Breakfast in the Classroom: Product Nutrition and Ingredients

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Yoplait® Go Big™ Yogurt Strawberry 4oz

A versatile, nutritious, 1 MA equivalent that is Smart Snack compliant to help drive revenue in a la carte. Serve it throughout the day - perfect for breakfast, lunch, a la carte, even afterschool feeding. Easy to grip and rip pouches - no spoon required! Great for all ages! No Colors from Artificial Sources. No High Fructose Corn Syrup. Good source of calcium. Kosher certified. Gluten-Free.

UNIT SIZE: 32 OZ
CASE COUNT: 6

PRODUCT CODE: 47402000
UPC: 070470474021
GTIN: 10070470474028

Nutrition Facts

Serving Size:	1 Pouch (113g)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	10	
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	1g	4%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	70mg	3%
Total Carbohydrate	18g	6%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	4g	
Vitamin A	10%	
Vitamin C	0%	
Calcium	10%	
Iron	0%	
Vitamin D	15%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Cultured Pasteurized Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch. Contains 0.5% or less of: Kosher Gelatin, Natural Flavor, Fruit and Vegetable Juice (for color), Potassium Sorbate Added to MaintainFreshness, Beta Carotene (for color), Vitamin A Acetate, Vitamin D3.

Kosher: K D

Package Information

NET WEIGHT: N/A
VOLUME: .552 CF
HEIGHT: 9.12 IN
LENGTH: 11.31 IN
WIDTH: 9.25 IN
CASE SIZE: .552 CF

KEY FEATURES:

- Gluten-Free
- 1 Meat Alternate
- Kosher
- No Artificial Flavors
- No Colors from Artificial Sources
- No High Fructose Corn Syrup

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Pillsbury® Mini Cinnis

Whole Grain Rich. Mini pull apart cinnamon rolls. Individually wrapped ovenable packages. 16 grams whole grain. 2 oz eq grains. No Artificial Flavors. No Colors from Artificial Sources.
ALLERGENS: CONTAINS WHEAT AND MILK INGREDIENTS

UNIT SIZE: 2.29 OZ
CASE COUNT: 72

PRODUCT CODE: 133686000
UPC: 018000336869
GTIN: 10018000336866

Nutrition Facts

Serving Size:	1 Package (65g)	
Amount Per Serving:	As Packaged	
Calories	240	
Calories From Fat	70	
		% Daily Value*
Total Fat	7g	11%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	270mg	11%
Total Carbohydrate	39g	13%
Dietary Fiber	2g	10%
Sugars	15g	
Protein	5g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	4%	
Iron	8%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean, palm, canola), Nonfat Milk. Contains 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch, Natural Flavor.

Package Information

NET WEIGHT: N/A
VOLUME: .727 CF
HEIGHT: 8 IN
LENGTH: 19.81 IN
WIDTH: 7.93 IN
CASE SIZE: .727 CF

KEY FEATURES:

- Whole Grain
- 2 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Pillsbury® Mini French Toast Cinnamon Rush™

Whole Wheat Flour - First Grain Ingredient. Mini French toast slices, cinnamon flavor baked in for no-mess eating. Individually wrapped ovenable packages. 16 grams whole grain, 2 oz. eq. grains. No Artifical Flavors. No Colors from Artifical Sources.
ALLERGENS: CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS

UNIT SIZE: 2.64 OZ
CASE COUNT: 72
PRODUCT CODE: 137309000
UPC: 018000373093
GTIN: 10018000373090

Nutrition Facts

Serving Size:	1 Pouch (75g)	
Amount Per Serving:	As Packaged	
Calories	220	
Calories From Fat	60	
		% Daily Value*
Total Fat	7g	10%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	8%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	9%
Sugars	11g	
Protein	4g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	6%	
Iron	8%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Water, Whole Wheat Flour, Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar,Soybean Oil. Contains 2% or less of: Dextrose, Cinnamon, Nonfat Milk, Molasses, Sodium Aluminum Phosphate, Baking Soda, Potassium Bicarbonate, Monocalcium Phosphate, Salt, Hydrogenated Cottonseed Oil, Eggs, Natural Flavor, Mono and Diglycerides, Soy Lecithin.

