

St. Mark Catholic School Council Christmas Family Event Thursday, December 18, 2025

Milk and Cookies - Ingredients and Nutritional Information



Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 130	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 3 g	6 %
+ Trans / trans 0.2 g	16 %
Carbohydrate / Glucides 12 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 20 mg	
Sodium 240 mg	10 %
Potassium 350 mg	7 %
Calcium 300 mg	23 %
Iron / Fer 0.1 mg	1 %
*5 % or less is a little, 15 % or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

Ingredients

Partially skimmed milk, Vitamin A Palmitate, Vitamin D₃.



Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 190	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 3 g	6 %
+ Trans / trans 0.2 g	16 %
Carbohydrate / Glucides 27 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 26 g	26 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 20 mg	
Sodium 190 mg	8 %
Potassium 400 mg	9 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
*5 % or less is a little, 15 % or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

Ingredients

Partially skimmed milk • Sugar • Cocoa • Modified corn starch • Artificial flavour • Salt • Caramel powder • Carrageenan • Sunset yellow FCF • Amaranth • Vitamin A palmitate • Vitamin D₃

Chocolate Chip Soft-Bakes (Sweets from the Earth)



This soft-bake is made in a certified DAIRY, EGG, SESAME, PEANUT & TREE NUT FREE FACILITY. It's also: Vegan • Cholesterol free • Lactose free • Free from artificial colours, flavours and preservatives • Trans fat free

INGREDIENTS: Whole grain rolled oats, Sugar, Whole wheat flour, Canola oil, Chocolate chips (Sugar, Unsweetened chocolate, Cocoa butter, Soy lecithin, Natural vanilla extract), Inulin, Applesauce, Blackstrap molasses, Flax seeds, Rice flour, Baking soda, Cinnamon, Sea salt. **CONTAINS: WHEAT, SOY**

Oat Milk - Original (Earth's Own)

Ingredients: oat base (filtered water, oats), sunflower oil, sea salt, gellan gum, locust bean gum, amylase, vitamins and minerals (tricalcium phosphate, calcium carbonate, vitamin a palmitate, vitamin d2, riboflavin, vitamin b12, zinc gluconate).



Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) / pour 1 tasse (250 mL)	
Calories 130	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 2.5 g	
Carbohydrate / Glucides 19 g	7 %
Fibre / Fibres 2 g	6 %
Sugars / Sucres 6 g	
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5 %
Potassium 100 mg	2 %
Calcium 300 mg	23 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Phosphorus / Phosphore 200 mg	16 %
Magnesium / Magnésium 25 mg	6 %
Zinc 1 mg	9 %
*5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	