt flavor. VITAMINS AND MINERALS: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Nutrition Information	
Serving size	1 Serving (40 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 3.0mcg	15%
Calcium 0mg	0%
Iron 11.20mg	60%
Potassium 30mg	1%

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Pop Tarts – Strawberry Frosted

Ingredients:
INGREDIENTS: ENRICHED FLOUR (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (with TBHQ for freshness), SUGAR, BLEACHED WHEAT FLOUR. CONTAINS 2% OR LESS OF wheat starch, salt, dried strawberries, dried pears, dried apples, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, turmeric extract color, soy lecithin, red 40, yellow 6, blue 1, color added.
Contains: Soy, Wheat

Nutrition Information	
Serving size	1 Serving (96 grams)
Amount Per Serving	
Calories	370
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 70g	25%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 30g Added Sugars	60%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.50mg	8%
Potassium 50mg	1%

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Oranges

Ingredients: Orange

Nutrition Information	
Serving size	1 fruit (2-5/8inch dia) (131 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.13mg	0%
Potassium 240mg	5%

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Grape Juice

Ingredients:
100% grape juice from concentrate
Free From:
Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (118 grams)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 10mg	0%

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Milk

Ingredients:
Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains:
Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

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Jamboree 2023: Participant's Menu

July 24, 2023
Dinner

Beef Taco

Taco Seasoning:
Ingredients: spices (including chili pepper, paprika, oregano), corn starch, salt, onion & garlic. Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat"

Nutrition Information	
Serving size	1 Serving (5 grams)
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	4%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0.0mcg	0%
Calcium 0mg	0%
Iron 0.36mg	2%
Potassium 40mg	1%

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Ingredients: Beef
Free From: Crustaceans, Eggs, Fish, Milk, Mustard, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (112 grams)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9g	45%
Trans Fat 1.5g	
Cholesterol 75mg	25%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes NA Added Sugars	NA
Protein 21g	
Vitamin D NA	NA
Calcium 0mg	0%
Iron 1.80mg	16%
Potassium NA	NA

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Ranch dressing

Ingredients:
Soybean oil, water, vinegar, buttermilk, sugar, egg yolks, salt, contains less than 2% of the following: modified food starch, whey*, xanthan gum, garlic*, onions*, spice, phosphoric acid, disodium guanylate, disodium inosinate, sorbic acid and calcium disodium edta (to protect flavor). *Dried
Contains: Eggs, Milk

Nutrition Information	
Serving size	1 Serving (30 grams)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 280mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Tortilla chips and Soft Flour Tortilla

Soft Flour Tortilla
"Contains:WheatFree
From:Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts"

Nutrition Information	
Serving size	1 Serving (18 grams)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 15mg	0%

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Crispy Tortilla:
"Ingredients: Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), And Salt.."

Nutrition Information	
Serving size	1 Serving (28 grams)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	0%
Includes NA Added Sugars	NA
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.30mg	2%
Potassium 40mg	1%

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Cheese and Salsa

CheeseIngredients: Pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). Potato starch and powdered cellulose added to prevent caking.Contains:MilkFree From:Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat"

Nutrition Information	
Serving size	1 oz (28 grams)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes NA Added Sugars	NA
Protein 7g	
Vitamin D NA	NA
Calcium 260mg	20%
Iron 0mg	0%
Potassium NA	NA

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Salsa Ingredients: Water, Tomatoes (Tomatoes, Tomato Juice, Citric Acid [To Acidify], Calcium Chloride [Firming]), Tomato Puree (Tomato Paste, Water), Onions, Jalapeño Peppers, Green Chile Peppers, Contains 2% or less of: Iodized Salt (Contains Potassium Iodate), Garlic Powder, Distilled Vinegar, Onion Powder, Spice, Dehydrated Cilantro, Cilantro, Paprika, Xanthan Gum, Citric Acid (To Acidify), Calcium Chloride (Firming).Free From: Crustaceans, Eggs, Fish, Milk, Mustard, Sesame seeds, Shellfish, Soy, Wheat"

Nutrition Information	
Serving size	1 Serving (30 grams)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat NA	NA
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber NA	NA
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Pound Cake

Ingredients:Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, eggs, butter (cream, salt), water, soybean oil, mono and diglycerides, contains 2% or less: leavening (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), modified corn starch, salt, skim milk, gums (guar, xanthan), sodium stearoyl lactylate, milk protein concentrate, natural flavor, annatto (color).Contains:Eggs, Milk, Wheat"

Nutrition Information	
Serving size	1 Serving (76 grams)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 210mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 19g	38%
Includes 19g Added Sugars	38%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.00mg	6%
Potassium 45mg	1%

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Jamboree 2023: Participant's Menu

July 25, 2023 Breakfast

Pancakes and Syrup

Pancake Ingredients:

Corn Syrup, Water, less than 2% of: Propylene Glycol, Caramel Color, Potassium Sorbate (Preservative), Cellulose Gum, Xanthan Gum, Artificial Flavor, Salt, Natural and Artificial Flavor.