Kosher: NONE

Package Information

NET WEIGHT: N/A
VOLUME: 1.283 CF
HEIGHT: 9.62 IN
LENGTH: 19.62 IN
WIDTH: 11.75 IN
CASE SIZE: 1.283 CF

KEY FEATURES:

- Whole Grain
- 2 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Pillsbury® Mini Pancakes Maple Burst'n™

Whole Wheat Flour - First Grain Ingredient. 100% Whole Grain. Mini pancakes, maple flavor baked in for no-mess eating. 16 grams whole grain, 2 oz. eq. grain, individually wrapped ovenable packages. No Artificial Flavors. No Colors from Artificial Sources.
ALLERGENS: CONTAINS WHEAT, EGG AND MILK INGREDIENTS

UNIT SIZE: 3.17 OZ
CASE COUNT: 72
PRODUCT CODE: 137732000
UPC: 018000377329
GTIN: 10018000377326

Nutrition Facts

Serving Size:	1 Package (89g)	
Amount Per Serving:	As Packaged	
Calories	220	
Calories From Fat	60	
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	130mg	5%
Total Carbohydrate	39g	13%
Dietary Fiber	3g	12%
Sugars	12g	
Protein	4g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	4%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Canola Oil. Contains less than 2% of: Fructose, Glycerin, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Maltodextrin, Egg White, Salt, Hydrogenated CottonseedOil, Cellulose Gum, Natural Flavor, Butter Acids.

Kosher: NONE

Package Information

NET WEIGHT: N/A
VOLUME: 1.468 CF
HEIGHT: 11 IN
LENGTH: 19.62 IN
WIDTH: 11.75 IN
CASE SIZE: 1.468 CF

KEY FEATURES:

- Whole Grain
- 2 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Pillsbury® Mini Waffles Blueberry Bash

Whole Wheat Flour - First Grain Ingredient. Blueberry flavor baked in for no-mess eating. Individually wrapped ovenable packages. Made with 100% Whole Grain. 2 oz eq grains. No Artificial Flavors. No Colors from Artificial Sources.

ALLERGENS: CONTAINS WHEAT, SOY, MILK AND EGG INGREDIENTS

UNIT SIZE: 2.47 OZ
CASE COUNT: 72

PRODUCT CODE: 132264000
UPC: 018000322640
GTIN: 10018000322647

Nutrition Facts

Serving Size:	1 Pouch (70g)	
Amount Per Serving:	As Packaged	
Calories	210	
Calories From Fat	50	
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	37g	12%
Dietary Fiber	3g	12%
Sugars	12g	
Protein	4g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	4%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Soybean Oil. Contains less than 2% of: Leavening (baking soda, sodium aluminum phosphate, calcium acid pyrophosphate, potassium bicarbonate), Whole Grain Corn Flour, Soy Lecithin, Natural Flavor, Salt, Nonfat Milk, Canola Oil, Corn Starch, Dextrose, Fructose, Elderberry, Watermelon and Huito Juices Added for Color, Eggs, Cellulose Gum, Sodium Bicarbonate, Tricalcium Phosphate.

Kosher: NONE

Package Information

NET WEIGHT: N/A
VOLUME: 1.15 CF
HEIGHT: 8.62 IN
LENGTH: 19.62 IN
WIDTH: 11.75 IN
CASE SIZE: 1.15 CF

KEY FEATURES:

- Whole Grain
- 2 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Pillsbury® Mini Waffles Maple Madness

Whole Wheat Flour - First Grain Ingredient. Maple flavor baked in for no-mess eating. Individually wrapped ovenable packages. Made from 100% Whole Grain. 2 oz eq grains. No Artificial Flavors. No Colors from Artificial Sources.
ALLERGENS: CONTAINS WHEAT, SOY, MILK AND EGG INGREDIENTS

UNIT SIZE: 2.47 OZ
CASE COUNT: 72

PRODUCT CODE: 132265000
UPC: 018000322657
GTIN: 10018000322654

Nutrition Facts

Serving Size:	1 Pouch (70g)	
Amount Per Serving:	As Packaged	
Calories	210	
Calories From Fat	50	
		% Daily Value*
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	38g	13%
Dietary Fiber	3g	12%
Sugars	13g	
Protein	4g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	4%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients

Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Soybean Oil. Contains less than 2% of: Soy Lecithin, Maltodextrin, Baking Soda,Sodium Aluminum Phosphate, Salt, Nonfat Milk, Calcium Acid Pyrophosphate, Potassium Bicarbonate, Modified Corn Starch, Eggs, Natural Flavor, Dextrose, Tricalcium Phosphate.

