



LHE PTG Presents.... POPCORN DAY!

LHE PTG is thrilled to continue to do Popcorn Days as a treat to our wonderful students & staff! PTG will be gifting a popcorn treat to students on Wednesday **12/21/22** during school hours while the students enjoy movies with their class. Unfortunately due to a popcorn shortage, PTG has been forced to utilize two types of popcorn with similar ingredients.

If you have a **student with an allergy, PLEASE REVIEW the ingredients below.** If you have any concerns about the ingredients, feel free to email your teacher as well as send in an allergy friendly popcorn for your student to enjoy on this date. Popcorn ingredients can always be found under the PTG tab on the Lighthouse website.

Nutrition Facts	
Serving Size: <input type="text" value="2"/> tbsp unpopped (33g)	
Amount Per Serving	
Calories 150	Calories from Fat 81
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrates 18g	6%
Dietary Fiber 3g	12%
Protein 3g	
Iron	6%
* Percent Daily Values are based on a 2000 calorie diet.	
INGREDIENTS: Popcorn Section Contains: Popping Corn, Salt, Artificial Flavor, Riboflavin (Color). Oil Section Contains: Coconut Oil, Artificial Flavor, Beta Carotene (Color).	

Nutrition Facts	
8 Servings Per Container	
Serving Size 1oz.(30g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrates 17g	6%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 1mg	6%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	




INGREDIENTS: Popcorn, Coconut Oil, Salt, FD & C Yellow, #5 & 6, Beta Carotene (for color), Natural and Artificial flavor.

Please email lighthouseptg@gmail.com with any questions!