Updated:2/13/2019

Commercial Food Systems Nutritional Information

CFS makes every effort to insure that the nutritional and allergen information provided here is up to date. However, manufacturers do make unannounced ingredient and environmental changes to products that would change both the nutritional and allergen properties of an item. The information is meant to provide assistance to you but can not be guaranteed to be without either unintended or unknown errors.

COMMERCIAL FOOD SYSTEMS, INC.

2210 Enterprise Park Dr
Indianapolis, IN 46218

317-926-4237
800-283-7437

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
1		**Arctic Fun Juice - 100% Juice**																																	
2	17601	Apple Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
3	176191	Clear Berry Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
4	176201	Clear Cherry Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
5	176041	Clear Fruit Punch Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
6	176211	Clear Mountain Berry Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
7	176071	Clear Orange Citrus Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
8	176091	Clear Raspberry Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
9	176171	Clear Strawberry Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
10	176121	Clear Watermelon Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
11	17602	Grape Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
12	17603	White Grape Juice	1gal.	1	1 F	S	Y	Y	N	Y		Y		4 mo	4oz	4	113	52	0	0	0	0%	0%	0%	0	6	13	0	11	10%	0	0%	100%	0%	0%
13		**Ardmore - 100% Ready to Drink Juice**																																	
14	60001	Apple Juice	46oz	12	1 F	S	Y	Y	N	Y		N	Y	4 mo	8oz	8	227	110	0	0	0	0%	0%	0%	0	25	27	0	25	11%	0	0%	100%	0%	0%
15	60005	Grape Juice	46oz	12	1 F	S	Y	Y	N	Y		N	N	4 mo	8oz	8	227	150	0	0	0	0%	0%	0%	0	30	37	0	36	16%	1	0%	100%	0%	0%
16	60000	Orange Juice	46oz	12	1 F	S	Y	Y	N	Y		N	Y	4 mo	8oz	8	227	110	0	0	0	0%	0%	0%	0	30	27	0	23	10%	1	0%	100%	0%	0%
17		**Arizona Tea**																																	
18	73049	Arnold Palmer Zero	11.5oz	12		S	Y	Y	N	Y		Y		180 Days	8 oz	11.5	326	0	0	0	0	0%	0%	0%	0	10	1	0	1	0%	0	0%	25%	0%	0%
19		**Barrel O' Fun**																																	
20	20363	1 GB White	1oz	120	1 1/2 GB	E	Y	Y	Y	Y		Y	Y	90 days	1oz	1	28	130	6	0.5	54	45%	9%	3%	0	110	20	2	0	0%	2	0%	0%	0%	6%
21	20343	1.5 GB Yellow	1.5oz	80	2 GB	E	Y	Y	Y	Y		Y	Y	90 days	1.5oz	1.5	43	200	8	1	72	50%	12%	5%	0	170	30	3	0	0%	3	0%	0%	0%	6%
22	21022	2 GB Yellow	2oz	40	2 3/4 GB	E	Y	Y	Y	Y		Y	N	90 days	2oz	2	57	270	11	1.5	99	47%	17%	5%	0	220	40	4	0	0%	4	0%	0%	0%	6%
23	20300	Bulk Chips, Yellow	1 lb	12	1 1/2 GB	E	Y	Y	Y	Y		Y	Y	90 days	1oz	1	28	130	6	0.5	54	45%	9%	3%	0	110	20	2	0	0%	2	0%	0%	0%	6%
24	20705	Salveo Cheese Balls	0.75	64	3/4 GB	S	Y	Y	Y	Y	M	Y	Y	180 days	0.75	0.75	21	100	3.5	0	35	32%	5%	0%	0	120	15	1	1	5%	2	0%	0%	2%	2%
25	20360	Taco in a Bag - Nacho	1.5oz	72	2 GB	E	Y	Y	Y	Y	M	Y	Y	90 day	1.5oz	1.5	43	200	9	1.5	81	34%	14%	7%	0	300	28	3	1	2%	3	0%	0%	2%	6%
26	2036002	Taco in a Bag - Crispy Yellow Rounds	1.5oz	72	2 GB	E	Y	Y	Y	Y	M	Y	Y	90 day	1.5oz	1.5	43	200	8	1	72	34%	12%	5%	0	170	30	3	0	0%	3	0%	0%	0%	6%
27	25076	Vic's Kettle Corn	1oz	90		S	Y	Y	Y	Y	S	Y	Y	180 days	1oz	1	28	130	4	0.5	36	34%	6%	3%	0	170	22	2	9	32%	1	0%	0%	0%	0%
28	25078	Vic's White Cheddar Popcorn	0.625oz	80		S	Y	Y	Y	Y	M	Y	Y	180 days	0.625	0.625	18	80	3	0.5	27	34%	5%	6%	0	95	12	2	1	6%	2	0%	0%	2%	0%
29		**ButterBuds**																																	
30	49835	Butter Buds Butter Flavored Sauce	4oz	24		E	Y	Y	N	Y	M	Y	Y	12 mo	1 tsp		2	10	0	0	0	0%	0%	0%	0	75	2	0	0	0%	0	0%	0%	0%	0%
31	56240	Buttermist Pan Spray	14oz	6		E	Y	Y	N	Y	M	Y	Y	12 mo	.25g	0.25	7	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
32	49002	Cheddar Buds	2lb	8		E	Y	Y	N	Y	M	Y	Y	12 mo	2oz	2	11	40	1	0	10	25%	2%	0%	5	330	8	0	2	18%	0	0%	0%	4%	0%
33	56300	Garlic Buttermist Spray	14oz	6		E	Y	Y	N	Y		Y	Y	12 mo	.25g	0.25	7	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
34		**Buzz Strong Bakeries**																																	
35	54116	Chocolate Cake Cookie	1.5oz	60	1 GB	S	N	Y	Y	N	MWSEPT	Y	Y	9 mo	1.5oz	1.5	43	180	4	1	40	22%	6%	5%	0	190	31	4	10	24%	3	0%	0%	3%	1%
36	54119	Chocolate Chip Cookie	1.5oz	60	1 GB	S	N	Y	Y	N	MWSEPT	Y	Y	9 mo	1.5oz	1.5	43	160	5	1	45	28%	8%	6%	10	195	27	3	6	14%	5	0%	2%	0%	8%
37		**Campbell's**																																	
38	14396	Whole Grain Pretzel Goldfish	0.75	300	1 GB	S		Y	Y	N	WM	Y		6 mo	0.75oz	0.75	21	90	1.5	0	15	17%	2%	0%	0	200	16	1	0	0%	2	0%	0%	0%	4%
39	25082	Whole Grain French Toast Goldfish	1 oz	300	1 GB	S		Y	Y	N	WMS	Y		6 mo	1oz	1	28	130	4.5	1	40	31%	7%	0%	0	140	21	2	8	28%	2	0%	0%	2%	4%
40	23088	Whole Grain Xtra Cheddar Goldfish	0.75	300	1 GB	S		Y	Y	N	WM	Y		6 mo	0.75oz	0.75	21	90	3.5	0.5	30	33%	5%	0%	0	200	14	1	0	0%	2	0%	0%	2%	4%
41	04788	Whole Grain Colors Cheddar Goldfish	0.75	300	1 GB	S		Y	Y	N	WM	Y		6 mo	0.75oz	0.75	21	100	3.5	0.5	30	30%	5%	0%	0	170	14	1	0	0%	2	0%	0%	2%	4%
42	18867	V8 Fusion Pomegranate Blueberry	8oz	24	1 F / 1 V	S		Y	N	Y		Y		6 mo	8oz	8	227	100	0	0	0	0%	0%	0%	0	70	25	0	22	10%	0	20%	20%	2%	2%
43	18866	V8 Fusion Strawberry Banana	8oz	24	1 F / 1 V	S		Y	N	Y		Y		6 mo	8oz	8	227	110	0	0	0	0%	0%	0%	0	80	27	0	23	10%	0	50%	100%	2%	2%
44		**Chortles**																																	
45	7029	Mini Choc Choc Chip Cookies	1.02oz	100	1 GB	S	Y	Y	Y	N	WSE	Y	Y	6 mo	1.02oz	1.02	29	120	4	0	35	29%	6%	0%	0	105	19	2	7	24%	2	0%	0%	2%	5%
46	7030	Mini Original Choc Chip Cookies	.92oz	100	1 GB	S	Y	Y	Y	N	WSE	Y	Y	6 mo	.92oz	0.92	26	110	3.5	0	30	27%	5%	0%	0	70	19	2	6	23%	2	0%	0%	0%	5%
47	7031	Mini Mini Original Choc Chip Cookies	.46oz	150	1/2 GB	S	Y	Y	Y	N	WSE	Y	Y	6 mo	.46oz	0.46	13	55	2	0	15	27%	3%	0%	0	35	9	1	3	23%	1	0%	0%	0%	3%
48		**Cookie Tree**																																	
49	10004	Whole Grain Brownie	1.75 oz	96	1 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.75oz	1.75	49	200	7	1.5	60	30%	11%	7%	15	130	32	2	17	35%	3	0%	0%	2%	10%
50	10008	Whole Grain Celebration Bar	1.75 oz	90	1 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.75oz	1.75	49	200	8	2	70	35%	12%	9%	5	130	30	1	15	31%	2	0%	0%	2%	5%
51	3237	Whole Grain Candy Chip Cookie	1.3oz	120	1/2 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.3oz	1.3	37	140	4.5	1.5	40	29%	7%	10%	0	115	25	1	12	33%	2	2%	0%	0%	4%
52	3251	Whole Grain Chocolate Chip Cookie	1.3oz	120	1/2 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.3oz	1.3	37	140	4	1.5	35	25%	6%	10%	0	100	26	2	12	33%	2	0%	0%	2%	6%
53	3233	Whole Grain Double Fudge Cookie	1.3oz	120	1/2 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.3oz	1.3	37	140	4.5	1	40	29%	7%	6%	0	115	24	2	12	33%	2	0%	0%	0%	10%
54	3239	Whole Grain Sugar Cookie	1.3oz	120	1 GB	S	N	Y	Y	N	MWSEPT	Y	Y	12 mo F	1.3oz	1.3	37	150	4.5	1.5	40	27%	7%	9%	0	105	25	2	12	33%	2	0%	0%	0%	4%
55		**ConAgra Ultra Grain Pasta**																																	
56	7735	Ultra T2 Grain Flour	50lbs	50lbs		E	Y	Y	Y	N	W	Y	Y	180 days	1/4 Cup	0.89	25	110	0.5	0	0	0%	1%	0%	0	0	22	2	0	0%	4				10%
57		**Darlington Farms**																																	
58	75100	Appleways Bars - Apple	2.4oz	160	2GB	E	Y	Y	Y	N	MWSE	N	Y	6 mo	2.4oz	2.4	68	280	9	1.5	72	26%	14%	5%	5	170	46	2	19	28%	4	0%	0%	2%	10%
59	75300	Appleways - Oatmeal Chocolate Chip	2.4oz	160	2GB	E	Y	Y	Y	N	MWSE	N	Y	6 mo	2.4oz	2.4	68	280	9	2	72	26%	14%	6%	5	140	46	2	19	28%	4	0%	0%	2%	10%
60	70200	Appleways Bars - Blueberry Pomegranate	1.2oz	216	1 GB	S	Y	Y	Y	N	MWSE	N	Y	6 mo	1.2oz	1.2	34	140	4.5	1.5	40	29%	7%	10%	5	85	23	1	10	29%	2	0%	10%	0%	6%
61	70300	Appleway Bars - Oatmeal Chocolate Chip	1.2oz	216	1 GB	S	Y	Y	Y	N	MWSE	N	Y	6 mo	1.2oz	1.2	34	140	4.5	1.5	40	29%	7%	10%	0	75	23	1	10	29%	2	0%	10%	0%	6%
62	70400	Appleways Bars - Strawberry	1.2oz	216	1 GB	S	Y	Y	Y	N	MWSE	N	Y	6 mo	1.2oz	1.2	34	140	4.5	1.5	40	29%	7%	10%	5	85	23	1	10	29%	2	0%	10%	0%	6%
63	71500	Appleways Crispy Bites - Blueberry Lemon	1oz	108	1 GB	S	Y	Y	Y	N	MWS	Y	Y	9 mo	1oz	1	28	120	4	0.5	35	29%	6%	4%	0	60	21	2	8	28%	2	0%	0%	0%	4%
64	71000	Appleways Crispy Bites - Cinnamon	1oz	108	1 GB	S	Y	Y	Y	N	MWS	Y	Y	9 mo	1oz	1	28	120	4	0.5	35	29%	6%	4%	0	70	21	2	8	28%	2	0%	0%	0%	4%
65	71000	Appleways Vanilla Wafers	1oz	108	1 GB	S	Y	Y	Y	N	MWS	Y	Y	9 mo	1oz	1	28	120	4	0.5	35	29%	6%	4%	0	50	21	2	8	28%	2	0%	0%	0%	4%
66	73000	Appleways Soft Baked Cookie - Oatmeal Rasin	1.4oz	160	1 GB	S	Y	Y	Y	N	MWSE	Y	Y	6 mo	1.4oz	1.4	40	160	5	1.5	45	28%	8%	8%	0	90	27	2	12	30%	2	0%	6%	2%	6%
67	51110	Spikerz Nacho Cheese	.9oz	300	1 GB	S	Y	Y	Y	N	MWS	Y	Y	6 mo	.9oz	0.9	26	100	3	0	25	25%	5%	0%	0	160	16	2	1	4%	2	0%	0%	6%	10%
68	51210	Spikerz Ranch	.9oz	300	1 GB	S	Y	Y	Y	N	MWS	Y	Y	6 mo	.9oz	0.9	26	100	3	0	25	25%	5%	0%	0	160	16	2	1	4%	2	0%	0%	6%	10%
69		**Dick & Jane Baking Co**																																	
70	1001	Smart Cookies - Food & Nutrition	1oz	120	1 GB	S	Y	Y	Y	N	MWES	Y	Y	6 mo	1oz	1	28	120	4	0	36	30%	6%	0%	0	65	22	2	6	21%	2	0%	0%	0%	6%
71	1002	Smart Cookies - Fun & Fitness	1oz	120	1 GB	S	Y	Y	Y	N	MWES	Y	Y	6 mo	1oz	1	28	120	4	0	36	30%	6%	0%	0	65	22	2	6	21%	2	0%	0%	0%	6%
72	8803	Smart Cookies - English & Spanish	1oz	120	1 GB	S	Y	Y	Y	N	MWS	Y	Y	6 mo	1oz	1	28	130	4	1	35	27%	6%	7%	0	95	22	1	8	29%	2	0%	0%	0%	10%
73	8802	Smart Cookies - Presidents	1oz	120	1 GB	S	Y	Y	Y	N	MWS	Y	Y	6 mo	1oz	1	28	130	4	1	35	27%	6%	7%	0	95	22	1	8	29%	2	0%	0%	0%	10%
74		**Flavor Station**																																	
75	485	Foothill Farms - Chili Cheese	2.6 lb	1		E	Y	Y	N	Y	M	Y	N	1 yr	1 g	0.03527	1	5	0	0	0	0%	0%	0%	0	40	1	0	0	0%	0	0%	0%	0%	0%
76	481	Foothill Farms - Fiesta Lime	1.9 lb	1		E	Y	Y	N	Y		Y	N	1 yr	0.6 g	0.02	1	0	0	0	0	0%	0%	0%	0	20	0	0	0	0%	0	0%	0%	0%	0%
77	484	Foothill Farms - Nacho Cheese	2.4 lb	1		E	Y	Y	N	Y	M	Y	N	1 yr	.9 g	0.03	1	5	0	0	0	0%	0%	0%	0	35	1	0	0	0%	0	0%	0%	0%	0%
78	480	Foothill Farms - Ranch	2.6 lb	1		E	Y	Y	N	Y	M	Y	N	1 yr	.9 g	0.03	1	0	0	0	0	0%	0%	0%	0	80	0	0	0	0%	0	0%	0%	0%	0%
79	486	Foothill Farms - Buffalo	2.6 lb	1		E	Y	Y	N	Y		Y	N	1 yr	.9 g	0.03	1	0	0	0	0	0%	0%	0%	0	70	0	0	0	0%	0	0%	0%	0%	0%
80	487	Foothill Farms - Sriracha	.875oz	60		E	Y	Y	N	Y		Y	N	1 yr	.9 g	0.03	1	5	0	0	0	0%	0%	0%	0	35	1	0	0	0%	0	0%	0%	0%	0%
81	058	Mrs. Dash - Garlic & Herb	21 oz	3		E	Y	Y	N	Y		Y	Y	2 yrs	.7 g	0.03	1	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
82	095	Mrs. Dash - Spicy Jalapeno	21 oz	3		E	Y	Y	N	Y		Y	Y	2 yrs	.7 g	0.03	1	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
83	017	Mrs. Dash - Original	21 oz	3		E	Y	Y	N	Y		Y	Y	2 yrs	3 g	1 g	3	10	0	1	0	0%	0%	90%	0	0	2	1	0	0%	0	4%	0%	0%	0%
84	096	Mrs. Dash - Southwest Chipotle	21 oz	3		E	Y	Y	N	Y		Y	Y	2 yrs	.8 g	0.03	1	0	0	0	0	0%	0%	0%	0	0	1	0	0	0%	0	0%	2%	0%	0%
85		**Frito Lay Bulk**																																	
86	62399	Bulk Whole Grain Tostitos Rounds	16oz	8	1 1/2 GB	E	Y	Y	Y	Y		Y		45 days	1 oz	1	28	140	5	0.5	45	32%	8%	3%	0	115	20	2	0	7%	2	0%	0%	2%	0%
87		**Frito Lay SS Snacks**																																	
88	62933	Baked Whole Grain Cheetos	.875oz	104	1 1/4 GB	S	Y	Y	Y	N	M	Y	N	45 days	.875oz	0.875	25	120	4.5	1	40	33%	7%	8%	0	200	16	1	1	4%	2	0%	0%	0%	2%
89	62984	Baked Whole Grain Cheetos Flamin' Hot	.875oz	104	1 1/2 GB	S	Y	Y	Y	N	M	Y	N	45 days	.875oz	0.875	25	130	5	0.5	45	35%	8%	3%	0	200	20	2	1	4%	2	0%	0%	2%	0%
90	12109	Baked Whole Grain Cheetos White Cheddar	.875oz	104	1 1/4 GB	S	Y	Y	Y	N	M	Y	N	45 days	.875oz	0.875	25	120	4.5	1	41	34%	7%	8%	0	190	17	1	1	4%	2	0%	0%	0%	2%

