

SUPERPRETZEL®

100684 - 51% WholeGrain JR Cheese-I/W-3.3oz/50ct

Offer a whole lot of goodness with our 51% Whole Grain Pretzels The perfect addition to any nutritious meal. Our soft, warm and delicious 51% whole grain pretzels with increased fiber and whole grain goodness. They're a great way to add excitement to school menus and more.



MARKETING

Provides various grains/breads for the Child Nutrition Program. Delivers up to 4 g fiber per pretzel, depending on size. Simply heat and serve

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
31190	100684	10073321311909	case of 50

Brand	Brand Owner	GPC Description
SUPERPRETZEL®	J&J SNACK FOODS CORP.	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.3 LBR	10.3125 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16 INH	9.375 INH	11.625 INH	1.0091 FTQ	13x6	365 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - C

Eggs - N

Soy - N

Wheat - C

Sesame - N

Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - NI

HANDLING SUGGESTIONS

Keep frozen until ready to use. One year shelf life if stored properly.

SERVING SUGGESTIONS

Heat and serve

PREPARATION & COOKING SUGGESTIONS

Lay frozen product flat on tray or microwave-proof container. Conventional Oven: Heat at 400°F for 4-6 minutes. Microwave for 50-70 seconds on HIGH. FILLING MAY BE VERY HOT!

Nutrition Facts

50 Servings per container

Serving Size1 Pretzel

Amount Per Serving

Calories240

% Daily Value\*

Total Fat 8 g10%

Saturated Fat 4 g20%

Trans Fat 0 g

Cholesterol 20 mg7%

Sodium 620 mg26%

Total Carbohydrates 38 g13%

Dietary Fiber 3 g12%

Total Sugars 2 g

Includes Added Sugars%

Protein 8 g

Vitamin D2%

Calcium8%

Iron10%

Potassium4%

\* The % Daily Values (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.

INGREDIENTS

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE SAUCE FILLING (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, MILKFAT, WHEY, ENZYME MODIFIED CHEESE [PASTEURIZED MILK, WATER, SODIUM PHOSPHATE, MILKFAT, SALT, CHEESE CULTURE, ENZYMES], SODIUM PHOSPHATE, FOOD STARCH-MODIFIED, SALT, LACTIC ACID, SODIUM ALGINATE, SORBIC ACID [AS A PRESERVATIVE], APOCAROTENAL [COLOR]), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SUGARCANE MOLASSES, WHEAT GLUTEN, BARLEY MALT POWDER (BARLEY MALT FLOUR, DEXTROSE, WHEAT FLOUR), DOUGH CONDITIONER (WHEAT FLOUR, SALT, SOYBEAN OIL, L-CYSTEINE, ASCORBIC ACID, ENZYMES), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA.

MORE INFORMATION

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NUTRITIONAL ANALYSIS

Calories	240
Protein	8 g
Total Carbohydrates	38 g
Sugars	2 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	4 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	620 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS