

# COMMERCIAL FOOD SYSTEMS, INC.

2210 Enterprise Park Dr  
Indianapolis, IN 46218

317-926-4237  
800-283-7437

\*Listed by Manufacturer, in alphabetical order

Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Compliant or Mentored**	Peanut Free	Trans Fat Free	Gluten Free	Product Contains Whole Grain*	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 (1.0%)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	% Sugar by weight (35%)	Protein (g)	Vitamin A RDI %	Vitamin C RDI %	Vitamin E RDI %	Calcium RDI %	Iron RDI %				
<b>Breakfast on the Go Kits</b>																																							
40001																																							
3915	Cinnamon Toasters	1.0oz	1	1 GB	S	Y	Y	N	Y	WS	Y	Y	10 mo	1oz	1	28	120	3.5	0.5	30	25%	5%	4%	0	130	22	0	9	32%	1	10%	10%	10%	50%					
7405	Strawberry Waffle Graham	1oz	1	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%					
14523	Apple - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>Y</b>	<b>6.33 oz</b>	<b>6.23</b>	<b>177</b>	<b>290</b>	<b>6.5</b>	<b>0.5</b>	<b>55</b>	<b>19%</b>	<b>10%</b>	<b>2%</b>	<b>0</b>	<b>235</b>	<b>58</b>	<b>1</b>	<b>31</b>	<b>17%</b>	<b>3</b>	<b>16%</b>	<b>76%</b>	<b>12%</b>	<b>60%</b>						
40002																																							
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%					
7405	Strawberry Waffle Graham	1oz	1	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%					
25216	Punch - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>Y</b>	<b>6.33 oz</b>	<b>6.23</b>	<b>176</b>	<b>280</b>	<b>4</b>	<b>0</b>	<b>35</b>	<b>13%</b>	<b>6%</b>	<b>0%</b>	<b>0</b>	<b>255</b>	<b>60</b>	<b>1</b>	<b>31</b>	<b>18%</b>	<b>3</b>	<b>21%</b>	<b>76%</b>	<b>2%</b>	<b>20%</b>						
40004																																							
78787	Reduced Sugar Apple Jacks	1oz	1	1 GB	S	Y	Y	N	Y	WS	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	160	24	3	8	28%	2	8%	20%	0%	20%					
7415	Maple Waffle Graham	1oz	1	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%					
52179	Orange Tangerine - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	70	0	0	0	0%	0%	0	15	17	0	16	13%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WS</b>	<b>Y</b>	<b>Y</b>	<b>6.33 oz</b>	<b>6.23</b>	<b>177</b>	<b>290</b>	<b>4.5</b>	<b>1</b>	<b>40</b>	<b>14%</b>	<b>7%</b>	<b>3%</b>	<b>0</b>	<b>230</b>	<b>61</b>	<b>5</b>	<b>31</b>	<b>18%</b>	<b>4</b>	<b>14%</b>	<b>68%</b>	<b>2%</b>	<b>35%</b>						
40005																																							
31888	Cocoa Puffs	1.06oz	1	1 GB	S	N	Y	N	Y		Y	Y	248 Days	1.06oz	1.06	30	110	1.5	0	15	14%	2%	0%	0	160	25	2	8	27%	2	10%	10%	10%	25%					
7405	Strawberry Waffle Graham	1oz	1	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%					
88977	Grape - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	70	0	0	0	0%	0%	0	10	16	0	15	13%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>N</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>N</b>	<b>6.33 oz</b>	<b>6.29</b>	<b>175</b>	<b>290</b>	<b>5</b>	<b>0.5</b>	<b>45</b>	<b>16%</b>	<b>8%</b>	<b>2%</b>	<b>0</b>	<b>235</b>	<b>61</b>	<b>4</b>	<b>30</b>	<b>17%</b>	<b>4</b>	<b>16%</b>	<b>76%</b>	<b>12%</b>	<b>40%</b>						
40006																																							
12436	Honey Nut Scooters	1.0oz	1	1 GB	S	Y	Y	N	Y	W	Y	Y	10 mo	1oz	1	28	100	1	0	10	10%	2%	0%	0	200	23	2	9	32%	2	10%	10%	10%	50%					
7405	Strawberry Waffle Graham	1oz	1	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%					
88579	Berry - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	100%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>Y</b>	<b>6.33 oz</b>	<b>6.23</b>	<b>177</b>	<b>270</b>	<b>4</b>	<b>0</b>	<b>35</b>	<b>13%</b>	<b>6%</b>	<b>0%</b>	<b>0</b>	<b>305</b>	<b>59</b>	<b>3</b>	<b>30</b>	<b>17%</b>	<b>4</b>	<b>16%</b>	<b>116%</b>	<b>12%</b>	<b>60%</b>						
40008																																							
1615	Marshmallow Mateys	1.0oz	1	1 GB	S	Y	Y	N	Y	W	Y	N	9 mo	1oz	1	28	110	1	0	10	9%	2%	0%	0	190	24	1	12	42%	2	10%	10%	10%	50%					
7400	Honey Grahams - 3ct	1oz	1	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%					
25216	Punch - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>W</b>	<b>N</b>	<b>N</b>	<b>6.23 oz</b>	<b>6.23</b>	<b>176</b>	<b>280</b>	<b>4</b>	<b>0</b>	<b>40</b>	<b>14%</b>	<b>6%</b>	<b>0%</b>	<b>0</b>	<b>340</b>	<b>59</b>	<b>3</b>	<b>33</b>	<b>19%</b>	<b>4</b>	<b>16%</b>	<b>76%</b>	<b>10%</b>	<b>65%</b>						
40009																																							
78788	Reduced Sugar Froot Loops	1oz	1	1 GB	S	Y	Y	N	Y	WS	Y	Y	8 mo	1oz	1	28	110	1	0.5	10	9%	2%	4%	0	170	24	3	8	28%	2	8%	20%	0%	20%					
7415	Maple Waffle Graham	1oz	1	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%					
88579	Berry - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	100%	0%	0%	0%					
	<b>Totals</b>	<b>6.33oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>W</b>	<b>N</b>	<b>N</b>	<b>6.23 oz</b>	<b>6.23</b>	<b>176</b>	<b>280</b>	<b>4.5</b>	<b>1</b>	<b>40</b>	<b>14%</b>	<b>7%</b>	<b>3%</b>	<b>0</b>	<b>295</b>	<b>59</b>	<b>5</b>	<b>29</b>	<b>16%</b>	<b>4</b>	<b>14%</b>	<b>126%</b>	<b>2%</b>	<b>35%</b>						
40011																																							
7415	Maple Waffle Graham	1oz	1	1 GB	S	Y	Y	N	Y	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%					
14523	Apple - Small	4.23oz	1	1 F	S	Y	Y	N	Y	WSE	Y	Y	12 mo	4.23oz	4.23	120	60	0	0	0	0%	0%	0	10	15	0	14	12%	0	0%	60%	0%	0%	0%					
	<b>Totals</b>	<b>6.49oz</b>	<b>24</b>	<b>2 GB / 1 F</b>	<b>E</b>	<b>N</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>MWS</b>	<b>N</b>	<b>N</b>	<b>6.49 oz</b>	<b>6.6</b>	<b>187</b>	<b>320</b>	<b>7.5</b>	<b>1.5</b>	<b>65</b>	<b>20%</b>	<b>12%</b>	<b>4%</b>	<b>0</b>	<b>260</b>	<b>64</b>	<b>6</b>	<b>30</b>	<b>16%</b>	<b>4</b>	<b>6%</b>	<b>66%</b>	<b>17%</b>	<b>19%</b>						
40013																																							
55122	Pop Tart WG Frosted Cinnamon	1.76 oz	120	1 1/4 GB	S	Y	Y	N	Y	WS	Y	Y	8 mo	1.76 oz	1.76	50	1																						