Nutrition Information	
Serving size	1 Serving (39 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Denver Egg Scramble: Eggs

Ingredients:

Cage Free Whole Eggs, Citric Acid (Citric Acid added to Preserve Color)
Contains: Eggs
Free From: Crustaceans, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	3 Tbsp. (47 grams)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1.2mcg	6%
Calcium 30mg	2%
Iron 0.80mg	6%
Potassium 65mg	1%

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Sausage

Sausage Ingredients: Pork, Water, Contains 2% Or Less Of: Corn Syrup, Salt, Spices, Sugar, Autolyzed Yeast Extract, BHT, Propyl Gallate, Citric Acid, Stuffed In Beef Collagen Casings. Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat"

Nutrition Information	
Serving size	1 Serving (85 grams)
Amount Per Serving	
Calories	390
	% Daily Value*
Total Fat 39g	50%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 510mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes NA Added Sugars	NA
Protein 9g	
Vitamin D NA	NA
Calcium 36mg	2%
Iron 1.00mg	6%
Potassium NA	NA

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Pepper Mix

Ingredients:

Peppers, Water, Distilled Vinegar, High Fructose Corn Syrup, Salt, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite (To Preserve Freshness)
Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	3.5 oz (100 grams)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat NA	NA
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes NA Added Sugars	NA
Protein less than 1g	
Vitamin D NA	NA
Calcium 10mg	0%
Iron 0.30mg	2%
Potassium 170mg	4%

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Orange Juice

Ingredients:
100% Orange Juice

Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mcg	0%
Calcium 20mg	2%
Iron NA	NA
Potassium 450mg	10%

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Milk

Ingredients:
Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains:
Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

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Syrup Ingredients: Corn Syrup, Water, less than 2% of: {ropylene Glycol, Caramel Color, Potassium Sorbate (Preservative), Cellulose Gum, Xanthan Gum, Artificial Flavor, Salt, Natural and Artificial Flavor."

Nutrition Information	
Serving size	1 Serving (39 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Jamboree 2023: Participant's Menu

July 25, 2023
Dinner

Chicken & Veggie Stir Fry

Stir Fry Sauce

Vegetable Fried Rice

Fortune Cookie

Double Chocolate Cake

Ingredients:
Boneless, skinless chicken breast with rib meat
Free From:
Does not contain obligatory allergens as listed in the regulations

Ingredients:
water, soy sauce (water, soybeans, wheat, salt), sugar, sherry wine, modified cornstarch, soybean oil, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, anchovies, tamarind, natural flavor), 2% or less of vinegar, sesame oil, oyster sauce (water, sugar, salt, modified corn starch, caramel color, maltodextrin, oyster extract, yeast extract), dried garlic, salt, onion powder, citric acid, spices, caramel color, natural flavors, sulfiting agents.
Contains: Fish, Sesame seeds, Soy, Sulphur Dioxide and Sulphites, Wheat

Ingredients: cooked white rice, onions, carrots, soy sauce (water, soybeans, rice, salt), corn, red bell peppers, peas, sugar, green onions, soybean oil, toasted sesame oil.
Contains:
Sesame seeds, Soy
Free From:
Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Tree Nuts, Wheat

Ingredients: Flour, sugar, vanilla, and oil

Ingredients:
Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (soybean, palm), eggs, skim milk, high fructose corn syrup, corn syrup, cocoa processed with alkali, contains 2% or less: chocolate processed with alkali, baking soda, mono- and diglycerides, salt, modified food starch, nonfat dry milk, artificial flavor, esters of fatty acids, sodium alginate, corn starch, sodium aluminum phosphate, red 40, yellow 6, blue 1, soy lecithin, polysorbate 60, gum arabic, gellan gum, sodium stearoyl lactylate, disodium phosphate, xanthan gum, monocalcium phosphate, propylene glycol alginate. **Contains:** egg, milk, soy, wheat

Nutrition Information	
Serving size	4 Ounces (112 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 25g	
Vitamin D NA	NA
Calcium 0mg	0%
Iron 1.00mg	6%
Potassium NA	NA

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Nutrition Information	
Serving size	1 Serving (32 grams)
Amount Per Serving	
Calories	35
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 470mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber NA	NA
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein less than 1g	
Vitamin D NA	NA
Calcium NA	NA
Iron NA	NA
Potassium NA	NA

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Nutrition Information	
Serving size	1 Serving (140 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.20mg	6%
Potassium 40mg	1%

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Nutrition Facts	
16 servings per container	
Serving size	1 tbsp
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Monounsaturated Fat 11.5g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2.7mg	15%
Potassium 235mg	4%
Thiamin	15%
Vitamin B6	2%
Phosphorus	2%
Copper	6%
Manganese	25%

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Nutrition Information	
Serving size	1/26 Cake Piece (81 grams)
Amount Per Serving	
Calories	300
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 320mg	14%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 27g Added Sugars	54%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3.00mg	15%
Potassium 200mg	4%

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Jamboree 2023: Participant's Menu

July 26, 2023
Breakfast

Cereal – Cinnamon Toast

Bagel

Cream Cheese

Apple

Orange Juice

Milk

Ingredients:

Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Sunflower Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Contains:
Soy, Wheat

Ingredients:

White Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Contains 2% Or Less Of The Following Ingredients: Hydrolyzed Wheat Gluten, Salt, Yeast, Vital Wheat Gluten, Vinegar, Canola Oil, Enzymes, Ascorbic Acid (Preservative).
Contains: Soy, Wheat
May Contain: Eggs, Peanuts, Sesame seeds
Free From: Crustaceans, Fish, Milk, Tree Nuts

Ingredients:

Pasteurized milk and cream, whey protein concentrate, contains less than 2% of salt, carob bean gum, guar gum, natamycin (a natural mold inhibitor)*, vitamin a palmitate, cheese culture.
*Ingredient not in regular cream cheese.
Contains:
Milk

Ingredients: Apple

Ingredients:
100% Orange Juice

Ingredients:

Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
CONTAINS: Milk.
Contains:
Milk

Nutrition Information	
Serving size	1 Serving (41 grams)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 2.0mcg	10%
Calcium 130mg	10%
Iron 3.60mg	20%
Potassium 0mg	0%

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Nutrition Information	
Serving size	1 bagel (113 grams)
Amount Per Serving	
Calories	290
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 59g	21%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes NA Added Sugars	NA
Protein 10g	
Vitamin D NA	NA
Calcium 12mg	0%
Iron 3.00mg	15%
Potassium NA	NA

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Nutrition Information	
Serving size	1 Serving (31 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
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. 2000 calories a day is used for general nutrition advice.

Nutrition Information	
Serving size	1 cup, sliced (109 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat 0g	
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D NA	NA
Calcium 5mg	2%
Iron 0.16mg	0%
Potassium 130mg	3%

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Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mcg	0%
Calcium 20mg	2%
Iron NA	NA
Potassium 450mg	10%

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Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

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Jamboree 2023: Participant's Menu

July 26, 2023
Dinner

Beef Stew with Mixed Vegetables

Ingredients:

Beef, Beef Stock, Potatoes, Carrots, Water, Green Peas, Food Starch-Modified, Celery, Contains less than 2% Calcium Lactate, Caramel Color, Disodium Guanylate, Disodium Inosinate, Flavoring (Contains Canola Oil), Grill (Contains Sunflower Oil), Lactic Acid, Maltodextrin, Onion Powder, Paprika, Salt, Sugar, Yeast Extract.

Free From:

Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Wheat

Nutrition Information	
Serving size	1 CUP Gram (229 grams)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 850mg	37%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2.00mg	10%
Potassium 240mg	5%

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Biscuits

ingredients:

whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.

Contains:

Milk, Wheat

Nutrition Information	
Serving size	1 Serving (57 grams)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 1.40mg	8%
Potassium 220mg	5%

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German Chocolate Cake

Ingredients: Skim milk, sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, soybean oil, corn syrup, margarine [palm oil, water, soybean oil, salt, mono- and diglycerides, artificial flavor, annatto (color), calcium disodium edta (preservative), vitamin a palmitate], coconut. Contains 2% or less of each of the following: cocoa processed with alkali, high fructose corn syrup, maltodextrin, modified corn starch, pecans, walnuts, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), salt, natural and artificial flavors, propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, lactic esters of fatty acids, corn starch, natural cocoa extract, sodium alginate, pectin, chocolate processed with alkali, gellan gum, soy lecithin, colored with (caramel color, turmeric and annatto extracts), sodium phosphate, soy flour.

