

CROSSTRaining 2024

SNACK LIST

Day 1:

- Fruit and Annie's Gluten Free Granola Bars, Go-Gurt, or String Cheese
- Ingredients:
 - Apples, oranges, or bananas.
 - Bars: granola (whole grain oats, organic cane sugar, canola oil, mixed tocopherols), tapioca syrup, rice crisp (whole grain brown rice flour), organic palm oil, organic semi-sweet chocolate chips (organic cane sugar, organic chocolate, organic cocoa butter, organic vanilla extract), organic tapioca syrup solids, organic inulin, organic invert cane syrup, rice fiber, organic cocoa, sea salt, sunflower lecithin, natural flavor.
 - Go-Gurt: Cultured grade a nonfat milk, sugar, modified food starch. contains 1% or less of: kosher gelatin, tricalcium phosphate, corn starch, vegetable and fruit juice (for color), potassium sorbate added to maintain freshness, natural flavor, vitamin a acetate, vitamin D3.
 - String Cheese: Low-moisture part-skim mozzarella cheese.

Day 2:

- Fruit and Gluten Free Pretzel and Chex Mix
- Ingredients:
 - Apples, oranges, or bananas.
 - Corn starch, potato starch, palm oil, sugar, sea salt, cellulose gum, soy lecithin, sodium bicarbonate, yeast extract, sodium acid pyrophosphate, citric acid and sodium hydroxide, Whole Grain Rice, Rice, Sugar, Salt, Molasses. 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 B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3, Whole Grain Rice, Rice, Sugar, Canola and/or Sunflower Oil, Salt, Cinnamon, Molasses, Rosemary Extract, Natural Flavor. 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 B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3, Sugar, Chocolate Liquor, Milkfat, soy lecithin, and natural flavorings.

Day 3:

- Fruit and Popcorn
- Ingredients:
 - Apples, oranges, or bananas.
 - Corn, Sunflower oil, sea salt.

Day 4:

- Fruit and Veggie Straws
- Ingredients:
 - Apples, oranges, or bananas.
 - Potato starch, potato flour, expeller pressed canola oil and/or safflower oil and/or sunflower oil, spinach powder, tomato paste, salt, cane sugar, corn starch, potassium chloride, turmeric (color), beetroot powder (color), sea salt.