Kosher: NONE

Package Information

NET WEIGHT: N/A
VOLUME: 1.15 CF
HEIGHT: 8.62 IN
LENGTH: 19.62 IN
WIDTH: 11.75 IN
CASE SIZE: 1.15 CF

KEY FEATURES:

- Whole Grain
- 2 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Whole Grain Muffins

BLUEBERRY

PARBAKED KEEP FROZEN NET WEIGHT (15 Lbs)

Ingredients:

whole grain wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrates, riboflavin, folic acid) water, blueberries sugar, soybean oil, eggs, muffin base (modified corn starch, sodium bicarbonate, sodium acid pyrophosphate, mono and diglycerides, propylene glycol, monoesters, sodium aluminum phosphate, wheat gluten, salt, sodium bicarbonate, lecithin, aluminum sulfate, potassium sorbate, natural and artificial flavors

WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR MUFFINS

Place frozen muffins on a sheet pan and bake at 225 degrees for 6-7 minutes

MANUFACTURED BY PERFECTO'S CAFFE

79 north main street Andover Ma 01810

manufactured on: _____

Whole Grain Muffins

CINNAMON CHIP

PARBAKED KEEP FROZEN NET WEIGHT (14lb 12.ozs)

Ingredients:

whole grain wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrates, riboflavin, folic acid) water, cinnamon drops (sugar, palm oil, cinnamon, nonfat dry milk and soy lecithin (an emulsifier) sugar, soybean oil, eggs, muffin base (modified corn starch, sodium bicarbonate, sodium acid pyrophosphate, mono and diglycerides, propylene glycol, monoesters, sodium aluminum phosphate, wheat gluten, salt, sodium bicarbonate, lecithin, aluminum sulfate, potassium sorbate, natural and artificial flavors

WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR MUFFINS

Place frozen muffins on a sheet pan and bake at 225 degrees for 6-7 minutes

MANUFACTURED BY PERFECTO'S CAFFE

79 north main street Andover Ma 01810

manufactured on: _____

Whole Grain Muffins

RASPBERRY

PARBAKED KEEP FROZEN NET WEIGHT (15 lbs)

Ingredients:
whole grain wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrates, riboflavin, folic acid) water, raspberries, sugar, soybean oil, eggs, muffin base (modified corn starch, sodium bicarbonate, sodium acid pyrophosphate, mono and diglycerides, propylene glycol, monoesters, sodium aluminum phosphate, wheat gluten, salt, sodium bicarbonate, lecithin, aluminum sulfate, potassium sorbate, natural and artificial flavors

WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR MUFFINS

Place frozen muffins on a sheet pan and bake at 225 degrees for 6-7 minutes

MANUFACTURED BY PERFECTO'S CAFFE

79 north main street Andover Ma 01810

manufactured on: _____

Comp #: 1881
Company: Perfecto's Caffe
Product: 51% Whole Wheat Flour Bagel 2.0oz
Formula: 86309
Date: Monday, April 15, 2013

US Nutrition Facts Report

Serving Size: 1 bagel (57g/2 oz) Servings Per Container: 1

Nutrient	Values	Unit	% Daily
Calories	130	kcal	
Calories from Fat	5	kcal	
Total Fat	0.5	g	1%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	260	mg	11%
Total Carbohydrates	26	g	9%
Dietary Fiber	3	g	10%
Sugars	1	g	
Protein	7	g	
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			10%

Required when a cholesterol or other fatty acid claim is made:		
Polyunsaturated Fat	0	g
Monounsaturated Fat	0	g

Required when an enrichment claim is made:	
Thiamin	15%
Riboflavin	6%
Niacin	8%
Folate	8%

Based on the requirements for the National School Lunch Program this product contains:

2.0 grain / bread equivalency
17g whole grains per 2.0oz serving

Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

AIB International Food Labeling
1213 Bakers Way, P.O. Box 3999, Manhattan, KS 66505-3999

WHOLE GRAIN PLAIN BAGELS

2.0 oz. BAGELS (PARBAKED)

(KEEP FROZEN) NET WEIGHT - 6 LB – 48 bagels

Ingredients:

Filtered water, whole wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, malted barley flour, potassium bromate), vital wheat gluten, brown sugar, salt, conditioner (pregelatinized wheat starch, sunflower lecithin, ascorbic acid, guar gum, enzymes), yeast, malt, improver (mono and diglycerides, L-cysteine), white vinegar.

(WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR BAGELS)

Directions:

Frozen/Bake off: Place 20 bagels per sheet pan, into pre-heated convection oven set at 325^0 F for 8-9 minutes.

Note: If thawed, bake only 5-6 minutes

Created Daily at Perfecto's Cafe

79 North Main Street, Andover MA 01810

Comments & Questions e-mail: info@Perfectoscaffe.com – or 978-749-7022

Batch Date: _____ Packed By: _____

Comp #: 1881
Company: Perfecto's Caffe
Product: 51% WholeGrainFlourCinnRaisinBagel 2.0oz
Formula: 86307
Date: Monday, April 15, 2013

US Nutrition Facts Report

Serving Size: 1 bagel (57g/2 oz) Servings Per Container: 1

Nutrient	Values	Unit	% Daily
Calories	140	kcal	
Calories from Fat	10	kcal	
Total Fat	1	g	2%
Saturated Fat	0.5	g	3%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	230	mg	9%
Total Carbohydrates	28	g	9%
Dietary Fiber	2	g	10%
Sugars	5	g	
Protein	6	g	
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			8%

Required when a cholesterol or other fatty acid claim is made:

Polyunsaturated Fat	0	g
Monounsaturated Fat	0	g

Required when an enrichment claim is made:

Thiamin	15%
Riboflavin	6%
Niacin	8%
Folate	8%

Based on the requirements for the National School Lunch Program this product contains:

1.75 grain / bread equivalency
14.7g whole grains per 2.0oz serving

Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

AIB International Food Labeling
1213 Bakers Way, P.O. Box 3999, Manhattan, KS 66505-3999

WHOLE GRAIN CINNAMON RAISIN BAGELS

2.0 oz. BAGELS (PARBAKED)

(KEEP FROZEN) NET WEIGHT - 6 LB – 48 bagels

Ingredients:

Filtered water, whole wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, malted barley flour, potassium bromate), raisins, vital wheat gluten, cinnamon chips (palm oil, cinnamon, non-fat dry milk, soy lecithin), brown sugar, conditioner (pregelatinized wheat starch, sunflower lecithin, ascorbic acid, guar gum, enzymes), yeast, malt, improver (mono and diglycerides, wheat gluten, L-cysteine), white vinegar, caramel color (sulfites, corn syrup, natural & artificial flavors).

(WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR BAGELS)

Directions:

Frozen/Bake off: Place 20 bagels per sheet pan, into pre-heated convection oven set at 325^0 F for 8-9 minutes.

Note: If thawed, bake only 5-6 minutes

Created Daily at Perfecto's Cafe

79 North Main Street, Andover MA 01810

Comments & Questions e-mail: info@Perfectoscaffe.com – or 978-749-7022

Batch Date: _____ Packed By: _____

Comp #: 1881
Company: Perfecto's Caffe
Product: 51% WG Foccacia Bagel 2.0oz
Formula: 86312
Date: Monday, April 15, 2013

US Nutrition Facts Report

Serving Size: 1 bagel (57g/2 oz) Servings Per Container: 1

Nutrient	Values	Unit	% Daily
Calories	140	kcal	
Calories from Fat	20	kcal	
Total Fat	2	g	3%
Saturated Fat	1.5	g	7%
Trans Fat	0	g	
Cholesterol	5	mg	2%
Sodium	300	mg	12%
Total Carbohydrates	23	g	8%
Dietary Fiber	2	g	9%
Sugars	1	g	
Protein	9	g	
Vitamin A			0%
Vitamin C			0%
Calcium			6%
Iron			10%

Required when a cholesterol or other fatty acid claim is made:		
Polyunsaturated Fat	0	g
Monounsaturated Fat	0	g

