

Ingredients

Whole Grain Blend (rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (whole Grain Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Corn Syrup, Invert Syrup, Soybean Oil, Raisin Paste, Canola Oil, Apple Puree (apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Cocoa Butter, Eggs, Soy Lecithin, Molasses, Apple Fiber, Salt, Natural Flavors (contains Milk), Baking Soda. Contains: Wheat, Soy, Egg & Milkcontains: Wheat, Soy, Egg & Milk

⚠ Contains

Eggs, Milk, Soy, Wheat

✓ Free from

Fish, Peanuts, Sesame seeds, Shellfish

🔍 Attributes

Kosher

Nutrition Information

KCDA No. 45677

140 Calories per serving

Serving size 1 Serving (34g)

Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat	
Cholesterol less than 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars	
Includes 8g	16%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.00mg	6%
Potassium 60mg	1%

* 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.

School Nutrition Information

Appleways 1.2 oz. Apple Oatmeal Bars meet the USDA nutritional requirements to be a one (1) ounce grains equivalent by containing 16 grams of credible grain. The 51% whole grain sources are: whole grains flour and oatmeal.