

# 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.



<b>Nutrition Facts</b>	
Serving Size 1 package (85g)	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 90
%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein</b> 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>



<b>Nutrition Facts</b>	
Serving Size 1/2 cup (75g)	
Amount Per Serving	
<b>Calories</b> 90	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Sugars 12g	
<b>Protein</b> 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.



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

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## 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.



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



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

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## 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](http://www.kelloggs.com/en_US/kelloggs-rice-krispies-cereal.html)



<b>Nutrition Facts</b>	
Serving Size 1 Container (18g)	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
<b>%Daily Value*</b>	
<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> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 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>



<b>Nutrition Facts</b>	
Serving Size 1 Bowl (19g)	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 10
<b>%Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 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.	

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## 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>

<b>Nutrition Facts</b>	
Serving Size 1 cup (236mL)	
Amount Per Serving	
<b>Calories</b> 80	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 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>

<b>Nutrition Facts</b>	
Serving Size 1 cup (236mL)	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
	<b>%Daily Value*</b>
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g <b>15%</b>	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 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>

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (236mL)	
Amount Per Serving	
<b>Calories</b> 120	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Sugars 30g	
<b>Protein</b> 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.	

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