

Dietary Information for the Museum of Science Overnight Program*

Evening Snack

Fruitfull® Non-Dairy Fruit Bars- Strawberry



Strawberry

Made with only the finest non-GMO ingredients:

Purified water, strawberries, organic cane sugar, cane sugar, beet juice, natural strawberry flavor, natural vegetable stabilizers (cellulose gum, guar gum), turmeric, annatto.

Nutrition Facts

Serv. Size 1 Bar (82g)

Calories 90

Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/serving | % DV * | Amount/serving | % DV * |
|--|-----------|--------------------------|-----------|
| Total Fat 0 g | 0% | Sodium 5 mg | 0% |
| Sat Fat 0 g | 0% | Total Carbs. 23 g | 8% |
| Trans Fat 0 g | | Fiber 0 g | 0% |
| | | Sugars 23 g | |
| Cholest. 0 mg | 0% | Protein 0g | |
| Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0% | | | |

Tropical Splash

Allergy Info: Strawberries

All of the above products are produced on shared equipment with Soy, Milk, Tree Nuts and MAY CONTAIN seeds, pits, and nutshell fragments.

Product Website:

<https://www.happyandhealthy.com/fruitfull-bars/>

Fruitfull® Non-Dairy Fruit Bars- Mango



Mango

Made with only the finest non-GMO ingredients:

Fruit blend (mango puree, mango slices, mango juice), purified water, organic cane sugar, natural vegetable stabilizers (cellulose gum, guar gum).

Nutrition Facts

Serv. Size 1 Bar (82g)

Calories 65

Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/serving | % DV * | Amount/serving | % DV * |
|---|-----------|--------------------------|-----------|
| Total Fat 0 g | 0% | Sodium 5 mg | 0% |
| Sat Fat 0 g | 0% | Total Carbs. 15 g | 5% |
| Trans Fat 0g | | Fiber 1 g | 4% |
| | | Sugars 14 g | |
| Cholest. 0 mg | 0% | Protein 11 g | |
| Vitamin A 7% • Vitamin C 25% • Calcium 0% • Iron 0% | | | |

All of the above products are produced on shared equipment with Soy, Milk, Tree Nuts and MAY CONTAIN seeds, pits, and nutshell fragments.

Product Website:

<https://www.happyandhealthy.com/fruitfull-bars/>

*The above items represent what is typically served during an overnight. If a participant has a food allergy we encourage you to bring your own snack & breakfast.

Morning Options

Nutri-Grain Cereal Bar (Strawberry)

Ingredients:

Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), whole wheat flour, soybean oil, high fructose corn syrup, soluble corn fiber, sugar, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, mono- and diglycerides, soy lecithin, natural and artificial flavor, wheat gluten, niacinamide, vitamin a palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin), folic acid. Filling: high fructose corn syrup, corn syrup, strawberry puree concentrate, glycerin, sugar, sodium alginate, modified corn starch, citric acid, natural and artificial flavor, dicalcium phosphate, methylcellulose, caramel color, malic acid, red 40.



| Nutrition Facts | |
|-------------------------------|----------------------------|
| Serving Size | 1 Bar (37g) |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 125mg | 5% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 3g | 10% |
| Sugars 11g | |
| Protein 2g | |
| Vitamin A 15% | Vitamin C 0% |
| Calcium 20% | Iron 10% |
| Thiamin 15% | Riboflavin 25% |
| Niacin 25% | Vitamin B ₆ 25% |
| Folic Acid 10% | Zinc 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Allergy Info:

Contains Milk, Wheat and Soy.

Product Website:

<http://www.nutrigrain.com/ProductDetail.aspx?product=349>

*The above items represent what is typically served during an overnight. If a participant has a food allergy we encourage you to bring your own snack & breakfast.

Nutri-Grain Cereal Bar (Blueberry)

Ingredients:

Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), whole wheat flour, soybean oil, high fructose corn syrup, soluble corn fiber, sugar, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, mono- and diglycerides, soy lecithin, natural and artificial flavor, wheat gluten, niacinamide, vitamin a palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin), folic acid. Filling: high fructose corn syrup, corn syrup, blueberry puree concentrate, glycerin, sugar, water, sodium alginate, modified corn starch, natural and artificial flavor, citric acid, methylcellulose, calcium phosphate, malic acid, red 40, blue 1.



| Nutrition Facts | |
|-------------------------------|----------------------------|
| Serving Size | 1 Bar (37g) |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 30 |
| | % Daily Value* |
| Total Fat 3g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 110mg | 5% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 3g | 10% |
| Sugars 12g | |
| Protein 2g | |
| Vitamin A 15% | Vitamin C 0% |
| Calcium 20% | Iron 10% |
| Thiamin 15% | Riboflavin 25% |
| Niacin 25% | Vitamin B ₆ 25% |
| Folic Acid 10% | Zinc 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