\*Listed by Manufacturer, in alphabetical order

Item #	Product Line	Size	Case	NSLP Meal Component	Smart Snack Compliant or compliant when Peanut**	Peanut Free	Trans Fat Free	Gluten Free	Product Contains Whole Grain*	Additional Allergens Present**	High Fructose Corn Syrup Free	Kosher	Shelf Life (from date of Mmf)	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 %	Vitamin E RDI %	Calcium RDI %	Iron RDI %
		1.41oz	1	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%	
15794	Apple - Large	6.75oz	1	1.5 F	S	Y	Y	Y	N		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%	
	<b>Totals</b>	<b>7.85oz</b>	<b>24</b>	<b>1 GB / 1 F</b>	<b>S</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>N</b>		<b>7.85 oz</b>	<b>8.16</b>	<b>231</b>	<b>260</b>	<b>3</b>	<b>1</b>	<b>25</b>	<b>10%</b>	<b>5%</b>	<b>3%</b>	<b>0</b>	<b>150</b>	<b>55</b>	<b>2</b>	<b>34</b>	<b>15%</b>	<b>2</b>	<b>0%</b>	<b>100%</b>	<b>15%</b>	<b>4%</b>	
	<b>41007</b>																																		
7402	Chocolate Bear Grahams	1oz	300	1 GB	S	Y	Y	Y	N	W	Y	Y	10 mo	1oz	1	0	110	3	1	30	27%	5%	8%	0	100	21	2	7	###	2	6%	6%	2%	15%	
15794	Apple - Large	6.75oz	1	1.5 F	S	Y	Y	Y	N		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%	
	<b>Totals</b>	<b>7.85oz</b>	<b>24</b>	<b>1 GB / 1 F</b>	<b>S</b>	<b>Y</b>	<b>Y</b>	<b>N</b>	<b>Y</b>	<b>WSE</b>	<b>Y</b>	<b>N</b>		<b>7.85 oz</b>	<b>7.75</b>	<b>191</b>	<b>210</b>	<b>3</b>	<b>1</b>	<b>30</b>	<b>14%</b>	<b>5%</b>	<b>4%</b>	<b>0</b>	<b>115</b>	<b>45</b>	<b>2</b>	<b>29</b>	<b>15%</b>	<b>2</b>	<b>6%</b>	<b>106%</b>	<b>2%</b>	<b>15%</b>	

\*\*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

% 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

