

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION - BAGELS

Bagels served as the main entre' are purchased from The Bagel Spot in Cherry Hill. Bagels provided as alterative lunches are Harvest Pride

Bagel Spot Bagels:

Ingredients: Flour, water, brown sugar, soy flour, malt, salt, and yeast

Contains: Soy flour

Note: Bagels are baked in ovens used for making items that may contain nut products

Harvest Pride Bagels (served daily as alternative to main meal)

Nutrition Facts

Serving Size: 1 bagel
Calories: 290
Calories from Fat: 10
Total Fat: 1.5g
Saturated Fat: 0.5g
Transfat: 0g
Polyunsaturated fat: .5g
Monounsaturated fat: 0g
Cholesterol: 0mg
Sodium: 570mg
Total Carbohydrate: 61g
Dietary Fiber: 2g
Sugars:5g
Protein: 10g

Ingredients: Enriched Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, degerminated yellow corn meal, contains 2% or less of the following: salt, yeast, calcium propionate (a preservative), vital wheat gluten, guar gum, monoglycerides, sodium stearoyl, lactylate, fumaric acid, lactic acid, acetic acid, ascorbic acid (dough conditioner), soy flour, l-cysteine, enzymes, dicalcium phosphate, diammonium phosphate, calcium peroxide,

Contains: Wheat and soy