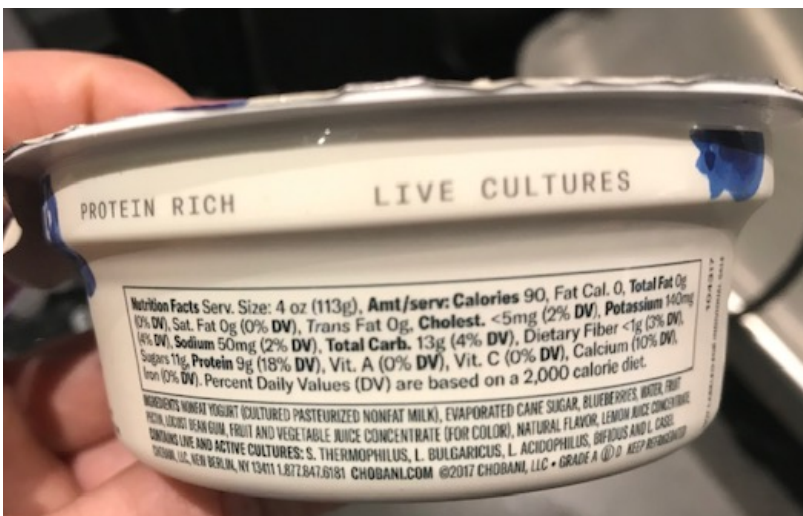
Allergy Info:

Contains Milk, Wheat and Soy.

Product Website:

<http://www.nutrigrain.com/ProductDetail.aspx?product=340>

Chobani Greek Yogurt Blueberry 4 oz



Allergy info:
Contains Milk

Product Website:

<https://www.chobani.com/products/fruit-on-the-bottom/cup/blueberry/>

*The above items represent what is typically served during an overnight. If a participant has a food allergy we encourage you to bring your own snack & breakfast.



La Marca & Sons

Distributors of Quality Bread and Rolls

Phone : 781 - 397 -9449

Fax : 781-397-8388

www.lamarcaandsons.com

Manufacturer - Bagle Boy

Doz. Mini Bagels CINNAMON RAISIN
- BB



Order Code: 6163
Order Time: N/A
Description: Doz. Mini Bagels CINNAMON RAISIN - BB
Kosher : KVH Kosher Pareve

Product Dimensions:

Length: 3.00"
Width/Diameter: 3.00"
Height: 1.205"
Shape: Round
Finished Weight: 1.41oz

Packaging:

Pack Description : 12 count
Case Length : N/A
Case Width : N/A
Case Height : N/A
Case Cube : N/A
Pallet Pattern : N/A
Cases per Pallet : N/A
Case Weight : N/A
Case Count : N/A
UPC Code : N/A
UPC Case : N/A
Tray Count : N/A

Ingredients:

| Nutrition Facts | | |
|--|--------------|---------|
| 12 Serving Per Container | | |
| Serving Size | 40g | |
| Amount Per Serving | | |
| Calories | 100 | |
| % Daily Value * | | |
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 150mg | 6% |
| Total Carbohydrate | 20g | 7% |
| Dietary Fiber | 1g | 4% |
| Total Sugars | 3g | |
| Includes N/A Added Sugars | | N/A |
| Protein | 3g | |
| Vitamin D | 0.5mcg | |
| Calcium | N/A | 6% |
| Iron | N/A | 8% |
| Potassium | N/A | N/A |
| Vitamin A | N/A | 0% |
| Vitamin C | N/A | 4% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 Calories per day is used for general nutrition advice. | | |
| Calories per gram: | | |
| Fat | Carbohydrate | Protein |
| 9 | 4 | 4 |

Slice Info:

Slice : N/A
Slice Type : N/A
Slice Thickness : N/A
Number of Slices : N/A
Top Cut : N/A

Allergen Info:

Contains Wheat: YES
Contains Nuts: NO
Contains Milk: NO
Contains Egg's: NO
Made on Equipment Shared With Nuts: NO
Nut Free Plant: YES
Contains Soy: NO

UNBROMATED, UNBLEACHED, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, RAISINS, SUGAR, SALT, YEAST, CINNAMON, CALCIUM PROPIONATE, WHEAT GLUTEN, CARAMEL COLOR, ENZYMES, NATURAL FLAVOR, MONOGLYCERIDES, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS), XANTHAN GUM, GUAR GUM, MALTODEXTRIN, SODIUM ALGINATE, YELLOW CORN MEAL, HIGH OLEIC CANOLA OIL.



Manufacturer - Bagle Boy

Doz. Mini Bagels PLAIN - BB



Order Code: 6161
 Order Time: N/A
 Description: Doz. Mini Bagels PLAIN - BB
 Kosher : KVH Kosher Pareve

Product Dimensions:

Length: 3' to 3.38"
 Width/Diameter: 3' to 3.38"
 Height: 1.13" to 1.38"
 Shape: Round
 Finished Weight: 40g

Packaging:

Pack Description : N/A
 Case Length : N/A
 Case Width : N/A
 Case Height : N/A
 Case Cube : N/A
 Pallet Pattern : N/A
 Cases per Pallet : N/A
 Case Weight : N/A
 Case Count : N/A
 UPC Code : N/A
 UPC Case : N/A
 Tray Count : N/A

