

# 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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\*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Compliant or Menu Item **	Peanut Free	Trans Fat Free	Product Contains Whole Grain*	Gluten Free	Additional Allergens Present**	High Fructose Corn Syrup Free	Shell 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 %		
1		Amazing Fruit																																		
2	221920	Amazing Raisin - Raspberry	1.3oz	250		1 F	S	Y	Y	N	Y	Y	12 mo	1.3oz	1.3	37	110	0	0	0	0%	0%	0%	0	10	25	2	22	60%	1	0%	0%	2%	4%		
3	221820	Amazing Raisin - Sour Pineapple	1.3oz	250		1 F	S	Y	Y	N	Y	Y	12 mo	1.3oz	1.3	37	110	0	0	0	0%	0%	0%	0	10	25	2	22	60%	1	0%	0%	2%	4%		
4	220320	Amazing Raisin - Strawberry	1.3oz	250		1 F	S	Y	Y	N	Y	Y	12 mo	1.3oz	1.3	37	110	0	0	0	0%	0%	0%	0	10	25	2	22	60%	1	0%	0%	2%	4%		
5	22022	Amazing Raisin + Sunflower Seeds - Orange	2.3oz	200		1P / 1F	E	Y	Y	N	Y	Y	9 mo	2.3 oz	2.3	65	300	17	2	150	50%	26%	6%	0	15	29	4	23	35%	8	0%	0%	4%	10%		
6	22032	Amazing Raisin + Sunflower Seeds - Strawberry	2.3oz	200		1P / 1F	E	Y	Y	N	Y	Y	9 mo	2.3 oz	2.3	65	300	17	2	150	50%	26%	6%	0	15	29	4	23	35%	8	0%	0%	4%	10%		
7		Arctic Fun Juice - 100% Juice																																		
8	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%		
9	17603	White Grape Juice	1gal.	1		1 F	C	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	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%		
11	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%		
12	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%		
13	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%		
14	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%		
15	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%		
16	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%		
17	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%		
18		Arizona Tea																																		
19	73049	Arnold Palmer Zero	11.5oz	12			S	Y	Y	N	N	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%		
20		Austin Snacks																																		
21	48786	Animal Crackers	1oz	100				N	Y	N	Y	Y	9 mo	1 oz	1	28	120	1.5	0	14	12%	2%	0%	0	75	24	0	7	25%	2	0%	0%	0%	4%		
22		ButterBuds																																		
23	49002	Cheddar Buds	2lb	8			E	Y	Y	N	Y	M	12 mo	2oz	2	11	40	1	0	10	25%	2%	0%	5	330	8	0	2	18%	0	0%	0%	4%	0%		
24	49835	Butter Buds Butter Flavored Sauce	4oz	24			E	Y	Y	N	Y	M	12 mo	1.5oz	1.5	2	10	0	0	0	0%	0%	0%	0	75	2	0	0	0%	0	0%	0%	0%	0%		
25	56217	Buttermilk Pan Spray	17oz	6			E	Y	Y	N	Y	M	12 mo	25g	0.25	7	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%		
26	56367	Garlic Buttermilk Spray	17oz	6			E	Y	Y	N	Y	M	12 mo	25g	0.25	7	0	0	0	0	0%	0%	0%	0	0	0	0	0	0%	0	0%	0%	0%	0%		
27		Campbell's																																		
28	20648	Bulk Whole Grain Cheddar Goldfish	31oz	6		1 GB	E	Y	Y	N	WM	Y	6 mo	30g	1.1	30	140	5	1	45	32%	8%	0%	<5	240	19	2	0	0%	3	0%	0%	2%	6%		
29	04788	Whole Grain Colors Cheddar Goldfish	.75oz	300		1 GB	S	Y	Y	N	WM	Y	6 mo	.75oz	0.75	21	100	3.5	0.5	30	30%	5%	0%	0	170	14	1	0	0%	2	0%	0%	2%	4%		
30	27516	Whole Grain Micky Mouse Cheddar Goldfish	.75oz	300		1 GB	S	Y	Y	N	WM	Y	6 mo	.75oz	0.75	21	100	3.5	0.5	32	32%	5%	0%	0	160	14	1	0	0%	2	0%	0%	2%	4%		
31	14396	Whole Grain Pretzel Goldfish	.75oz	300		1 GB	S	Y	Y	N	WM	Y	6 mo	.75oz	0.75	21	100	1.5	0	15	15%	2%	0%	0	200	16	1	0	0%	2	0%	0%	2%	4%		
