

# CFBAI Pledge List for August 2021

## CHEESE

### **Kraft® Reduced-Fat String Cheese (24g)**

PASTEURIZED PART-SKIM MILK, VINEGAR, SALT, ENZYMES (NON-ANIMAL), VITAMIN A PALMITATE

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 stick (24g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 60mcg	6%

\*The % Daily Value 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.

### **Kraft® Low-Moisture Part-Skim Mozzarella and Cheddar Cheeses (21g)**

PASTEURIZED PART-SKIM MILK, VINEGAR, SALT, CHEESE CULTURE, ENZYMES (NON-ANIMAL), ANNATTO (COLOR).

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 stick (21g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>11%</b>
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 0mg	0%

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### **Polly-O® Reduced-Fat String Cheese (24g)**

PASTEURIZED PART-SKIM MILK, VINEGAR, SALT, ENZYMES (NON-ANIMAL), VITAMIN A PALMITATE.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 stick (24g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 60mcg	6%
<small>*The % Daily Value 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.</small>	

### **Polly-O® Low-Moisture Part-Skim Mozzarella and Cheddar Cheeses (21g)**

PASTEURIZED PART-SKIM MILK, VINEGAR, SALT, CHEESE CULTURE, ENZYMES (NON-ANIMAL), ANNATTO (COLOR).

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 stick (21g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value 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.</small>	

## CFBAI Pledge List for August 2021

### **Kraft® Singles American and White American (19g)**

MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY, MILK PROTEIN CONCENTRATE, MILKFAT, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, WHEY PROTEIN CONCENTRATE, SALT, LACTIC ACID, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOLD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3. (White American does not have annatto and paprika extract)

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 slice (19g)</b>
Amount per serving	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0.9mcg	4%
Calcium 330mg	25%
Iron 0mg	0%
Potassium 0mg	0%

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### **Kraft® Singles Sharp Cheddar (21g)**

CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY, MILK, MILK PROTEIN CONCENTRATE, MILKFAT, CALCIUM PHOSPHATE, SODIUM CITRATE, CONTAINS LESS THAN 2% OF WATER, MALTODEXTRIN, SALT, MODIFIED FOOD STARCH, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, ENZYMES, CHEESE CULTURE, APOCAROTENAL (COLOR).

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 slice (21g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>11%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 0mg	0%

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## **Kraft® Singles 2% Milk Reduced Fat -American and White American (19g)**

MILK, WHEY, WATER, MILK PROTEIN CONCENTRATE, CALCIUM PHOSPHATE, SODIUM CITRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: MILKFAT, SALT, GELATIN, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, VITAMIN A PALMITATE, VITAMIN D3. (White American does not have annatto and paprika extract)

<b>Nutrition Facts</b>	
16 servings per container	
Serving size	1 slice (19g)
Amount per serving	
<b>Calories</b>	<b>45</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 1.4mcg	6%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 40mcg	4%
*The % Daily Value 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.	

## CFBAI Pledge List for August 2021

### LUNCHABLES

#### **Lunchables® Turkey and Cheddar Sub with 100% Juice Capri Sun**

**FRUIT PUNCH FLAVORED 100% JUICE BLEND FROM CONCENTRATE WITH ADDED INGREDIENT AND OTHER NATURAL FLAVOR** (APPLE, GRAPE, AND CHERRY JUICES FROM CONCENTRATE [FILTERED WATER; APPLE, GRAPE, AND CHERRY JUICE CONCENTRATES], CITRIC ACID [FOR TARTNESS], NATURAL FLAVOR);

**SUB ROLL** (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLEWHEAT FLOUR, SUGAR, CONTAINS LESS THAN 2% OF SOYBEAN OIL, DOUGH CONDITIONERS [MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ENZYME MODIFIED SOY LECITHIN], YEAST, SALT, ENZYMES, GUAR GUM, METHYLCELLULOSE, CALCIUM PROPIONATE [PRESERVATIVE], XANTHAN GUM, ARTIFICIAL FLAVOR, SOY LECITHIN) **CONTAINS: WHEAT, SOY;**

**OVEN ROASTED TURKEY BREAST – CURED - SMOKE FLAVOR ADDED - BROWNED WITH CARAMEL COLOR** (TURKEY BREAST, WATER, POTASSIUM LACTATE, CONTAINS LESS THAN 2% OF MODIFIED CORNSTARCH, SALT, DEXTROSE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE, POTASSIUM CHLORIDE, SODIUM ASCORBATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM NITRITE, SMOKE FLAVOR, CARAMEL COLOR);

**CHOCOLATE CHIP COOKIES** (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID], SUGAR, SOYBEAN AND/OR CANOLA OIL, PALM AND/OR PALM KERNEL OIL, COCOA [PROCESSED WITH ALKALI], HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SALT, SOY LECITHIN, BAKING SODA, SKIM MILK, CARAMEL COLOR, ARTIFICIAL AND NATURAL FLAVOR, MILK) **CONTAINS: WHEAT, SOY, MILK;**

**NONFAT MAYONNAISE DRESSING** (WATER, VINEGAR, MODIFIED CORNSTARCH, SUGAR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL\*, CONTAINS LESS THAN 2% OF SALT, NATURAL FLAVOR, CELLULOSE GEL, ARTIFICIAL COLOR, XANTHAN GUM, EGG YOLKS\*, MUSTARD FLOUR, LACTIC ACID, PHOSPHORIC ACID, CELLULOSE GUM, VITAMIN E ACETATE, LEMON JUICE CONCENTRATE, DRIED GARLIC, DRIED ONIONS, YELLOW 6, BETA CAROTENE [COLOR], BLUE 1, WITH POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES), \*TRIVIAL SOURCE OF FAT AND CHOLESTEROL; **CONTAINS: EGG;**

<b>Nutrition Facts</b>	
Serving size 1 package	
Amount per serving	
<b>Calories</b>	<b>410</b>
	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4.5g	<b>22%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 85g	<b>24%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 31g	
Includes 11g Added Sugars	<b>21%</b>
<b>Protein</b> 11g	<b>21%</b>
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 3.6mg	20%
Potassium 600mg	15%

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**CHEDDAR PASTEURIZED PREPARED CHEESE PRODUCT** (MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, SALT, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA [COLOR], ANNATTO [COLOR], WITH SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION) **CONTAINS: MILK.**

## CFBAI Pledge List for August 2021

### **Lunchables® Chicken and Cheese Kabobbles with 100% Juice Capri Sun**

**FRUIT PUNCH FLAVORED 100% JUICE BLEND FROM CONCENTRATE WITH ADDED INGREDIENT AND OTHER NATURAL FLAVOR** (APPLE, GRAPE, AND CHERRY JUICES FROM CONCENTRATE [WATER; APPLE, GRAPE, AND CHERRY JUICE CONCENTRATES], CITRIC ACID [FOR TARTNESS], NATURAL FLAVOR);

**FULLY COOKED BREADED POPCORN SHAPED CHICKEN PATTIES** (POPCORN SHAPED CHICKEN PATTIES [WHITE CHICKEN, WATER, POTASSIUM LACTATE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, POTASSIUM CHLORIDE, DEXTROSE, SODIUM PHOSPHATES, CARRAGEENAN, SODIUM DIACETATE, LEMON JUICE SOLIDS, FLAVOR], BREADING [WHEAT FLOUR, DEXTROSE, YELLOW CORN FLOUR, MODIFIED CORN STARCH, WHEAT GLUTEN, EGG WHITES, WHEY (FROM MILK), SPICES, CARAMEL COLOR, SALT, PAPRIKA (COLOR), ONION POWDER, EXTRACTIVE OF PAPRIKA, CELERY SEED EXTRACT], BATTER [BLEACHED WHEAT FLOUR, FOOD STARCH-MODIFIED, YELLOW CORN FLOUR, DEXTROSE, FLAVOR, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, MONOSODIUM GLUTAMATE, CARAMEL COLOR], SEASONING BLEND [ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, MODIFIED CORN STARCH, SALT, GARLIC POWDER, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), SPICES, SPICE EXTRACTIVE, EXTRACTIVES OF CELERY SEED], BROWNED IN SOYBEAN OIL), **CONTAINS: WHEAT, EGG, MILK;**

**AMERICAN PASTEURIZED PREPARED CHEESE PRODUCT** (MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, WHEY, SALT, LACTIC ACID, SORBIC ACID, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA [COLOR], ANNATTO EXTRACT [COLOR], WITH SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION), **CONTAINS: MILK;**

**PRETZEL STICKS** (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, CONTAINS LESS THAN 2% OF CORN SYRUP, HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, BARLEY MALT EXTRACT,

### **Nutrition Facts**

**Serving size 1 package**

**Amount per serving**

**Calories 350**

**Total Fat 12g 15%**

Saturated Fat 4g **21%**

Trans Fat 0g

**Cholesterol 35mg 12%**

**Sodium 560mg 24%**

**Total Carbohydrate 49g 18%**

Dietary Fiber less than 1g **3%**

Total Sugars 24g

Includes 4g Added Sugars **7%**

**Protein 13g 26%**

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 1.2mg 6%

Potassium 900mg 20%

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LEAVENING [YEAST, SODIUM BICARBONATE AND/OR AMMONIUM BICARBONATE]), **CONTAINS: WHEAT;**

**CHOCOLATE CHIP COOKIE** (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SOYBEAN AND/OR CANOLA OIL, PALM AND/OR PALM KERNEL OIL, COCOA PROCESSED WITH ALKALI, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SALT, SOY LECITHIN, BAKING SODA, SKIM MILK, CARAMEL COLOR, ARTIFICIAL AND NATURAL FLAVOR, MILK), **CONTAINS: WHEAT, SOY, MILK.**

## CFBAI Pledge List for August 2021

### KRAFT MAC & CHEESE

#### Kraft® Macaroni & Cheese Dinner, Shapes

PASTA (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WHOLE WHEAT FLOUR), CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, SODIUM PHOSPHATE, LACTIC ACID, NATURAL FLAVOR, MILK, WITH PAPRIKA, ANNATTO, AND TURMERIC ADDED FOR COLOR, ENZYMES, CHEESE CULTURE, SODIUM CASEINATE).

<b>Nutrition Facts</b>			
Servings		<b>2.5oz (70g/ about 1/2 Box)</b>	
Serving size		<b>(Makes about 1 cup)</b>	
	As packaged	Per 1 cup prepared*	
<b>Calories</b>	<b>250</b>	<b>280</b>	
	% DV**		% DV**
<b>Total Fat</b>	2g	4.5g	6%
Sat Fat	0.5g	2.5g	12%
Trans Fat	0g	0g	
<b>Cholest</b>	5mg	15mg	4%
<b>Sodium</b>	480mg	490mg	21%
<b>Total Carb.</b>	49g	50g	18%
Fiber	2g	2g	7%
Total Sugars	7g	9g	
Incl. Added Sugars	0g	0g	0%
<b>Protein</b>	9g	10g	
Vit D	0mcg	0mcg	0%
Calcium	230mg	250mg	20%
Iron	2.7mg	2.7mg	15%
Potas	520mg	550mg	10%

\*As prepared using salt free butter and fat free milk.  
\*\*The % Daily Value 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.

#### Kraft® Macaroni & Cheese Dinner Shapes, Microwaveable Cups

ENRICHED PASTA PRODUCT (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR, GLYCEROL MONOSTEARATE); CHEESE SAUCE MIX (WHEY, CORN SYRUP SOLIDS, MILK, PALM OIL, MILK PROTEIN CONCENTRATE, MODIFIED FOOD STARCH, MILKFAT, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, CITRIC ACID, SODIUM PHOSPHATE, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, NONFAT DRY MILK, GUAR GUM, CHEESE CULTURE, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.

<b>Nutrition Facts</b>			
servings per container			
Serving size			
<b>1 Package (55g)</b>			
<b>Calories per serving</b>	<b>210</b>		
<b>Total Fat</b> 3.5g	5%	<b>Total Carb.</b> 37g	14%
Sat Fat 2g	11%	Fiber 1g	4%
Trans Fat 0g		Total Sugars 5g	
<b>Cholest</b> 5mg	2%	Includes 0g Added Sugars	0%
<b>Sodium</b> 510mg	22%	<b>Protein</b> 6g	
Vit D 0mcg 0% - Calcium 170mg 15% - Iron 2mg 10% - Potas 210mg 4%			

## CFBAI Pledge List for August 2021

### BEVERAGES- Exempt *Kool-Aid®* Jammers - Zero Sugar

FILTERED WATER, CITRIC ACID, ASCORBIC ACID (VITAMIN C), SUCRALOSE, NATURAL AND ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PRESERVE FRESHNESS), BLUE 1.

<b>Nutrition Facts</b>			
servings per container		<b>2 Pouches (354mL)</b>	
<b>Serving size</b>		<b>2 Pouches (354mL)</b>	
		Per serving	Per 1 Pouch
<b>Calories</b>		<b>0</b>	<b>0</b>
		% DV*	% DV*
<b>Total Fat</b>	0g	<b>0%</b>	0g
Saturated Fat	0g	<b>0%</b>	0g
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg
<b>Sodium</b>	30mg	<b>1%</b>	15mg
<b>Total Carbohydrate</b>	less than 1g	<b>0%</b>	0g
Dietary Fiber	0g	<b>0%</b>	0g
Total Sugars	0g		0g
Includes Added Sugars	0g	<b>0%</b>	0g
<b>Protein</b>	0g		0g
Vitamin D	0mcg	0%	0mcg
Calcium	0mg	0%	0mg
Iron	0mg	0%	0mg
Potassium	0mg	0%	0mg
Vitamin C		120%	60%

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(all flavors have similar ingredient line and nutrition)

### *Capri Sun®* Reduced Sugar Flavored Juice Drink

***Capri Sun®* Fruit Punch:** FILTERED WATER; SUGAR; PEAR AND GRAPE JUICE CONCENTRATES; CITRIC ACID; ORANGE, APPLE, AND PINEAPPLE JUICE CONCENTRATES; STEVIA LEAF EXTRACT; NATURAL FLAVOR.

***Capri Sun®* Strawberry Watermelon:** FILTERED WATER; SUGAR; PEAR AND GRAPE JUICE CONCENTRATES; CITRIC ACID; STRAWBERRY, APPLE, AND WATERMELON JUICE CONCENTRATES; STEVIA LEAF EXTRACT; NATURAL FLAVOR.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	
<b>1 Pouch (177mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	
<b>20</b>	
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Total Sugars 5g	
Includes 3g Added Sugars	<b>5%</b>
<b>Protein</b> 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.</small>	
<small>%DV = %Daily Value</small>	

***Capri Sun®* Mixed Berry:** FILTERED WATER; SUGAR; PEAR, APPLE AND STRAWBERRY JUICE CONCENTRATES; CITRIC ACID; BLUEBERRY JUICE CONCENTRATE, NATURAL FLAVOR, STEVIA LEAF EXTRACT.



## CFBAI Pledge List for August 2021

### ***Creative Roots®* Coconut Water Beverage**

Flavors: Watermelon Lemonade, Peach Mango, Mixed Berry, Orange Pineapple  
WATER, COCONUT WATER CONCENTRATE, CITRIC ACID, NATURAL FLAVOR, STEVIA LEAF EXTRACT,  
ROSEMARY EXTRACT (TO PROTECT FLAVOR). 1 bottle = 8.5 oz

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 Bottle</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carb.</b> 3g	<b>1%</b>
Total Sugars 1g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.</small>	
<small>%DV = %Daily Value</small>	

### **Beverages- Juices**

#### ***Capri Sun®* 100% Juice**

***Capri Sun®* Fruit Punch:** APPLE, GRAPE, AND CHERRY JUICES FROM CONCENTRATE (FILTERED WATER;  
APPLE, GRAPE, AND CHERRY JUICE CONCENTRATES), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.

<b>Nutrition Facts</b>	
Serving size 1 Pouch	
Amount per serving	
<b>Calories</b>	<b>90</b>
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Total Sugars 20g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 0g	
Iron 0.5mg	2%
Potassium 180mg	4%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.</small>	
<small>%DV = %Daily Value</small>	

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**Capri Sun® Berry:** APPLE, GRAPE, AND STRAWBERRY JUICES FROM CONCENTRATE (FILTERED WATER; APPLE, GRAPE, AND STRAWBERRY JUICE CONCENTRATES), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 Pouch (177mL)</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>90</b>
<hr/>	
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>0%</b>
Total Sugars 20g	
Includes 0g Added Sugars	
<b>0%</b>	
<b>Protein</b> 0g	
<hr/>	
Iron 0.5mg	2%
Potassium 170mg	4%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.</small>	
<small>%DV = %Daily Value</small>	

**Capri Sun® Apple:** APPLE JUICE FROM CONCENTRATE (FILTERED WATER, APPLE JUICE CONCENTRATE), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 Pouch (177mL)</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>80</b>
<hr/>	
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Total Sugars 20g	
Includes 0g Added Sugars	
<b>0%</b>	
<b>Protein</b> 0g	
<hr/>	
Iron 0.5mg	2%
Potassium 190mg	4%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.</small>	
<small>%DV = %Daily Value</small>	

## CFBAI Pledge List for August 2021

**Capri Sun® Mango Pineapple:** PEAR, APPLE, ORANGE, PINEAPPLE AND MANGO JUICES FROM CONCENTRATE (FILTERED WATER; PEAR, APPLE, ORANGE, PINEAPPLE AND MANGO JUICE CONCENTRATES), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 Pouch (177mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Iron 0.7mg	4%
Potassium 220mg	4%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.</small>	
<small>%DV = %Daily Value</small>	

**Capri Sun® Watermelon:** FILTERED WATER, APPLE JUICE CONCENTRATE, GRAPE JUICE CONCENTRATE, WATERMELON JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVOR.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 pouch (177 mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 150mg	4%
<small>*The % Daily Value 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.</small>	