

Munchies® Baked Snack Crackers – Cheddar Cheese
0.9 oz. (25.5 g.)



Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	110
Calories from Fat	35
	%Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ and Citric Acid [to Preserve Freshness]), Vegetable Oil (Sunflower, Corn and/or Canola Oil), Leavening (Monocalcium Phosphate, Ammonium Bicarbonate, Baking Soda), Skim Milk, Chicory Root Fiber, and Less than 2% of the Following: Sugar, Whey, Natural and Artificial Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Enzymes, Sodium Caseinate, Citric Acid, Salt, Lactic Acid, Sodium Citrate, Vinegar, Potassium Sorbate (Preservative), Sodium Stearoyl Lactylate, Wheat Flour, Soy Lecithin, Sodium Metabisulfite, Artificial Color, Maltodextrin (Made From Corn), Cream, Monosodium Glutamate, Butter (Cream, Salt), Swiss Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Monterey Jack Cheese (Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Garlic Powder.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Case UPC	000-28400-29557-4
Bag UPC	0-28400-24791-7
Case Pack	104/.9 oz.
Kosher Status	Not Kosher
AHG Compliant	Yes, E, M, H
USDA Competitive Foods Compliant	Yes – Whole Grain first ingredient
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	Yes
Grain/Bread Equivalent	1 oz. eq.
Weight of Grain	16.1 g
Document Updated	3/14