32	23088	Whole Grain Xtra Cheddar Goldfish	.75oz	300		1 GB	S	Y	Y	N	WM	Y	6 mo	.75oz	0.75	21	90	3.5	0.5	30	33%	5%	0%	0	200	14	1	0	0%	2	0%	0%	2%	4%		
33	25062	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%		
34		Cherry Central																																		
35	02136	Dried Cherries	1.36oz	100		1 F	S	Y	Y	N	Y	Y	6 mo	1.36oz	1.36	39	130	0	0	0	0%	0%	0%	0	0	31	1	27	70%	1	0%	0%	0%	6%		
36		Chorties																																		
37	7030	Original Choc Chip Cookies	.92oz	100		1 GB	S	Y	Y	N	WSE	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%		
38	7031	Fun Size Choc Chip Cookies	.46oz	150		1/2 GB	S	Y	Y	N	WSE	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%		
39		Cookie Tree																																		
40	3233	Whole Grain Double Fudge Cookie	1.3oz	120		1/2 GB	S	N	Y	Y	N	MWSEPT	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%	
41	3237	Whole Grain Candy Chip Cookie	1.3oz	120		1/2 GB	S	N	Y	Y	N	MWSEPT	Y	12 mo F	1.3oz	1.3	37	140	4.5	1.5	40	29%	7%	10%	0	115	25	2	12	33%	2	2%	0%	0%	4%	
42	3239	Whole Grain Sugar Cookie	1.3oz	120		1 GB	S	N	Y	Y	N	MWSEPT	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%	
43	3251	Whole Grain Chocolate Chip Cookie	1.3oz	120		1/2 GB	S	N	Y	Y	N	MWSEPT	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%	
44	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%	
45	10008	Whole Grain Celebration Bar	1.75 oz	96		1 GB	S	N	Y	Y	N	MWSEPT	Y	12 mo F	1.75oz	1.75																				

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91	15940	Hearstz - Roll Gold	.7oz	104	1 GB	S	Y	N	Y	W	Y	Y	Y	45 days	.7oz	0.7	20	80	1	0	0	0%	2%	0%	0	11	16	2	0	0%	2	0%	0%	2%	4%		
92	32430	Roll Gold Pretzels	1oz	88	1 GB	S	Y	N	Y	W	Y	Y	Y	45 days	.7oz	1	28	110	1	0	10	9%	2%	0%	450	23	1	0	4%	2	0%	0%	0%	6%			
93	18792	Reduce Fat Tostitos	.875oz	104	1 1/4 GB	S	Y	Y	Y	Y	Y	Y	Y	45 days	0.875oz	0.875	25	120	4.5	0.5	40	33%	7%	4%	100	18	2	0	0%	2	0%	0%	0%	2%			
94	42537	Baked Tostitos Scoops	.875oz	72	1 1/4 GB	S	Y	Y	Y	Y	Y	Y	Y	45 days	.875oz	0.875	25	110	2.5	0	25	23%	4%	0%	125	19	1	0	0%	2	0%	0%	0%	0%			
95	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%	140	13	0	0	0%	2	0%	0%	0%	2%			
96	30900	Smartfood - White Cheddar Popcorn	.5oz	72	1 GB	S	Y	Y	Y	Y	M	Y	N	45 days	.5oz	0.5	14	70	2.5	0	23	33%	4%	0%	100	9	2	0	0%	2	0%	0%	0%	0%			
97	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%	200	20	2	0	0%	2	0%	0%	2%	2%			
98	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%	150	20	2	0	0%	2	0%	0%	2%	2%			
99	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%	200	20	2	1	4%	2	0%	0%	2%	0%			
100	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%	200	20	2	1	4%	2	0%	0%	2%	0%			
101	67699	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%	170	20	2	1	4%	2	0%	0%	2%	0%			
102	82078	Baked Lays BBQ	.875oz	60	1 GB	S	Y	Y	N	N	MS	Y	N	45 days	.875oz	0.875	25	110	3	0	37	34%	5%	0%	140	19	1	3	12%	2	0%	0%	0%	0%			
103	33625	Baked Lays Regular	.875oz	60	1 GB	S	Y	Y	N	N	S	Y	N	45 days	.875oz	0.875	25	110	3	0	27	25%	5%	0%	140	19	1	2	8%	2	0%	0%	0%	0%			
104	33627	Baked Lays Sour Cream and Onion	.875oz	60	1 GB	S	Y	Y	N	N	MS	Y	N	45 days	.875oz	0.875	25	110	3	0	27	25%	5%	0%	150	19	1	2	8%	2	0%	0%	0%	0%			
105	56882	Baked Ruffles Cheddar and Sour Cream	.8oz	60	1 GB	S	Y	Y	N	N	MS	Y	N	45 days	.8oz	0.8	23	100	2.5	0	22	22%	4%	0%	200	17	1	2	9%	1	0%	0%	0%	0%			
106	32397	Fritos Chili / Cheese	1oz	104	1 GB	S	Y	Y	N	N	M	Y	N	45 days	1oz	1	28	160	10	1.5	90	56%	15%	8%	270	16	1	1	4%	2	0%	0%	2%	0%			
107	32405	Fritos Original	1oz	104	1 1/4 GB	S	Y	Y	Y	Y	M	Y	Y	45 days	1oz	1	28	160	10	1.5	90	56%	15%	8%	160	16	1	0	0%	2	0%	0%	2%	0%			
108	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%	200	19	2	1	4%	2	0%	0%	0%	4%			
109	43578	Flamin Hot 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%	200	20	2	1	4%	2	0%	0%	0%	4%			
110	30291	Munchies Snack Mix - Flamin Hot & Sweet	.875oz	104	3/4 GB	S	Y	Y	Y	N	MW	Y	N	45 days	.875oz	0.875	25	110	4	0.5	36	33%	6%	4%	90	17	2	2	8%	2	0%	0%	2%	15%			
111	36308	Munchies Snack Mix	.875oz	104	1 GB	S	Y	Y	N	MW	Y	N	Y	45 days	.875oz	0.875	25	110	3.5	0	30	27%	5%	0%	140	17	2	2	8%	2	0%	0%	2%	15%			
112	82889	Baked Whole Grain Cheetos Flamin' Hot Limon	.875oz	104	1 1/4 GB	S	Y	Y	N	M	Y	N	Y	45 days	.875oz	0.875	25	110	4	0.5	45	41%	8%	4%	140	18	2	0	0%	2	0%	0%	0%	2%			
113	62933	Baked Whole Grain Cheetos	.875oz	104	1 1/4 GB	S	Y	Y	N	M	Y	N	Y	45 days	.875oz	0.875	25	120	4.5	1	40	33%	7%	8%	200	16	1	1	4%	2	0%	0%	0%	2%			
114	62984	Baked Whole Grain Cheetos Flamin' Hot	.875oz	104	1 1/4 GB	S	Y	Y	N	M	Y	N	Y	45 days	.875oz	0.875	25	130	5	0.5	45	35%	8%	3%	200	20	2	1	4%	2	0%	0%	2%	0%			
115	66154	Grandma's Chocolate Chip Cookies	1.22oz	80	1 GB	S	Y	Y	N	MSW	Y	Y	Y	45 days	1.22oz	1.22	35	160	6	1.5	54	34%	9%	8%	160	25	3	11	32%	2	0%	0%	0%	6%			
116	22642	Grandma's Blueberry Vanilla Cookie Bites	1oz	80	1 GB	S	Y	Y	N	MSW	Y	Y	Y	45 days	1oz	1	28	130	5	0.5	45	35%	8%	3%	70	20	2	5	18%	2	0%	0%	0%	4%			
117	66689	Funyuns	.75oz	104	1 GB	S	Y	Y	Y	Y	M	Y	Y	45 days	.75oz	0.75	21	100	3.5	0.5	32	32%	5%	5%	125	14	1	1	5%	2	0%	0%	2%	0%			
<b>Frito Lay LSS Snacks</b>																																					
119	09598	Reduce Fat Lay's Kettle Cooked Applewood BBQ	1.375oz	64	2 GB	S	Y	Y	N	Y	M	Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	190	27	2	3	8%	3	0%	10%	0%	4%			
120	25113	Reduce Fat Lay's Kettle Cooked Salt & Vinegar	1.375oz	64	2 GB	S	Y	Y	N	Y	M	Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	180	28	2	3	8%	3	0%	10%	0%	4%			
121	25111	Reduce Fat Lay's Kettle Cooked Jalapeno & Cheddar	1.375oz	64	2 GB	S	Y	Y	N	Y	M	Y	Y	45 days	1.375oz	1.375	39	180	7	1	63	35%	11%	5%	180	28	2	3	8%	3	0%	10%	0%	4%			
122	30103	Reduce Fat Tostitos - 2 GB	1.45oz	64	2 GB	S	Y	Y	Y	Y	Y	Y	Y	45 days	1.45oz	1.45	41	200	7	1	63	32%	11%	5%	160	29	3	0	0%	3	0%	10%	0%	2%			
124	44389	Baked Cheddar Snack Mix	1.75oz	64	2 GB	S	Y	Y	N	N	MWS	Y	N	45 days	1.75oz	1.75	50	230	9	1.5	80	35%	14%	6%	460	34	2	4	8%	4	6%	4%	4%	30%			
125	44395	Baked Lays - BBQ	1.125oz	64	2 GB	S	Y	Y	N	Y	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	30	21%	5%	3%	180	24	2	3	9%	2	0%	0%	0%	0%			
126	44396	Baked Lays - Regular	1.125oz	64	2 GB	S	Y	Y	N	Y	S	Y	N	45 days	1.125oz	1.125	32	140	4	0.5	36	26%	6%	3%	180	24	2	3	9%	2	0%	0%	0%	0%			
127	44398	Baked Lays - Sour Cream & Onion	1.125oz	64	2 GB	S	Y	Y	N	Y	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	30	21%	5%	3%	190	24	2	3	9%	2	0%	0%	0%	0%			
128	44400	Baked Ruffles Cheddar & Sour Cream	1.125oz	64	2 GB	S	Y	Y	N	N	MS	Y	N	45 days	1.125oz	1.125	32	140	3.5	0.5	35	25%	5%	3%	280	24	2	3	9%	2	0%	0%	0%	0%			
129	44427	Sun Chips - Harvest Cheddar	1.5oz	64	2 GB	E	Y	Y	N	MW	Y	N	Y	45 days	1.5oz	1.5	43	210	9	1	80	38%	14%	4%	260	28	4	3	7%	3	0%	0%	0%	4%			
130	44428	Sun Chips - Garden Salsa	1.5oz	64	2 GB	E	Y	Y	N	MW	Y	N	Y	45 days	1.5oz	1.5	43	210	9	1	80	38%	14%	4%	220	27	4	4	9%	4	2%	0%	2%	2%			
131	44458	Baked Cheetos Flamin' Hot	1.5oz	64	2 GB	E	Y	Y	N	M	Y	N	Y	45 days	1.5oz	1.5	43	200	8	1	70	35%	12%	5%	330	30	1	1	2%	3	2%	0%	20%	6%			
<b>Frito Lay Walking Taco</b>																																					
133	20510	Reduce Fat Tostitos	1.4oz	44	2 GB	S	Y	Y	Y	Y	M	Y	Y	45 days	1.4oz	1.4	40	190	7	1	63	33%	11%	5%	160	28	3	0	0%	3	0%						

\*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Compliant or 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 %		
186	31921	Rice Chex	1oz	96	1 GB	E								8 mo	1oz	1	28	100	1	0	0	0%	2%	0%	0	250	24	1	2	7%	2	10%	10%	10%	50%		
187	32262	Cheerios	1oz	96	1 GB	S								8 mo	1oz	1	28	100	2	1	15	13%	3%	9%	0	140	24	1	7	25%	1	10%	8%	10%	15%		
188	38387	Cinnamon Chex	1oz	96	1 GB	S								8 mo	1oz	1	28	100	2	1	15	13%	3%	9%	0	140	20	3	1	4%	3	10%	10%	10%	45%		
189	33213	Corn Chex	1oz	96	1 GB	S								8 mo	1oz	1	28	100	1	0	9	9%	2%	0%	0	170	22	1	6	21%	1	8%	8%	8%	40%		
<b>190 General Mills Cereal - Large Bowl Packs</b>																																					
191	14882	Honey Nut Cheerios	2oz	60	2GB	E	N	Y	Y	Y	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%		
192	14883	Cinnamon Chex	2oz	60	2GB	E	Y	Y	Y	Y		Y	Y	9 mo	2oz	2	57	210	5	1	45	20%	8%	4%	0	340	45	2	12	21%	3	20%	20%	15%	90%		
193	14884	Lucky Charms	2oz	60	2GB	E	Y	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%		
194	14885	Reduced Sugar Cocoa Puffs	2oz	60	2GB	E	Y	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%		
195	14886	Reduced Sugar Cinnamon Toast Crunch	2oz	60	2GB	E	Y	Y	Y	N	WS	Y	Y	9 mo	2oz	2	57	210	5	1	50	22%	8%	4%	0	320	44	6	11	19%	3	20%	15%	40%	45%		
196	17262	Blueberry Chex	2oz	60	2GB	E	Y	Y	Y	Y		Y	Y	9 mo	2oz	2	57	210	5	0.5	45	19%	8%	2%	0	350	46	1	12	21%	3	10%	10%	10%	90%		
197	18448	Healthy Cherries	2oz	60	2GB	E	Y	Y	Y	Y		Y	Y	9 mo	2oz	2	57	210	3	0.5	27	13%	5%	2%	0	340	44	5	12	21%	6	15%	15%	30%	30%		
198	18657	Trix	2oz	60	2GB	E	Y	Y	Y	Y		Y	Y	9 mo	2oz	2	57	220	3	0.5	27	12%	5%	2%	0	320	47	3	12	21%	3	10%	10%	10%	25%		
<b>199 General Mills - 2 GB Cereal Bars</b>																																					
200	16854	Cinnamon Toast Crunch	2.5oz	48	2GB	E	Y	Y	Y	Y	WS	Y	Y	9 mo	2.5oz	2.5	71	260	5	0.5	45	17%	8%	2%	0	200	52	5	15	21%	4	0%	0%	30%	15%		
201	16853	Lucky Charms	2.5oz	48	2GB	E	Y	Y	Y	Y	WS	Y	Y	9 mo	2.5oz	2.5	71	280	6	0.5	54	19%	9%	2%	0	170	51	5	16	23%	5	0%	2%	35%	15%		
202	16856	Peach Cheerios	2.5oz	48	2GB	E	Y	Y	Y	Y	WS	Y	Y	9 mo	2.5oz	2.5	71	280	6	0.5	54	19%	9%	2%	0	170	51	5	14	20%	4	0%	2%	35%	35%		
<b>203 Gilman Cheese</b>																																					
204	16001W	White Cheddar Cheese Plank	1oz	160	1 P	E	N	Y	N	Y	M	Y	Y	12 mo	1oz	1	28	100	8	6	72	72%	12%	54%	25	360	1	0	0	0%	6	0%	0%	15%	0%		
<b>205 Good Seasons</b>																																					
206	25193	Whole Grain Pretzel Sticks	.7 oz	300	1 GB	S	N	Y	N	PWT	Y	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%		
<b>207 Highland Farms</b>																																					
208	00159	Honey Pepper Beef Stick - Single	.5oz	288	1/2 P	S	Y	Y	N	Y		Y	N	7 mo	.5oz	0.5	14	30	1	0	10	33%	2%	0%	10	100	1	0	1	7%	4	0%	0%	0%	2%		
209	00129	Honey Pepper Turkey Stick - Single	.6oz	288	1/2 P	S	Y	Y	N	Y		Y	N	7 mo	.6oz	0.6	17	30	1	0	10	33%	2%	0%	10	105	2	0	1	6%	4	0%	0%	0%	2%		
<b>210 Home Snack Foods</b>																																					
211	40092	Chocolate Granola - Single Pack	1.25oz	200	1 GB	S	Y	Y	Y	Y		Y	Y	7 mo	1.25oz	1.25	35	160	6	0.5	54	34%	9%	0%	0	15	24	2	1	3%	5	0%	0%	2%	6%		
212	40090	Original Granola - Single Pack	1.25oz	200	1 GB	S	Y	Y	Y	Y		Y	Y	7 mo	1.25oz	1.25	35	160	6	0.5	54	34%	9%	0%	0	15	24	1	1	3%	5	0%	0%	2%	6%		
<b>213 Indian Summer</b>																																					
214	9700	Blue Raspberry Applesauce	4.5oz	96	1 F	S	Y	Y	N	Y		Y	Y	24 mo	4.5oz	4.5	128	60	0	0	0	0%	0%	0%	0	16	16	1	13	10%	0	0%	100%	0%	2%		
215	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%		
216	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%		
217	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%		
<b>218 J &amp; J Snack Foods</b>																																					
219	49193	Crunch & Crave Churro	1oz	160	1 1/4GB	S	N	Y	Y	N	W	Y	Y	9 mo	1oz	1	28	110	2.5	0	23	21%	4%	0%	0	75	21	2	8	28%	2	0%	0%	4%	4%		
<b>220 Jack Links</b>																																					
221	7721	Beef Jerky - Original	.85oz	48	1 P	S	Y	Y	N	Y		Y	Y	12 mo	.85oz	0.85	24	70	1	0	9	13%	2%	0%	25	200	6	0	6	25%	10	0%	0%	0%	6%		
222	7717	Beef Jerky - Teriyaki	.85oz	48	1 P	S	Y	Y	N	Y		Y	Y	12 mo	.85oz	0.85	24	70	1	0	9	13%	2%	0%	25	200	6	0	6	25%	10	0%	0%	0%	6%		
<b>223 Jif Peanut Butter To Go</b>																																					
224	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%		
<b>225 Juice Alive - Concentrate</b>																																					
226	11001	Blue Raspberry	288 - 8 oz	6 - 1/2 G	1 F	S	Y	Y	N	Y		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%		
227	11002	Strawberry Kiwi	288 - 8 oz	6 - 1/2 G	1 F	S	Y	Y	N	Y		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%		
228	11003	Green Watermelon	288 - 8 oz	6 - 1/2 G	1 F	S	Y	Y	N	Y		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%		
229	11006	Red Cherry	288 - 8 oz	6 - 1/2 G	1 F	S	Y	Y	N	Y		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%		
230	11011	Sour Apple	288 - 8 oz	6 - 1/2 G	1 F	S	Y	Y	N	Y		Y	Y	12 mo	8oz	8	227	120	1.5	0	0	0%	2%	0%	0	15	31	0	29	13%	2	10%	100%				

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ID	Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Complaint or Allergen 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	Juices	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 %				
279	17199	2 ct. Pop Tart WG Blueberry	3.53 oz	72	2 1/4 GB	E	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	360	5	2	50	14%	8%	5%	0	380	76	6	30	30%	4	20%	0%	20%	20%					
280	55125	2 ct. Pop Tart WG Frosted Cinnamon	3.53 oz	72	2 1/2 GB	E	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%					
281	55133	2 ct. Pop Tart WG Strawberry	3.53 oz	72	2 1/4 GB	E	Y	Y	N	WS	Y	N	8 mo	3.53oz	3.53	100	360	5	2	50	14%	8%	5%	0	380	75	6	29	29%	4	20%	0%	20%	20%					
282	24518	Crumchmania Cinnamon Bun	1.76 oz	100	2 GB	E	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%					
283	45682	Gripz - Cinnamon Grahams	.9oz	150	1 GB	S	Y	Y	N	WS	Y	N	9 mo	.9oz	0.9	26	100	3	1	30	30%	5%	9%	0	80	19	3	5	20%	2	15%	0%	10%	4%					
284	91612	Coco Krispies Cereal Bar	1.27oz	96	1 GB	S	Y	Y	N	MWS	Y	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%					
285	40239	Tiger Bites - Chocolate	1oz	150	1 GB	S	Y	Y	N	WS	Y	N	9 mo	1oz	1	28	120	4	1	36	30%	6%	8%	0	105	21	1	8	28%	2	0%	0%	0%	4%					
286	40213	Tiger Bites - Original	1oz	150	1 GB	S	Y	Y	N	WS	Y	N	9 mo	1oz	1	28	120	4	1	36	30%	6%	8%	0	105	21	2	7	25%	2	0%	0%	0%	6%					
287	59772	NutriGrain Cereal Bars - Strawberry	1.55 oz	96	1 GB	S	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%					
288	59779	NutriGrain Cereal Bars - Apple Cinnamon	1.55 oz	96	1 GB	S	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%					
289	90819	NutriGrain Cereal Bars - Blueberry	1.55 oz	96	1 GB	S	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%					
<b>290 Kellogg's Cereal - Bulk</b>																																							
291	01091	Corn Pops	30oz	4	1 GB	E	Y	Y	N	N	Y	Y	8 mo	1.4oz	1.4	40	150	0	0	0	0%	0%	0%	0	160	36	0	15	38%	2	0%	0%	15%	25%					
292	01591	Frosted Flakes	40oz	4	1 GB	E	Y	N	N	Y	Y	Y	8 mo	1.3oz	1.3	37	130	0	0	0	0%	0%	0%	0	190	33	1	12	33%	2	0%	0%	15%	40%					
293	01791	Froot Loops	31oz	4	1 GB	E	Y	N	N	W	Y	Y	8 mo	1.4oz	1.4	39	150	1.5	0.5	10	7%	2%	3%	0	210	34	2	12	31%	2	0%	25%	0%	25%					
294	03591	Crispix	30oz	4	1 GB	E	Y	N	N	Y	Y	Y	8 mo	1.4oz	1.4	39	150	0	0	0	0%	0%	0%	0	260	34	0	5	13%	3	0%	0%	15%	60%					
<b>295 Kellogg's Bulk Snacks</b>																																							
296	12212	Cheez-It Crackers	10 oz	8	1 GB	E	Y	N	N	WS	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%						
297	20248	Honey Graham Crackers	5.33 oz	30	1 GB	E	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%						
<b>298 Kellogg's Cereal - Bowl Packs</b>																																							
299	54998	Mulligan Frosted Flakes	1oz	96	1 GB	S	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%					
300	78787	Apple Jacks	1oz	96	1 GB	S	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%					
301	78788	Froot Loops	1oz	96	1 GB	S	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%					
302	78789	Whole Grain Rice Krispies	1oz	96	1 GB	S	Y	Y	N	Y	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%					
<b>303 Kellogg's Cereal - Pouches</b>																																							
304	11467	Reduced Sugar Froot Loops	1oz	96	1 GB	S	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%					
305	11469	Reduced Sugar Apple Jacks	1oz	96	1 GB	S	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%					
<b>306 Kikkoman</b>																																							
307	60085	Pearl Organic Soy Milk - Chocolate	8oz	24	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%					
308	60087	Pearl Organic Soy Milk - Very Vanilla	8oz	24	1 D	S	Y	Y	N	S	Y	Y	12 mo	8oz	8	227	140	3.5	0.5	25	18%	5%	3%	0	170	20	1	16	7%	8	10%	0%	30%	8%					
<b>309 Kraft</b>																																							
310	82750	Grab & Snack Pudding - Chocolate	3.5oz	48		S	N	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%				
311	82751	Grab & Snack Pudding - Vanilla	3.5oz	48		S	N	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%				
<b>312 Locker Mates (comes w/out milk, however nutritionals include milk)</b>																																							
313	5-1001	WOW Butter		24	1 NSLP								3 mo			0	602	24.5	5	220.5	37%	38%	7%	0	335	89	9			12	276mg	636mg							
314	5-1002	Cheddar Cheese Stick		24	1 NSLP								3 mo			0	490	18.5	7	166.5	34%	28%	13%	0	615	63	7			16	236mg	73mg							
315	5-1005	Zoz Cheddar Cheese Spread, Sunflower Kernels, 2oz		24	1 NSLP								3 mo			0	660	38	9.5	342	52%	58%	13%	0	640	70	7			18	300mg	70mg							
316	5603*	Beef Stick, Sunflower Kernels, Applesauce, Animal Crackers,		24	1 NSLP								3 mo			0	451	18.5	1.5	166.5	37%	28%	3%	0	265	64	4			11	300mg	68.2mg							
317	5604*	Turkey Stick, Soy Nutz, Fruit Bits, Chees-It Crackers,		24	1 NSLP								3 mo			0	460	16.5	2	148.5	32%	25%	4%	0	245	62	8			15	50mg	126.6mg							
<b>*For Bommerrang and Back Pack Programs</b>																																							
<b>318 MJM</b>																																							
319	7399	Cinnamon Grahams - 3ct	1oz	150	1 GB	S	Y	Y	N	W	N	Y	10 mo	1oz	1	28	120	3	0.5	30	25%	5%	4%	0	150	20	2	7	25%	2	6%	6%	0%	10%					
320	7400	Honey Grahams - 3ct	1oz	150	1 GB	S	Y	Y	N	W	N	Y	10 mo	1oz	1	28	110	3	0	30	27%	5%	0%	0	140	20	2	7	25%	2	6%	6%	0%	15%					
321	7401	All Sports Bites Grahams	1oz	150	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3.5	0	30	27%	5%	0%	0	95	20	2	7	25%	2	6%	6%	2%	10%					
322	7410	Sunrise Bites Grahams	1oz	150	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3.5	1	30	27%	5%	8%	0	113	20	1	7	25%	2	6%	6%	2%	10%					
323	7411	2 GB Sunrise Bites Grahams	2oz	100	2 GB	E	Y	Y	N	W	Y	Y	10 mo	2oz	2	57	250	7	2	60	24%	11%	7%	0	230	43	4	15	26%	4	20%	10%	4%	25%					
324	7402	Chocolate Bear Grahams	1oz	300	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3	1	30	27%	5%	8%	0	100	21	2	7	25%	2	6%	6%	2%	15%					
325	7405	Strawberry Waffle Graham	1oz	300	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3	0	25	23%	5%	0%	0	95	21	1	7	25%	2	6%	6%	2%	10%					
326	7404	Vanilla Bear Grahams	1oz	300	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	95	20	2	6	21%	2	6%	6%	2%	10%					
327	7415	Maple Waffle Graham	1oz	300	1 GB	S	Y	Y	N	W	Y	Y	10 mo	1oz	1	28	110	3.5	0.5	30	27%	5%	4%	0	115	20	2												

\*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Compliant or Menu Item***	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 %	
373	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%	0%
374	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%	0%
375		<b>Pepsi</b>																																		
376	159301	Life WTR	24 oz	12		S	Y	Y	N	Y	S	Y	Y	24 mo	24oz	24	680	0	0	0	0%	0%	0%	0	2	3	0	0	0%	0	0%	0%	0%	40%	0%	0%
377	14143	Mt. Dew KickStart - Pineapple/Orange/Mango	12oz	18		S	Y	Y	N	Y	t	Y	Y	6 mo	12oz	12	340	60	0	0	0%	0%	0%	0	130	15	0	14	4%	0	0%	70%	0%	0%	0%	
378	18331	Mt. Dew KickStart - Orange Citrus	12oz	18		S	Y	Y	N	Y		Y	Y	6 mo	12oz	12	340	60	0	0	0%	0%	0%	0	135	16	0	15	4%	0	0%	70%	0%	0%	0%	
379	18334	Mt. Dew KickStart - Black Cherry	12oz	18		S	Y	Y	N	Y		Y	Y	6 mo	12oz	12	340	60	0	0	0%	0%	0%	0	130	15	0	14	4%	0	0%	70%	0%	0%	0%	
380	18337	Mt. Dew KickStart - Midnight Grape	12oz	18		S	Y	Y	N	Y		Y	Y	6 mo	12oz	12	340	60	0	0	0%	0%	0%	0	130	16	0	15	4%	0	0%	70%	0%	0%	0%	
381	88717	Diet Mt. Dew	16.9oz	24		S	Y	Y	N	Y		Y	Y	3mo	16.9oz	16.9	479	5	0	0	0%	0%	0%	0	70	1	0	0	0%	0	0%	0%	0%	0%	0%	
382	92327	Diet Dr. Pepper	16.9oz	24		S	Y	Y	N	Y		Y	Y	3mo	16.9oz	16.9	479	0	0	0	0%	0%	0%	0	85	0	0	0	0%	0	0%	0%	0%	0%	0%	
383	121347	Diet Pepsi Zero	16.9oz	24		S	Y	Y	N	Y		Y	Y	3mo	16.9oz	16.9	479	0	0	0	0%	0%	0%	0	55	0	0	0	0%	0	0%	0%	0%	0%	0%	
384	165980	Diet Cherry Pepsi	16.9oz	24		S	Y	Y	N	Y		Y	Y	3mo	16.9oz	16.9	479	0	0	0	0%	0%	0%	0	55	0	0	0	0%	0	0%	0%	0%	0%	0%	
385		<b>Perfect Servings</b>																																		
386	15075	Fast & Easy Mac & Cheese (Microwavable)	2.15oz	140		E	N	Y	N	N	WM	Y	Y	3 mo	2.15oz	2.15	61	220	2	1	18	8%	3%	4%	0	570	43	1	5	8%	8	0%	0%	6%	6%	
387		<b>Popcorn Indiana</b>																																		
388	0653	Sweet N' Salty Popcorn	1oz	48	1 GB	S	N	Y	Y	N		Y	Y	6 mo	1oz	1	29	130	5	0.5	45	35%	8%	3%	0	140	20	3	5	17%	2	0%	0%	0%	6%	
389		<b>Post / Malt-O-Meal Bulk Cereal</b>																																		
390	9825	Berry Colossal Crunch	44oz	4	1 GB	S	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%	
391	9828	Fruity Dyno-Bites	46oz	4	3/4 GB	S	Y	N	Y			Y	Y	12 mo	.9oz	0.9	27	110	1	0	5	2%	0%	0%	0	170	24	0	11	41%	1	0%	0%	0%	10%	
392	9831	Cinnamon Toasters	30oz	6	1 GB	S	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%	
393	7485	Cinnamon Granola	50oz	4	1 GB	S	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%	
394		<b>Post / Malt-O-Meal Cereal Small Bowl Packs</b>																																		
395	542	Crispy Flakes	63oz	96	1/2 GB	S	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%	
396	1015	Frosted Flakes	1.0oz	96	1 GB	S	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%	0%	20%	
397	1315	Tootie Fruites	.75oz	96	3/4 GB	S	Y	N	N	W		Y	Y	12 mo	27g	0.75	21	80	0.5	0	5	6%	1%	0%	0	95	18	0	9	42%	1	0%	0%	8%	15%	
398	1515	Coco-Ros	.87oz	96	3/4 GB	S	Y	N	N	W		Y	Y	10 mo	.87oz	0.87	24	100	1	0	10	10%	2%	0%	0	90	22	0	12	50%	1	0%	0%	10%	15%	
399	2415	Berry Colossal Crunch	1.0oz	96	1 GB	S	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%	
400	3915	Cinnamon Toasters	1.0oz	96	1 GB	S	Y	Y	N	WS		Y	Y	10 mo	1oz	1	28	120	3.5	0	30	25%	5%	0%	0	135	21	1	9	32%	1	0%	0%	10%	25%	
401	4515	Honey Graham Toasters	1.0oz	96	1 GB	E	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%	
402	27150	Strawberry Frosted Shredded Wheat	1.0oz	96	1 GB	S	Y	Y	N	W		Y	Y	9 mo	1oz	1	28	100	0	0	0	0%	0%	0%	0	0	23	3	5	18%	3	0%	0%	0%	25%	
403	27154	Frosted Blueberry Shredded Wheat	1.0oz	96	1 GB	S	Y	Y	N	W		Y	Y	9 mo	1oz	1	28	100	0.5	0	5	5%	1%	0%	0	0	23	3	6	21%	3	0%	0%	0%	45%	
404	27154	Scouters	1.0oz	96	1 GB	S	Y	Y	N	W		Y	Y	9 mo	1oz	1	28	110	1.5	0	15	14%	2%	0%	0	140	21	3	0	0%	3	0%	0%	15%	30%	
405	27177	Frosted Shredded Wheat	1.0oz	96	1 GB	S	Y	Y	N	W		Y	Y	9 mo	1oz	1	28	100	0.5	0	5	5%	1%	0%	0	0	23	3	6	21%	3	0%	0%	0%	45%	
406	27596	Marshmallow Matays	1.0oz	96	1 GB	E	Y	Y	N	W		Y	Y	9 mo	1oz	1	28	110	1.5	0	15	14%	2%	0%	0	270	22	2	6	21%	3	0%	0%	15%	25%	
407	27597	Honey Scooters	1.0oz	96	1 GB	S	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%	
408	29594	Fruity Pebbles	1 oz	96	1 GB	E	Y	Y	N	W		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%	
409		<b>Post / Malt-O-Meal Cereal Large Bowl Packs</b>																																		
410	00955	Large Bowl Frosted Flakes	2oz	48	2 GB	S	Y	Y	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%	
411	03759	Large Bowl Honey Graham Toasters	2oz	48	2 GB	E	Y	Y	N	WS		Y	Y	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%	
412	05940	Large Bowl Marshmallow Matays	2oz	48	2 GB	E	Y	Y	N	W		Y	Y	9 mo	2.0oz	2	56	210	2	0	20	10%	3%	0%	0	380	47	3	23	41%	4	0%	0%	25%	35%	
413	0676	Large Bowl Honey Scooter's	2oz	48	2 GB	E	Y	Y	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%	
414	13820	Large Bowl Cinnamon Toasters	2oz	48	2 GB	E	Y	Y	N	WS		Y	Y	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%	
415	27162	Large Bowl Strawberry Frosted Shredded Wheat	2oz	48	2 GB	S	Y	Y	N	W		Y	Y	9 mo	2.0oz	2	57	190	1	0	10	5%	2%	0%	0	5	46	6	11	19%	5	0%	0%	0%	5	



\*Listed by Manufacturer, in alphabetical order

ID	Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Complete or Incomplete 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 %
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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
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