



Assumption 3rd Grade Girls and Stars Indoor Soccer Cookie Decorating Party **December 23, 2024**



Here is some nutritional information for what we will have at the party. *Foods subject to change.

Schnucks Sugar Cookies Serving size: 1 cookie 29 carbs (estimated) Food allergy information unknown.	Schnucks Icing Serving size: 1 Tbsp 11 carbs (estimated) Food allergy information unknown.
Prebaked Shape Cookie from Target Serving size: 1 cookie 27 carbs Contains wheat and soy.	Nerds Gummy Clusters Serving size: 16 gummy clusters 25 carbs May contain eggs, milk, peanuts, soy, tree nuts & wheat.
M&Ms Serving size: 32 pieces 21 carbs Contains milk and soy. May contain peanuts.	Sprinkles Serving Size: 3 tsp 9 carbs Processed in a facility that handles egg, milk, soy, tree nuts and wheat.
Chick-Fil-A Nuggets/Grilled Nuggets Serving size: 8 nuggets/8 nuggets 11 carbs/1 carb Contains milk, egg and wheat/No allergens!	Assorted Fruits Apple: 15 carbs Banana: 30 carbs Orange: 11 carbs
Chick-Fil-A Sauces Serving size: 2 Tbsp Garden Herb Ranch: 2 carbs; contains milk & egg Chick-Fil-A Sauce: 6 carbs; contains egg	Veggie Straws Serving size: 1oz 17 carbs No major allergens!

