

## October Treat Days Nutritional Information

### October 1st: Cakes XO Chocolate and Vanilla Cake Pops

**\*Cake Pops Ingredients:** flour, sugar , butter, eggs, baking soda, cocoa powder, powder sugar, vanilla

<b>Nutrition Facts</b>		
Serving Size 1/12th of dry mix (50g) or 1/12th cake prepared*		
Amount Per Serving	Dry Mix	Prepared
<b>Calories</b>	180	240
Calories from Fat	0	60
	% Daily	Values
<b>Total Fat</b> 1g	0%	9%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	40%
<b>Sodium</b> 490mg	18%	19%
<b>Total Carbohydrate</b> 42g	15%	15%
Dietary Fiber 4g	4%	4%
Sugars 20g		
<b>Protein</b> 0.5g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	2%	4%

**\*Almond Bark Ingredients:** sugar, hydrogenated palm kernel oil, cocoa powder, processed with alkali, non fat dry milk, soy lecithin

<b>Nutrition Facts</b>		
Serving Size: 2 clusters (30g)		
Servings Per Container: Varied		
<b>Amount Per Serving</b>		
<b>Calories</b> 190	Calories from Fat 140	
	% Daily Value*	
<b>Total Fat</b> 16g		<b>25%</b>
Saturated Fat 2g		<b>10%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 9g		<b>3%</b>
Dietary Fiber 4g		<b>10%</b>
Sugars 3g		
<b>Protein</b> 6g		
Vitamin A 0%	+	Vitamin C 0%
Calcium 8%	+	Iron 6%
* 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

**INGREDIENTS:** SUGAR, MILK, COCOA BUTTER, CHOCOLATE LIQUOR, SOY LECITHIN - AN EMULSIFIER, VANILLIN, ALMONDS

**CONTAINS:** MILK, SOY

**MANUFACTURED IN A FACILITY THAT ALSO PROCESSES:** MILK, EGG, WHEAT, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

## October 15th: Talerico-Martin Apple Cider Donuts

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, INTERESTERIFIED SOYBEAN OIL, WHOLE WHEAT FLOUR, SOYBEAN OIL, SOY FLOUR, APPLE CIDER, DRIED APPLES, NONFAT DRY MILK, DRIED EGG YOLKS, CANOLA OIL, SODIUM BICARBONATE, WHEAT FLOUR, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, MONO & DIGLYCERIDES, CINNAMON, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE, BETA CAROTENE (COLOR), ARTIFICIAL FLAVOR, SOY LECITHIN, CELLULOSE GUM, CREAM, GLUCONO DELTA-LACTONE, CARAMEL COLORING, ENZYME, MONOGLYCERIDES, GUAR GUM, CORN SYRUP SOLIDS, SILICON DIOXIDE(FLOW AGENT), CALCIUM SULFATE. ALLERGEN STATEMENT: CONTAINS WHEAT, MILK, EGG, SOY.

<b>Nutrition Facts</b>	
1 donut = 71 g	
<b>Serving size</b>	<b>1 donut (71 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260 (1,088 kJ)</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A 0mg	0%
Vitamin C 0mg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 35mg	1%
<small>* 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.</small>	

## October 29th: Cakes XO Halloween Sugar Cookie with Royal Icing

### Sugar cookie

Flour, butter, sugar, eggs, baking powder, vanilla extract, salt

### Royal icing

Meringue powder :corn starch , egg whites, sugar, gum arabic, calcium sulphate , citric acid , citric acid,claras huevo, goma arabiga,sufato de calcio, acido de tartrate de potasio,saborizante artificial dioxide de silicona, water, vanilla, corn syrup.

### Nutrition facts:

**Calories** 130

**Total Fat** 6g saturated 2g polyunsaturated 0g Monounsaturated 0g Trans 0g

**Cholesterol** 5mg

**Sodium** 75mg

**Potassium** 0mg

**Total Carbs** 29g

**Dietary Fiber** 0g

**Sugars** 18g

**Protein** 1g

### Allergy Option

#### Enjoy-Life cookies

- Verified Non-GMO, Allergy-Friendly, Certified Gluten-Free, Vegan, Kosher, Halal.
- Enjoy Life products are free from gluten and wheat, peanuts, dairy, tree nuts, soy, casein, sulfites, egg, lupin, sesame, fish, mustard, crustaceans, shellfish.
- Nutrient-dense ancient grains finely milled into a well-balanced flour blend baked with premium chocolate chips.
- Made with all-natural ingredients.
- Made in a dedicated nut and gluten free facility.