Required when an enrichment claim is made:	
Thiamin	15%
Riboflavin	6%
Niacin	8%
Folate	8%

Based on the requirements for the National School Lunch Program this product contains:

1.75 grain / bread equivalency
15.2g whole grains per 2.0oz serving

Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

AIB International Food Labeling
1213 Bakers Way, P.O. Box 3999, Manhattan, KS 66505-3999

WHOLE GRAIN FOCACCIA BAGELS

2.0 oz. BAGELS (PARBAKED)

(KEEP FROZEN) NET WEIGHT - 6 LB – 48 bagels

Ingredients:

Filtered water, whole wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, malted barley flour, potassium bromate), vital wheat gluten, brown sugar, salt, conditioner (pregelatinized wheat starch, sunflower lecithin, ascorbic acid, guar gum, enzymes), yeast, malt, improver (mono and diglycerides, L-cysteine), white vinegar, parmesan cheese (pasteurized part-skim milk, cheese culture), oregano, rosemary, ground pepper, garlic powder.

(WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR BAGELS)

Directions:

Frozen/Bake off: Place 20 bagels per sheet pan, into pre-heated convection oven set at 325^0 F for 8-9 minutes.

Note: If thawed, bake only 5-6 minutes

Created Daily at Perfecto's Cafe

79 North Main Street, Andover MA 01810

Comments & Questions e-mail: info@Perfectoscaffe.com – or 978-749-7022

Batch Date: _____ Packed By: _____

Comp #: 1881
Company: Perfecto's Caffe
Product: 51% WholeGrainFlourFrenchToastBagel 2.0oz
Formula: 86308
Date: Monday, April 15, 2013

US Nutrition Facts Report

Serving Size: 1 bagel (57g/2 oz) Servings Per Container: 1

Nutrient	Values	Unit	% Daily
Calories	150	kcal	
Calories from Fat	20	kcal	
Total Fat	2.5	g	4%
Saturated Fat	1.5	g	7%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	230	mg	9%
Total Carbohydrates	26	g	9%
Dietary Fiber	2	g	9%
Sugars	5	g	
Protein	6	g	
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			8%

Required when a cholesterol or other fatty acid claim is made:

Polyunsaturated Fat	0	g
Monounsaturated Fat	0.5	g

Required when an enrichment claim is made:

Thiamin	10%
Riboflavin	4%
Niacin	8%
Folate	8%

Based on the requirements for the National School Lunch Program this product contains:

1.75 grain / bread equivalency
14.6g whole grains per 2.0oz serving

Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

AIB International Food Labeling
1213 Bakers Way, P.O. Box 3999, Manhattan, KS 66505-3999
Phone: 785-537-4750 Fax: 785-706-0106

WHOLE GRAIN FRENCH TOAST BAGELS

2.0 oz. BAGELS (PARBAKED)

(KEEP FROZEN) NET WEIGHT - 6 LB – 48 bagels

Ingredients:

Whole wheat flour, wheat flour (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, malted barley flour, potassium bromate), filtered water, cinnamon chips (palm oil, cinnamon, non-fat dry milk, soy lecithin), vital wheat gluten, brown sugar, salt, conditioner (wheat flour, enzymes), yeast, dry malt, improver (mono and diglycerides, wheat gluten, L-cysteine), maple flavor (propylene glycol, caramel color (sulfites, corn syrup, natural & artificial flavors), white vinegar, egg shade (yellow #5, citric acid, FD&C yellow #6, sodium benzoate, and FD&C red #40).

(WE DO NOT USE PEANUTS OR TREE NUTS IN ANY OF OUR BAGELS)

Directions:

Frozen/Bake off: Place 20 bagels per sheet pan, into pre-heated convection oven set at 325^0 F for 8-9 minutes.

