

**MUNCHIES**  
SNACK MIX



CHEESY



SUNCHIPS®  
HARVEST CHEDDAR® FLAVORED  
MINI WHOLE GRAIN SNACKS

CRUNCH



CHEETOS® CRUNCHY CHEESE  
FLAVORED SNACKS

Savory



DORITOS® NACHO  
CHEESE FLAVORED  
MINI TORTILLA CHIPS

CRISP



ROLD GOLD® TINY  
TWISTS ORIGINAL  
PRETZELS

smartlabel®



Scan here for more food information  
or call 1-800-352-4477



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SL-MUNC-7E LAP 30062913

**MUNCHIES**  
SNACK MIX



CHEESE  
FIX

FLAVORED



guaranteed fresh  
until printed date.



NET WT. 3 OZ. (85 g)

SNACK MIX

**GUARANTEED FRESH**  
Until printed date or this snack is on us.

QUESTIONS OR COMMENTS?  
Weekdays 9:00am to 4:30pm CT  
1-800-352-4477/email at frito@lay.com

**Nutrition Facts**

3 servings per container  
Serving size About 3/4 cup (28g)

	Per serving	Per package
<b>Calories</b>	<b>140</b>	<b>420</b>
	% DV*	% DV*
<b>Total Fat</b>	7g <b>8%</b>	20g <b>25%</b>
Saturated Fat	1g <b>5%</b>	2.5g <b>14%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	230mg <b>10%</b>	690mg <b>30%</b>
<b>Total Carb.</b>	18g <b>7%</b>	55g <b>20%</b>
Dietary Fiber	1g <b>4%</b>	3g <b>11%</b>
Total Sugars	1g	3g
<b>Protein</b>	2g	6g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 0%	60mg 4%
Iron	0.9mg 4%	2.6mg 10%
Potassium	70mg 0%	200mg 4%

Not a significant source of added sugars.

\* The % Daily Value (DV) 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.

**INGREDIENTS:** CORN, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, SOYBEAN, AND/OR SUNFLOWER OIL), ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT, AND LESS THAN 2% OF SALT, BROWN RICE FLOUR, CORN MALTODEXTRIN, WHOLE OAT FLOUR, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, BUTTERMILK, ONION POWDER, MONOSODIUM GLUTAMATE, ROMANO CHEESE (COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POTASSIUM SALT, LACTOSE, AMMONIUM BICARBONATE, CORN FLOUR, DEXTROSE, TOMATO POWDER, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, RED 40), LACTIC ACID, CITRIC ACID, YEAST, MALT SYRUP, GARLIC POWDER, SKIM MILK, SPICES, YEAST EXTRACT, SODIUM CASEINATE, PARMESAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), RED AND GREEN BELL PEPPER POWDER, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

FRITO-LAY, INC.  
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