Updated:2/13/2019

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*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
91	13136	Cheetos Trax Crackers	.87oz	150	1 GB	S	N	Y	Y	N	MWS	Y	N	45 days	.87oz	0.87	25	110	3.5	1	32	29%	5%	8%	0	140	17	2	2	8%	2	0%	0%	4%	6%
92	36308	Munchies Kids Mix - Original	.875oz	104	1 GB	S	N	Y	Y	N	MW	Y	N	45 days	.875oz	0.875	25	110	3.5	0	30	27%	5%	0%	0	180	17	2	2	8%	2	0%	0%	2%	15%
93	32078	Baked Lays BBQ	.875oz	60		S	Y	Y	N	N	MS	Y	N	45 days	.875oz	0.875	25	110	3	0	37	34%	5%	0%	0	140	19	1	3	12%	2	0%	0%	0%	0%
94	33625	Baked Lays Regular	.875oz	60		S	Y	Y	N	N	S	Y	N	45 days	.875oz	0.875	25	110	3	0	27	25%	5%	0%	0	140	19	1	2	8%	2	0%	0%	0%	0%
95	33627	Baked Lays Sour Cream and Onion	.875oz	60		S	Y	Y	N	N	MS	Y	N	45 days	.875oz	0.875	25	110	3	0	27	25%	5%	0%	0	150	19	1	2	8%	2	0%	0%	0%	0%
96	56882	Baked Ruffles Cheddar and Sour Cream	.8oz	60		S	Y	Y	N	N	MS	Y	N	45 days	.8oz	0.8	23	100	2.5	0	22	22%	4%	0%	0	200	17	1	2	9%	1	0%	0%	0%	0%
97	42537	Baked Tostitos Scoops	.875oz	72	1 1/4 GB	S	Y	Y	Y	Y		Y	Y	45 days	.875oz	0.875	25	110	2.5	0	25	23%	4%	0%	0	125	19	1	0	0%	2	0%	0%	0%	0%
98	36098	Chili Cheese Fantastix	1oz	104	1 1/4 GB	S	Y	Y	Y	Y	M	Y	N	45 days	1oz	1	28	130	5	1	45	35%	8%	7%	0	200	19	2	1	4%	2	0%	0%	0%	4%
99	32397	Fritos Chili / Cheese	1oz	104			Y	Y	N	N	M	Y	N	45 days	1oz	1	28	160	10	1.5	90	56%	15%	8%	0	270	16	1	1	4%	2	0%	0%	2%	0%
100	32405	Fritos Original	1oz	104			Y	Y	N	Y		Y	Y	45 days	1oz	1	28	160	10	1.5	90	56%	15%	8%	0	160	16	1	0	0%	2	0%	0%	2%	0%
101	66689	Funyuns	.75oz	104	1 GB	S	Y	Y	Y	Y	M	Y		45 days	.75oz	0.75	21	100	3.5	0.5	32	32%	5%	5%	0	125	14	1	1	5%	2	0%	0%	2%	0%
102	66154	Grandma's WGR Chocolate Chip Cookies	1.22oz	80	1 GB	S	N	Y	Y	N	MSW	Y	Y	45 days	1.22oz	1.22	35	160	6	1.5	54	34%	9%	8%	0	160	25	3	11	32%	2	0%	0%	0%	6%
103	15940	Heartzels - Rold Gold	.7oz	104	1 GB	S	Y	Y	Y	N	W	Y	Y	45 days	.7oz	0.7	20	80	1	0	9	11%	2%	0%	0	200	16	2	0	0%	2	0%	0%	2%	4%
104	43578	Hot Chili Cheese Fantastix	1oz	104	1 1/4 GB	S	Y	Y	Y	Y	M	Y	N	45 days	1oz	1	28	130	5	1	45	35%	8%	7%	0	200	20	2	1	4%	2	0%	0%	0%	4%
105	21910	Reduced Fat Cheetos Puffs	.7oz	72	1 GB	S	Y	Y	Y	Y	M	Y	N	45 days	.7oz	0.7	20	90	3.5	0.5	30	33%	5%	5%	0	140	13	0	0	0%	2	0%	0%	0%	2%
106	21912	Reduced Fat Cheetos Flamin' Hot Puffs	.7oz	72	1 GB	S	Y	Y	Y	Y	M	Y	N	45 days	.7oz	0.7	20	90	3.5	0.5	30	33%	5%	5%	0	140	13	0	0	0%	2	0%	0%	6%	2%
107	36096	Reduced Fat Doritos - Cool Ranch	1oz	72	1 1/2 GB	S	Y	Y	Y	N	M	Y	N	45 days	1oz	1	28	130	5	0.5	45	35%	8%	3%	0	150	20	2	0	0%	2	0%	0%	2%	2%
108	62829	Reduced Fat Doritos - Flamas	1oz	72	1 1/2 GB	S	Y	Y	Y	N	M	Y	N	45 days	1oz	1	28	130	5	0.5	45	35%	8%	3%	0	200	20	2	1	4%	2	0%	0%	2%	0%
109	31748	Reduced Fat Doritos - Nacho Cheese	1oz	72	1 1/2 GB	S	Y	Y	Y	N	M	Y	N	45 days	1oz	1	28	130	5	1	45	35%	8%	7%	0	200	20	2	0	0%	2	0%	0%	2%	0%
110	49093	Reduced Fat Doritos - Spicy Sweet Chili	1oz	72	1 1/2 GB	S	Y	Y	Y	N	WS	Y	N	45 days	1oz	1	28	130	5	0.5	45	35%	8%	3%	0	200	20	2	1	4%	2	0%	0%	2%	0%
111	67609	Reduced Fat Doritos - Wild White Nacho	1oz	72	1 1/2 GB	S	Y	Y	Y	N	M	Y	N	45 days	1oz	1	28	130	5	1	45	35%	8%	7%	0	170	20	2	1	4%	2	0%	0%	2%	0%
112	18792	Reduce Fat Tostitos	.875oz	104	1 1/4 GB	S	N	Y	Y	Y		Y	Y	45 days	0.875oz	0.875	25	120	4.5	0.5	40	33%	7%	4%	0	100	18	2	0	0%	2	0%	0%	0%	2%
113	32430	Rold Gold Pretzels	1oz	88			N	Y	N	N	W	Y	Y	45 days	1oz	1	28	110	1	0	10	9%	2%	0%	0	450	23	1	1	4%	2	0%	0%	0%	6%
114	61654	Smartfood Delight - Sea Salted Caramel Popcorn	.5oz	72		S	N	Y	Y	N	M	Y	N	45 days	.5oz	0.5	14	70	2.5	0	20	29%	4%	0%	0	115	10	2	1	7%	1	0%	0%	0%	2%
115	25566	Smartfood Delight - White Cheddar Popcorn	.5oz	72		S	N	Y	Y	Y	M	Y	N	45 days	.5oz	0.5	14	70	2.5	0	20	29%	4%	0%	0	100	9	2	0	0%	2	0%	0%	0%	0%
116	36445	Sun Chips - Garden Salsa	1oz	104	1 1/4 GB	E	Y	Y	Y	N	MW	Y	N	45 days	1oz	1	28	140	6	0.5	60	43%	9%	3%	0	140	19	2	2	7%	2	0%	0%	0%	2%
117	11152	Sun Chips - Harvest Cheddar	1oz	104	1 1/4 GB	E	Y	Y	Y	N	MW	Y	N	45 days	1oz	1	28	140	6	0.5	60	43%	9%	3%	0	200	19	2	2	7%	2	0%	0%	0%	2%
118	30820	Sun Chips Multigrain Snack Mix- Harvest Cheddar	.875oz	104	1 1/4 GB	S	Y	Y	Y	N	MW	Y	N	45 days	.875oz	0.875	25	110	4	0	40	36%	6%	0%	0	170	15	2	1	4%	2	2%	0%	0%	2%
119		**Frito Lay LSS Snacks**																																	
120	44389	Baked Cheddar Snack Mix	1.75oz	64			Y	Y	N	N	MWS	Y	N	45 days	1.75oz	1.75	50	230	9	1.5	80	35%	14%	6%	0	460	34	2	4	8%	4	6%	4%	4%	30%
121	44458	Baked Cheetos Flamin' Hot	1.5oz	64			Y	Y	N	N	M	Y	N	45 days	1.5oz	1.5	43	200	8	1	70	35%	12%	5%	0	330	30	1	1	2%	3	2%	0%	20%	6%
122	44395	Baked Lays - BBQ	1.125oz	64		S	Y	Y	N	Y	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	30	21%	5%	3%	0	180	24	2	3	9%	2	0%	0%	0%	0%
123	44396	Baked Lays - Regular	1.125oz	64		S	Y	Y	N	Y	S	Y	N	45 days	1.125oz	1.125	32	140	4	0.5	36	26%	6%	3%	0	180	24	2	3	9%	2	0%	0%	0%	0%
124	44398	Baked Lays - Sour Cream & Onion	1.125oz	64		S	Y	Y	N	Y	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	30	21%	5%	3%	0	190	24	2	3	9%	2	0%	0%	0%	0%
125	44400	Baked Ruffles Cheddar & Sour Cream	1.125oz	64			Y	Y	N	N	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	35	25%	5%	3%	0	280	24	2	3	9%	2	0%	0%	0%	0%
126	09598	Reduce Fat Lay's Kettle Cooked Applewood BBQ	1.375oz	64		S	Y	Y	N	N	M	Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	0	190	27	2	3	8%	3	0%	10%	0%	4%
127	25111	Reduce Fat Lay's Kettle Cooked Jalapeno & Cheddar	1.375oz	64		S	Y	Y	N	N	M	Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	0	160	27	2	2	5%	3	0%	10%	2%	4%
128	25115	Reduce Fat Lay's Kettle Cooked Original	1.375oz	64		S	Y	Y	N	N		Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	0	180	28	2	3	8%	3	0%	10%	0%	4%
129	25113	Reduce Fat Lay's Kettle Cooked Salt & Vinegar	1.375oz	64		S	Y	Y	Y	N		Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	0	180	28	2	3	8%	3	0%	10%	0%	4%
130	30103	Reduce Fat Tostitos - 2 GB	1.45oz	64	2 GB	S	Y	Y	Y	Y		Y	Y	45 days	1.45oz	1.45	41	200	7	1	63	32%	11%	5%	0	160	29	3	0	0%	3	0%	0%	2%	2%
131	44428	Sun Chips - Garden Salsa	1.5oz	64	2 GB	E	Y	Y	Y	N	MW	Y	N	45 days	1.5oz	1.5	43	210	9	1	80	38%	14%	4%	0	220	27	4	4	9%	4	4%	0%	2%	2%
132	44427	Sun Chips - Harvest Cheddar	1.5oz	64	2 GB	E	Y	Y	Y	N	MW	Y	N	45 days	1.5oz	1.5	43	210	9	1.5	80	38%	14%	6%	0	320	27	4	3	7%	4	0%	0%	2%	4%
133		**Fruit Cups**																																	
134	7605	Diced Pear Fruit Cups	4.5oz	96	1 F	S	Y	Y	N	Y		Y		24 mo	4.5oz	4.5	128	70	0	0	0	0%	0%	0%	0	0	13	1	11	9%	0	0%	80%	0%	0%
135	7603	Mandarin Orange Fruit Cups	4.5oz	96	1 F	S	Y	Y	N	Y		Y		24 mo	4.5oz	4.5	128	80	0	0	0	0%	0%	0%	0	5	13	1	9	7%	0	0%	60%	0%	0%
136	7604	Mixed Fruit Cup	4.5oz	96	1 F	S	Y	Y	N	Y		Y		24 mo	4.5oz	4.5	128	80	0	0	0	0%	0%	0%	0	5	13	1	9	7%	0	0%	58%	0%	0%
137	7602	Peach Fruit Cups	4.5oz	96	1 F	S	Y	Y	N	Y		Y		24 mo	4.5oz	4.5	128	70	0	0	0	0%	0%	0%	0	0	13	1	9	7%	0	4%	58%	0%	0%
138	7606	Pineapple Fruit Cups	4.5oz	96	1 F	S	Y	Y	N	Y		Y		24 mo	4.5oz	4.5	128	70	0	0	0	0%	0%	0%	0	0	13	1	9	7%	0	0%	45%	0%	0%
139		**Gage Foods**																																	
140	0322	Cheeseburger Mac	#10	6		E	Y	Y	Y	N	W	Y		12 mo	6oz	6	170	260.0	11.0	3.5	100.0	38%	17%	12%	55	560	22	1	4	2%	19	2%	0%	6%	10%
141	0459	Chicken Alphabet Soup Mix	#10	6	1/2GB	E	Y	Y	Y	N	W	Y		12 mo	13.6g	6	170	47.9	0.6	0.2	5.5	11%	1%	3%	0.52	348	9.2	0	0.6	0%	1.3	0%	0%	0%	0%
142	0462	Chicken Noodle Soup	#10	6		E	Y	Y	Y	N					11g	6.5	184	35.0	0.5	0.0	5.0		1%	0%	10	340	7	0	1	1%	1	0%	0%	0%	0%
143	0329	Lasagna Dinner Mix (as prepared)	#10	6	2P, 1GB	E	Y	Y	Y	N	W	Y		12 mo	6oz	5.2	147	240.0	11.0	4.5	90.0	38%	17%	17%	45	780	19	2	5	3%	19	15%	10%	25%	15%
144	0328	Noodles Alfredo	#10	6		E	Y	Y	N	N	W	Y		12 mo	4oz	4	113	87.6	3.2	0.5	28.8	33%	5%	5%	1.8	43.6	11.6	0	0	0%	2.5				
145	4220	Santa Fe Pasta	#10	6	2P, 1GB	E	Y	Y	Y	N	WSM	Y		12 mo	6oz	6	170	99.0	1.2	0.5	10.8	11%	2%	4%	2.3	359.7	18.1	0.7	3.9	2%	3.9	1%	0%	5%	4%
146	0525	Taco Seasoning Mix	18oz	12		E	Y	Y	N	N	WS	Y		12 mo	1oz	1	28	3.6	0.0	0.0	0.0	0%	0%	0%	0	124	0.62	0	0	0%	0				
147	0327	Tetrazzini Dinner Kit	#10	6	2P, 1GB	E	Y	Y	Y	N	WSM	Y		12 mo	6oz	6	170	111.0	1.9	1.0	17.1	15%	3%	8%	0	497	19.6	0	0	0%	4.3	0%	0%	4%	0%
148	0642	Whole Grain Cinnamon Swirl Gourmet Mix	#10	6	1GB	E	Y	Y	Y	N	WSE	Y		12 mo	54g	1.9	54	140.0	3.0	1.0	30.0	21%	5%	6%	10	210	26	1	13	24%	2	0%	0%	2%	15%
149	640	Whole Grain Fudge Brownie Mix	#10	6	1GB	S	Y	Y	Y	N	WE	Y		12 mo	2"x3"	2	57	132.3	2.9	0.5	26.1	20%	4%	3%	0	184	24.7	0	17.6	31%	1.3				
150		**Gatorade Bag-in-Box**																																	
151	33005	Lemon-Lime	3gal.	1			Y	Y						10 mo	4.5 Tbsp	1.5	43	80	0	0	0	0%	0%	0%	0	150	22	0	21	49%	0	0%	0%	0%	0%
152	33007	Fruit Punch	3gal.	1			Y	Y						10 mo	4.5 Tbsp	1.5	43	80	0	0	0	0%	0%	0%	0	150	22	0	21	49%	0	0%	0%	0%	0%
153	33006	Orange	3gal.	1			Y	Y						10 mo	3 Tbsp	1.5	43	60	0	0	0	0%	0%	0%	0	110	15	0	14	33%	0	0%	0%	0%	0%
154		**General Mills**																																	
155	31934	Chex Mix Hot & Spicy	.92oz	60	1 GB	S	N	Y	Y	N	WMS	Y	Y	248 Days	.92oz	0.92	26	110	2.5	0.5	25	23%	4%	4%	0	140	20	1	2	8%	2	0%	0%	0%	2%
156	48341	Chex Mix Muddy Buddies	1.75oz	60			N	Y	N	N	PWMS	Y	Y	248 Days	1.75	1.75	50	220	8	4	70	32%	12%	16%	0	120	36	1	16	32%	3	0%	0%	0%	2%
157	12400	Chex Mix Traditional	1.75oz	60			N	N	N	N	WS	Y	Y	248 Days	1.75oz	1.75	50	210	6	1	54	26%	9%	4%	0	370	37	3	3	6%	4	0%	0%	0%	6%
158	48256	Cinnamon Crisps	1.2oz	120	1 GB	S		Y	Y	N	WMS	Y	Y	248 Days	1.2oz	1.2	34	150	5	0.5	45	30%	8%	3%	0	140	25	2	9	26%	3	0%	0%	0%	4%
159	45576	Cinnamon Toast Crunch Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	N	N	248 Days	1.42oz	1.42	40	150	3.5	0	30	20%	5%	0%	0	115	30	3	9	22%	2	0%	0%	20%	10%
160	45577	Cocoa Puffs Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	N	N	248 Days	1.42oz	1.42	40	150	3	0	30	20%	5%	0%	0	100	30	3	9	22%	3	2%	2%	20%	10%
161	31912	Fruity Cheerios Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	N	N	248 Days	1.42oz	1.42	40	150	3.5	0.5	30	20%	5%	3%	0	95	29	3	9	22%	3	4%	2%	20%	10%
162	31913	Golden Grahams Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	N	N	248 Days	1.42oz	1.42	40	150	3	0	30	20%	5%	0%	0	110	30	3	9	22%	2	2%	0%	20%	8%
163	47295	Nature Valley Backpacker - Chocolate Chip	1.24oz	36	1 GB	S	N	Y	Y	N	WEMS	Y	Y	248 Days	1.24oz	1.24	35	150	6	1	50	33%	9%	6%	0	130	24	2	9	26%	2	0%	0%	0%	2%
164	47296	Nature Valley Backpacker - S'Mores	1.24oz	36	1 GB	S	N	Y	Y	N	WEMS	Y	Y	248 Days	1.24oz	1.24	35	150	6	1.5	50	33%	9%	9%	0	125	24	2	9	26%	2	0%	0%	0%	2%
165	11566	Reduced Sugar Blastin' Berry Fruit Roll Ups	.5oz	96		S	N	Y	N	Y		Y	Y	248 Days	.5oz	0.5	14	50	1	0.5	10	20%	2%	9%	0	55	11	2	4	28%	0	0%	25%	0%	0%
166	11561	Reduced Sugar Colors Fruit Roll Ups	.5oz	96		S	N	Y	N	Y		Y	Y	248 Days	.5oz	0.5	14	50	1	0.5	10	20%	2%	9%	0	55	11	2	4	28%	0	0%	25%	0%	0%
167	29162	Reduced Sugar Strawberry Fruit Roll Ups	.5oz	96		S	N	Y	N	Y		Y	Y	248 Days	.5oz	0.5	14	50	1	0.5	10	20%	2%	9%	0	55	11	2	4	28%	0	0%	25%	0%	0%
168	11510	Scooby Doo Fruit Shapes	.9 oz	96		S	N	Y	N	Y		Y	N	248 Days	.9oz	0.9	26	70	0	0	0	0%	0%	0%	0	30	21	5	9	35%	0	0%	100%	0%	0%
169	31932	Simply Chex - Cheddar	.92oz	60	1 GB	S	N	Y	Y	N	WMS	Y	Y	248 Days	.92oz	0.92	26	110	2.5	0.5	25	23%	4%	4%	0	125	20	2	4	15%	2	0%	0%	0%	2%
170	31933	Simply Chex - Chocolate Carmel	1.03oz	60	1 GB	S	Y	Y	Y	N	WMS	N	Y	248 Days	1.03oz	1.03	29	120	3.5	0.5	35	29%	5%	4%	0	50	22	2	6	21%	2	0%	0%	0%	6%
171	31937	Simply Chex - Strawberry Yogurt	1.03oz	60	1 GB	S	Y	Y	Y	N	WMS	Y	Y	248 Days	1.03oz	1.03	29	120	3	1	25	21%	5%	8%	0	55	23	2	6	21%	2	0%	0%	0%	2%
172	31914	Team Cherrios Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	Y	N	248 Days	1.42oz	1.42	40	150	3.5	0.5	30	20%	5%	3%	0	85	30	3	9	22%	2	2%	2%	20%	25%
173	31915	Trix Cereal Bar	1.42oz	96	1 GB	S	Y	Y	Y	N	WS	N	N	248 Days	1.42oz	1.42	40	150	3.5	0.5	30	20%	5%	3%	0	100	30	2	9	22%	2	2%	2%	20%	10%
174		**General Mills Cereal - Bowl Packs**																																	
175	38387	Cinnamon Chex	1oz	96	1 GB	S	Y	Y	Y	Y		Y	Y	8 mo	1oz	1	28	120	2.5	0	25	21%	4%	0%	0	170	22	1	6	21%	1	8%	8%	8%	40%
176	31888	Reduced Sugar Cocoa Puffs	1.06oz	96	1 GB	S	N	Y	Y	N		Y	Y	248 Days	1.06oz	1.06	30	110	1.5	0	15	14%	2%	0%	0	120	25	2	8	27%	2	10%	10%	10%	25%
177	31919	Reese's Puffs	1oz	96	1 GB	E	N	Y	Y	N	PW	Y	Y	8 mo	1oz	1	28	120	3	0.5	30	25%	5%	4%	0	160	21	1	9	32%	2	10%	10%	10%	25%
178		**General Mills Cereal - Large Bowl Packs**																																	
179	14883	Cinnamon Chex	2oz	60	2GB	E	N	Y	Y	Y		Y	Y	9 mo	2oz	2	57	230	5	1	45	20%	8%	4%	0	340	45	2	12	21%	3	30%	20%	15%	90%
180	14882	Honey Nut Cheerios	2oz	60	2GB	E	N	Y	Y	N	T	Y	Y	9 mo	2oz	2	57	210	3	1	25	12%	5%	4%	0	320	45	4	19	34%	5	20%	20%	20%	50%
181	14884	Lucky Charms	2oz	60	2GB	E	N	Y	Y	Y		Y	Y	9 mo	2oz	2	57	210	3	0	20	10%	5%	0%	0	350	46	3	20	35%	4	20%	20%	15%	50%
182	14886	Reduced Sugar Cinnamon Toast Crunch	2oz	60	2GB	E	N	Y	Y	N	WS	Y	Y	9 mo	2oz	2	57	230	5	1	50	22%	8%	4%	0	320	44	6	11	19%	3	20%	15%	40%	45%
183	14885	Reduced Sugar Cocoa Puffs	2oz	60	2GB	E	N	Y	Y	N		Y	Y	9 mo	2oz	2	57	210	3	0	25	12%	5%	0%	0	220	47	3	15	26%	3	25%	20%	20%	50%
184		**General Mills Cereal - Pouches**																																	

Updated:2/13/201

COMMERCIAL FOOD SYSTEMS, INC.

2210 Enterprise Park Dr
Indianapolis, IN 46218
317-926-4237
800-283-7437

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
185	14401	Reduced Sugar Cinnamon Toast Crunch	1oz	96	1 GB	S	N	Y	Y	N	WS	Y	Y	6 mo	1oz	1	28	110	3	0.5	25	23%	5%	4%	0	160	22	3	6	21%	1	8%	8%	20%	20%
186	41572	Fruity Cheerios	.88oz	96	3/4 GB	S	N	Y	Y	N	W	Y	Y	6 mo	.88oz	0.88	25	90	1.5	0	10	11%	2%	0%	0	110	19	2	7	28%	2	8%	8%	8%	20%
187	41574	Golden Grahams	1oz	96	1 GB	E	N	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	100	1	0	10	10%	2%	0%	0	220	24	1	8	28%	1	8%	8%	8%	20%
188	14392	Lucky Charms	1oz	96	1 GB	E	N	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	180	23	2	10	35%	2	10%	10%	10%	25%
189		**Gilman Cheese**																																	
190	16001	Jalapeno Cheese Plank	1oz	160	1 P	E	N	Y	N	Y	M	Y		12 mo	1oz	1	28	100	8	6	72	72%	12%	54%	25	360	1	0	0	0%	6	0%	0%	15%	0%
191	16000	Smokey Cheddar Cheese Plank	1oz	160	1 P	E	N	Y	N	Y	M	Y		12 mo	1oz	1	28	100	8	6	72	72%	12%	54%	25	360	1	0	0	0%	6	0%	0%	15%	0%
192		**Good Souce**																																	
193	111212	Whole Grain Butter & Garlic Croutons	.65oz	225	1 GB	S	N	Y	Y	N	WM	Y		12 mo	.65oz	0.65	18	80	2	0	20	25%	3%	0%	0	135	13	1	1	5%	2	0%	0%	0%	4%
194	25193	Pretzels - WG	.7 oz	300	1 GB	S	N	Y	Y	N	PWT	Y	Y	12 mo	.7oz	0.7	20	70	0.5	0	5	7%	1%	0%	0	190	16	3	0	0%	2	0%	0%	0%	6%
195		**Gossner Moo Mates Milk**																																	
196	950010	Chocolate Fat Free Milk	8oz	27	1 D	S	Y	Y	N	Y	M	Y	Y	6 mo	8oz	8	227	140	0	0	0	0%	0%	0%	5	260	27	0	25	11%	8	10%	0%	30%	0%
197	950050	Fat Free White Milk	8oz	27	1 D	S	Y	Y	N	Y	M	Y	Y	6 mo	8oz	8	227	80	0	0	5	6%	0%	0%	5	110	11	1	11	5%	8	10%	0%	25%	25%
198		**Highland Farms**																																	
199	00127	Honey Pepper Beef Stick - Single	.5oz	216	1/2 P	S	Y	Y	N	Y		Y	N	7 mo	.5oz	0.5	14	30	1	0	10	0%	2%	0%	10	100	1	0	1	7%	4	0%	0%	0%	2%
200	00210	Honey Pepper Beef Sticks - 2 ct	1oz	108	1 P	S	Y	Y	N	Y		Y	N	7 mo	1oz	1	28	60	2	0.5	20	0%	3%	0%	20	200	3	0	2	7%	8	0%	0%	0%	6%
201	00128	Honey Pepper Turkey Stick - Single	.6oz	216	1/2 P	S	Y	Y	N	Y		Y	N	7 mo	.6oz	0.6	17	30	1	0	10	0%	2%	0%	10	105	2	0	1	6%	4	0%	0%	0%	2%
202	00211	Honey Pepper Turkey Sticks - 2 ct	1.2oz	108	1 P	S	Y	Y	N	Y		Y	N	7 mo	1.2oz	1.2	34	70	1.5	0	15	0%	2%	0%	25	200	6	0	4	12%	8	0%	0%	4%	4%
203		**Indian Summer**																																	
204	9119	Cinnamon Applesauce	4.5oz	96	1 F	S	Y	Y	N	Y		Y	Y	24 mo	4.5oz	4.5	128	50	0	0	0	0%	0%	0%	0	0	14	1	12	9%	0	0%	100%	0%	0%
205	9116	Plain Applesauce	4.5oz	96	1 F	S	Y	Y	N	Y		Y	Y	24 mo	4.5oz	4.5	128	45	0	0	0	0%	0%	0%	0	0	13	1	11	9%	0	0%	100%	0%	0%
206	9118	Strawberry Applesauce	4.5oz	96	1 F	S	Y	Y	N	Y		Y	Y	24 mo	4.5oz	4.5	128	50	0	0	0	0%	0%	0%	0	0	14	1	12	9%	0	0%	100%	0%	0%
207		**Jif Peanut Butter To Go**																																	
208	24114	Peanut Butter To Go	1.5oz	36	1 1/3 P	E	N	Y	N	Y	P	Y	Y	9 mo	1.5oz	1.5	43	250	22	3.5	180	72%	34%	13%	0	180	11	3	4	9%	9	2%	6%	15%	2%
209		**Juice Alive**																																	
210	11001	Blue Raspberry	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
211	11021	Cherry Cola	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	100	0	0	0	0%	0%	0%	0	10	25	0	24	11%	0	8%	100%	10%	6%
212	11009	Fruit Punch	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	150	0	0	0	0%	0%	0%	0	35	34	0	33	15%	1	10%	60%	0%	0%
212	11003	Green Watermelon	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
213	11013	Lemonade	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
214	11006	Red Cherry	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
215	11011	Sour Apple	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
216	11002	Strawberry Kiwi	1/2 gal	6	1 F	S	Y	Y	N	Y		Y		12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%	10%	6%
217		**Juicy Juice - 100% Juice - 4.23 oz**																																	
218	14523	Apple - Small	4.23oz	40	1 F	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%
219	88579	Berry - Small	4.23oz	40	1 F	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0%	0	10	15	0	14	12%	0	0%	100%	0%	0%
220	88977	Grape - Small	4.23oz	40	1 F	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	70	0	0	0	0%	0%	0%	0	10	16	0	15	13%	0	0%	60%	0%	0%
221	00066	Orange Medley - Small	4.23oz	40	1 V	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0%	0	30	14	0	13	11%	0	20%	60%	0%	0%
222	52179	Orange Tangerine - Small	4.23oz	40	1 F	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	70	0	0	0	0%	0%	0%	0	15	17	0	16	13%	0	0%	60%	0%	0%
223	25216	Punch - Small	4.23oz	40	1 F	S	Y	Y	N	Y		Y		12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%
224		**Juicy Juice - 100% Juice - 6.75 oz**																																	
225	15794	Apple - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	22	11%	0	0%	100%	0%	0%
226	87776	Berry - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	23	12%	0	0%	100%	0%	0%
227	52479	Grape - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	25	0	23	12%	0	0%	100%	0%	0%
228	15896	Kiwi Strawberry - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	22	11%	0	0%	100%	0%	0%
229	00082	Orange Medley	6.75oz	32	1.5 V	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	80	0	0	0	0%	0%	0%	0	15	20	0	18	9%	0	30%	100%	0%	0%
230	84125	Orange Tangerine - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	27	0	26	14%	0	0%	100%	0%	0%
231	00021	Peach Apple - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	23	12%	0	0%	100%	0%	0%
232	79564	Punch - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	22	11%	0	0%	100%	0%	0%
233	00022	Strawberry Watermelon - Large	6.75oz	32	1.5 F	S	Y	Y	N	Y		Y		12 mo	6.75oz	6.75	191	100	0	0	0	0%	0%	0%	0	15	24	0	22	11%	0	0%	100%	0%	0%
234		**Juicy Juice - 100% Juice - 10 oz Bottle**																																	
235	00011	Apple - 10oz Bottle	10oz	24	2 F	S	Y	Y	N	Y		Y		12 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	35	0	33	12%	0	0%	100%	0%	0%
236	00014	Fruit Punch - 10oz Bottle	10oz	24	2 F	S	Y	Y	N	Y		Y		10 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	35	0	33	12%	0	0%	100%	0%	0%
237	00080	Grape - 10oz Bottle	10oz	24	2 F	S	Y	Y	N	Y		Y		12 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	35	0	33	12%	0	0%	100%	0%	0%
238	00081	Kiwi Strawberry - 10oz Bottle	10oz	24	2 F	S	Y	Y	N	Y		Y		10 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	35	0	33	12%	0	0%	100%	0%	0%
239	00094	Orange Tangerine - 10oz Bottle	10oz	24	2 F	S	Y	Y	N	Y		Y		10 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	35	0	33	12%	0	0%	100%	0%	0%
240		**Kaiser**																																	
241	80022	Pickle Chips - 1/8" CC	1 gal.	4		E	Y	Y	N	Y		Y		12 mo	1oz	1	28	0	0	0	0	0%	0%	0%	0	380	0	0	0	0%	0	0%	0%	0%	0%
242	80021	Pickle Chips - 1/8" CC	5 gal.	1		E	Y	Y	N	Y		Y		9 mo	1oz	1	28	0	0	0	0	0%	0%	0%	0	380	0	0	0	0%	0	0%	0%	0%	0%
243		**Kellogg's**																																	
244	48396	Apple Cinnamon Rice Krispy Cereal Bar	1.3oz	96	1 GB	S	Y	Y	Y	N	MS	N	N	8 mo	1.3oz	1.3	37	140	3	0.5	25	18%	5%	3%	0	105	27	3	9	24%	2	10%	0%	10%	4%
245	10238	Atomic Cheez-it WG	.75oz	175	1 GB	S	Y	Y	Y	N	WMS	Y	Y	8 mo	.75oz	0.75	21	100	3.5	1	30	30%	5%	9%	0	200	14	1	0	0%	2	0%	0%	8%	4%
246	54937	Berry Rice Krispy Cereal Bar	1.27oz	96	1 GB	S	Y	Y	Y	N	MS	N	N	8 mo	1.34oz	1.34	38	140	3	0.5	25	18%	5%	3%	0	105	27	3	9	24%	2	10%	0%	10%	4%
247	55644	Bug Bites Cinnamon Graham Crackers	1oz	210	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	120	3.5	1	35	29%	5%	8%	0	115	21	1	8	28%	2	10%	0%	10%	4%
248	79263	Cheez-it WG	.75oz	175	1 GB	S	Y	Y	Y	N	WMS	Y	Y	8 mo	.75oz	0.75	21	100	3.5	1	30	30%	5%	9%	5	150	14	1	0	0%	3	0%	0%	8%	4%
249	91612	Coco Krispies Cereal Bar	1.27oz	96	1 GB	S	Y	Y	Y	N	MS	N	N	8 mo	1.3oz	1.3	37	150	4.5	1	40	27%	7%	6%	0	140	27	3	10	27%	2	10%	0%	10%	4%
250	24518	Crunchmania Cinnamon Bun	1.76 oz	100	2 GB	E	Y	Y	Y	N	WMS	Y	Y	8 mo	1.76oz	1.76	50	220	7	2	60	27%	11%	8%	0	230	37	2	12	24%	4	15%	0%	15%	8%
251	45682	Gripz - Cinnamon Grahams	.9oz	150	1 GB	S	Y	Y	Y	N	MWS	Y	Y	9 mo	.9oz	0.9	26	100	3	1	30	30%	5%	9%	0	80	19	3	5	20%	2	15%	0%	10%	4%
252	12027	Jurassic World Honey Graham Snacks	1oz	210	1 GB	S	Y	Y	Y	N	MWS	Y	Y	8 mo	1oz	1	28	130	4	1	36	28%	6%	7%	0	95	21	0	8	28%	2	0%	0%	0%	4%
253	59779	NutriGrain Cereal Bars - Apple Cinnamon	1.55 oz	96	1 GB	S	Y	Y	Y	N	WMS	Y	Y	8 mo	1.55oz	1.55	44	160	4	0.5	35	22%	6%	3%	0	135	30	3	14	32%	2	15%	0%	20%	10%
254	90819	NutriGrain Cereal Bars - Blueberry	1.55 oz	96	1 GB	S	Y	Y	Y	N	WMS	Y	Y	8 mo	1.55oz	1.55	44	160	4	0.5	35	22%	6%	3%	0	135	30	3	14	32%	2	15%	0%	20%	10%
255	59772	NutriGrain Cereal Bars - Strawberry	1.55 oz	96	1 GB	S	Y	Y	Y	N	WMS	Y	Y	8 mo	1.55oz	1.55	44	160	4	0.5	35	22%	6%	3%	0	150	30	3	14	32%	2	15%	0%	20%	10%
256	17196	Pop Tart WG Blueberry	1.76 oz	120	1 1/4 GB	S	Y	Y	Y	N	WS	Y	N	8 mo	1.76 oz	1.76	50	180	2.5	1	25	14%	4%	5%	0	180	38	3	15	30%	2	10%	0%	10%	10%
257	55122	Pop Tart WG Frosted Cinnamon	1.76 oz	120	1 1/4 GB	S	Y	Y	Y	N	WS	Y	N	8 mo	1.76 oz	1.76	50	190	3	1	25	13%	5%	5%	0	180	38	3	15	30%	3	10%	0%	10%	10%
258	12070	Pop Tart WG Frosted Fudge	1.76 oz	120	1 1/4 GB	S	Y	Y	Y	N	WS	Y	N	8 mo	1.76 oz	1.76	50	190	3	1	25	13%	5%	5%	0	200	38	3	15	30%	3	10%	0%	10%	10%
259	55130	Pop Tart WG Strawberry	1.76 oz	120	1 GB	S	Y	Y	Y	N	WS	Y	N	8 mo	1.76oz	1.76	50	180	2.5	1	25	14%	4%	5%	0	180	38	3	15	30%	2	10%	0%	10%	10%
260	17199	2 ct. Pop Tart WG Blueberry	3.53 oz	72	2 1/2 GB	E	Y	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	360	5	2	50	14%	8%	5%	0	360	76	6	30	30%	4	20%	0%	20%	20%
261	55125	2 ct. Pop Tart WG Frosted Cinnamon	3.53 oz	72	2 1/2 GB	E	Y	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	370	6	2	50	14%	9%	5%	0	390	76	6	31	31%	5	20%	0%	20%	20%
262	12073	2 ct. Pop Tart WG Frosted Fudge	3.53 oz	72	2 1/2 GB	E	Y	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	370	6	2	50	14%	9%	5%	0	390	76	6	30	30%	5	20%	0%	20%	20%
263	55133	2 ct. Pop Tart WG Strawberry	3.53 oz	72	2 1/4 GB	E	Y	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	360	5	2	50	14%	8%	5%	0	360	75	6	29	29%	4	20%	0%	20%	20%
264	14567	Whole Grain Chocolate Chip Rice Krispie Treat	1.59 oz	80	1 GB	S	Y	Y	Y	N	MS	Y	N	8 mo	1.59oz	1.59	45	190	5	2	50	26%	8%	9%	0	150	34	1	14	31%	2	0%	0%	0%	10%
265	11052	Whole Grain Rice Krispie Treat	1.41oz	80	1 GB	S	Y	Y	Y	N	MS	Y	N	8 mo	1.41oz	1.41	40	160	4	1	35	22%	6%	6%	0	140	30	1	11	28%	2	0%	0%	0%	10%
265	18461	Whole Grain Cocoa Krispie Treat Minis	.39 oz	600	1/4 GB	S	Y	Y	Y	N	MS	Y	N	8 mo	.39oz	0.39	11	45	1.5	0	14	31%	2%	0%	0	45	8	0	3	27%	0	0%	0%	0%	4%
266	14540	Whole Grain Rice Krispie Treat Minis	.42 oz	600	1/4 GB	S	Y	Y	Y	N	MS	Y	N	8 mo	.42oz	0.42	12	50	1	0	10	20%	2%	0%	0	45	9	0	3	25%	0	0%	0%	0%	2%
267	50689	Scooby-Doo Cinnamon Graham Sticks	1 oz	210	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	120	3.5	1	35	29%	5%	8%	0	115	21	1	8	28%	2	10%	0%	10%	4%
268		**Kellogg's Bulk Snacks**																																	
269	20010	Animal Crackers	1 lb	10	1 GB	E	Y	Y	N	N	WS	N	Y	6 mo	10 crackers		29	130	3.5	1	30	23%	5%	7%	0	150	22	0	8	28%	2	0%	0%	10%	4%
270	12212	Cheez-It Crackers	10 oz	8	1 GB	E	Y	Y	N	N	WMS	Y	Y	6 mo	27 crackers		30	150	8	2	70	47%	12%	12%	0	230	17	0	0	0%	3	0%	0%	2%	4%
271	20248	Honey Graham Crackers	5.33 oz	30	1 GB	E	Y	Y	N	N	WS	Y	Y	6 mo	4 crackers		28	120	3.5	1	30	25%	5%	8%	0	125	21	1	6	21%	2	15%	0%	10%	6%
272	25033	Vanilla Wafers	13.3 oz	12		E	Y	Y	N	N	WMS	N	Y	6 mo	8 cookies		31	140	5	2	45	32%	8%	13%	0	125	23	0	10	32%	1	0%	0%	0%	0%
273		**Kellogg's Cereal - Bowl Packs**																																	
274	78787	Reduced Sugar Apple Jacks	1oz	96	1 GB	S	Y	Y	Y	N	W	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	160	24	3	8	28%	2	10%	25%	0%	25%
275	78788	Reduced Sugar Froot Loops	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	160	24	2	8	28%	2	10%	25%	0%	25%
276	78786	Reduced Sugar Multigrain Cinnamon Frosted Flakes	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	100	0	0	0	0%	0%	0%	0	170	24	3	6	21%	2	10%	25%	0%	25%

Updated:2/13/201

COMMERCIAL FOOD SYSTEMS, INC.

2210 Enterprise Park Dr
Indianapolis, IN 46218
317-926-4237
800-283-7437

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
277	54998	Reduced Sugar Multigrain Frosted Flakes	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	100	0	0	0	0%	0%	0%	0	160	24	3	7	25%	2	10%	25%	0%	25%
278	45861	Whole Grain Chocolate Frosted Mini Wheat	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	N	8 mo	1oz	1	28	100	1	0	10	10%	2%	0%	0	105	23	3	6	21%	3	0%	0%	0%	45%
279	78789	Whole Grain Rice Krispies	1oz	96	1 GB	S	Y	Y	Y	N		Y	Y	8 mo	1oz	1	28	100	0.5	0	5	5%	1%	0%	0	170	23	1	1	4%	2	20%	20%	0%	45%
280		**Kellogg's Cereal - Pouches**																																	
281	11469	Reduced Sugar Apple Jacks	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	160	24	3	8	28%	2	10%	25%	0%	25%
282	11467	Reduced Sugar Froot Loops	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	160	24	2	8	28%	2	10%	25%	0%	25%
283	11460	Reduced Sugar Multigrain Cinnamon Frosted Flakes	2oz	96	2 GB	E	Y	Y	Y	N	WS	Y	Y	8 mo	2oz	2	57	200	1	0	5	3%	2%	0%	0	340	48	5	13	23%	4	20%	50%	0%	50%
284	11465	Reduced Sugar Multigrain Frosted Flakes	1oz	96	1 GB	S	Y	Y	Y	N	WS	Y	Y	8 mo	1oz	1	28	100	0	0	0	0%	0%	0%	0	170	24	2	7	25%	2	10%	25%	0%	25%
285		**Kikkoman**																																	
286	60085	Pearl Organic Soy Milk - Chocolate	8oz	18	1 D	S	Y	Y	N		S	Y	Y	12 mo	8oz	8	227	140	3.5	0.5	30	21%	5%	3%	0	115	19	2	14	6%	8	10%	0%	30%	10%
287	60087	Pearl Organic Soy Milk - Very Vanilla	8oz	18	1 D	S	Y	Y	N		S	Y	Y	12 mo	8oz	8	227	140	3	0.5	25	18%	5%	3%	0	170	20	1	16	7%	8	10%	0%	30%	8%
288		**Kraft**																																	
289	82750	Grab & Snack Pudding - Chocolate	3.5oz	48		S		Y	N	N	M	Y	N	9 mo	3.5oz	3.5	99	110	1.5	0	15	14%	2%	0%	0	105	23	0	18	18%	2	0%	0%	4%	2%
290	82751	Grab & Snack Pudding - Vanilla	3.5oz	48		S		Y	N	N	M	Y	N	9 mo	3.5oz	3.5	99	110	1.5	0	15	14%	2%	0%	0	110	23	0	18	18%	1	0%	0%	4%	0%
291	967882	Kraft Easy Mac & Cheese (Microwaveable)				E		Y	N	N	WM	Y	N	3 mo	2.15oz	2.15	61	220	2.5	1.5	25	11%	4%	6%	5	540	43	1	5	8%	7	15%	0%	25%	8%
292		**Life WTR**																																	
293	159301	Life WTR	24 oz	12		S	Y	Y	N	Y	S	Y		24 mo	24oz	24	680	0	0	0	0	0%	0%	0%	0	2	3	0	0	0%	0	0%	40%	0%	0%
294		**Locker Mates (comes w/out milk, however nutritionals include milk)**																																	
295	5601	WOW Butter		24	1 NSLP									3 mo			0	602	24.5	5	220.5	37%	38%	7%		335	89	9			12	276mg	636mg		
296	5602	Cheddar Cheese Stick		24	1 NSLP									3 mo			0	490	18.5	7	166.5	34%	28%	13%		615	63	7			16	236mg	73mg		
297	5603*	Beef Stick, Sunflower Kernels, Applesauce, Animal Crackers,		24	1 NSLP									3 mo			0	451	18.5	1.5	166.5	37%	28%	3%		265	64	4			11	300mg	68.2mg		
298	5604*	Turkey Stick, Soy Nutz, Fruit Bites, Cheesz-It Crackers,		24	1 NSLP									3 mo			0	460	16.5	2	148.5	32%	25%	4%		245	62	8			15	50mg	126.6mg		
299	5607	2oz Cheddar Cheese Spread, Sunflower Kernels,		24	1 NSLP									3 mo			0	660	38	9.5	342	52%	58%	13%		640	70	7			18	300mg	70mg		
300		***For Bommerrang and Back Pack Programs**																																	
301		**Malt-O-Meal Bulk Cereal**																																	
302	9825	Berry Colossal Crunch	44oz	4	1 GB		Y	Y	N	N	S	Y	Y	9 mo	1oz	1	30	120	1.5	0	10	8%	2%	0%	0	190	26	1	13	43%	1	10%	10%	0%	50%
303	7485	Cinnamon Granola	50oz	4	1 GB	S	Y	Y	Y	N	WS	Y	Y	10 mo	0.77oz	0.77	22	90	1.5	0	15	17%	2%	0%	0	25	17	1	6	27%	2	0%	0%	2%	4%
304	9831	Cinnamon Toasters	30oz	6	1 GB	S	Y	Y	Y	N	WS	Y	Y	10 mo	1oz	1	30	130	3.5	0.5	30	23%	5%	3%	0	140	24	1	10	33%	1	10%	10%	10%	50%
305	9828	Fruity Dyno-Bites	46oz	4	3/4 GB		Y	Y	N	Y		Y	Y	12 mo	.9oz	0.9	27	110	1	0	5	5%	2%	0%	0	170	24	0	11	41%	1	15%	0%	0%	10%
306	9819	Tootie Fruities	35oz	4	3/4 GB		Y	Y	N	N	WS	Y	Y	12 mo	1.1oz	1.1	32	130	1	0	10	8%	2%	0%	0	150	28	1	15	47%	2	10%	10%	10%	50%
307		**Malt-O-Meal Cereal Bowl Packs**																																	
308	3815	Apple Zings	.75oz	96	3/4 GB		Y	Y	N	N	W	Y	Y	12 mo	.75oz	0.75	21	80	0.5	0	5	6%	1%	0%	0	95	18	0	9	43%	1	0%	0%	8%	15%
309	2415	Berry Colossal Crunch	1.0oz	96	1 GB		Y	Y	N	N	S	Y	Y	9 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	190	24	0	12	42%	1	0%	0%	0%	20%
310	27177	Blueberry Frosted Shredded Wheat	1.0oz	96	1 GB	S	Y	Y	Y	N	W	Y	N	9 mo	1oz	1	28	100	0.5	0	5	5%	1%	0%	0	0	23	3	6	21%	3	0%	0%	0%	45%
311	3915	Cinnamon Toasters	1.0oz	96	1 GB	S	Y	Y	Y	N	WS	Y	N	10 mo	1oz	1	28	120	3.5	0	30	25%	5%	0%	0	135	21	1	9	32%	1	0%	0%	10%	25%
311	29595	Cocoa Pebbles	1 oz	96	1 GB	E	Y	Y	N	Y		Y	Y	10 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	170	24	0	10	36%	1	15%	0%	0%	10%
312	1515	Coco-Roos	.88oz	96	3/4 GB		Y	Y	N	N	W	Y	Y	10 mo	.88oz	0.88	24	100	1	0	10	10%	2%	0%	0	90	22	0	12	50%	1	0%	0%	10%	15%
313	615	Corn Flakes	.75oz	96	3/4 GB		Y	Y	N	N	W	Y	Y	12 mo	.75oz	0.75	21	80	0	0	0	0%	0%	0%	0	160	18	0	2	9%	1	10%	8%	0%	40%
314	542	Crispy Rice	.63oz	96	1/2 GB		Y	Y	N	Y		Y	Y	12 mo	.63 oz	0.63	18	70	0	0	0	0%	0%	0%	0	105	15	0	2	11%	1	4%	4%	0%	25%
315	1015	Frosted Flakes	1.0oz	96	1 GB		Y	Y	N	N	W	Y	Y	12 mo	1oz	1	28	110	0	0	0	0%	0%	0%	0	130	25	0	10	35%	1	0%	0%	20%	0%
316	29594	Fruity Pebbles	1 oz	96	1 GB	E	Y	Y	N	Y		Y	Y	10 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	150	24	0	10	36%	1	15%	10%	0%	10%
317	4515	Honey Graham Toasters	1.0oz	96	1 GB	E	Y	Y	Y	N	WS	Y	Y	10 mo	1oz	1	28	110	3	0	25	23%	5%	0%	0	250	22	1	10	35%	1	0%	0%	10%	25%
318	27597	Honey Scooters	1.0oz	96	1 GB	S	Y	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	1.5	0	15	14%	2%	0%	0	170	22	2	6	21%	3	0%	0%	10%	25%
319	27596	Marshmallow Mateys	1.0oz	96	1 GB	E	Y	Y	Y	N	W	Y	N	9 mo	1oz	1	28	110	1.5	0	15	14%	2%	0%	0	270	22	2	6	21%	3	0%	0%	15%	25%
320	27150	Strawberry Frosted Shredded Wheat	1.0oz	96	1 GB	S	Y	Y	Y	N	W	Y	N	9 mo	1oz	1	28	100	0	0	0	0%	0%	0%	0	0	23	3	5	18%	3	0%	0%	0%	25%
321	27164	Scooters	.88oz	96	1 GB	S	Y	Y	Y	N	W	Y	Y	8 mo	.88oz	0.88	25	110	1.5	0	15	14%	2%	0%	0	140	21	3	0	0%	3	0%	0%	15%	30%
