

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.



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Indianapolis, IN 46218

317-926-4237
800-283-7437

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	SmartSnack or compliant with Menus**	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Shell Life (from date of Mfr)	Serving Size	Ounces	Grams	Total Calories	Total Fat (g)	Total Saturated Fat (g)	Total Carbs 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		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	Arizona Tea																																				
13	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	10	1	0	1	0%	0	0%	25%	0%	0%				
14	Butter Buds																																				
15	49835	Butter Buds Butter Flavored Sauce	4oz	24		E	Y	Y	N	Y	M	Y	12 mo	1 tsp	2	10	0	0	0	0%	0%	0%	0	75	2	0	0	0%	0	0%	0%	0%	0%	0%			
19	Campbell's																																				
20	04788	Whole Grain Corns Cheddar Goldfish	0.75	300	1 GB	S	Y	Y	N	WM	Y	Y	6 mo	.75oz	0.75	21	100	3.5	0.5	30	33%	5%	0%	0	170	14	1	0	0%	2	0%	0%	2%	4%			
27	Chorties																																				
28	7029	Choc Choc Chip Cookies	1.02oz	100	1 GB	S	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%			
31	Cookie Tree																																				
32	10004	Whole Grain Brownie	1.75 oz	96	1 GB	S	N	Y	Y	N	MWSEPT	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%			
38	ConAgra																																				
39	18780	Angie's Boom Chicka Pop Kettle Corn	.6oz	60	1/2 GB	S	Y	Y	Y		Y	Y	180 days	.6oz	0.6	25	70	2.5	0	0	0%	4%	0%	0	70	13	2	3	0%	1	0%	0%	0%	0%			
40	ConAgra Ultra Grain Pasta																																				
41	7735	Ultra T2 Grain Flour	50lbs	50lbs			E	Y	Y	N	W	Y	180 days	1/4 Cup	0.89	25	110	0.5	0	0	0%	1%	0%	0	0	22	2	0	0%	4	0%	0%	0%	10%			
42	Corso's Cookies																																				
43	17623	Birthday Cookie	.8oz	50	1 GB	E	Y	Y	N	WM	Y	Y	6 mo	.8oz	0.8	23	110	4	2	36	33%	6%	16%	5	23	16	0	8	35%	1	0%	0%	0%	0%			
60	Darlington's Snacks																																				
61	75100	Appleywys Bars - Apple Oatmeal	2.4oz	160	2GB	E	Y	Y	Y	N	MWSE	Y	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%		
73	Dick & Jane Baking Co																																				
74	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%		
78	Frito Lay Bulk																																				
79	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%			
80	Frito Lay SS Snacks																																				
81	62933	Baked Whole Grain Cheetos	.875oz	104	1 1/4 GB	S	Y	Y	Y	N	M	Y	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%			
84	36938	Munchies Kids Mix - Flamin Hot & Sweet	.875oz	104	1 GB	S	N	Y	Y	N	MW	Y	45 days	.875oz	0.875	25	130	5	0.5	45	35%	8%	3%	0	200	20	2	1	4%	2	0%	0%	0%	2%			
85	32078	Baked Lays BBQ	.875oz	60	1 GB	S	Y	Y	N	MS	Y	Y	45 days	.875oz	0.875	25	110	3	0	37	34%	5%	0%	0	140	19	1	3	12%	2	0%	0%	0%	0%			
86	33625	Baked Lays Regular	.875oz	60		S	Y	Y	N	MS	Y	Y	45 days	.875oz	0.875	25	110	3	0	37	34%	5%	0%	0	140	19	1	2	8%	2	0%	0%	0%	0%			
87	33627	Baked Lays Sour Cream and Onion	.875oz	60		S	Y	Y	N	MS	Y	Y	45 days	.875oz	0.875	25	110	3	0	37	34%	5%	0%	0	150	19	1	2	8%	2	0%	0%	0%	0%			
88	56882	Baked Ruffles Cheddar and Sour Cream	.8oz	60		S	Y	Y	N	MS	Y	Y	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%			
89	42537	Baked Tostitos Scoops	.875oz	72	1 1/4 GB	S	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%			
90	36938	Chili Cheese Fantastix	1oz	104	1 1/4 GB	S	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%			

*Listed by Manufacturer, in alphabetical order

Table with columns: ID, Item #, Product Line, Size, Case, NSLP Meal Component, Smart Snack, Peanut Free, Trans Fat Free, High Fructose Corn Syrup Free, Kosher, Shelf Life, Serving Size, Ounces, Grams, Total Calories, Total Fat (g), Total Saturated Fat (g), Total Fiber (g), Total Carbohydrates (g), Total Sugars (g), Sugar by weight (%), Protein (g), Vitamin A, Vitamin C, Calcium, Iron, etc.

*Listed by Manufacturer, in alphabetical order

Main data table with columns: ID, Item #, Product Line, Size, Case, NSLP Meal Component, Smart Snack, Peanut Free, Trans Fat Free, Predict Contains Whole Grain, Gluten Free, Additional Allergens Present**, High Fructose Corn Syrup Free, Kosher, Shelf Life, 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 %.

*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	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 Mfg)	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 %			
467	216503	Diet Lemonade	3gal.	1			Y	Y	N						8oz	8	227	0	0	0	0	0%	0%	0%	0	6	30	0	0	0%	0	0%	0%	0%	0%	0%		
468	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%	0%		
469	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%	0%	0%	
470	216514	Premium Cranberry Juice	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%	0%	0%	
471	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%	0%	0%	0%
472	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%	0%		
473	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%	0%		
474	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%	0%	0%	
475	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%	0%	0%	
476	216402	Premium Cranberry Juice	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%	0%	0%	
477	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%	0%	0%	0%
478		Vietti Foods																																				
479	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%			
480	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%			
481	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	10%	0%	4%	4%			
482	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%			
483	94356	Macaroni O's with 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%			
484		Welch's																																				
485	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%			
486	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%			
487	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%			
488	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%			
489	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%			
490	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%			
491	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%			
492		WOW Butter																																				
493	10920	WOW Butter Cups	1.12oz	100	1 Pr	S	Y	Y	N	Y	S	Y	Y	12 mo	1.12oz	1.12	32	200	15	3	135	68%	23%	14%	0	100	8	2	4	13%	7	0%	0%	2%	6%			
494		Yoo-Hoo																																				
495	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%			
496																																						

* 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

% DV - 2000 cal	
Total Fat	65 g
Sat Fat	20 g
Choles	300 mg
Sodium	2400 mg
Total Carb	300 g
Fiber	25 g
Folate	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