

PRODUCT INFORMATION					NUTRIENTS PER PACKAGE																											
					PRODUCTS MAY CONTAIN ALLERGENS BELOW. Information is provided to help you identify products that may be acceptable to allergic customers. CHECK INGREDIENT LABELS before serving any products to a customer with a known food allergy.																											
Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Bachman	Kidzels	Pretzels		13001	0.83	23	100	1.5	14	0	0	0.0	0	79	19	1	1	4	4	2	0	0	0	0	NO	1.2 G/B	x					
Bakecrafters		Bagel Half	Honey Wheat I/W	950	1.0	28	94	0.5	5	0	0	0.0	0	146	20	1	1	2	2	3	0	0	3	5	NO	1.1 G/B	x	x				
Bakecrafters		Bagel Half	Plain I/W	652	1.0	28	83	0.3	3	0	0	0.0	0	130	18	1	0	1	1	3	0	0	3	5	NO	1.1 G/B	x	x				
Barbara's Bakery	Oganic Mini Cookies	100 Calorie	Chocolate	070617-003657 (UNFI #907980)	0.9	25	100	2	18	1.0	9	0.0	0	150	18	0	8	32	32	1	0	0	0	4	NO	0.8 G/B	x		x	x	x	x
Blue Bunny	Cool Daze	Fudge Dream Bar		737508	2.0	57	90	1.5	15	1.0	10	0.0	5	55	16	0	12	21	53	3	2	0	10	0	NO				x		x	
Blue Bunny	Cool Daze	Juice Bar	Freezy Fruit Punch	757973	1.9	53	45	0.0	0	0.0	0	0.0	0	10	10	0	10	19	89	0	0	100	0	0	NO	1/4 Cup V/F						
Blue Bunny	Cool Daze	Low Fat Ice Cream Cups	Birthday Cake	779628	3.0	84	70	1.0	13	0.5	6	0.0	<5	40	13	0	8	10	46	2	2	0	25	0	NO				x			
Blue Bunny	Cool Daze	Low Fat Ice Cream Cups	Cotton Candy	779845	1.7	47	70	1.0	13	0.5	6	0.0	<5	40	12	0	8	17	46	2	2	0	25	0	NO				x			
Blue Bunny	Cool Daze	Low Fat Ice Cream Sandwich	Vanilla	737497	2.3	64	150	3.0	18	1.5	9	0.0	10	95	28	0	15	23	40	3	4	0	25	0	NO		x	x	x			
Blue Bunny	Cool Daze	Pudding Pop	Choc Van Swirl	750651	2.1	60	100	3.0	27	1.5	14	0.0	0	40	17	0	13	22	52	2	0	0	25	0	NO				x			
Blue Bunny	Fat Free No Sugar Added Ice Cream Cup	Vanilla		420917	4.0	112	80	0.0	0	0.0	0	0.0	<5	70	20	5	5	4	25	4	6	0	10	0	YES				x			
Blue Bunny	Good For You	FrozFruit	Chunky Mango	725096	4.3	120	80	0.0	0	0.0	0	0.0	0	10	21	<1	20	17	100	0	45	30	0	0	NO	1/4 Cup V/F				x		
Blue Bunny	Good For You	FrozFruit	Chunky Pineapple	725107	4.3	120	80	0.0	0	0.0	0	0.0	0	10	21	<1	20	17	100	0	0	6	0	0	NO	1/4 Cup V/F				x		
Blue Bunny	Good For You	FrozFruit	Chunky Strawberry	769331	4.3	120	100	0.0	0	0.0	0	0.0	0	15	26	<1	24	20	96	0	0	50	0	1	NO	1/4 Cup V/F				x		
Blue Bunny	Health Smart	Fat Free No Sugar Added Fudge Bar	Vanilla	670753	3.1	87	80	0.0	0	0.0	0	0.0	0	100	19	6	5	6	25	5	8	0	15	0	YES				x			
Blue Bunny	Health Smart	Fat Free No Sugar Added Ice Cream	Strawberry	769139	4.0	112	70	0.0	0	0.0	0	0.0	0	65	19	4	4	4	23	3	4	0	10	0	YES				x			
Blue Bunny	Health Smart	Fat Free No Sugar Added Ice Cream	Vanilla	769114	2.5	71	80	0.0	0	0.0	0	0.0	0	65	20	5	5	7	25	4	6	0	15	0	YES				x			
Blue Bunny	Well's	Fudge Bar		218082	3.3	91	130	1.5	10	1.0	7	0.0	5	90	26	0	20	22	62	4	0	0	15	0	NO				x		x	
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Strawberry Banana	894185-000494 (UNFI #91130)	0.4	12	46	0.0	0	0.0	0	0.0	0	0	11	2	6	51	52	1	2	41	1	2	NO	1/2 Cup V/F						
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Fuji Apple	894185-000487 (UNFI #91132)	0.4	10	39	0.0	0	0.0	0	0.0	0	0	9	2	6	61	62	0	0	3	0	0	NO	1/2 Cup V/F						
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Asian Pear	894185-000852 (UNFI #91135)	0.4	10	40	0.0	0	0.0	0	0.0	0	0	9	1	7	71	70	0	0	0	2	0	NO	1/2 Cup V/F						
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Strawberry	894185-000401 (UNFI #91140)	0.3	7	30	0.0	0	0.0	0	0.0	0	0	6	1	4	55	53	1	0	70	2	4	NO	1/2 Cup V/F						
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Banana	894185-000432 (UNFI #91145)	0.6	17	66	0.0	0	0.0	0	0.0	0	0	16	2	8	48	48	1	3	10	0	2	NO	1/2 Cup V/F						
Brothers International Food Corp.	Brothers All Natural	Fruit Crisps (100% freeze dried fruit no other ingredients)	Pineapple	894185-000418 (UNFI #91146)	0.5	15	60	0.0	0	0.0	0	0.0	0	0	14	1	11	74	73	0	0	15	0	0	NO	1/2 Cup V/F						
Campbell Soup	Bakersource	Thaw and Serve Cookies	Oatmeal Raisin	41911	1.4	39	160	6.0	34	1.0	6	1.5	5	120	26	2	13	33	33	2	0	0	0	4	NO	0.6 G/B	x	x		x	x	
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Chicken Noodle	04142	8.0	224	60	2.5	38	1.0	15	0.0	10	460	7	1	1	0	7	3	15	0	30	2	NO	1/2 Cup V/F	x	x		x		
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Cream of Chicken	04143	8.0	224	80	2.5	28	1.0	11	0.0	5	460	12	1	2	1	10	2	10	0	0	0	NO		x	x	x			
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Cream of Mushroom	04144	8.0	224	70	2.0	26	0.5	6	0.0	5	470	10	1	2	1	11	2	0	0	10	0	NO		x	x	x			

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Minestrone	17299	8.0	224	80	0.5	6	0.0	0	0.0	0	460	15	3	4	2	20	3	30	0	4	6	NO	3/8 Cup V/F	x			x		
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Tomato	04145	8.0	224	90	1.5	15	0.5	5	0.0	0	470	17	1	10	4	44	2	8	10	0	0	NO	1/2 Cup V/F	x	x				
Campbell Soup	Healthy Request	Condensed Soup 12/50 oz. can	Vegetable Beef	173000	8.0	224	90	1.0	10	0.5	5	0.0	5	480	15	3	2	1	9	5	50	0	2	4	NO	1/2 Cup V/F	x					
Campbell Soup	Peppridge Farm	Flavor Blasted Goldfish	Hot N' Spicy Cheddar	17330	0.8	21	100	3.0	27	1.0	9	0.0	<5	190	14	<1	0	0	0	3	0	0	2	6	NO	1.0 G/B	x	x	x			
Campbell Soup	Peppridge Farm	Flavor Blasted Goldfish	Kickin' Ranch	17331	0.8	21	100	3.0	27	1.0	9	0.0	<5	190	14	<1	0	0	0	3	0	0	2	6	NO	1.0 G/B	x	x	x			
Campbell Soup	Peppridge Farm	Giant Goldfish Grahams	Chocolate	15263	0.9	25	120	3.5	26	1.0	8	0.0	0	105	19	1	6	24	20	2	0	0	0	8	NO	1.0 G/B	x	x				
Campbell Soup	Peppridge Farm	Giant Goldfish Grahams	Cinnamon	15094	0.9	25	120	4.0	30	1.0	8	0.0	0	110	19	<1	6	24	20	1	0	0	0	4	NO	1.0 G/B	x	x				
Campbell Soup	Peppridge Farm	Goldfish Physedibles Baked Animal Crackers	Lemon	16188	0.9	25	120	4.0	30	1.0	8	0.0	0	105	19	1	6	24	20	2	2	4	0	20	NO	1.0 G/B	x	x				
Campbell Soup	Peppridge Farm	Goldfish Physedibles Baked Animal Crackers	Strawberry	16187	0.9	25	120	4.0	30	1.0	8	0.0	0	105	19	1	6	24	20	2	2	4	0	20	NO	1.0 G/B	x	x				
Campbell Soup	Peppridge Farm	Goldfish Physedibles Baked Animal Crackers	Vanilla	16999	0.9	25	120	4.0	30	1.0	8	0.0	0	105	19	1	6	24	20	2	2	4	0	20	NO	1.0 G/B	x	x				
Campbell Soup	Peppridge Farm	Goldfish Snack Crackers	Cheddar	14367	0.8	21	100	3.5	32	1.0	9	0.0	<5	180	14	<1	0	0	0	2	0	0	2	2	NO	1.0 G/B	x	x	x			
Campbell Soup	Peppridge Farm	Goldfish Snack Crackers	Parmesan	15095	0.8	21	90	3.0	30	1.0	10	0.0	0	200	14	<1	0	0	0	3	0	0	4	4	NO	1.0 G/B	x	x	x			
Campbell Soup	Peppridge Farm	Pretzel Goldfish		14396	0.8	21	90	1.5	15	0.0	0	0.0	0	300	17	<1	0	0	0	2	0	0	0	4	NO	1.0 G/B	x	x	x			
Cascadian Farm	Organic Chewy Granola Bar		Chocolate Chip	021908-291024 (UNFI #713321)	1.3	35	140	3.0	19	1.0	6	0.0	0	125	25	1	10	29	29	2	0	0	0	6	NO	0.6 G/B	x	x	x		x	
Cascadian Farm	Organic Chewy Granola Bar		Fruit and Nut	021908-134727 (UNFI #367128)	1.3	35	140	4.0	26	1.0	6	0.0	0	110	24	1	11	31	31	2	0	0	0	0	NO	0.6 G/B	x	x	x		x	
Cascadian Farm	Organic Chewy Granola Bar		Multigrain	021908-134741 (UNFI #367094)	1.3	35	130	2.0	14	2.0	14	0.0	0	150	27	1	9	26	28	2	0	0	0	0	NO	0.6 G/B	x	x	x		x	
Castus	Fruit Bar Organic (No Added Sugar)		Apricot	877486-000035 (UNFI #818559)	0.9	25	80	1.0	11	0.5	6	0.0	0	5	16	2	16	63	80	1	0	0	2	5	NO	1/8 Cup V/F	x			x	x	
Castus	Fruit Bar Organic (No Added Sugar)		Strawberry	877486-000011 (UNFI #818559)	0.9	25	80	1.0	11	0.5	6	0.0	0	3	16	2	16	63	80	1	0	0	2	7	NO	1/8 Cup V/F						
Clif Bar & Co.	Clif Kid	Organic Twisted Fruit	Tropical Fruit	180004 (UNFI#)	0.7	20	70	0.0	0	0.0	0	0.0	0	5	16	1	9	45	51	0	2	10	0	6	NO	1/2 Cup V/F						
Clif Bar & Co.	Clif Kid	Organic Twisted Fruit made w/ fruit and F/V Juice, no sugar added	Mixed Berries	180002 (UNFI#)	0.7	20	70	0.0	0	0.0	0	0.0	0	5	16	1	9	45	51	0	2	10	0	6	NO	1/2 Cup V/F						
Clif Bar & Co.	Clif Kid	Organic Twisted Fruit made w/ fruit and F/V Juice, no sugar added	Sour Apple	180003 (UNFI#)	0.7	20	70	0.0	0	0.0	0	0.0	0	5	16	1	9	45	51	0	2	10	0	6	NO	1/2 Cup V/F						
Clif Bar & Co.	Clif Kid	Organic Twisted Fruit made w/ fruit and F/V Juice, no sugar added	Strawberry	180001 (UNFI#)	0.7	20	70	0.0	0	0.0	0	0.0	0	5	16	1	9	45	51	0	2	10	0	6	NO	1/2 Cup V/F						
Clif Bar & Co.	Z Bar	Organic Bar	Chocolate Brownie	722252-194138 (UNFI #781419)	1.3	36	120	3.0	23	1.0	8	0.0	0	125	22	3	12	33	40	3	6	35	30	10	NO	0.7 G/B	x					
Clif Bar & Co.	Z Bar	Organic Bar	Chocolate Chip	722252-194145 (UNFI #807917)	1.3	36	130	4.0	28	1.5	10	0.0	0	100	24	3	11	31	34	3	6	35	30	10	NO	0.6 G/B	x					
Clif Bar & Co.	Z Bar	Organic Bar	Peanut Butter	722252-194121 (UNFI #781435)	1.3	36	140	5.0	32	1.0	6	0.0	0	170	20	3	11	31	31	3	6	35	30	10	NO	0.7 G/B	x			x		

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ConAgra Foods	Healthy Choice	Whole Grain Cinnamon Bakes	Apple	94643-41731	3.0	84	200	3.0	14	0.0	0	0.0	0	240	41	3	14	17	28	4	0	0	4	10	NO	2.0 G/B	x	x	x			
ConAgra Foods	Healthy Choice	Whole Grain Cinnamon Bakes	Strawberry	94643-41730	3.0	84	200	3.0	14	0.0	0	0.0	0	240	40	3	14	17	28	4	0	0	4	10	NO	2.0 G/B	x	x	x			
ConAgra Foods	Hunt's	Snack Pack Juicy Gels shelf stable gelatin dessert	Orange & Strawberry	41263	3.5	98	100	0.0	0	0.0	0	0.0	0	45	25	0	22	22	88	0	0	0	0	0	NO							
ConAgra Foods	Hunt's	Snack Pack Juicy Gels shelf stable gelatin dessert	Strawberry	41261	3.5	98	100	0.0	0	0.0	0	0.0	0	45	25	0	22	22	88	0	0	0	0	0	NO							
ConAgra Foods	Hunt's	Snack Pack Pudding	Chocolate Fat Free	55413	3.5	98	90	0.0	0	0.0	0	0.0	0	140	20	0	17	17	76	2	0	0	4	4	NO				x			
ConAgra Foods	Hunt's	Snack Pack Pudding	Vanilla Fat Free	55402	3.5	98	80	0.0	0	0.0	0	0.0	0	140	18	0	16	16	80	1	0	0	6	0	NO				x			
Dannon	All Natural	Yogurt	Vanilla	101	6.0	168	150	2.5	15	1.5	9	0.0	10	100	25	0	25	15	67	7	0	4	25	0	NO	1.5 oz. MMA				x		
Dannon	Creamy Fruit Blends	Lowfat Yogurt	Variety: Straw Ban/Cherry	415	4.0	112	110	1.0	8	0.5	4	0.0	5	65-85	20-21	0	18-19	####	####	4	0	0	10	0	NO	1.0 MMA	x		x			
Dannon	Creamy Fruit Blends	Lowfat Yogurt	Variety: Straw Ban/Rasp	551	4.0	112	110	1.0	8	0.5	4	0.0	5	65-85	20-21	0	18-19	####	####	4	0	0	10	0	NO	1.0 MMA	x		x			
Dannon	Creamy Fruit Blends	Lowfat Yogurt	Variety: Straw/Blueberry	552	4.0	112	110	1.0	8	0.5	4	0.0	5	80-85	22	0	20	18	73	4	0	0	10	0	NO	1.0 MMA	x		x			
Dannon	Creamy Fruit Blends	Lowfat Yogurt	Variety: Straw/Peach	550	4.0	112	110	1.0	8	0.5	4	0.0	5	65-85	20-21	0	18-19	####	####	4	0	0	10	0	NO	1.0 MMA	x		x			
Dannon	Danimals	Blended Lowfat Yogurt	Tropical Tidal Wave Fruit Punch	571	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Blended Lowfat Yogurt	Strawberry/Ban Wild Rasp Mini Pk	573	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Blended Lowfat Yogurt	Strawberry	591	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Blended Lowfat Yogurt	Totally Vanilla	593	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Blended Lowfat Yogurt	Cherry Cool	594	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Blended Lowfat Yogurt	Banana	595	4.0	112	90	2.0	20	1.0	10	0.0	10	55	14	0	13	12	58	5	0	0	30	0	NO	1.0 MMA				x		
Dannon	Danimals	Drinkable Yogurt	Strawberry Explosion	900	3.1	87	70	0.5	6	0.0	0	0.0	<5	35	15	0	14	16	80	2	0	0	25	0	NO					x		
Dannon	Danimals	Drinkable Yogurt	Rockin' Raspberry	901	3.1	87	70	0.5	6	0.0	0	0.0	<5	35	15	0	14	16	80	2	0	0	25	0	NO					x		
Dannon	Danimals	Drinkable Yogurt	Strawberry Kiwi	904	3.1	87	70	0.5	6	0.0	0	0.0	<5	35	15	0	14	16	80	2	0	0	25	0	NO					x		
Dannon	Danimals	Drinkable Yogurt	Strawberry Banana	906	3.1	87	70	0.5	6	0.0	0	0.0	<5	35	15	0	14	16	80	2	0	0	25	0	NO					x		
Dannon	Fruit on the Bottom	Yogurt	Strawberry	104	6.0	168	150	1.5	9	1.0	6	0.0	5	110	28	0	26	15	69	6	0	4	25	0	NO	1.5 oz. MMA				x		
Dannon	Fruit on the Bottom	Yogurt	Blueberry	108	6.0	168	140	1.5	10	1.0	6	0.0	5	130	26	0	25	15	71	6	0	2	25	0	NO	1.5 oz. MMA				x		
Dannon	Fruit on the Bottom	Yogurt	Peach	112	6.0	168	150	1.5	9	1.0	6	0.0	5	95	28	0	27	16	72	6	2	4	25	0	NO	1.5 oz. MMA				x		
Dannon	Fruit on the Bottom	Yogurt	Mixed Berries	116	6.0	168	150	1.5	9	1.0	6	0.0	5	120	27	0	27	16	72	6	0	4	20	0	NO	1.5 oz. MMA				x		
Dannon	Fruit on the Bottom	Yogurt	Variety Pack	132	6.0	168	140-150	1.5	9	1.0	6	0.0	5	95-130	26-28	0	25-27	15-16	69-72	6	0-2	2-4	20-25	0	NO	1.5 oz. MMA				x		
Dannon	Light & Fit	Blended Nonfat Yogurt	Peach	620	6.0	168	60	0.0	0	0.0	0	0.0	<5	85	11	0	7	4	47	5	10	0	20	0	YES	1.5 MMA	x			x		
Dannon	Light & Fit	Blended Nonfat Yogurt	Strawberry Banana	621	6.0	168	60	0.0	0	0.0	0	0.0	<5	90	11	0	7	4	47	5	10	2	15	0	YES	1.5 MMA	x			x		
Dannon	Light & Fit	Blended Nonfat Yogurt	Strawberry	625	6.0	168	60	0.0	0	0.0	0	0.0	<5	90	11	0	7	4	47	5	10	2	15	0	YES	1.5 MMA	x			x		
Dannon	Light & Fit	Blended Nonfat Yogurt	Variety: Straw/Peach/Rasp	137	6.0	168	60	0.0	0	0.0	0	0.0	<5	85-95	11	0	7	4	47	5	10	0-2	15-20	0	YES	1.5 MMA	x			x		
Dannon	Light & Fit	Smoothie	Mixed Berries	711	7.0	196	60	0	0	0	0	0.0	0	85	9	0	6	3	40	5	8	0	15	0	YES					x		
Dannon	Light & Fit	Smoothie	Peach Passion Fruit	713	7.0	196	60	0	0	0	0	0.0	0	85	9	0	6	3	40	5	10	0	15	0	YES					x		

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Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Dannon	Light & Fit	Smoothie	Strawberry Banana	710	7.0	196	60	0	0	0	0	0.0	0	70	9	0	6	3	40	5	8	0	15	0	y				x			
Filled Bagel Industries	Bageler	Bagel & Cream Cheese Bars w/ Whole Grain	Cinnamon Apple	58	2.5	70	190	3.0	14	1.5	7	0.0	5	200	37	3	8	11	17	6	0	0	2	6	NO	2.0 G/B	x	x	x			
Filled Bagel Industries	Bageler	Bagel & Cream Cheese Bars w/ Whole Grain	Strawberry Jelly	57	2.5	70	180	3.0	15	1.5	8	0.0	5	210	35	3	8	11	18	6	0	0	0	6	NO	2.0 G/B	x	x	x			
General Mills	Cereal Bar	Cinnamon Toast Crunch		16000-19437-0	1.4	40	160	3.5	20	0.0	0	0.0	0	170	30	1	11	28	28	2	0	0	20	20	YES	1.0 G/B	x		x			
General Mills	Cereal Bar	Cocoa Puffs		16000-19438-7	1.4	40	160	4.0	23	0.5	3	0.0	0	105	29	2	11	28	28	2	0	0	20	40	YES	1.0 G/B	x					
General Mills	Cereal Bar	Fruity Cheerios		16000-40478-3	1.4	40	150	4.0	24	0.5	3	0.0	0	120	28	1	10	25	27	2	2	6	20	10	YES	1.0 G/B	x	x				
General Mills	Cereal Bar	Trix		16000-42395-1	1.4	40	160	4.0	23	0.0	0	0.0	0	140	29	1	10	25	25	2	2	0	20	20	YES	1.0 G/B	x					
General Mills	Cereal Bowl Pack	Berry Berry Kix		16000-11927	0.9	24	90	1.0	10	0.0	0	0.0	0	130	21	0	8	33	36	1	8	8	4	20	NO	1.0 G/B						
General Mills	Cereal Bowl Pack	Cheerios		16000-11941	0.7	19	70	1.0	13	0.0	0	0.0	0	125	14	2	0	0	0	2	6	6	6	25	NO	1.0 G/B						
General Mills	Cereal Bowl Pack	Cinnamon Toast Crunch		16000-11815	1.0	28	120	3.0	23	0.5	4	0.0	0	200	22	1	9	32	30	1	8	8	8	20	NO	1.0 G/B	x	x				
General Mills	Cereal Bowl Pack	Cinnamon Toast Crunch Reduced Sugar		16000-29444	1.0	28	100	3.0	27	0.0	0	0.0	0	160	22	2	2	7	8	1	8	8	45	40	YES	1.0 G/B	x		x			
General Mills	Cereal Bowl Pack	Fruity Cheerios		16000-19809	0.9	24	90	1.0	10	0.0	0	0.0	0	120	21	1	8	33	36	1	8	20	8	20	NO	1.0 G/B	x					
General Mills	Cereal Bowl Pack	Honey Nut Cheerios		16000-11918	1.0	28	110	1.5	12	0.0	0	0.0	0	190	22	2	9	32	33	3	10	10	10	25	NO	1.0 G/B	x				x	
General Mills	Cereal Bowl Pack	Honey Nut Chex		16000-11866	1.1	31	120	0.5	4	0.0	0	0.0	0	220	27	0	9	29	30	2	0	10	10	50	NO	1.0 G/B					x	
General Mills	Cereal Bowl Pack	Kix Crispy Corn Puffs		16000-11942	0.6	17	60	0.5	8	0.0	0	0.0	0	120	14	2	2	12	13	1	6	6	8	25	NO	1.0 G/B						
General Mills	Cereal Bowl Pack	Multigrain Cheerios		16000-11922	0.7	19	70	1.0	13	0.0	0	0.0	0	130	15	2	4	21	23	1	6	15	6	60	NO	1.0 G/B	x					
General Mills	Cereal Bowl Pack	Reduced Sugar Cocoa Puffs		16000-29443	1.0	28	100	1.5	14	0.0	0	0.0	0	180	22	<1	3	11	12	1	0	8	8	40	YES	1.0 G/B						
General Mills	Cereal Bowl Pack	Rice Crunchies		16000-11997	0.8	21	70	0.0	0	0.0	0	0.0	0	200	18	0	2	10	11	1	10	15	0	6	NO	1.0 G/B						
General Mills	Cereal Bowl Pack	Total Raisin Bran		16000-12392	1.2	33	100	0.5	5	0.0	0	0.0	0	150	25	3	11	33	44	2	6	0	60	60	NO	1.0 G/B	x		x			
General Mills	Cereal Bowl Pack	Trix Reduced Sugar		16000-29445	0.9	24	100	1.0	9	0.0	0	0.0	0	160	21	<1	2	8	8	1	8	8	8	35	YES	1.0 G/B						
General Mills	Cereal Bowl Pack	Wheetles		16000-11940	0.8	23	80	0.5	6	0.0	0	0.0	0	170	19	2	3	13	15	2	6	6	0	30	NO	1.0 G/B	x					
General Mills	Cereal Bowl Pack	Whole Grain Golden Grahams Honey Graham		16000-11943	1.0	28	110	1.0	8	0.0	0	0.0	0	280	24	1	9	32	33	1	8	8	8	20	NO	1.0 G/B	x					
General Mills	Cereal Bowl Pack	Whole Grain Total		16000-11970	0.8	23	70	0.5	6	0.0	0	0.0	0	150	17	2	4	17	23	2	6	70	70	70	NO	1.0 G/B	x		x			
General Mills	Columbo	Light Cup Yogurt	Variety	41148-00075	8	224	120	0.0	0	0.0	0	0.0	<5	110	21	0	15	7	50	7	0	0	35	0	YES	2.0 oz. MMA			x			
General Mills	Crisps	Cinnamon Toast Crunch		16000-17689	1.0	28	120	3.0	23	0.0	0	0.0	0	200	22	1	9	32	30	2	10	8	8	20	NO	1.0 G/B	x	x				
General Mills	Fruit By the Foot Special Edition Fruit Snacks	Berry Tie-Dye		16000-12106	0.8	21	80	1.5	17	0.5	6	0.0	0	35	16	0	7	33	35	0	0	25	0	0	NO							
General Mills	Fruit Roll Ups	Fruit Snacks	Strawberry Reduced Sugar	16000-29162	0.5	14	50	1.0	18	0.0	0	0.0	0	55	11	0	4	29	32	0	25	0	0	0	NO							
General Mills	Nature Valley Chewy Granola Bar	Chocolate Chip		16000-11590	1.0	28	120	3.0	23	0.5	4	0.0	0	40	21	1	7	25	23	2	0	0	10	0	NO	0.25 G/B	x	x	x		x	
General Mills	Nature Valley Chewy Granola Bar	Cinnamon		16000-11580	0.8	21	90	3.0	30	0.0	0	0.0	0	80	15	1	6	29	27	2	0	0	10	2	NO	0.5 G/B		x			x	
General Mills	Nature Valley Chewy Granola Bar	Oats 'N Honey		16000-11582	0.8	21	90	3.0	30	0.0	0	0.0	0	80	15	1	6	29	27	2	0	0	10	2	NO	0.5 G/B		x			x	
General Mills	Nature Valley Crunchy Granola Bar	Maple Brown Sugar		16000-17166	0.8	21	90	3.0	30	0.0	0	0.0	0	80	15	1	6	29	27	2	0	0	10	2	NO	0.5 G/B		x			x	
General Mills	Scoobie Doo Fruit Flavored Snacks			16000-11510	0.9	26	80	0.5	6	0.0	0	0.0	0	50	19	0	7	27	35	0	0	100	0	0	NO							

Balanced Choices Snacks

Chartwells K-12 Schools

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General Mills	Simply Chex Brand Snack	Cheddar		16000-19298	1.3	35	130	3.5	24	1.0	7	0.0	0	430	24	1	4	11	12	3	0	0	4	2	NO	1.4 G/B	x	x	x	x	x	
General Mills	Simply Chex Brand Snack	Chocolate Caramel		16000-14501	1.2	34	150	4.5	27	1.5	9	0.0	5	290	26	1	9	26	24	1	0	0	0	0	NO	1.4 G/B	x	x	x	x	x	
General Mills	Simply Chex Brand Snack	Strawberry Yogurt		16000-14502	1.2	34	150	4.0	24	1.5	9	0.0	0	270	27	0	8	24	21	2	0	0	0	0	NO	1.4 G/B	x	x	x	x	x	
General Mills	Sunkist Special Edition Fruit Snacks	Mixed Fruit		16000-13803	0.9	26	80	0.5	6	0.0	0	0.0	0	50	19	0	7	27	35	0	0	100	0	0	NO							
General Mills	Team Cheerios Cereal Bar	Strawberry		16000-42393	1.4	40	160	3.5	20	0.0	0	0.0	0	130	30	2	11	28	28	2	0	6	20	10	YES	1.0 G/B	x					
General Mills	Yoplait Low Fat Yogurt	Trix	Raspberry Rainbow	70470-17725	4.0	113	110	1.5	12	1.0	8	0.0	5	55	21	0	17	15	62	4	10	0	10	0	NO	1 oz. M/MA			x			
General Mills	Yoplait Low Fat Yogurt	Trix	Strawberry Banana Bash	70470-17726	4.0	113	110	1.5	12	1.0	8	0.0	5	55	21	0	17	15	62	4	10	0	10	0	NO	1 oz. M/MA			x			
General Mills	Yoplait Low Fat Yogurt	Trix	Watermelon Burst	70470-17727	4.0	113	110	1.5	12	1.0	8	0.0	5	55	21	0	17	15	62	4	10	0	10	0	NO	1 oz. M/MA			x			
General Mills	Yoplait Low Fat Yogurt	Trix	Wild Blueberry/Triple Cherry	70470-00721	4.0	113	110	1.5	12	1.0	8	0.0	5	55	21	0	17	15	62	4	10	0	10	0	NO	1 oz. M/MA			x			
Good Humor	Novelties Single Serve	Cookies & Cream Bar		77567 00397	2.7	76	90	1.0	10	1.0	10	0.0	5	35	18	2	9	12	40	2	6	0	10	4	NO		x	x	x			
Good Humor	Novelties Single Serve	Fruiti-Holanda Fruit Bar	Strawberry	77567 00920	3.0	84	90	0.0	0	0.0	0	0.0	0	5	23	0	19	23	84	0	0	4	0	0	NO							
Good Humor	Novelties Single Serve	Swirlwind	Low Fat Vanilla	77567 00426	6.0	168	160	2.5	14	1.5	8	0.0	10	110	31	0	23	14	58	4	10	2	15	0	NO		x	x				
Good Source	Breadable	Carrot		51411	2.0	56	160	6.0	34	1.0	6	0.0	20	150	26	1	14	25	35	3	10	2	4	6	NO	1.1 G/B	x	x	x	x		
Good Source	Fruit and Grain Bar	Apple		680121	1.3	36	130	3.5	24	0.0	0	0.0	0	45	25	1	11	30	34	2	15	0	0	10	NO	1.0 G/B	x	x	x	x	x	
Good Source	Fruit and Grain Bar	Blueberry		681121	1.3	36	130	3.5	24	0.5	3	0.0	0	55	25	2	11	30	34	2	15	0	0	10	NO	1.0 G/B	x	x	x	x	x	
Good Source	Fruit and Grain Bar	Raspberry		682121	1.3	36	130	3.5	24	0.0	0	0.0	0	65	26	2	11	30	34	2	15	0	0	10	NO	1.0 G/B	x	x	x	x	x	
Good Source	Fruit and Grain Bar	Strawberry		683121	1.3	36	130	3.5	24	0.0	0	0.0	0	50	25	2	11	30	34	2	15	0	0	10	NO	1.0 G/B	x	x	x	x	x	
Good Source	JJ's	Marshmallow & Crispy Rice Treat IW		82200	0.8	22	90	2.0	20	1.0	10	0.0	0	120	16	0	7	32	31	<1	0	0	0	6	NO	0.9 G/B		x	x			
Good Source	Pretzel	Mini IW		25197	0.8	21	86	0.0	0	0.0	0	0.0	0	292	16	2	0	0	0	3	0	0	0	6	NO	1.0 G/B	x	x			x	
Healthy Handfuls	Certified Organic Snacks	Crocodile Cookies	Oatmeal Raisin	37	1.0	28	130	5.0	35	0.0	0	0.0	0	75	20	7	7	25	22	2	0	0	2	6	NO	1.0 G/B	x					
Healthy Handfuls	Certified Organic Snacks	Koala Crackers	Lemon Vanilla	35	1.0	28	120	3.5	26	1.5	11	0.0	5	35	21	2	7	25	23	2	2	0	0	8	NO	1.0 G/B	x	x				
Horizon	Organic Dairy	Tube Yogurt	Strawberry/Blueberry	742365-102431 (UNFI #327957)	2.0	56	70	1.0	13	0.5	6	0.0	5	40	12	0	11	20	63	2	0	4	8	0	NO	0.5 M/MA			x			
Horizon	Organic Dairy	Tube Yogurt	Strawberry/Orange Cream	742365-102424 (UNFI #327973)	2.0	56	70	1.0	13	0.5	6	0.0	5	40	12	0	11	20	63	2	0	4	8	0	NO	0.5 M/MA			x			
Immaculate Baking	DooHickeys	Oatmeal Raisin Cookies		6655596-005039 (UNFI #727792)	1.0	28	100	3.0	27	1.0	9	0.0	0	50	19	2	8	29	32	2	0	0	2	4	NO	0.4 G/B	x			x	x	
Immaculate Baking	Hunka Chunka Chocolate	Double Chocolate Cookies Organic		6655596-005015 (UNFI #727834)	1.0	28	110	4.0	33	1.0	8	0.0	15	40	16	1	9	32	33	2	0	0	2	4	NO	0.4 G/B	x			x	x	
J&J Snack Foods Corp.	Fostar	Juice Cup	Cherry	3940	3.0	84	60	0.0	0	0.0	0	0.0	0	10	15	0	13	15	87	0	0	100	0	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Fostar	Juice Cup	Orange	3941	3.0	84	60	0.0	0	0.0	0	0.0	0	10	15	0	13	15	87	0	22	100	0	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Fostar	Juice-On-A-Stick	Cherry	3611	1.8	49	45	0.0	0	0.0	0	0.0	0	15	11	0	8	16	71	0	0	100	0	0	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	Fostar	Pudding-On-A-Stick	Chocolate	3601	1.8	49	100	3.0	27	1.5	14	0.0	0	45	17	<1	13	27	52	2	0	0	6	0	NO				x			

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J&J Snack Foods Corp.	Fostar	Pudding-On-A-Stick	Swirl	3603	1.8	49	100	3.0	27	1.5	14	0.0	0	45	17	<1	13	27	52	2	0	0	6	0	NO							
J&J Snack Foods Corp.	Icee Cookies			56035	1.0	28	130	4.0	28	0.0	0	0.0	0	80	21	0	7	25	22	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	Jungle Crackers	Fruit Sweetened		39090	1.1	31	140	3.5	23	0.0	0	0.0	0	60	23	0	2	6	6	3	0	0	10	6	NO	1.0 G/B	x	x	x			
J&J Snack Foods Corp.	LUIGIS	Sherbet Cups	Chocolate	38444	4.0	112	120	1.5	11	1.5	11	0.0	5	60	26	0	25	22	83	1	0	100	2	10	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	LUIGIS	Sherbet Cups	Grape	38443	4.0	112	120	1.5	11	1.0	8	0.0	5	35	27	0	25	22	83	0	0	100	2	2	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	LUIGIS	Sherbet Cups	Lime	38442	4.0	112	120	1.5	11	1.0	8	0.0	5	35	27	0	25	22	83	0	0	100	2	2	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	LUIGIS	Sherbet Cups	Orange	38440	4.0	112	120	1.5	11	1.5	11	0.0	5	35	27	0	25	22	83	0	0	100	2	2	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	LUIGIS	Sherbet Cups	Raspberry	38441	4.0	112	120	1.5	11	1.0	8	0.0	5	35	27	0	25	22	83	0	0	100	2	2	NO	1/4 Cup V/F			x			
J&J Snack Foods Corp.	LUIGIS SOUPUSS	Juice Bars	Sour Cherry	3768	2.3	63	60	0.0	0	0.0	0	0.0	0	0	16	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	LUIGIS SOUPUSS	Juice Bars	Sour Cherry	3766	3.1	87	90	0.0	0	0.0	0	0.0	0	5	23	0	19	22	84	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	LUIGIS SOUPUSS	Juice Bars	Sour Watermelon	3767	2.3	63	70	0.0	0	0.0	0	0.0	0	0	17	0	14	22	80	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	LUIGIS SOUPUSS	Juice Bars	Sour Watermelon	3765	3.1	87	90	0.0	0	0.0	0	0.0	0	5	24	0	19	22	84	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Blue Raspberry	4012	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Blue Raspberry	4011	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Cherry	3830	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Cherry	3820	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Cherry Apple	3836	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Fruit Punch	3833	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Fruit Punch	3823	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Grape	3832	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Grape	3822	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Green Apple	4017	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Green Apple	4019	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Orange	3831	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Orange	3821	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Pink Lemonade	4018	3.1	87	80	0.0	0	0.0	0	0.0	0	15	21	0	23	26	115	0	0	100	6	0	NO	3/8 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Pink Lemonade	4016	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Minute Maid	Frozen Juice Bars	Strawberry	3824	2.3	63	60	0.0	0	0.0	0	0.0	0	10	15	0	14	22	93	0	0	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Belly BearsR	Chocolate Graham Crackers	56040	1.0	28	120	4.0	30	0.0	0	0.0	0	75	20	0	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Belly BearsR	Cinnamon Graham Crackers	56042	1.0	28	130	4.0	28	0.0	0	0.0	0	115	20	0	7	25	22	2	0	0	10	6	NO	1.0 G/B	x					

Balanced Choices Snacks

Chartwells K-12 Schools

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Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Belly BearsR	Honey Graham Crackers	56041	1.0	28	130	4.0	28	0.0	0	0.0	0	115	20	0	7	25	22	2	0	0	10	6	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Jungle Crackers	Vanilla	39080	1.0	28	120	3.0	23	0.0	0	0.0	0	60	22	0	7	25	23	2	0	0	10	4	NO	1.0 G/B	x	x	x			
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Jungle Crackers		56060	1.0	28	120	3.0	23	0.0	0	0.0	0	60	22	0	7	25	23	2	0	0	10	4	NO	1.0 G/B	x	x	x			
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Jungle Crackers		3908	1.0	28	120	3.0	23	0.0	0	0.0	0	60	22	0	7	25	23	2	0	0	10	4	NO	1.0 G/B	x	x	x			
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Jungle Crackers		39081	1.0	28	120	3.0	23	0.0	0	0.0	0	60	22	0	7	25	23	2	0	0	10	4	NO	1.0 G/B	x	x	x			
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Superstars	51% Whole Wheat Cinnamon Grahams	56066	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Themed Seasonal	51% WW Fall	56061	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Themed Seasonal	51% WW Heart	56063	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Themed Seasonal	51% WW Shamrock	56064	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Themed Seasonal	51% WW Spring	56065	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Pre-Packaged Character Graham Themed Seasonal	51% WW Winter	56062	1.0	28	120	4.0	30	0.0	0	0.0	0	100	21	3	7	25	23	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Star Spangled Cookie		56057	1.0	28	130	4.0	28	0.0	0	0.0	0	80	21	0	7	25	22	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Star Spangled Cookie		3952	1.0	28	130	4.0	28	0.0	0	0.0	0	80	21	0	7	25	22	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Star Spangled Cookie		38960	1.0	28	130	4.0	28	0.0	0	0.0	0	80	21	0	7	25	22	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	MRS. GOODCOOKIE	Star Spangled Cookie		3896	1.0	28	130	4.0	28	0.0	0	0.0	0	80	21	0	7	25	22	2	0	0	10	4	NO	1.0 G/B	x					
J&J Snack Foods Corp.	Shape Ups	Frozen Dessert Juice Cup	Cherry	3851	3.0	84	90	0.0	0	0.0	0	0.0	0	25	22	0	19	23	84	0	6	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Shape Ups	Frozen Dessert Juice Cup	Grape	3853	3.0	84	90	0.0	0	0.0	0	0.0	0	25	22	0	19	23	84	0	6	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Shape Ups	Frozen Dessert Juice Cup	Orange	3852	3.0	84	90	0.0	0	0.0	0	0.0	0	25	22	0	19	23	84	0	6	100	6	0	NO	1/4 Cup V/F						
J&J Snack Foods Corp.	Shape Ups	Holiday Cups American Flag	Blue Rasp/Cherry Swirl	3827	3.0	84	70	0.0	0	0.0	0	0.0	0	10	18	3	15	18	86	0	0	100	2	0	NO	1/4 Cup V/F	x					
J&J Snack Foods Corp.	Shape Ups	Holiday Cups Halloween Pumpkin	Orange/Lime Swirl	41003P	3.0	84	70	0.0	0	0.0	0	0.0	0	10	18	3	15	18	86	0	0	100	2	0	NO	1/4 Cup V/F	x					
J&J Snack Foods Corp.	Shape Ups	Holiday Cups Heart	Red/Pink Cherry Swirl	41003V	3.0	84	70	0.0	0	0.0	0	0.0	0	10	18	3	15	18	86	0	0	100	2	0	NO	1/4 Cup V/F	x					
J&J Snack Foods Corp.	Shape Ups	Holiday Cups Shamrock	Lemon/Lime Swirl	41003G	3.0	84	70	0.0	0	0.0	0	0.0	0	10	18	3	15	18	86	0	0	100	2	0	NO	1/4 Cup V/F	x					
J&J Snack Foods Corp.	Shape Ups	Holiday Cups Winter Wonderland Snowman	Chery/Lime Swirl	41003X	3.0	84	70	0.0	0	0.0	0	0.0	0	10	18	3	15	18	86	0	0	100	2	0	NO	1/4 Cup V/F	x					
J&J Snack Foods Corp.	Superpretzel	Superstix	Cinnamon Bun	3413	2.1	59	170	3.0	16	1.5	8	0.0	5	240	34	2	9	15	21	4	2	0	2	8	YES	2.0 G/B	x		x	x		
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Apple	3433	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					

Balanced Choices Snacks

Chartwells K-12 Schools

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Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Heart	3437	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Pumpkin	3436	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Shamrock	3432	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Snowman	3434	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Star	3496	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL FUN SHAPES	Holiday/Theme Soft Pretzels UNSALTED- Do not add salt	Turkey	3715	2.3	64	180	1.0	5	0.0	0	0.0	0	140	36	2	1	2	2	6	0	0	0	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Baked Pretzels UNSALTED- Do not add salt		3013	1.0	28	70	0.5	6	0.0	0	0.0	0	65	16	1	0	0	0	2	0	0	0	6	NO	1.25 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Cinnamon Bun Sticks (with icing)		3413 bulk 3453 I/W	2.1	59	170	2.5	13	1.0	5	0.0	5	240	38	2	10	17	24	4	2	0	2	8	YES	2.0 G/B	x	x	x			
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Pretzellifis	Apple Pie	7217	2 sticks = 2.0	2 sticks = 57	140	0.0	0	0.0	0	0.0	0	110	28	2	4	####	11	4	0	0	2	8	YES	2.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Pretzellifis	Cinnamon Bun	7275	2 sticks = 1.9	2 sticks = 52	150	2.5	15	1.0	6	0.0	10	170	28	1	7	####	19	4	0	0	2	8	YES	1.75 G/B	x	x	x			
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Pretzellifis	Pizza	7216	2 sticks = 1.9	2 sticks = 52	130	2.0	14	1.0	7	0.0	5	180	22	1	1	####	3	5	2	0	6	8	NO	1.75 G/B	x	x	x			
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Pretzellifis	Sweet Cream Cheese	7219	2 sticks = 1.9	2 sticks = 52	130	3.0	21	1.5	10	0.0	10	170	22	1	3	####	9	4	2	0	2	6	YES	1.75 G/B	x	x				
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Soft Pretzel	Cinnamon Raisin	3246	2.5	70	190	1.0	5	0.0	0	0.0	0	220	39	2	5	7	11	6	0	0	0	15	YES	3.0 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Soft Pretzel BITESR UNSALTED- Do not add salt	BITES	3085	5 bites = 1.9	5 bites = 53	140	0.5	3	0.0	0	0.0	0	110	31	1	1	####	3	4	0	0	0	10	NO	2.5 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Soft Pretzel RodsR UNSALTED- Do not add salt		3102	1.0	28	70	0.0	0	0.0	0	0.0	0	65	16	1	0	0	0	3	0	0	0	6	NO	1.25 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Soft Pretzel UNSALTED- Do not add salt	Regular Size Baked Pretzels	3010	2.5	70	180	1.0	5	0.0	0	0.0	0	150	38	1	1	1	2	6	0	0	0	10	NO	3.25 G/B	x					
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Whole Wheat Soft Pretzels Rod UNSALTED- Do not add salt		31012	1.0	28	70	0.5	6	0.0	0	0.0	0	65	14	1	0	0	0	2	0	0	0	4	NO	1.25 G/B	x					



Balanced Choices Snacks

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Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
J&J Snack Foods Corp.	SUPERPRETZEL Soft Pretzels	Whole Wheat Soft Pretzels UNSALTED-Do not add salt		30110 bulk 30410 I/W	2.5	70	170	1.0	5	0.0	0	0.0	0	150	36	4	1	1	2	6	0	2	2	10	NO	3.0 G/B	x					
J&J Snack Foods Corp.	Tio Pepe's	Fruit Filled Churros	Apple	4110	1.8	50	150	4.0	24	1.0	6	0.0	0	130	27	0	9	18	24	2	0	0	0	4	NO	1.0 G/B	x	x	x	x		
J&J Snack Foods Corp.	Tio Pepe's	Fruit Filled Churros	Raspberry	4112	1.8	50	160	4.0	23	1.0	6	0.0	0	130	28	0	9	18	23	2	0	0	0	4	NO	1.0 G/B	x	x	x	x		
Jack & Jill Ice Cream Company	Fat Free No Sugar Added Ice Cream Cup	Cherry Vanilla		11810	4.0	112	70	0.0	0	0.0	0	0.0	0	60	16	3	5	4	29	3	6	2	10	0	YES							
Jack & Jill Ice Cream Company	Fat Free No Sugar Added Ice Cream Cup	Chocolate		11802	4.0	112	70	0.0	0	0.0	0	0.0	0	50	17	4	4	4	23	3	6	2	10	0	YES							
Jack & Jill Ice Cream Company	Fat Free No Sugar Added Ice Cream Cup	Vanilla		11801	4.0	112	70	0.0	0	0.0	0	0.0	0	60	16	3	5	4	29	3	5	2	10	0	YES							
Jack & Jill Ice Cream Company	Fruit Juice Stix	Grape		984148	2.5	70	60	0.0	0	0.0	0	0.0	0	0	14	0	14	20	93	<1	0	2	0	0	NO	1/4 Cup V/F						
Jack & Jill Ice Cream Company	Fruit Juice Stix	Orange		984144	2.5	70	40	0.0	0	0.0	0	0.0	0	0	9	0	8	11	80	<1	0	40	0	0	NO	1/4 Cup V/F						
JSB Industries	Bagel Stuffer	Cheese Pizza Bagel Stuffer I/W		13924	2.5	70	160	3.5	20	1.5	8	0.0	5	390	26	2	4	6	10	7	4	2	4	10	NO	2.25 G/B	x	x	x			
Kelloggs	Bowl Pack Cereal	Kashi Mighty Bites Honey Crunch		18627 28231	0.8	23	90	1.0	10	0.0	0	0.0	0	110	16	2	4	17	18	4	6	15	10	30	NO	1.0 G/B	x	x				
Kelloggs	Bowl Pack Cereal	Kellogg's Apple Jacks Reduced Sugar		38000 29472	0.7	20	80	0.0	0	0.0	0	0.0	0	120	18	<1	6	30	30	1	6	15	0	15	NO	1.0 G/B	x	x				
Kelloggs	Bowl Pack Cereal	Kellogg's Complete Wheat Bran Flakes		38000 00696	0.9	25	80	0.5	6	0.0	0	0.0	0	180	20	4	4	16	20	2	10	80	0	80	NO	1.0 G/B	x					
Kelloggs	Bowl Pack Cereal	Kellogg's Corn Flakes		38000 00196	0.8	21	80	0.0	0	0.0	0	0.0	0	150	18	1	2	10	10	1	6	6	0	30	NO	1.0 G/B		x				
Kelloggs	Bowl Pack Cereal	Kellogg's Crispix		38000 03596	0.8	21	80	0.0	0	0.0	0	0.0	0	150	18	0	2	10	10	1	6	6	0	30	NO	1.0 G/B		x				
Kelloggs	Bowl Pack Cereal	Kellogg's Cruncherios		38000 02296	0.6	18	70	1.0	13	0.0	0	0.0	0	140	13	2	1	6	6	2	6	6	6	30	NO	1.0 G/B	x					
Kelloggs	Bowl Pack Cereal	Kellogg's Froot Loops 1/3 Less Sugar		38000 21863	0.7	19	70	0.5	6	0.0	0	0.0	0	105	16	<1	6	32	34	1	4	15	0	15	NO	1.0 G/B	x	x				
Kelloggs	Bowl Pack Cereal	Kellogg's Frosted Flakes 1/3 Less Sugar		38000 21861	1.0	28	100	0.0	0	0.0	0	0.0	0	160	25	<1	8	29	32	1	10	10	0	25	NO	1.0 G/B		x				
Kelloggs	Bowl Pack Cereal	Kellogg's Frosted Mini-Wheats Bite Size		38000 04996	1.0	28	100	0.0	0	0.0	0	0.0	0	0	23	3	6	21	24	3	0	0	0	40	NO	1.0 G/B	x					
Kelloggs	Bowl Pack Cereal	Kellogg's Product 19		38000 01996	0.8	21	80	0.0	0	0.0	0	0.0	0	145	18	1	2	10	10	2	10	70	0	70	NO	1.0 G/B	x					
Kelloggs	Bowl Pack Cereal	Kellogg's Raisin Bran		38000 00896	1.3	35	110	1.0	8	0.0	0	0.0	0	210	27	4	11	31	40	3	6	0	0	15	NO	1.0 G/B	x					
Kelloggs	Bowl Pack Cereal	Kellogg's Rice Krispies		38000 00596	0.6	18	70	0.0	0	0.0	0	0.0	0	170	16	0	2	11	11	1	4	4	0	4	NO	1.0 G/B						
Kelloggs	Bowl Pack Cereal	Kellogg's Special K		38000 01696	0.6	18	70	0.0	0	0.0	0	0.0	0	130	13	0	2	11	11	4	8	20	0	25	NO	1.0 G/B	x		x			
Kelloggs	Cereal-in-a-Cup	Kellogg's Apple Jacks		38000 08635	1.5	42	160	0.5	3	0.0	0	0.0	0	190	38	1	20	48	50	1	10	30	0	30	NO	1.8 G/B	x	x				
Kelloggs	Cereal-in-a-Cup	Kellogg's Corn Flakes		38000 11236	1.5	43	150	0.0	0	0.0	0	0.0	0	310	37	1	3	7	8	2	15	15	0	45	NO	2 G/B		x				
Kelloggs	Cereal-in-a-Cup	Kellogg's Rice Krispies		38000 08636	1.3	37	140	0.0	0	0.0	0	0.0	0	360	33	<1	3	8	9	2	10	10	0	10	NO	1.9 G/B						
Kelloggs	Cereal-in-a-Cup	Kellogg's Special K		38000 06355	1.3	36	140	0.5	3	0.0	0	0.0	0	260	26	<1	5	14	14	8	15	40	0	50	NO	1.7 G/B	x		x			

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Kelloggs	Kashi TLC	Chewy Granola Bar	Honey Almond Flax	18627 03011	1.3	35	140	5.0	32	0.5	3	0.0	0	115	19	4	5	14	14	7	0	0	0	8	NO	0.7 G/B	x	x	x	x	x	
Kelloggs	Kashi TLC	Chewy Granola Bar	Trail Mix	18627 03000	1.3	35	140	5.0	32	0.5	3	0.0	0	105	20	4	6	17	17	6	0	0	0	6	NO	0.7 G/B	x	x	x	x	x	
Kelloggs	Keebler	Animal Crackers	Single Serve Pkg	20150	1.0	28	130	3.5	24	1	7	0.0	0	150	22	0	8	29	25	2	0	0	10	4	NO	1.25 G/B	x	x				
Kelloggs	Keebler Character Grahams	Keebler Elf Grahams Chocolate		30100-40239	1.0	28	130	4.5	31	1.5	10	0.0	0	125	21	1	7	25	22	2	0	0	10	6	NO	1.0 G/B	x	x				
Kelloggs	Keebler Character Grahams	Keebler Elf Grahams Cinnamon with Calcium		30100 40221	1.0	28	130	4.0	28	1.0	7	0.0	0	105	21	1	8	29	25	2	0	0	10	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Character Grahams	Keebler Elf Grahams Original		30100 84641	0.5	14	70	2.0	26	0.5	6	0.0	0	55	11	0	4	29	23	1	0	0	4	2	NO	0.5 G/B	x	x				
Kelloggs	Keebler Character Grahams	Keebler Elf Grahams Original with Calcium		30100 40213	1.0	28	130	4.0	28	1.0	7	0.0	0	105	21	1	8	29	25	2	0	0	10	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Character Grahams	Keebler Scooby-Doo Baked Cinnamon Graham Sticks		30100 28665	1.0	28	130	4.0	28	0.5	3	0.0	0	75	20	<1	8	29	25	2	0	0	10	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Apple Cinnamon Graham Selects		30100 38141	0.8	21	90	2.5	25	0.5	5	0.0	0	95	16	0	4	19	18	1	0	0	0	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Cinnamon Crisp Graham Selects		30100 38133	0.8	21	100	3.0	27	0.5	5	0.0	0	85	16	0	4	19	16	2	0	0	0	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Honey Grahams with Calcium		30100 76450	0.8	21	90	2.5	25	0.5	5	0.0	0	100	16	0	5	24	22	1	0	0	10	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Honey Grahams with Fiber		30100 38299	0.8	23	100	3.0	27	0.0	0	0.0	0	100	17	2	4	17	16	2	0	0	0	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Low Fat French Vanilla Graham Selects		30100 38166	0.8	21	90	1.5	15	0.5	5	0.0	0	95	17	0	5	24	22	2	0	0	2	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Low Fat Graham Selects		30100 38687	0.8	21	90	1.5	15	0.5	5	0.0	0	100	17	0	5	24	22	2	0	0	2	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Graham Selects	Keebler Original Grahams with Calcium		30100 30073	0.8	21	100	3.0	27	0.5	5	0.0	0	90	16	0	4	19	16	1	0	0	8	4	NO	1.0 G/B	x	x				
Kelloggs	Keebler Grahams	Honey		30100 38406	0.5	14	60	1.5	23	0.0	0	0.0	0	65	10	0	3	21	20	1	0	0	6	1	NO	0.5 G/B	x	x				
Kelloggs	Nutrigrain	Cereal Bars	Apple Cinn/ Blueb/ Strawb Assortment	38000-05872	1.3	37	140	3.0	19	0.5	3	0.0	0	105-120	26	<1	13	35	37	1	15	0	20	10	NO	0.75 G/B	x	x	x			
Kelloggs	Nutrigrain	Cereal Bars	Apple Cinnamon	38000-35645	1.3	37	140	3.0	19	0.5	3	0.0	0	105	26	1	13	35	37	1	15	0	20	10	NO	0.75 G/B	x	x	x			
Kelloggs	Nutrigrain	Cereal Bars	Blueberry	38000 35745	1.3	37	140	3.0	19	0.5	3	0.0	0	105	26	<1	13	35	37	1	15	0	20	10	NO	0.75 G/B	x	x	x			
Kelloggs	Nutrigrain	Cereal Bars	Raspberry	38000 35845	1.3	37	140	3.0	19	0.5	3	0.0	0	105	26	<1	13	35	37	1	15	0	20	10	NO	0.75 G/B	x	x	x			
Kelloggs	Nutrigrain	Cereal Bars	Strawberry	38000 35945	1.3	37	140	3.0	19	0.5	3	0.0	0	105	26	<1	13	35	37	1	15	0	20	10	NO	0.75 G/B	x	x	x			
Kelloggs	Pop-Tarts Toaster Pastries - Single Count	Kellogg's Pop-Tarts Frosted Blueberry		38000 00499	1.9	52	200	5.0	23	1.5	7	0.0	0	170	37	<1	18	35	36	2	10	0	0	10	NO	1.0 G/B	x	x				
Kelloggs	Pop-Tarts Toaster Pastries - Single Count	Kellogg's Pop-Tarts Frosted Strawberry		38000 00498	1.9	52	200	5.0	23	1.5	7	0.0	0	170	37	<1	17	33	34	2	10	0	0	10	NO	1.0 G/B	x	x				
Kelloggs	Rice Krispies Treats Squares	Kellogg's Rice Krispies Treats Original	Mini Bars	38000 00736	4 bars = 1.6	44	180	4.0	20	1.5	8	0.0	0	210	34	0	15	####	33	2	6	0	0	4	NO	0.75 G/B	x	x				
Kelloggs	Rice Krispies Treats Squares	Kellogg's Rice Krispies Treats Original		38000 26547	1.3	37	150	3.5	21	1.0	6	0.0	0	170	28	0	12	32	32	1	8	0	0	4	NO	0.75 G/B	x	x				

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Kelloggs	Right Bites Snacks	Right Bites Cheez-It		24100 24874	0.8	22	100	3.0	27	1.0	9	0.0	0	270	15	>1	0	0	0	3	2	0	2	6	NO	1.0 G/B	x	x	x			
Kelloggs	Sunshine Krispy Sallines	Sunshine Krispy Sallines		24100 13055	0.2	6	25	0.5	18	0.0	0	0.0	0	90	5	0	0	0	0	<1	0	0	0	0	NO	0.25 G/B	x	x				
Kelloggs	Sunshine Krispy Sallines	Sunshine Krispy Sallines		24100 61853	0.2	6	25	0.5	18	0.0	0	0.0	0	90	5	0	0	0	0	<1	0	0	0	0	NO	0.25 G/B	x	x				
Kelloggs	Zesta Sallines	Zesta Sallines		30100 00646	0.2	6	20	0.5	23	0.0	0	0.0	0	95	4	0	0	0	0	<1	0	0	0	2	NO	0.25 G/B	x	x				
Kelloggs	Zesta Sallines	Zesta Sallines		30100 01008	0.2	6	20	0.5	23	0.0	0	0.0	0	95	4	0	0	0	0	<1	0	0	0	2	NO	0.25 G/B	x	x				
Kraft Foods	Bake to Nature	Crispy Cheddars Crackers		10067	1.0	28	130	4.5	31	0.5	3	0.0	0	320	19	<1	0	0	0	3	0	0	2	6	NO	1.5 G/B	x		x			
Kraft Foods	Bake to Nature	Crispy Wheats Crackers		10064	1.0	28	120	3.5	26	0.0	0	0.0	0	270	20	<1	3	11	10	2	0	0	2	6	NO	1.25 G/B	x					
Kraft Foods	CORNNUTS	Crunchy Toasted Corn	Barbecue	205400	1.4	39	180	6.0	30	1.0	5	0.0	0	220	28	2	1	3	2	3	0	0	0	4	NO	1.5 G/B						
Kraft Foods	CORNNUTS	Crunchy Toasted Corn	Chili Picante Con Limon	205600	1.4	39	180	6.0	30	1.0	5	0.0	0	410	27	2	0	0	0	3	2	0	0	4	NO	1.5 G/B						
Kraft Foods	CORNNUTS	Crunchy Toasted Corn	Original	205300	1.4	39	180	6.0	30	1.0	5	0.0	0	230	28	2	0	0	0	3	0	0	0	4	NO	1.5 G/B						
Kraft Foods	CORNNUTS	Crunchy Toasted Corn	Ranch	205200	1.4	39	180	6.0	30	1.0	5	0.0	0	340	27	2	1	3	2	4	0	0	0	4	NO	1.5 G/B				x		
Kraft Foods	Honey Maid	Grahams	3 cnt	1351	0.73	20	90	2.5	25	0.5	5	0.0	0	125	16	0	5	24	22	1	0	0	0	4	NO	1.0 G/B	x	x				
Kraft Foods	Nabisco	100 Calorie Pack	Chips Ahoy! Thin Crisps	937	0.8	23	100	3.0	27	1.0	9	0.0	0	140	18	<1	7	30	28	1	0	0	0	4	NO	0.75 G/B	x	x	x			
Kraft Foods	Nabisco	100 Calorie Pack	Honey Maid Cinnamon Thin Crisps	40	0.8	23	100	2.0	18	0.0	0	0.0	0	170	19	<1	7	30	28	1	0	0	2	4	NO	1.0 G/B	x	x				
Kraft Foods	Nabisco	100 Calorie Pack	Kraft Foods Cheese Nips Thin Crisps	759	0.8	21	100	3.0	27	1.0	9	0.0	0	230	15	<1	0	0	0	2	0	0	0	4	NO	1.0 G/B	x	x	x			
Kraft Foods	Nabisco	100 Calorie Pack	Oreo Thin Crisps	938	0.8	23	100	2.0	18	0.0	0	0.0	0	160	19	<1	8	35	32	1	0	0	0	6	NO	0.75 G/B	x	x				
Kraft Foods	Nabisco	100 Calorie Pack	Wheat Thins Chips Minis	31	0.8	22	100	3.0	27	1.0	9	0.0	0	230	16	1	2	9	8	2	0	0	4	4	NO	1.0 G/B	x	x				
Kraft Foods	Nabisco	Graham Crackers		150	0.5	14	60	1.5	23	0.0	0	0.0	0	85	11	0	3	21	20	1	0	0	0	2	NO		x	x				
Kraft Foods	Planters	100 Calorie Pack	Peanut Butter Cookie Crisps	893	0.84	24	100	3.0	27	0.5	5	0.0	0	160	17	0	7	30	28	2	0	0	2	4	NO	0.8 G/B	x	x			x	
Kraft Foods	RITZ	Toasted Chips	Original	721	0.8	21	100	3.0	27	0.5	5	0.0	0	220	15	0	2	10	8	1	0	0	4	4	NO	1.0 G/B	x	x	x			
Kraft Foods	TEDDY GRAHAMS	Graham Snacks	Chocolate	1675	0.8	21	90	3.0	30	0.5	5	0.0	0	120	15	<1	6	29	27	1	0	0	8	4	NO	0.8 G/B	x	x				
Kraft Foods	TEDDY GRAHAMS	Graham Snacks	Cinnamon	1670	0.8	21	90	3.0	30	0.5	5	0.0	0	95	16	<1	5	24	22	1	0	0	8	4	NO	0.8 G/B	x	x				
Kraft Foods	TEDDY GRAHAMS	Graham Snacks	Cinnamon	3748	1.25	35	150	5.0	30	1.0	6	0.0	0	170	26	1	9	26	24	2	0	0	10	6	NO	1.4 G/B	x	x				
Kraft Foods	TEDDY GRAHAMS	Graham Snacks	Cubs- Cinnamon	1676	0.5	14	60	2.0	30	0.0	0	0.0	0	70	11	0	3	21	20	<1	0	0	4	2	NO	0.5 G/B	X	X				
Kraft Foods	Wheatsworth	Crackers	Stone Ground Wheat	1350	0.42	12	60	2.5	38	0.0	0	0.0	0	140	8	0	1	9	7	1	0	0	0	2	NO	0.6 G/B	x	x				
Kraft Foods		New England Oyster Crackers		140048	0.5	14	60	2.0	30	0.0	0	0.0	0	140	10	0	0	0	0	1	0	0	0	4	NO	0.7 G/B	x	x				
Late July		Bite Size Cheddar Cheese Crackers Organic		890444-00036-6 (UNFI #796573)	1.0	28	130	4.5	31	1.5	10	0.0	5	310	19	<1	0	0	0	3	0	0	2	2	NO	4.0 G/B	x	x	x	x	x	x
MaltOMeal	100 Calorie Snack'ers		Blueberry Muffin Tops	06337	0.8	23	100	2.5	23	0.5	5	0.0	0	105	18	<1	8	35	32	1	8	8	8	20	NO	0.9 G/B	x	x	x			
MaltOMeal	100 Calorie Snack'ers		Cinnamon Toasters	06336	0.8	23	100	2.5	23	0.5	5	0.0	0	105	18	<1	8	35	32	1	8	8	8	20	NO	0.9 G/B	x	x	x			
McCain Foodservice Inc.	Moore's	Sun Stix	Sweet Potato Fries 5/16" Oven Heated, Unsalted	40010256	2.5 (21 Stix)	71	110	4.0	33	0.5	4	0.0	0	90	16	3	7	10	25	0	140	10	2	8	NO	1/2 Cup V/F		x				
Nature's Path	EnviroKidz	Organic Cereal Bag	Amazon Frosted Flakes	058449-990710 (UNFI #887497)	1.1	30	120	0.0	0	0.0	0	0.0	0	120	26	2	7	23	23	2	2	0	0	4	NO	1.0 G/B						

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	DAIRY	EGG	PEANUT	TREE NUT
Nature's Path	EnviroKidz	Organic Cereal Bag	Gorilla Munch	058449-990710 (UNFI #776351)	1.0	29	110	0.0	0	0.0	0	0.0	0	105	25	2	7	24	25	2	0	0	0	2	NO	1.0 G/B						
Nature's Path	EnviroKidz	Organic Rice Crispy Bar	Berry Cheetah	058449-430025 (UNFI #284976)	1.0	28	110	3.0	25	0.0	0	0.0	0	90	20	1	7	25	25	1	0	2	0	2	NO	1.0 G/B	x	x		x	x	
Nature's Path	EnviroKidz	Organic Rice Crispy Bar	Chocolate Koala	058449-430001 (UNFI #284893)	1.0	28	110	3.0	25	0.0	0	0.0	0	90	20	1	7	25	25	1	0	2	0	2	NO	1.0 G/B	x	x		x	x	
Nature's Path	EnviroKidz	Organic Rice Crispy Bar	Peanut Butter Panda	058449-430018 (UNFI #284935)	1.0	28	110	2.5	20	0.5	4	0.0	0	90	20	1	7	25	25	1	0	0	2	10	NO	1.0 G/B	x	x		x	x	
Nature's Path	Organic Granola Bar		Apricot Nut	058449-891031 (UNFI #393991)	1.4	40	160	5.0	28	1.5	8	0.0	0	85	26	2	12	30	30	3	2	0	2	6	NO	0.6 G/B	x			x	x	
Nature's Path	Organic Granola Bar		Cranberry Soy	058449-891024 (UNFI #394031)	1.4	40	160	4.0	23	1.5	8	0.0	0	75	27	3	13	33	33	3	0	0	2	6	NO	0.6 G/B	x			x	x	
Nature's Path	Organic Granola Bar		Hemp Plus	058449-891000 (UNFI #394015)	1.4	40	130	3.0	21	0.5	3	0.0	0	100	28	2	14	35	43	3	0	0	2	8	NO	0.8 G/B	x			x	x	
Nature's Path	Organic Granola Bar		Pumpkin Flax	058449-891017 (UNFI #394056)	1.4	40	150	3.5	21	0.5	3	0.0	0	90	27	2	12	30	32	3	0	0	2	6	NO	0.8 G/B	x			x	x	
Newman's Own	Organics	Pretzel Rounds Salted Organic		757645-004008 (UNFI #30774)	1.0	28	110	1.0	8	0.0	0	0.0	0	400	24	1	1	4	4	2	0	0	0	2	NO	1.4 G/B	x					
Newman's Own	Organics	Raisins Organic Box		884284-040156 (UNFI #722470)	1.5	42	130	0.0	0	0.0	0	0.0	0	10	31	21	29	69	89	1	0	0	2	6	NO	1/4 cup V/F						
Otis Spunkmeyer	Delicious Essentials	Reduced Fat Muffins	Apple Cinnamon	3545	1.8	50	160	5.0	28	1.0	6	0.0	30	160	27	2	15	30	38	2	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Reduced Fat Muffins	Banana	3505	1.8	50	170	5.0	26	1.0	5	0.0	30	180	28	<1	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Reduced Fat Muffins	Chocolate Chocolate Chip	3520	1.8	50	170	6.0	32	1.5	8	0.0	30	150	29	2	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Reduced Fat Muffins	Wild Blueberry	3500	1.8	50	170	5.0	26	1.0	5	0.0	30	180	28	1	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Whole Grain Reduced Fat Muffins	Apple Cinnamon	3745	1.8	50	170	5.0	26	1.0	5	0.0	30	160	27	1	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Whole Grain Reduced Fat Muffins	Banana	3705	1.8	50	170	5.0	26	1.0	5	0.0	30	180	28	1	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Whole Grain Reduced Fat Muffins	Chocolate Chocolate Chip	3720	1.8	50	170	6.0	32	1.5	8	0.0	5	160	28	1	15	30	35	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Delicious Essentials	Whole Grain Reduced Fat Muffins	Wild Blueberry	3700	1.8	50	160	5.0	28	1.0	6	0.0	5	190	27	1	15	30	38	3	25	25	4	30	NO	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Reduced Fat Frozen Cookie Dough	Butter Sugar	55404	1.3	36	140	4.0	26	1.5	10	0.0	10	120	25	0	11	30	31	2	2	0	0	6	YES	1.0 G/B	x	x		x		
Otis Spunkmeyer	Sweet Discovery	Reduced Fat Frozen Cookie Dough	Carnival	55408	1.3	36	140	4.5	29	1.5	10	0.0	10	85	25	<1	13	36	37	2	2	0	0	4	YES	0.75 G/B	x	x		x		
Otis Spunkmeyer	Sweet Discovery	Reduced Fat Frozen Cookie Dough	Chocolate Chip	55400	1.3	36	140	4.5	29	1.5	10	0.0	10	70	26	<1	13	36	37	2	2	0	0	6	YES	1.0 G/B	x	x		x		
Otis Spunkmeyer	Sweet Discovery	Reduced Fat Frozen Cookie Dough	Oatmeal Raisin	55403	1.3	36	140	4.5	29	1.5	10	0.0	10	110	25	1	11	30	31	2	2	0	0	6	YES	1.0 G/B	x	x		x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Butter Sugar	55604	1.0	28	110	3.5	29	1.0	8	0.0	5	80	19	0	8	29	29	1	2	0	0	4	YES	0.75 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Butter Sugar	55614	1.3	36	150	5.0	30	1.5	9	0.0	10	105	25	<1	11	30	29	2	2	0	4	6	YES	1.0 G/B	x	x	x	x		

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Carnival	55608	1.0	28	110	3.5	29	1.0	8	0.0	5	65	19	<1	8	29	29	1	2	0	0	2	YES	0.75 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Carnival	55618	1.3	36	150	5.0	30	1.5	9	0.0	10	85	25	<1	11	30	29	2	0	0	0	4	YES	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Chocolate Chip	55600	1.0	28	110	3.5	29	1.0	8	0.0	5	65	19	<1	8	29	29	1	0	0	0	4	YES	0.75 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Chocolate Chip	55610	1.3	36	150	5.0	30	1.5	9	0.0	10	90	25	<1	11	30	29	2	0	0	0	6	YES	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Oatmeal Raisin	55603	1.0	28	110	3.5	29	1.0	8	0.0	5	80	19	<1	8	29	29	1	2	0	0	4	YES	0.75 G/B	x	x	x	x		
Otis Spunkmeyer	Sweet Discovery	Whole Grain Reduced Fat Frozen Cookie Dough	Oatmeal Raisin	55613	1.3	36	150	5.0	30	1.5	9	0.0	10	105	25	1	11	30	29	2	2	0	4	6	YES	1.0 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Chocolate Chip	55640	1.0	28	110	3.5	29	1	8	0.0	5	80	19	1	8	29	29	1	0	0	0	4	YES	0.45 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Chocolate Chip	55650	1.5	42	150	5.0	30	1.5	9	0.0	10	130	26	3	13	31	35	2	4	0	2	6	YES	0.7 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Chocolate Brownie	55649	1.0	28	100	3.5	32	1.0	9	0.0	5	85	18	2	8	29	32	2	2	0	0	4	NO	0.9 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Chocolate Brownie	55659	1.5	42	150	5.0	30	1.5	9	0.0	10	130	26	3	13	31	35	2	4	0	2	6	NO	1.4 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Chocolate Brownie	55669	2.0	56	200	7.0	32	2.0	9	0.0	10	160	35	3	17	30	34	3	4	0	2	6	NO	1.8 G/B	x	x	x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Oatmeal Raisin	55643	1.0	28	110	3.5	29	0.5	4	0.0	5	85	19	2	8	29	29	2	0	0	2	4	YES	0.45 G/B	x		x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat 100% Whole Grain Cookies	Oatmeal Raisin	55653	1.5	42	160	5.0	28	1.0	6	0.0	10	125	28	2	12	29	30	3	0	0	2	6	YES	0.7 G/B	x		x	x		
Otis Spunkmeyer	Value Zone	Reduced Fat Cookie Dough	Carnival	55308	1.0	28	110	3.5	29	1.0	8	0.0	10	70	18	0	9	32	33	1	2	0	0	4	NO	0.75 G/B	x	x		x		
Otis Spunkmeyer	Value Zone	Reduced Fat Cookie Dough	Chocolate Chip	55300	1.0	28	110	3.5	29	1.0	8	0.0	10	65	18	<1	9	32	33	1	0	0	4	4	NO	0.75 G/B	x	x		x		
Otis Spunkmeyer	Value Zone	Reduced Fat Cookie Dough	Oatmeal Raisin	55303	1.0	28	110	3.5	29	1.0	8	0.0	10	100	18	<1	9	32	33	1	2	0	0	4	YES	0.75 G/B	x	x		x		
Otis Spunkmeyer	Value Zone	Reduced Fat Cookie Dough	Sugar	55304	1.0	28	110	3.5	29	1.0	8	0.0	10	96	18	0	9	32	33	1	2	0	0	4	YES	0.75 G/B	x	x	x	x		
Pepsico	Flat Earth	Baked Fruit & Veggie Crisps	Apple Cinnamon	39774	1.0	28	130	4.5	31	1.0	7	0.0	0	35	21	2	6	21	18	1	0	10	2	6	NO			x				
Pepsico	Flat Earth	Baked Fruit & Veggie Crisps	Farmland Cheddar	39773	1.0	28	130	5.0	35	1.0	7	0.0	0	190	19	2	3	11	9	2	20	10	2	2	NO			x	x			
Pepsico	Frito Lay	Baked Cheetos	Crunchy Flamin' Hot w/ calcium	30993	0.9	25	120	4.5	34	0.5	4	0.0	0	210	17	0	0	0	0	2	10	0	10	4	NO	1.25 G/B		x	x			

Supposed to be 2 oz. s

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Pepsico	Frito Lay	Baked Cheetos	Crunchy Flamin' Hot w/ calcium	30977	1.5	42	200	7.8	35	1.0	5	0.0	0	360	29	1	1	2	2	4	15	0	15	8	NO	2.0 G/B	x	x				
Pepsico	Frito Lay	Baked Cheetos	Crunchy w/ calcium	21642	0.9	25	120	4.5	34	1.0	8	0.0	0	210	17	0	0	0	0	2	10	0	10	4	NO	1.0 G/B	x	x				
Pepsico	Frito Lay	Baked Cheetos	Crunchy w/ calcium	30979	1.5	42	200	7.8	35	1.5	7	0.0	<5	360	29	1	2	5	4	3	15	0	15	8	NO	1.7 G/B	x	x				
Pepsico	Frito Lay	Baked Doritos	Cooler Ranch	21421	1.0	28	130	5.0	35	1.0	7	0.0	0	220	19	1	2	7	6	2	1	1	1	1	NO	1.1 G/B			x			
Pepsico	Frito Lay	Baked Doritos	Nacho Cheesier	20002	0.8	21	90	2.5	25	0.5	5	0.0	0	170	16	1	1	5	4	2	0	0	2	2	NO	0.8 G/B	x		x			
Pepsico	Frito Lay	Baked Doritos	Nacho Cheesier	16936	1.4	39	170	4.0	21	1.0	5	0.0	0	300	30	2	2	5	5	3	4	0	6	6	NO	1.5 G/B	x		x			
Pepsico	Frito Lay	Baked Lays	Cheddar Sour Cream	35185	1.1	32	140	4.0	26	1.0	6	0.0	0	240	24	2	3	10	9	2	0	2	2	2	NO			x	x			
Pepsico	Frito Lay	Baked Lays	KC Masterpiece Potato Crisps	32078	0.9	25	110	2.5	20	0.0	0	0.0	0	190	19	2	2	8	7	2	0	2	2	0	NO		x	x	x	x		
Pepsico	Frito Lay	Baked Lays	KC Masterpiece Potato Crisps	11199	1.1	31	140	3.5	23	0.5	3	0.0	0	240	24	2	3	10	9	2	0	4	2	0	NO		x	x	x	x		
Pepsico	Frito Lay	Baked Lays	Original Potato Crisps	33625	0.9	25	100	1.5	14	0.0	0	0.0	0	160	20	2	2	8	8	2	0	2	2	2	NO			x				
Pepsico	Frito Lay	Baked Lays	Original Potato Crisps	11201	1.1	32	130	2.0	14	0.0	0	0.0	0	200	26	2	2	6	6	2	0	4	2	2	NO			x				
Pepsico	Frito Lay	Baked Lays	Sour Cream Onion Potato	33627	0.9	24	110	3.0	25	0.0	0	0.0	0	190	19	2	3	12	11	2	0	4	2	0	NO			x	x			
Pepsico	Frito Lay	Baked Ruffles	Cheddar Sour Cream Onion	11216	1.1	31	140	4.0	26	0.5	3	0.0	0	250	25	2	3	10	9	2	0	6	4	2	NO			x	x			
Pepsico	Frito Lay	Baked Ruffles	Potato Crisps	11212	1.1	32	140	3.0	19	0.5	3	0.0	0	220	24	2	2	6	6	2	0	6	4	0	NO			x				
Pepsico	Frito Lay	Cheetos	Fantastix	36098	1.0	28	130	5.0	35	1.0	7	0.0	0	190	20	1	0	0	0	2	10	0	0	4	NO	1.1 G/B	x	x				
Pepsico	Frito Lay	Doritos Light	Nacho Cheese (contains Olestra)	31601	1.4	39	140	3.0	19	0.5	3	0.0	<5	280	27	2	1	3	3	3	0	0	4	2	NO	1.6 G/B	x	x				
Pepsico	Frito Lay	Lay's Light	Original Potato Chips (contains Olestra)	31600	1.0	28	80	0.0	0	0.0	0	0.0	0	200	18	1	0	0	0	2	0	10	0	2	NO							
Pepsico	Frito Lay	Oberto Beef Jerky	Natural Style Teriyaki	34128	0.9	25	80	1.0	11	0.0	0	0.0	25	460	6	0	5	20	25	12	0	0	0	6	NO		x					
Pepsico	Frito Lay	Quaker Kids Mix	Munchies Kid Mix No Candy	36308	0.9	25	110	3.5	29	1.0	8	0.0	0	220	18	<1	4	16	15	2	10	10	0	10	NO	1.0 G/B	x	x	x			
Pepsico	Frito Lay	Reduced Fat Doritos	Cooler Ranch w/ added fiber	36098	1.0	28	130	5.0	35	1.0	7	0.0	0	160	19	2	1	4	3	2	2	0	4	2	NO	1.5 G/B	x	x				
Pepsico	Frito Lay	Reduced Fat Doritos	Cooler Ranch w/ added fiber	21421	1.4	38	130	5.0	35	1.0	7	0.0	0	160	19	2	1	3	3	2	0	0	4	2	NO	2.0 G/B	x	x				
Pepsico	Frito Lay	Reduced Fat Doritos	Nacho Cheesier w/ added fiber	31748	1.0	28	130	5.0	35	1.0	7	0.0	0	220	19	2	2	7	6	2	0	0	2	2	NO	1.5 G/B	x	x				
Pepsico	Frito Lay	Reduced Fat Doritos	Nacho Cheesier w/ added fiber	31747	1.5	42	200	7.8	35	1.5	7	0.0	0	330	29	2	3	7	6	3	0	0	2	2	NO	2.25 G/B	x	x				
Pepsico	Frito Lay	Rold Gold	Heartzels	31801	1.0	28	110	1.0	8	0.0	0	0.0	0	240	23	2	1	4	4	3	0	0	0	10	NO	1.1 G/B	x					
Pepsico	Frito Lay	Rold Gold	Pretzels Classic Tiny Twists Fun Size	19132	0.5	14	50	0.5	9	0.0	0	0.0	0	290	11	1	0	0	0	1	0	0	0	4	NO	0.7 G/B	x					
Pepsico	Quaker	Breakfast Bites	Apple Crisp	18756	2.0	56	200	4.0	18	1.0	5	0.0	0	125	42	4	12	21	24	2	40	15	30	4	YES	1.0 G/B	x	x	x	x		x
Pepsico	Quaker	Breakfast Bites	Strawberry	18755	2.0	56	200	4.0	18	1.0	5	0.0	0	135	41	3	12	21	24	2	40	15	30	4	YES	1.0 G/B	x	x	x	x		x
Pepsico	Quaker	Breakfast Cookie	Oatmeal Choc Chip	27326	1.7	48	180	6.0	30	2.0	10	0.0	5	190	31	4	14	29	31	3	15	0	30	35	NO	0.75 G/B	x	x	x	x		x
Pepsico	Quaker	Breakfast Cookie	Apple Cinnamon	07564	1.7	48	170	4.5	24	1.5	8	0.0	5	200	33	5	15	32	35	3	15	0	30	35	NO	0.75 G/B	x	x		x		x
Pepsico	Quaker	Breakfast Cookie	Oatmeal Raisin	30759	1.7	48	170	4.5	24	1.5	8	0.0	5	190	33	5	15	32	35	3	15	0	30	35	NO	0.75 G/B	x	x	x	x		x
Pepsico	Quaker	Breakfast Square Oatmeal to Go	Apple Cinnamon	43948	1.4	39	150	2.5	15	0.5	3	0.0	10	135	29	4	13	33	35	3	19	9	19	29	YES	1.0 G/B	x	x		x		x
Pepsico	Quaker	Breakfast Square Oatmeal to Go	Oatmeal Raisin	43950	1.4	39	150	2.5	15	0.5	3	0.0	10	150	29	3	14	36	37	3	20	0	20	20	YES	1.0 G/B	x	x		x		x
Pepsico	Quaker	Chewy Granola Bar	Low Fat Baked Apple	5578	0.9	24	90	1.5	15	0.0	0	0.0	0	85	19	1	7	29	31	1	0	0	8	2	YES	0.5 G/B	x	x	x			x
Pepsico	Quaker	Chewy Granola Bar	Low Fat Chocolate Chunk	5579	0.9	24	90	2.0	20	0.5	5	0.0	0	80	19	1	7	29	31	1	0	0	8	4	YES	0.4 G/B	x	x	x			x

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution					
																											WHEAT	SOY	MILK	EGG	PEANUT TREE NUT
Pepsico	Quaker	Chewy Granola Bar	Low Fat Cinnamon Sugar	5566	0.9	24	90	1.5	15	0.0	0	0.0	0	80	19	1	6	25	27	1	0	0	8	2	YES	0.5 G/B	x	x	x	x	
Pepsico	Quaker	Chewy Granola Bar	Low Fat Oatmeal Raisin	5567	0.9	24	90	1.5	15	0.0	0	0.0	0	80	19	1	7	29	31	1	0	0	8	2	YES	0.5 G/B	x	x	x	x	
Pepsico	Quaker	Chewy Granola Bar	Low Fat S'Mores	5568	0.9	24	90	1.5	15	0.0	0	0.0	0	80	19	1	7	29	31	1	0	0	8	2	YES	0.4 G/B	x	x	x	x	
Pepsico	Quaker	Chewy Granola Bar	Low Fat S'Mores	5568	0.9	24	100	2.0	18	0.5	5	0.0	0	80	19	1	8	33	32	1	0	0	8	2	YES	0.4 G/B	x	x	x	x	
Pepsico	Quaker	Chewy Granola Bar	Nestle Butterfinger Pieces	5574	0.9	24	100	2.5	23	1.0	9	0.0	0	85	19	1	8	33	32	1	0	0	8	2	YES	0.4 G/B	x	x	x	x	
Pepsico	Quaker	Fruit & Oatmeal Cereal Bars	Apple Crisp	6900	1.3	37	130	2.5	17	0.5	3	0.0	0	90	27	1	9	25	28	1	25	10	20	2	YES	1.0 G/B	x	x	x		
Pepsico	Quaker	Fruit & Oatmeal Cereal Bars	Strawberry	6630	1.3	37	130	2.5	17	0.5	3	0.0	0	110	27	2	9	25	28	1	25	10	20	2	YES	1.0 G/B	x	x	x		
Pepsico	Quaker	Instant Oatmeal Express	Baked Apple	26587	1.9	53	200	2.5	11	0.5	2	0.0	0	320	42	4	19	36	38	4	20	0	10	20	NO	2.0 G/B		x	x		
Pepsico	Quaker	Instant Oatmeal Express	Brown Sugar	26585	1.9	53	200	2.5	11	0.5	2	0.0	0	250	41	4	17	32	34	5	20	0	10	20	NO	2.0 G/B		x			
Pepsico	Quaker	Life	Cereal Portion Pack	43338	1.09	31	120	1.5	11	0.0	0	0.0	0	160	25	2	6	20	20	3	0	0	10	45	NO	1.0 G/B	x				
Pepsico	Quaker	Oatmeal to Go	Apples & Cinnamon	43948	1.4	40	150	2.5	15	0.5	3	0.0	10	135	29	4	13	33	35	3	10	0	10	20	YES	1.0 G/B	x	x		x	x
Pepsico	Quaker	Oatmeal to Go	Brown Sugar Cinnamon	43947	1.4	40	140	2.5	16	0.5	3	0.0	10	150	29	3	13	33	37	3	10	0	10	20	YES	1.0 G/B	x	x		x	x
Pepsico	Quaker	Quakes Rice Cake Mini	Apple/Cinnamon	16921	0.6	16	60	0.0	0	0.0	0	0.0	0	50	15	0	4	25	27	1	0	0	0	0	YES						
Pepsico	Quaker	Quakes Rice Cake Mini	Caramel	16920	0.5	15	60	0.0	0	0.0	0	0.0	0	150	13	0	4	27	27	1	0	0	0	0	YES			x	x		
Pepsico	Quaker	Quakes Rice Cake Mini	Caramel	43381	0.9	26	100	0.5	5	0.0	0	0.0	0	260	23	0	8	31	32	1	0	0	0	0	YES			x	x		
Pepsico	Quaker	Quakes Rice Cake Mini	Cheddar	16924	0.5	15	70	2.5	32	0.0	0	0.0	0	230	11	0	0	0	0	1	0	0	0	0	NO			x	x		
Pepsico	Quaker	Quakes Rice Cake Mini	Cheddar	44117	0.7	19	90	3.0	30	0.5	5	0.0	0	290	14	0	1	5	4	1	0	0	0	0	NO			x	x		
Pepsico	Quaker		Honey Graham Snack Mix	39427	1.5	42	200	8	36	1.5	7	0.00	0	180	29	3	9	21	18	3	0	2	4	25	NO	1.5 G/B	x	x	x		
Pepsico	Stacy's	Pita Chips	Cinnamon & Sugar	40460	1.375	39	190	7		0.5		0	0	160	28	2	8			4	0	0	0	4	NO	1.5 G/B	x				
Pepsico	Stacy's	Pita Chips	Parmesan Garlic Herb	40458	1.375	39	190	7		1.0		0	0	270	26	2	1			5	0	0	2	6	NO	1.5 G/B	x		x		
Pepsico	Stacy's	Pita Chips	Simply Naked	40459	1.375	39	180	7		0.5		0	0	370	26	3	1			5	0	0	0	8	NO	1.5 G/B	x				
Pepsico	Stacy's	Pita Chips	Cinnamon & Sugar	24102	1.5	42	200	7.0	32	0.5	2	0.0	0	180	30	2	9	21	18	4	0	0	0	6	NO	1.7 G/B	x				
Pepsico	Stacy's	Pita Chips	Parmesan Garlic Herb	24101	1.5	42	200	7.8	35	1.0	5	0.0	0	300	28	3	2	5	4	5	0	0	2	6	NO	1.7 G/B	x	x			
Pepsico	Stacy's	Pita Chips	Pesto & Sun Dried Tomato	24103	1.5	42	200	7.0	32	0.5	2	0.0	0	380	29	3	1	2	2	5	4	0	0	10	NO	1.7 G/B	x				
Pepsico	Stacy's	Pita Chips	Simply Naked	24105	1.5	42	200	7.8	35	0.5	2	0.0	0	400	28	3	1	2	2	5	0	0	2	10	NO	1.7 G/B	x				
Pepsico	Stacy's	Pita Chips	Texasana Hot	24104	1.5	42	200	7.0	32	0.5	2	0.0	0	390	29	3	1	2	2	5	15	0	0	10	NO	1.7 G/B	x				
Pepsico	Stacy's	Soy Crisps	BBQ	48121	1.0	28	120	4.5	34	0.5	4	0.0	0	390	16	3	2	7	7	6	6	0	2	4	NO			x			
Pepsico	Stacy's	Soy Crisps	Sticky Bun	48123	1.0	28	130	5.0	35	0.5	3	0.0	0	180	15	3	3	11	9	6	0	0	2	4	NO			x			
Pita Products LLC	Pita Snax	Pita Chips	Honey & Wheat	5002	1.0	28	120	2.5	19	0.0	0	0.0	0	210	20	<1	3	11	10	3	0	0	0	8	NO	1.1 G/B	x				
Pita Products LLC	Pita Snax	Pita Chips	Sun Dried Tomato & Basil	5003	1.0	28	120	2.5	19	0.0	0	0.0	0	230	20	<1	1	4	3	4	4	2	0	8	NO	1.1 G/B	x		x		
Pita Products LLC	Pita Snax	Pita Chips	White Cheddar	5000	1.0	28	120	3.5	26	0.0	0	0.0	0	240	19	<1	1	4	3	4	0	0	2	8	NO	1.1 G/B	x		x		
Robert's American Gourmet		Pirate's Booty Snack Bag	With Aged White Cheddar	015665-601042 (UNFI #126995)	1.0	28	130	5.0	35	1.0	7	0.0	0	150	18	1	0	0	0	2	0	4	0	0	NO	1.0 G/B			x		

Balanced Choices Snacks

Chartwells K-12 Schools

Last Updated Aug. 2007

Manufacturer	Brand/Category	Product	Variety	MIN #	Pkg Size (oz.)	Pkg Size (g)	Cals	Total Fat (g)	% Cals Total Fat	Sat Fat (g)	% Cals Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	% Sugar by Wt	% Cals from Sugar	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)	Contains Artificial Sweetener	Component Contribution	WHEAT	SOY	MILK	EGG	PEANUT	TREE NUT
Simplot Food Group	Infinity	French Fry	3/8" Crinkle Cut Oven Heated, Unsalted	10071179000525	3.0 (3/4 Cup)	85	160	6.0	34	0.5	3	0.0	0	230	25	2	0	0	0	2	0	10	2	4	NO	3/4 Cup V/F						
Simplot Food Group	Infinity	French Fry	5/16" Thin Cut Oven Heated, Unsalted	10071179470038	3.0 (3/4 Cup)	85	160	6.0	34	0.5	3	0.0	0	230	24	2	0	0	0	2	0	10	2	4	NO	3/4 Cup V/F						
Simplot Food Group	Infinity	French Fry	1/4" Shoestring Oven Heated, Unsalted	10071179470076	3.0 (3/4 Cup)	85	170	7.0	37	0.5	3	0.0	0	230	24	2	0	0	0	2	0	10	2	4	NO	3/4 Cup V/F						
Simplot Food Group	Ultra Clear	French Fry	3/8" Skin On Oven Heated, Unsalted	10071179470069	4.0 (1 Cup)	112	156	5.2	30	1.3	8	0.0	0	221	25	1	0	0	0	3	0	10	0	5	NO	1 Cup V/F		x				
Snikiddy Snacks		Baked Corn Puffs Organic	Grilled Cheese	891803-001420 (UNFI #687517)	0.6	17	80	3.0	34	0.5	6	0.0	0	160	10	<1	0	0	0	2	2	0	2	0	NO	0.7 G/B			x			
Snikiddy Snacks		Baked Corn Puffs Organic	Pizza Pie	891803-001314 (UNFI #687475)	0.6	17	80	3.0	34	0.0	0	0.0	0	70	12	<1	0	0	0	1	2	0	0	0	NO	0.7 G/B			x			
Snikiddy Snacks		Baked Corn Puffs Organic	Rockin' Ranch	891803-001642 (UNFI #688317)	0.6	17	80	3.0	34	0.0	0	0.0	0	160	11	<1	0	0	0	1	2	0	0	2	NO	0.7 G/B			x			
Stauffer's		Animal Crackers	Original	11075S	1.0	28	110	1.5	12	0.0	0	0.0	0	95	22	<1	6	21	22	2	0	0	0	6	NO	1.1 G/B	x	x	x		x	x
Stauffer's		Fruit Bars	Apple	12509	1.3	36	130	3.5	24	0.5	3	0.0	0	45	25	1	11	30	34	2	15	0	0	10	NO	0.7 G/B	x	x			x	x
Stauffer's		Fruit Bars	Blueberry	12510	1.3	36	130	3.5	24	0.5	3	0.0	0	55	25	2	11	30	34	2	15	0	0	10	NO	0.7 G/B	x	x			x	x
Stauffer's		Fruit Bars	Strawberry	12511	1.3	36	130	3.5	24	0.5	3	0.0	0	50	25	2	11	30	34	2	15	0	0	10	NO	0.7 G/B	x	x			x	x
Stonyfield Farm	Low Fat Organic Smoothie		Variety: Strawb, Wild Blueb	1333	6.0	168	150	2.0	12	1.0	6	0.0	5	95	27-28	2	24-25	####	####	6	0	0	25	0	NO					x		
Stonyfield Farm	Low Fat Organic Yogurt		Variety: Strawb, Van, Blueb	197	6.0	168	135	1.5	10	1.0	7	0.0	5	95-100	25	2	22-23	####	####	6.0-7.0	0	0	25-30	0	NO	1.5 MMA			x			
Stonyfield Farm	Yogurt Squeezers	Cherry & Berry		97244 (UNFI #972448)	2.0	56	60	1.0	15	0.6	9	0.0	5	30	11	1	10	18	67	2	0	0	10	0	NO	0.5 MMA			x			
Stonyfield Farm	Yogurt Squeezers	Chillin' Cherry/Berry Blitz		97244	2.0	56	60	1.0	15	0.5	8	0.0	5	30	11	1	10	18	67	2	0	0	10	0	NO	0.5 MMA			x			
Stonyfield Farm	Yogurt Squeezers	Screamin' Strawberry		97245 (UNFI #972455)	2.0	56	60	1.0	15	0.5	8	0.0	5	30	11	1	10	18	67	2	0	0	10	0	NO	0.5 MMA			x			
Stonyfield Farm	Yo-Yo Yogurt		Orange Crm	742365-104428 (UNFI #327916)	4.0	112	110	1.0	8	0.5	4	0.0	5	75	20	1	19	17	69	4	0	2	15	0	NO	1.0 MMA			x			
Stonyfield Farm	Yo-Yo Yogurt		Strawberry	742365-104411 (UNFI #327932)	4.0	112	110	1.0	8	0.5	4	0.0	5	75	20	1	19	17	69	4	0	4	15	4	NO	1.0 MMA			x			
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Berry Blackberry	079126-008504 (UNFI #816298)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	2	10	71	89	0	0	4	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Chunky Cherry	079126-008702 (UNFI #816314)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	11	79	98	0	0	4	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Great Grape	079126-008405 (UNFI #816157)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	11	79	98	0	0	4	0	2	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Rare Raspberry	079126-008603 (UNFI #816199)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	12	86	107	0	0	2	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Sour Apple	079126-008306 (UNFI #816256)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	12	1	9	64	80	0	0	4	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Sweet Strawberry	079126-008900 (UNFI #816215)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	9	64	80	0	0	2	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Tangy Apricot	079126-008108 (UNFI #816272)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	7	50	62	0	0	0	0	0	NO							
Stretch Island		Fruit Leather (100% Fruit No Added Sugar)	Truly Tropical	079126-008801 (UNFI #816231)	0.5	14	45	0.0	0	0.0	0	0.0	0	0	11	1	9	64	80	0	0	2	0	0	NO							