322	1315	Tootie Fruities	.75oz	96	3/4 GB		Y	Y	N	N	W	Y	Y	12 mo	.75oz	0.75	21	80	0.5	0	5	6%	1%	0%	0	95	18	0	9	42%	1	0%	0%	8%	15%
323	27163	Large Bowl Blueberry Frosted Shredded Wheat	2oz	48	2 GB	S	Y	Y	Y	N	W	Y	N	9 mo	2oz	2	57	200	1	0	10	5%	2%	0%	0	5	46	6	11	19%	5	0%	0%	0%	90%
324	13820	Large Bowl Cinnamon Toasters	2oz	48	2 GB	E	Y	Y	Y	N	WS	Y	N	10 mo	2.0oz	2	57	240	7	0.5	60	25%	11%	2%	0	270	44	3	19	34%	3	0%	0%	20%	50%
325	00955	Large Bowl Frosted Flakes	2oz	48	2 GB		Y	Y	N	N	W	Y	Y	12 mo	2.0oz	2	57	220	0	0	0	0%	0%	0%	0	270	51	1	21	37%	3	4%	0%	0%	40%
326	27149	Large Bowl Frosted Shredded Wheat	2oz	48	2 GB	S	Y	Y	Y	N	W	Y	N	12 mo	2oz	2	57	190	1	0	10	5%	2%	0%	0	5	46	6	11	19%	5	0%	0%	0%	50%
327	03759	Large Bowl Honey Graham Toasters	2oz	48	2 GB	E	Y	Y	Y	N	WS	Y	N	10 mo	2.0oz	2	56	230	6	0.5	50	22%	9%	2%	0	490	43	3	19	34%	3	0%	0%	20%	45%
328	8676	Large Bowl Honey Scooter's	2oz	48	2 GB		Y	Y	N	N	W	Y	Y	10 mo	2.0oz	2	57	220	2.5	0	25	11%	4%	0%	0	390	46	4	17	30%	5	0%	0%	20%	50%
329	05940	Large Bowl Marshmallow Mateys	2oz	48	2 GB	E	Y	Y	Y	N	W	Y	N	9 mo	2.0oz	2	56	210	2	0	20	10%	3%	0%	0	380	47	3	23	41%	4	0%	0%	25%	35%
330	00954	Large Bowl Tootie Fruities	1.5oz	48	1 1/2 GB		Y	Y	N	N	WS	Y	Y	12 mo	1.5oz	1.5	42	170	1.5	0	10	6%	2%	0%	0	190	36	1	19	45%	2	0%	0%	15%	30%
331	27162	Large Bowl Strawberry Frosted Shredded Wheat	2oz	48	2 GB	S	Y	Y	Y	N	W	Y	N	9 mo	2oz	2	57	190	1	0	10	5%	2%	0%	0	5	46	6	11	19%	5	0%	0%	0%	50%
332		**MexiLink**																																	
333	23084	Tajin Clasico Low Sodium Seasoning	.035 oz	1000		E		Y	N					18 mo	.035oz	0.035	1	2	0	0	0	0%	0%	0%	0	127	0	0	0	0%	0	0%	9%	0%	0%
334		**MJM**																																	
335	7401	All Sports Bites Grahams	1oz	150	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3.5	0	30	27%	5%	0%	0	95	20	2	7	25%	2	6%	6%	2%	10%
336	7439	Apple Cinnamon Bear Grahams	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	120	3.5	0.5	30	25%	5%	4%	0	100	21	2	7	25%	1	6%	6%	2%	10%
337	7402	Chocolate Bear Grahams	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3	1	30	27%	5%	8%	0	100	21	2	7	25%	2	6%	6%	2%	15%
338	7399	Cinnamon Grahams - 3ct	1oz	150	1 GB	S	Y	Y	Y	N	W	N	Y	6 mo	1oz	1	28	120	3	0.5	30	25%	5%	4%	0	150	20	2	7	25%	2	6%	6%	0%	10%
339	7400	Honey Grahams - 3ct	1oz	150	1 GB	S	Y	Y	Y	N	W	N	Y	6 mo	1oz	1	28	110	3	0	30	27%	5%	0%	0	140	20	2	7	25%	2	6%	6%	0%	15%
340	7409	Lemon Dino Bites	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	120	3.5	0.5	30	25%	5%	4%	0	95	20	1	6	21%	2	6%	8%	2%	10%
341	7415	Maple Waffle Graham	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	115	20	2	7	25%	2	6%	6%	2%	15%
342	74131	2 GB Savory Bites - WG Whole Wheat Cracker	1.6oz	100	2 GB	E	Y	Y	Y	N	W	Y	Y	6 mo	1.6oz	1.6	45	180	5	1	50	28%	8%	5%	0	320	30	3	4	9%	3	0%	0%	2%	45%
343	7405	Strawberry Waffle Graham	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3	0	25	23%	5%	0%	0	95	21	1	7	25%	2	6%	6%	2%	10%
344	7410	Sunrise Bites Grahams	1oz	150	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3.5	1	30	27%	5%	8%	0	113	20	1	7	25%	2	6%	6%	2%	10%
345	7411	2 GB Sunrise Bites Grahams	2oz	100	2 GB	E	Y	Y	Y	N	W	Y	Y	6 mo	2oz	2	57	250	7	2	60	24%	11%	7%	0	230	43	4	15	26%	4	20%	10%	4%	25%
346	7404	Vanilla Bear Grahams	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	6 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	95	20	2	6	21%	2	6%	6%	2%	10%
347		**Mrs. Clark's**																																	
348	52928	Barbecue Sauce	1 gal.	4		E	Y	Y	N	Y		N		12 mo	1oz	1	28	60	0	0	5	8%	0%	0%	0	230	14	0	12	42%	0	2%	2%	0%	0%
349	52978	Barbecue Sauce - PC	1oz	252		E	Y	Y	N	Y		N		12 mo	1oz	1	28	45	0	0	0	0%	0%	0%	0	180	11	0	10	35%	0	2%	0%	0%	0%
350	10372	Food Release Pan Spray	22oz	12		E	Y	Y	N	Y		Y	Y	24 mo	.18oz	0.18	5	5	0.5	0	5	100%	1%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
351	52977	Honey Mustard - PC	1oz	252		E	Y	Y	N	Y	E	N		12 mo	1oz	1	28	70	3	0	30	43%	5%	0%	5	75	9	0	8	28%	0	0%	0%	0%	0%
352	52981	Marinara Sauce PC	2.0oz	220		E	Y	Y	N	Y		N		9 mo	2oz	2	57	30	1	0	0	0%	2%	0%	0	160	6	1	4	7%	1	0%	8%	0%	2%
353	52906	Ranch	1 gal.	4		E	Y	Y	N	Y	ME	Y		9 mo	1oz	1	28	140	16	2.5	140	100%	25%	16%	10	170	1	0	0	0%	0	0%	0%	2%	0%
354	52976	Ranch - PC	1oz	252		E	Y	Y	N	Y	ME	Y		9 mo	1oz	1	28	140	16	2.5	140	100%	25%	16%	10	170	1	0	0	0%	0	0%	0%	2%	0%
355	52907	Reduced Calorie Ranch	1 gal.	4		E	Y	Y	N	Y	ME	Y		9 mo	1oz	1	28	70	7	1	60	86%	11%	13%	10	280	1	0	0	0%	0	0%	0%	0%	0%
356	52975	Reduced Calorie Ranch - PC	1oz	252		E	Y	Y	N	Y	ME	Y		9 mo	1oz	1	28	70	7	1	60	86%	11%	13%	10	280	1	0	0	0%	0	0%	0%	0%	0%
357	52991	Salsa - PC	2.0oz	220		E	Y	Y	N	Y		Y		12 mo	2oz	2	57	20	0	0	0	0%	0%	0%	0	250	5	1	3	5%	1	0%	10%	0%	2%
358	52980	Spaghetti Sauce	1/2 gal.	8		E	Y	Y	N	Y	S	N		12 mo	4oz	4	113	60	2	0	0	0%	3%	0%	0	320	12	2	8	7%	2	0%	16%	0%	4%
359		**Mrs. Pures**																																	
360	92394	Whole Grain Cinnamon Sky	1.1oz	80	1 GB	S	Y	Y	Y	N	WSE	Y	Y	12 mo	1.1 oz	1.1	31	120	4.5	0	40	33%	7%	0%	0	115	20	2	6	19%	2	0%	0%	0%	4%
361	92594	Whole Grain Animal Crackers	1.1oz	80	1 GB	S	Y	Y	Y	N	WSE	Y	Y	12 mo	1.1 oz	1.1	31	120	4.5	0	40	33%	7%	0%	0	115	20	2	6	19%	2	0%	0%	0%	4%
362		**Mt. Dew Kickstart**																																	
363	151217	Blood Orange	12oz	12		S	N	Y	N	Y		Y		6 mo	12oz	12	340	60	0	0	0	0%	0%	0%	0	125	15	0	14	4%	0	0%	100%	0%	0%
364	151200	Blueberry Pomegranate	12oz	12		S	N	Y	N	Y		Y		6 mo	12oz	12	340	60	0	0	0	0%	0%	0%	0	125	15	0	14	4%	0	0%	100%	0%	0%
365	141430	Pineapple/Orange/Mango	12oz	12		S	N	Y	N	Y	t	Y		6 mo	12oz	12	340	60	0	0	0	0%	0%	0%	0	130	15	0	14	4%	0	0%	100%	0%	0%
366	162473	Raspberry Citrus	12oz	12		S	N	Y	N	Y	t	Y		6 mo	12oz	12	340	60	0	0	0	0%	0%	0%	0	130	16	0	15	4%	0	0%	100%	0%	0%
367	151194	Watermelon	12oz	12		S	N	Y	N	Y	t	Y		6 mo	12oz	12	340	60	0	0	0	0%	0%	0%	0	130	16	0	15	4%	0	0%	100%	0%	0%
368		**Nacho Naturals**																																	
369	20082	Chili Sauce - Bags	110oz	4		E	Y	N	N	N	WS	Y		24 mo	4oz	4.3	122	100	5	0	45	45%	8%	0%	0	570	10	3	2	2%	5	10%	0%	2%	8%