Allergens: milk, wheat, eggs, tree nuts (coconut, pecans, walnuts) and soy

Nutrition Information	
Serving size	1/26 Cake (82 grams)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 360mg	16%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 3g	
Vitamin D 4.0mcg	20%
Calcium 40mg	4%
Iron 1.50mg	8%
Potassium 130mg	3%

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Jamboree 2023: Participant's Menu

July 27, 2023
Breakfast

Smoked Ham

Ingredients:
Cured with Water, Salt, Dextrose, Sugar, Dry Vinegar, Modified Potato Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.
Free From:
Does not contain obligatory allergens as listed in the regulations

Nutrition Information	
Serving size	2 oz (56 grams)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 660mg	29%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 280mg	6%

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Egg Patties

Ingredients:
WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID
Contains:
Eggs, Milk
May Contain:
Sulphur Dioxide and Sulphites
Free From:
Crustaceans, Fish, Mustard, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	43.00 GM (1 patty) (43 grams)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 130mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1.0mcg	6%
Calcium 22mg	2%
Iron 1.00mg	6%
Potassium 55mg	1%

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Cheese

Ingredients:
pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.
Contains: Milk
Free From: Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 oz (28 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes NA Added Sugars	NA
Protein 7g	
Vitamin D NA	NA
Calcium 260mg	20%
Iron 0mg	0%
Potassium NA	NA

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English Muffin

Ingredients:
Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Degerminated Yellow Corn Meal, Degerminated Yellow Corn Flour, Contains Less Than 2% Of Each Of The Following: Cultured Wheat Flour, Sugar, Salt, Vinegar, Soybean Oil, Wheat Flour, Ascorbic Acid (Dough Conditioner), Enzymes.
Contains: Soy, Wheat
May Contain: Eggs, Milk
Free From: Crustaceans, Fish, Peanuts, Sesame seeds, Tree Nuts

Nutrition Information	
Serving size	1 Muffin (57 grams)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 1.0mcg	6%
Calcium 80mg	6%
Iron 1.60mg	8%
Potassium 60mg	1%

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Orange Juice/Apple Juice

Ingredients:
100% Orange Juice

Nutrition Information	
Serving size	1 Serving (8 fl oz)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat NA	NA
Trans Fat NA	NA
Cholesterol NA	NA
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber NA	NA
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.0mcg	0%
Calcium 20mg	2%
Iron NA	NA
Potassium 450mg	10%

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Ingredients:
100% Apple juice from concentrate
Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Nutrition Information	
Serving size	1 Serving (118 grams)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes NA Added Sugars	NA
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium NA	NA

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Milk

Ingredients:
Reduced fat milk, Vitamin A Palmitate and Vitamin D 3.
Contains:
Milk

Nutrition Information	
Serving size	1 cup (240 MLT)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0.00mg	0%
Potassium 350mg	7%

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Jamboree 2023: Participant's Menu

July 27, 2023
Dinner

Hot Dog Bun

Ingredients:

Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of each of: vegetable oil (canola oil or soybean oil), salt, vinegar, wheat gluten, preservatives (calcium propionate, sorbic acid), sodium stearoyl lactylate, monoglycerides, calcium sulfate, wheat starch.
Contains: Sesame seeds, Wheat
May Contain: Eggs, Milk, Soy
Free From: Crustaceans, Fish, Peanuts, Tree Nuts

Nutrition Information	
Serving size	1 Serving (41 grams)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.30mg	8%
Potassium 30mg	1%

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Chili

Ingredients:

Water, beans, beef and pork, tomato puree (water, tomato paste), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified cornstarch, dried onions, spices, 2% or less of salt, paprika, sugar, textured vegetable protein (soy flour, caramel color), natural flavors.
Contains: Soy, Wheat

Nutrition Information	
Serving size	1 Serving (62 grams)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.90mg	6%
Potassium 75mg	2%

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Carrot Sticks with Ranch

Ingredients: Carrot

Nutrition Information	
Serving size	3.5 oz (100 grams)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes NA Added Sugars	NA
Protein less than 1g	
Vitamin D NA	NA
Calcium 33mg	2%
Iron 0.30mg	2%
Potassium 320mg	7%

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Ranch Ingredients: Soybean oil, water, vinegar, buttermilk, sugar, egg yolks, salt, contains less than 2% of the following: modified food starch, whey*, xanthan gum, garlic*, onions*, spice, phosphoric acid, disodium guanylate, disodium inosinate, sorbic acid, and calcium disodium edta (to protect flavor). *Dried Contains Eggs,

Nutrition Information	
Serving size	1 Serving (30 grams)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Macaroni Salad

Ingredients:

INGREDIENTS: PASTA (Semolina, Enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin, Mononitrate, Riboflavin, Folic Acid]), SALAD DRESSING (Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch (Corn), Salt, Spice (mustard), Xanthan Gum), MAYONNAISE (Soybean Oil, Corn Syrup, Egg Yolk, Water, Distilled Vinegar, Salt, Sugar, Spice (mustard), Calcium Disodium EDTA (to preserve freshness)), WATER, CARROTS, SUGAR, SWEET PICKLE RELISH (Cucumbers, High Fructose Corn Syrup, Distilled Vinegar, Salt, Calcium Chloride, Xanthan Gum, Alum, Natural Flavors, Turmeric, Polysorbate 80), RED PEPPERS (Peppers, Water, Citric Acid), CELERY, GREEN BELL PEPPER, DISTILLED WHITE VINEGAR (Distilled White Vinegar and Filtered Water), MUSTARD (Water, Vinegar, Mustard Seed, Salt, Turmeric and Spice), SALT, POTASSIUM SORBATE (Preservative), SODIUM BENZOATE (Preservative), XANTHAN GUM, WHITE PEPPER, ARTIFICIAL FOOD COLOR (Purified Water, FD&C Yellow #5, Sodium Benzoate, Citric Acid). CONTAINS: Egg, Wheat.

Contains:
Eggs, Wheat

Nutrition Information	
Serving size	2/3 Cup (140 grams)
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 370mg	16%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1.00mg	6%
Potassium 70mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Jamboree 2023: Participant's Menu

July 28, 2023
Breakfast

Cheerio Bar

Ingredients:

Whole Grain Oats, Sugar, Corn Starch, Apple Puree Concentrate, Corn Syrup, Canola and/or Sunflower Oil, Refiner's Syrup, Salt, Cinnamon, Trisodium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Nutrition Information	
Serving size	1 Serving (28 grams)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 1.2mcg	6%
Calcium 78mg	6%
Iron 2.70mg	15%
Potassium 0mg	0%

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Blueberry Muffins

Ingredients:

Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Water, Soybean Oil, Eggs, Blueberries, Nonfat Dry Milk, Contains 2% or less of the following: Modified Corn Starch, High Fructose Corn Syrup, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Natural and Artificial Flavors, Sodium Propionate and Potassium Sorbate (Preservatives), Xanthan Gum.

Contains:

Cereals containing gluten, Eggs, Milk, Wheat

Nutrition Information	
Serving size	1 muffin (28 grams)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.40mg	2%
Potassium 30mg	1%

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Fruit Snack

Ingredients:

Fresh cantaloupe, grapes, honeydew, and pineapple

Nutrition Information	
Serving size	100 Gram (100 grams)
Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat NA	NA
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes NA Added Sugars	NA
Protein 1g	
Vitamin D NA	NA
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium NA	NA

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Cheddar Sandwich Crackers

Ingredients:

Flour (wheat flour, calcium carbonate, iron, niacin, thiamin), palm oil, whole wheat flour, sugar, glucose syrup (wheat), salt, palm olein, malted barley extract, leavening (ammonium bicarbonate, sodium bicarbonate, yeast), wheat starch, wheat bran, oatmeal, barley, rye, wheat, whey powder (milk), wheat protein, invert sugar syrup, malted barley flour, tartaric acid, emulsifier (datem), citric acid, protease enzyme, maltodextrin (wheat).

Contains:

Milk, Wheat

May Contain:

Eggs, Sesame seeds, Soy, Tree Nuts

Nutrition Information	
Serving size	1 Serving (12 grams)
Amount Per Serving	
Calories	50
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1g	4%
Total Sugars less than 1g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D NA	NA
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium 25mg	0%

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Raspberry Lemonade

Ingredients:

Sugar, citric acid, contains less than 2% of ascorbic acid (vitamin c), potassium sorbate and sodium benzoate (preservatives), sodium and potassium bicarbonate, magnesium oxide, natural flavor, acesulfame potassium, calcium carbonate, sodium citrate, artificial color, neotame, yellow 5.

Nutrition Information	
Serving size	1 Serving (19 grams)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 0g	
Vitamin D 0.0mcg	0%
Calcium 0mg	0%
Iron 0.00mg	0%
Potassium 0mg	0%

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Fig Newton

Ingredients:

figs, whole grain wheat flour, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), corn syrup, invert sugar, canola oil, palm oil, salt, baking soda, calcium lactate, malic acid, soy lecithin, sodium benzoate (added to preserve freshness), natural and artificial flavor, sulfur dioxide [(sulfites) added to preserve freshness].contains: wheat, soy.

Contains: Soy, Wheat

Nutrition Information	
Serving size	1 Serving (56 grams)
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 16g Added Sugars	32%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.10mg	6%
Potassium 140mg	3%

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