Ingredients:

Enriched High Gluten Wheat Flour, (Thiamine, Riboflavin, Niacin, Iron, Folic Acid),

| Nutrition Facts | |
|--|--------------------------------------|
| 12 Serving Per Container | |
| Serving Size | 40g |
| Amount Per Serving | |
| Calories | 100 |
| % Daily Value * | |
| Total Fat | 0 0% |
| Saturated Fat | 0 0% |
| Trans Fat | N/A |
| Cholesterol | 0 0% |
| Sodium | 90mg 0% |
| Total Carbohydrate | 20g 0% |
| Dietary Fiber | 1g 0% |
| Total Sugars | N/A |
| Includes N/A Added Sugars | |
| Protein | 4g |
| Vitamin D | 0.5mcg |
| Calcium | N/A 0% |
| Iron | N/A 0% |
| Potassium | N/A N/A |
| Vitamin A | N/A N/A |
| Vitamin C | N/A N/A |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 Calories per day is used for general nutrition advice. | |
| Calories per gram: | |
| Fat | 9 Carbohydrate 4 Protein 4 |

Slice Info:

Slice : N/A
 Slice Type : N/A
 Slice Thickness : N/A
 Number of Slices : N/A
 Top Cut : N/A

Allergen Info:

Contains Wheat: YES
 Contains Nuts: NO
 Contains Milk: NO
 Contains Egg's: NO
 Made on Equipment Shared With Nuts: NO
 Nut Free Plant: YES
 Contains Soy: NO

Rice Krispies

Ingredients:

Rice, sugar, salt, malt flavoring, Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D.

Allergy Info:

Product Website:

http://www.kelloggs.com/en_US/kelloggs-rice-krispies-cereal.html



| Nutrition Facts | |
|---|---------------------|
| Serving Size 1 Container (18g) | |
| Amount Per Serving | |
| Calories 70 | Calories from Fat 0 |
| %Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 0g | 0% |
| Sugars 2g | |
| Protein 1g | |
| Vitamin A 10% | • Vitamin C 10% |
| Calcium 0% | • Iron 25% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: | |

Cheerios

Ingredients:

Whole grain oats (includes the oat bran), modified corn starch, sugar, salt, Tripotassium phosphate, wheat starch. 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 A (palmitate), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), A B vitamin (folic acid), Vitamin B 12, Vitamin D 3

Allergy Info:

Product Website:

<http://www.cheerios.com/Products/Cheerios>



| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 Bowl (19g) | |
| Amount Per Serving | |
| Calories 70 | Calories from Fat 10 |
| %Daily Value* | |
| Total Fat 1g | 2% |
| Sodium 110mg | 5% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 8% |
| Sugars 1g | |
| Protein 2g | |
| Vitamin A 10% | • Vitamin C 6% |
| Calcium 6% | • Iron 30% |
| Not a significant source of saturated fat, trans fat, cholesterol. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

*The above items represent what is typically served during an overnight. If a participant has a food allergy we encourage you to bring your own snack & breakfast.

Hood Fat Free Milk

Ingredients:

Fat Free Milk, Ascorbic Acid (Vitamin C), Vitamin A Palmitate and Vitamin D2

Allergy Info:

Milk

Product Website:

<http://www.hood.com/Products/prodDe tail.aspx?id=629&lb=863>

| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 cup (236mL) | |
| Amount Per Serving | |
| Calories 80 | |
| | %Daily Value* |
| Total Fat 0g | 0% |
| Cholesterol 5mg | 2% |
| Sodium 125mg | 5% |
| Total Carbohydrate 13g | 4% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A 0% | Vitamin C 120% |
| Not a significant source of calories from fat, saturated fat, trans fat, dietary fiber, calcium, iron. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

Hood 2% Reduced Fat Milk

Ingredients:

Reduced Fat Milk, Ascorbic Acid (Vitamin C), Vitamin A Palmitate and Vitamin D2

Allergy Info:

Milk

Product Website:

<http://www.hood.com/Products/prodDe tail.aspx?id=636&lb=863>

| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 cup (236mL) | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 45 |
| | %Daily Value* |
| Total Fat 5g | 8% |
| Saturated Fat 3g | |
| | 15% |
| Cholesterol 20mg | 7% |
| Sodium 125mg | 5% |
| Total Carbohydrate 13g | 4% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A 0% | Vitamin C 120% |
| Not a significant source of trans fat, dietary fiber, calcium, iron. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

Hood Orange Juice

Ingredients:

Water, Orange Juice Concentrate

Allergy Info:

Product Website:

<http://www.hood.com/Products/prodDe tail.aspx?id=631&lb=857>

| Nutrition Facts | |
|---|----------------------|
| Serving Size 8 fl oz (236mL) | |
| Amount Per Serving | |
| Calories 120 | |
| | %Daily Value* |
| Total Fat 0g | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 30g | 10% |
| Sugars 30g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 120% |
| Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, calcium, iron. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

*The above items represent what is typically served during an overnight. If a participant has a food allergy we encourage you to bring your own snack & breakfast.