

Dietary Information for the Museum of Science Overnight Program*

Evening Snack

Dippin' Dots (Cookies 'n Cream)

Ingredients:

Ice Cream: Whole milk, cream, nonfat milk solids, sugar, guar gum, carrageenan, natural flavors, vanilla.
 Cookies: Sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), high oleic canola oil and/or palm oil and/or canola oil and/or soybean oil, cocoa (processed with alkali), high fructose corn syrup, cornstarch, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, vanillin - an artificial flavor, chocolate.



Nutrition Facts	
Serving Size 1 package (85g)	
Amount Per Serving	
Calories 190	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 50mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 3g	
Vitamin A 6%	•
Vitamin C 0%	•
Calcium 10%	•
Iron 2%	•
Not a significant source of trans fat.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Allergy Info:

Contains milk, wheat, and soy.
 Produced in a facility that contains milk, tree nut, wheat, soy, and peanut products

Product Website:

<http://www.dippindots.com/products/packages/prepack.html>

Dippin' Dots (Rainbow Ice)

Ingredients:

Water, corn syrup, sucrose, blue #1, red #40, yellow #6, yellow #5, natural flavor, citric acid.

Allergy Info:

Produced in a facility that contains milk, tree nut, wheat, soy and peanut products.

Product Website:

<http://www.dippindots.com/products/packages/prepack.html>



Nutrition Facts	
Serving Size 1/2 cup (75g)	
Amount Per Serving	
Calories 90	
%Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Sugars 12g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, 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.

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>

YoKids Strawberry Squeezers

Ingredients:

Cultured pasteurized organic reduced fat milk, naturally milled organic sugar, organic tapioca starch, organic strawberry juice from concentrate, organic carob bean gum, natural flavor, pectin, carrageenan, natural vanilla flavor, organic beet juice concentrate (for color), vitamin d3. Contains our exclusive blend of six live active cultures including *s. thermophilus*, *l. bulgaricus*, *l. acidophilus*, *bifidus*, *l. casei*, and *l. rhamnosus*.



Nutrition Facts	
Serving Size	1 tube (56g)
Amount Per Serving	
Calories 60	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 10g	3%
Sugars 9g	
Protein 2g	
Calcium 10%	Vitamin D 10%

Not a significant source of trans fat, dietary fiber, vitamin A, vitamin C, iron.
* Percent Daily Values are based on a 2,000 calorie diet.

Allergy info:

Contains Milk

Product Website:

<http://www.stonyfield.com/products/yobaby-yokids/yokids/2oz-8-pack-squeezers/strawberry>

*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.

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.