



One Serving of Whole Grain Frosted Strawberry Pop-Tarts®



Samples

Type	Breakfast, Snack
Serving Size	1.76oz.
# Of Servings In Sample	10
# Of Servings Per Case	12 boxes
Case Weight	16.6 lbs
Frozen or Dry	Dry
States or Regions Available	Nationally

Nutritional Information

Whole Grains/Servings	16g per serving
Calories	190
Fat Content	5g
Saturated Fats	1.5g
Fiber	5g
Minerals	Iron 10%, Thiamin 10%, Riboflavin 10%, Niacin 10%
Vitamins	A 10%, B6 10%

Manufacturer & Contact Information

Manufacturer Company Address	Kellogg's Food Away From Home 545 Lamont Road Elmhurst, IL 60126
Main Telephone #	(800) 899-9808
Website Address	www.kelloggsfoodawayfromhome.com
Sales & Sample Contact	Johanna Metz, (630) 956-9741, johnstonjo@sbcglobal.net

Baking Instructions For Samples

Pop-Tarts® Toasting Instructions:

1. Remove pastry from pouch.
2. Warm pastry in toasting appliance at lowest or lightest heat setting for one heating cycle only.
3. Cool briefly before carefully removing pastry from toasting appliance.

Pop-Tarts® Microwave Instructions:

1. Place pastry on a microwave-safe plate.
2. Microwave on high setting for 3 seconds.
3. Cool briefly before handling.

If Pastry is overheated, frosting/filling can become extremely hot and could cause burns.

Due to possible risk of fire, never leave your toasting appliance or microwave unattended.



The kids will **NEVER**
have a clue!

Forget
what you "think"
you know.



With Kellogg's® Pop-Tarts® toaster pastries One Serving of Whole Grain, your students don't know they are eating something nutritious. There is no reason to tell the kids, **just smile and feel confident about offering a delicious choice that meets nutrition standards.** Deliver the essentials your students need with the goodness of 16g of whole grains and 5g of fiber* in each toaster pastry.



Meets all nutrition standards to qualify
for Healthier U.S. School Challenge
and U.S.D.A. meal guidelines

**pop.
tarts**
toaster pastries

ONE SERVING OF
Whole Grain



Bringing our focus to your business.™

TheGoodnessKidsGrowOn™

* Frosted Cinnamon contains 8g total fat/serving and Frosted Strawberry contains 5g total fat/serving

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Kellogg's® Pop-Tarts® Whole Grain Strawberry

Nutrition Facts

Serving Size

1 Pastry (50g)

Amount Per Serving

Calories 190 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **20%**

Sugars 13g

Protein 2g

Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%

Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 10%

Folic Acid 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
Saturated 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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), POLY-DEXTROSE, SUGAR, DEXTROSE, CORN SYRUP SOLIDS, CORN SYRUP, WHOLE GRAIN BARLEY FLOUR, GLYCERIN, CONTAINS TWO PERCENT OR LESS OF INULIN FROM CHICORY ROOT, WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONO-CALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, CITRIC ACID, GELATIN, CARAMEL COLOR, SOY LECITHIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, NIACINAMIDE, RED #40, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), YELLOW #6, RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), FOLIC ACID.

CONTAINS WHEAT AND SOY INGREDIENTS.

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