Updated:2/13/201

COMMERCIAL FOOD SYSTEMS, INC.

2210 Enterprise Park Dr
Indianapolis, IN 46218
317-926-4237
800-283-7437

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
370	2002FC	Mild Cheese Sauce - Cup	3.5oz	48		E	Y	Y	N	Y	M	Y		12 mo	3.5oz	3.5	99	110	8	1.5	70	64%	12%	12%	0	740	7	0	1	1%	1	0%	0%	4%	0%
371	20024	Zesty Cheese Sauce - Bags	140oz	4		E	Y	Y	N	Y	M	Y		12 mo	2oz	2.2	62	70	5	0.5	45	64%	8%	6%	0	480	7	0	2	3%	0	0%	0%	4%	0%
372		**National Food Group**																																	
373	295161	Zee Zee's Original Hummus	3oz	120	1 P	S	N	Y	N	N		Y	Y	12 mo	3oz	3	85	110	2	0	0	0%	3%	0%	0	100	18	5	3	4%	6	0%	0%	2%	10%
374	154161	Zee Zee's Roasted Red Pepper Hummus	3oz	120	1 P	S	N	Y	N	N		Y	Y	12 mo	3oz	3	85	110	2	0	0	0%	3%	0%	0	100	18	5	4	5%	6	6%	24%	2%	10%
375	609271	Zee Zee's Mixees Dried Mixed Fruit	1.33oz	144	1 P	S	Y	Y	N	Y		Y	Y	12 mo	1.33oz	1.33	38	120	0	0	0	0%	0%	0%	0	25	30	2	24	64%	1	0%	5%	2%	2%
376	60260	Zee Zee's Nutrition Bar - Berry Apple Crisp	2.2 oz	120	2 GB	E	Y	Y	Y	N		Y	Y	12 mo	2.2oz	2.2	62	250	8	2	81	32%	12%	7%	0	80	41	3	14	22%	4	0%	0%	2%	6%
377	60480	Zee Zee's Nutrition Bar - Campfire S'Mores	2.2 oz	120	2 GB	E	Y	Y	Y	N		Y	Y	12 mo	2.2oz	2.2	62	250	8	2.5	81	32%	12%	9%	0	80	42	2	14	22%	4	0%	0%	2%	10%
378	60430	Zee Zee's Nutrition Bar - Cinnamon Crisp	2.2 oz	120	2 GB	E	Y	Y	Y	N		Y	Y	12 mo	2.2oz	2.2	62	250	9	1	81	32%	14%	4%	0	80	39	3	13	21%	4	0%	0%	2%	6%
379	610606	Zee Zee's Raisins	1.5oz	144	1 P	S	Y	Y	N	Y		Y	Y	12 mo	1.5oz	1.5	43	3	0	0	0	0%	0%	0%	0	5	34	2	25	59%	1	0%	0%	2%	6%
380		**NatureSeal**																																	
381	34135	NatureSeal Produce Application	11oz	11oz		E		Y	N	Y		Y		24 mo	varies																				
382	34125	NatureSeal Produce Application	1.25lbs	1.25lbs		E		Y	N	Y		Y		24 mo	varies											Calcium Ascorbate									
383	34380	NatureSeal Produce Application	3.3lbs	3.3lbs		E		Y	N	Y		Y		24 mo	varies																				
384		**Nestle Ice Mountain Natural Spring Water**																																	
385	7093	Ice Mountain Spring Water - Half Liter	16.9oz	40		S	Y	Y	N	Y		Y		12 mo	16.9oz	16.9	479	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0	0	0	0
386	7091	Ice Mountain Spring Water - Half Pint	8oz	48		S	Y	Y	N	Y		Y		12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0	0	0	0
387		**Ocean Spray**																																	
388	23446	Blueberry Craisins	1.16oz	200	1 F	S	Y	Y	N	Y		Y	Y	9 mo	1.16oz	1.16	33	110	0	0	0	0%	0%	0%	0	0	28	3	24	73%	0	0%	0%	0%	0%
389	23444	Cherry Craisins	1.16oz	200	1 F	S	Y	Y	N	Y		Y	Y	9 mo	1.16oz	1.16	33	110	0	0	0	0%	0%	0%	0	0	28	3	24	73%	0	0%	0%	0%	0%
390	22545	Orange Craisins	1.16oz	200	1 F	S	Y	Y	N	Y		Y	Y	9 mo	1.16oz	1.16	33	110	0	0	0	0%	0%	0%	0	0	28	3	24	73%	0	0%	0%	0%	0%
391	23445	Strawberry Craisins	1.16oz	200	1 F	S	Y	Y	N	Y		Y	Y	9 mo	1.16oz	1.16	33	110	0	0	0	0%	0%	0%	0	0	28	3	24	73%	0	0%	0%	0%	0%
392	22044	Watermelon Craisins	1.16oz	200	1 F	S	Y	Y	N	Y		Y	Y	9 mo	1.16oz	1.16	33	110	0	0	0	0%	0%	0%	0	0	28	3	24	73%	0	0%	0%	0%	0%
393		**Popcorn Indiana**																																	
394	0653	Kettle Corn	1oz	48		S	N	Y	Y	Y	MSPT	Y	Y	6 mo	1oz	1	28	130	5	0	45	35%	8%	0%	0	130	21	2	9	32%	1	0%	0%	0%	0%
395		**PretzelHaus Bakery**																																	
396	3050	PretzelHaus Pretzel - Salted	6oz	50		E	N	Y	N	N	W	Y		12 mo	6oz	6	107	464	6	1	58	13%	9%	2%	0	413	85	4	1	1%	15	0%	0%	3%	29%
397		**Pretzel Inc.**																																	
398	04001	CFS Mini Pretzel	1oz	200	1 GB	E	Y	Y	N	N	W	Y		3 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	340	22	1	0	0%	3	0%	0%	0%	10%
399		**Quaker**																																	
400	56587	Chewy Granola Bar - Choc Chunk	1.41oz	96	1 GB	S	N	Y	Y	N	MWSPT	Y	Y	8 mo	1.41oz	1.41	40	160	3	1	25	16%	5%	6%	0	135	31	2	12	30%	2	0%	0%	15%	4%
400	31181	Chewy Granola Bar - Low Fat Smores	.84oz	96	1/2 GB	S	N	Y	Y	N	MWSPT	Y	Y	8 mo	.84oz	0.84	24	100	2	0.5	20	20%	3%	5%	0	75	19	1	8	34%	1	0%	0%	8%	2%
401	56586	Chewy Granola Bar - Cookies & Cream	1.37oz	96	1 GB	S	N	Y	Y	N	MWSPT	Y	Y	8 mo	1.37oz	1.37	39	150	4	1	35	23%	6%	6%	0	135	29	4	9	23%	2	0%	0%	15%	4%
401	31441	Chewy Granola Bar - Maple Brown Sugar	1.26oz	125	1 GB	S	N	Y	Y	N	MWSPT	Y	Y	6 mo	1.26oz	1.26	36	140	2.5	1	25	18%	4%	6%	0	125	28	1	10	28%	2	0%	0%	10%	2%
402		**Quaker Gatorade G2**																																	
403	12202	Fruit Punch	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
404	12007	Glacier Freeze	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
405	12203	Grape	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
406	12463	Lemon Lime	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
407	13297	Clear Mixed Berry	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
408	12204	Orange	12oz	24		S	Y	Y	N	Y		Y	Y	10 mo	12oz	12	340	30	0	0	0	0%	0%	0%	0	160	8	0	7	2%	0	0%	0%	0%	0%
409		**Raisels**																																	
410	5690	Fruit Splash	1.5oz	200	F	E	Y	Y	N	Y		Y	Y		1.5oz	1.5	43	140	0	0	0	0%	0%	0%	0	0	34	1	27	63%	1	0%	100%	2%	4%
411	5283	Sour Lemon Blast	1.5oz	200	F	E	Y	Y	N	Y		Y	Y		1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	0	35	1	27	63%	1	0%	100%	2%	4%
412	5290	Sour Orange Blast	1.5oz	200	F	E	Y	Y	N	Y		Y	Y		1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	0	35	1	27	63%	1	0%	100%	2%	4%
413	5279	Sour Watermelon Shock	1.5oz	200	F	E	Y	Y	N	Y		Y	Y		1.5oz	1.5	43	140	0	0	0	0%	0%	0%	0	0	35	1	27	63%	1	0%	100%	2%	4%
414		**Safe + Fair**																																	
415	3221	Gavin's Granola	1oz	192	1 GB	S	Y	Y	Y	N	WME	Y	Y	3 mo	1oz	1	28	110	3.5	0	32	29%	5%	0%	0	15	19	1	6	21%	2	0%	0%	0%	0%
416	3114	Remy's Cinnamon Grahams	1oz	192	1 GB	S	Y	Y	Y	N	WME	Y	Y	3 mo	1oz	1	28	110	3.5	0	32	29%	5%	0%	0	15	19	1	6	21%	2	0%	0%	0%	0%
417		**Smokewood Foods**																																	
418	1011	Taco Tub	.77oz	200	1 GB	E	N	Y	Y	Y	S	Y	N	180 Days	0.77oz	0.77	22	110	6	0	50	45%	9%	0%	0	0	13	2	0	0%	2	0%	0%	2%	2%
419		**Sparkling Ice**																																	
420	95211	Black Cherry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
421	91030	Black Raspberry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
422	95084	Cherry Limeade	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
423	94033	Coconut Pineapple	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
424	95338	Ginger Lime	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
425	95268	Grape Raspberry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
426	91032	Kiwi Strawberry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
427	91035	Lemonade	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
428	91031	Orange Mango	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
429	94034	Peach Nectarine	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
430	91037	Pink Grapefruit	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
431	91126	Pomegranate Blueberry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
432	95029	Strawberry Lemonade	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
433	95087	Watermelon Strawberry	17oz	12		S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%
434		**Stauffer's**																																	
435	7255	Cheddar Whales	.75oz	120	1 GB	E	N	N	N	N	WMfM	Y	Y	9 mo	.75oz	0.75	21	100	3.5	0.5	30	30%	5%	5%	0	140	14	0	1	5%	2	2%	0%	0%	4%
436	7253	Iced Animal Cookies	.9oz	120	1 GB	E	N	Y	N	N	WSMf	N	Y	9 mo	.9oz	0.9	26	110	3	0.5	25	23%	5%	4%	0	85	20	0	7	27%	1	0%	0%	0%	4%
437		**Stauffer's Bulk Snacks**																																	
438	7263	Iced Animal Cookies - Bulk	14.5oz	12	1 GB	E	N	Y	N	N	WMS	N		6 mo	.9oz	0.9	26	99	3	0	27	27%	5%	0%	0	72	18	0	7	27%	1	0%	0%	0%	6%
439	72651	Shamu & Friends - Bulk	16oz	12		E	N	Y	N	N	WMS	Y		6 mon	1.1oz	1.1	31	90	2	0	20	22%	3%	0%	0	115	16	1	0	0%	2	4%	0%	0%	4%
440		**SunOpta**															0																		
441	7240	Sunflower Nuts - Honey Roasted	1oz	150	1 Pr	S	Y	Y	N	Y		Y	Y	9 mo	1oz	1	28	190	15	1.5	135	71%	23%	7%	0	65	11	3	5	18%	6	0%	0%	2%	6%
442	7241	Sunflower Nuts - Lightly Salted	1oz	150	1 Pr	S	Y	Y	N	Y		Y	Y	9 mo	1oz	1	28	170	14	1.5	126	74%	22%	8%	0	110	6	3	1	4%	6	0%	0%	2%	6%
443		**Sweet Bakery**															0																		
444	18189	Chocolate Covered Pretzel Rods	.7oz	189	1/2 GB	S	N	Y	Y	N		Y		60 days	.7oz	0.7	20	70	1	0.5	10	14%	2%	6%	0	160	14	1	6	30%	1	0%	0%	0%	2%
445	42018	Bat Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
446	32018	Bunny Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
447	92018	Chick Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
448	24018	Dr. Seuss Hat Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
449	83018	Heart Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
450	37018	Pumpkin Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
451	77018	Shamrock Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
452	76018	Snowman Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
453	22018	Tree Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
454	84018	Turkey Cookie	25g	150	1/2 GB	S	Y	Y	Y	N		Y		60 days	25g	25g	25	80	1	0.5	10	13%	2%	6%	5	120	16	1	8	32%	2	0%	0%	0%	2%
455		**The Switch-100% Juice**																																	
456	312	Black Cherry	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	30	0	28	12%	0	0%	100%	0%	0%
457	315	Fruit Punch	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	30	0	28	12%	0	0%	100%	0%	0%
458	313	Grape	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	30	0	28	12%	0	0%	100%	0%	0%
459	321	Hardcore Apple	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	7	29	0	28	12%	0	0%	100%	0%	0%
460	317	Kiwi Berry	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	30	0	28	12%	0	0%	100%	0%	0%
461	314	Orange Tangerine	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	30	0	28	12%	0	0%	100%	0%	0%

Updated:2/13/201

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***Listed by Manufacturer, in alphabetical order**

ID	Item #	Product Line	Size	Case	NSLP Meal Componen	Smart Snack Compliant or compliant when Menued***	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mnf)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Calories from Fat	% of Calories from Fat (35%)	% of Daily Fat (g)	% of Cal from Sat Fat (10%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Calcium RDI %	Iron RDI %
462	323	Tropical Pineapple	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	29	0	28	12%	0	0%	100%	0%	0%
463	316	Watermelon Strawberry	8oz	24	2 F	S	Y	Y	N	Y		Y		18 mo	8oz	8	227	120	0	0	0	0%	0%	0%	0	5	29	0	28	12%	0	0%	100%	0%	0%
464		**TGI Friday's - Crunchy Fries**																																	
465	31169	Cheddar Fries	1oz	72	1 GB	S	Y	Y	Y	Y	M	Y		9 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	160	19	1	1	4%	2	0%	0%	0%	4%
466	31129	Extreme Hot Fries	1oz	72	1 GB	S	Y	Y	Y	Y	M	Y		9 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	200	19	1	1	4%	2	4%	0%	0%	4%
467		**Tropicana**																																	
468	21443	100% Tropicana Strawberry Kiwi Juice	10oz	24	1 3/4 F	S	Y	Y	N	Y		Y	N	6 mo	10oz	10	284	150	0	0	0	0%	0%	0%	0	25	38	0	32	11%	0	0%	120%	0%	0%
469	21467	100% Tropicana Strawberry Orange Juice	10oz	24	1 3/4 F	S	Y	Y	N	Y		Y	N	6 mo	10oz	10	284	160	0	0	0	0%	0%	0%	0	25	40	0	33	12%	0	0%	100%	2%	0%
470	34400	100% Tropicana Orange Juice	10oz	24	1 F	S	Y	Y	N	Y		Y	Y	6 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	33	1	28	10%	2	2%	100%	2%	0%
471	35400	100% Welch's Grape Juice	10oz	24	1 F	S	Y	Y	N	Y		Y	N	6 mo	10oz	10	284	140	0	0	0	0%	0%	0%	0	25	34	0	33	12%	0	0%	100%	0%	0%
472		**VeryFresh Juices**																																	
473	216510	100% Apple Juice	3gal.	1			Y	Y	N						8oz	8	227	100	0	0	0	0%	0%	0%	0	6	28	0	32	14%	0	0%	150%	0%	0%
474	216507	100% Grape Juice	3gal.	1			Y	Y	N						8oz	8	227	160	0	0	0	0%	0%	0%	0	30	38	0	37	16%	1	0%	100%	4%	4%
475	216583	100% Kiwi Strawberry Banana Juice	3gal.	1			Y	Y	N						8oz	8	227	110	0	0	0	0%	0%	0%	0	15	28	0	27	12%	0	0%	4%	2%	0%
476	216519	100% Orange Juice	3gal.	1			Y	Y	N						8oz	8	227	200	0	0	0	0%	0%	0%	0	23	26	0	22	10%	2	0%	150%	0%	0%
477	216501	Diet Fruit Punch	3gal.	1			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	2	0	0	0%	0	0%	0%	0%	0%
478	216503	Diet Lemonade	3gal.	1			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	2	0	0	0%	0	0%	0%	0%	0%
479	216526	Grape Drink	3gal.	1			Y	Y	N						8oz	8	227	120	0	0	0	0%	0%	0%	0	6	30	0	26	11%	0	0%	0%	0%	0%
480	216544	Lemonade	3gal.	1			Y	Y	N						8oz	8	227	112	0	0	0	0%	0%	0%	0	6	28	0	32	14%	0	0%	0%	0%	0%
481	216545	Orange Drink	3gal.	1			Y	Y	N						8oz	8	227	120	0	0	0	0%	0%	0%	0	6	30	0	26	11%	0	0%	0%	0%	0%
482	216514	Premium Cranberry Cocktail	3gal.	1			Y	Y	N						8oz	8	227	100	0	0	0	0%	0%	0%	0	10	30	0	26	11%	0	0%	0%	0%	0%
483	216574	Unsweet Tea	3gal.	1			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	0	0	0	0%	0	0%	0%	0%	0%
484	216403	100% Apple Juice	1gal.	3			Y	Y	N						8oz	8	227	100	0	0	0	0%	0%	0%	0	6	28	0	32	14%	0	0%	150%	0%	0%
485	216405	100% Grape Juice	1gal.	3			Y	Y	N						8oz	8	227	160	0	0	0	0%	0%	0%	0	30	38	0	37	16%	1	0%	100%	4%	4%
486	216426	100% Kiwi Strawberry Banana Juice	1gal.	3			Y	Y	N						8oz	8	227	110	0	0	0	0%	0%	0%	0	15	28	0	27	12%	0	0%	4%	2%	0%
487	216400	100% Orange Juice	1gal.	3			Y	Y	N						8oz	8	227	200	0	0	0	0%	0%	0%	0	23	26	0	22	10%	2	0%	150%	0%	0%
488	216411	Diet Fruit Punch	1gal.	3			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	2	0	0	0%	0	0%	0%	0%	0%
489	216412	Diet Lemonade	1gal.	3			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	2	0	0	0%	0	0%	0%	0%	0%
490	216419	Lemonade	1gal.	3			Y	Y	N						8oz	8	227	100	0	0	0	0%	0%	0%	0	10	30	0	26	11%	0	0%	0%	0%	0%
491	216402	Premium Cranberry Cocktail	1gal.	3			Y	Y	N						8oz	8	227	120	0	0	0	0%	0%	0%	0	10	30	0	28	12%	0	0%	100%	0%	0%
492	216407	Unsweet Tea	1gal.	3			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	0	0	0	0%	0	0%	0%	0%	0%
493		**Vietti Foods**																																	
494	93002	Beans & Franks	7.5oz	24	1 Pr		N	Y	N	N		Y		24 mo	7.5oz	7.5	213	240	9	3	80	33%	14%	11%	40mg	1230	29	7	9	4%	13	4%	0%	6%	15%
495	94352	Beef Lasagna	7.5oz	24	1 Pr		N	Y	N	N	EW	Y		24 mo	7.5oz	7.5	213	200	9	3.5	80	40%	14%	16%	20mg	860	21	1	5	2%	8	4%	0%	2%	6%
496	78407	Beef Stew	7.5oz	24	1 Pr		N	Y	N	N	S	Y		24 mo	7.5oz	7.5	213	290	19	9	170	59%	29%	28%	25mg	970	17	3	0	0%	10	0%	0%	4%	4%
497	92242	Chili with Beans	7.5oz	24	1 Pr		N	Y	N	N	S	Y		24 mo	7.5oz	7.5	213	250	13	5	110	44%	20%	18%	25mg	760	24	8	0	0%	12	10%	0%	6%	15%
498	94356	Macaroni O's and Beef in Tomato Sauce	7.5oz	24	1 Pr		N	Y	N	N	EW	Y		24 mo	7.5oz	7.5	213	170	6	3	50	29%	9%	16%	20mg	830	21	2	3	1%	8	4%	0%	2%	15%
499		**Welch's**																																	
500	14492	Fruit Snacks - Berries n' Cherries	1.5oz	144		S	Y	Y	N	Y		Y	N	9 mo	1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	15	32	3	15	35%	2	25%	100%	0%	0%
501	14491	Fruit Snacks - Island Fruits	1.5oz	144		S	Y	Y	N	Y		Y	N	9 mo	1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	15	32	3	15	35%	2	25%	100%	0%	0%
502	14498	Fruit Snacks - Mixed Fruit	1.5oz	144		S	Y	Y	N	Y		Y	N	9 mo	1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	15	32	3	15	35%	2	25%	100%	0%	0%
503	14496	Fruit Snacks - Strawberry	1.5oz	144		S	Y	Y	N	Y		Y	N	9 mo	1.5oz	1.5	43	130	0	0	0	0%	0%	0%	0	15	32	3	15	35%	2	25%	100%	0%	0%
504	72393	Mini Fruit Snacks - Berries n' Cherries	.9oz	250			Y	Y	N	Y		Y	N	9 mo	.9oz	0.9	26	70	0	0	0	0%	0%	0%	0	13	15	0	13	51%	1	25%	100%	0%	0%
505	72392	Mini Fruit Snacks - Mixed Fruit	.9oz	250			Y	Y	N	Y		Y	N	9 mo	.9oz	0.9	26	70	0	0	0	0%	0%	0%	0	13	15	0	13	51%	1	25%	100%	0%	0%
506	7233	Fruit Snacks - Berries n' Cherries	2.25oz	48			Y	Y	N	Y		Y	N	9 mo	2.25oz	2.25	64	195	0	0	0	0%	0%	0%	0	45	46.5	0	28.5	45%	1.5	38%	100%	0%	0%
507	7232	Fruit Snacks - Mixed Fruit	2.25oz	48			Y	Y	N	Y		Y	N	9 mo	2.25oz	2.25	64	165	0	0	0	0%	0%	0%	0	15	40.5	0	30	47%	1.5	38%	100%	0%	0%
508		**Yoo-Hoo**																																	
509	28097	Yoo-Hoo - Chocolate	11oz	24			Y	Y	N	Y	WMS		Y	12 mo	11oz	11	312	170	1.5	0	15	9%	2%	0%	0	240	36	0	32	10%	2	10%	10%	15%	8%
510																																			

* Product contains a Whole Grain product as one of its ingredients
**Additional Allergen Key: P=Peanut, T=Tree Nuts, M=Milk, E=Egg, W=Wheat, S=Soy, F=Fish, SF=Shellfish, Mf=Manufactured and packed in facility with additional allergens see package and/or call manufacturer

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% DV - 2000 cal		
Total Fat	65	g
Sat Fat	20	g
Choles	300	mg
Sodium	2400	mg
Total Carb	300	g
Fiber	25	g
Foliate	0.4	mg
Vitamin A	0.6	mg
Vitamin C	60	mg
Iron	15	mg
Calcium	1000	mg

Calories per gram	
Fat	9
Carb	4
Protein	4

1 ounce = 28.35 grams