Note: If thawed, bake only 5-6 minutes

Created Daily at Perfecto's Cafe

79 North Main Street, Andover MA 01810

Comments & Questions e-mail: info@Perfectoscaffe.com – or 978-749-7022

Batch Date: _____ Packed By: _____

Hadley Farms
Nutrition Label
139 Whole Grain Margarine Croissant FCS 2.2 oz

Nutrition Facts

Serv. Size 1 roll (62g)
Serv. Per Cont. 144
Calories 190
Fat Cal. 70

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	**12%**	**Total Carb.** 26g	**9%**
Sat. Fat 3.5g	**17%**	Fiber 2g	**10%**
Trans Fat 0g		Sugars 3g	
Cholest. 5mg	**1%**	**Protein** 5g	
Sodium 270mg	**11%**		

Vitamin A 6% • Vitamin C 0% • Calcium 6% • Iron 8%

INGREDIENTS:
White Whole Wheat Flour, Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Palm Oil, Water, Soybean Oil, Sugar, Soybean Lecithin [Soy], Mono & Diglycerides, Artificial Butter Flavor, Beta Carotene [Color], Vitamin A Palmitate added), Sugar, Contains 2% or less of: Salt, Non Fat Dry Milk Powder (Non Fat Dry Milk, Whey), Yeast and Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate) for Leavening, Dough Conditioner (DATEM, Calcium Sulfate, Soybean Oil, Enzyme, Ascorbic Acid, L-Cysteine), Vital Wheat Gluten, Eggs, Malt Powder (Malted Barley, Dextrose), Calcium Propionate, Potassium Sorbate and Citric Acid (Preservatives).

17.77 g Whole Grain per Roll (51%)
17.07 g Enriched Grain per Roll (49%)
2.0 OZ EQ per Roll

ALLERGY INFORMATION:
CONTAINS: Eggs, Milk, Soy, Wheat

MICHAEL FOODS INC
301 Carlson Pkwy., Suite 400
Minnetonka, MN 55305
(877) 367-3447

46025-15551-00

200/1 Oz. 3.5" Round Patty, Table Ready, PHE

Ingredients

Whole Eggs, Whey, Nonfat Milk, Vegetable Oil (corn and/or soybean oil), Contains 2% or Less of the Following: Salt, Xanthan Gum, Citric Acid, Pepper, Natural Butter Flavor.

General Information

Round Egg Patty (46025-15551-00) is a 3 1/2" round egg patty with regular edges and none to slight browning color appearance. The texture of this product is delicate with a smooth taste characteristic of an egg patty. All product specifications will be met and no foreign material will be present. This product shall comply with all applicable regulations promulgated under the Federal Food, Drug, and Cosmetic Act, and to applicable state statutes and regulations.

This product is not kosher.

Physical Characteristics

Clean egg odor. Free of any spoilage or other off odors. None to Slight Browning Range: 0-3 Target: 0
Fresh, clean, and appealing egg taste. Free of off flavors.

Microbiological Standards

Total Plate Count: < 10,000 cfu/g
Salmonella: Negative/100 g
Coagulase + Staph: < 10 cfu/g
Coliforms: < 10 cfu/g
E.coli: < 10 cfu/g
L.monocytogenes: Negative/50 g

Packaging	
Case Pack	200
Net Weight	12.500 LB
Gross Weight	14.020 LB
Case Diameter	16.000" x 10.000" x 8.375"
Case Cube	0.780 CF
Tie	12 CA
High	9 CA
Pallet	108 CA

Common household measurement: 1/4 c = 56 g
Shelf life of product is 365 days.

Nutritional Facts	Amount Per 100 Grams	
Total Calories	160.00	CAL
Calories from Fat	110.00	CAL
Total Fat	12.00	GM
Saturated Fat	3.00	GM
Trans Fat	0.00	GM
Cholesterol	265.00	MG
Sodium	340.00	MG
Potassium	160.00	MG
Total Carbohydrates	3.00	GM
Dietary Fiber	0.00	GM
Sugars	2.00	GM
Protein	9.00	GM
Vitamin A	382.37	IU
Vitamin C	0.11	MG
Calcium	67.22	MG
Iron	1.26	MG

Hormel Product Code: #18362
GTIN #10037600183625

FAST 'N EASY® SAUSAGE, PATTY, COOKED, 160/1 OZ, 10 LB

COOKED SAUSAGE PATTY

Fully cooked. These pork breakfast sausage patties are made with fresh pork cuts and a unique blend of flavorful spices. Tender and meaty texture combine with outstanding flavor!

- Meaty and tender texture performs like cooked from raw sausage.
- Virtually 100% yield allows the customer to meet peak business demands with ease.

SUGGESTED USE

Center of the plate breakfast and breakfast sandwiches

PREPARATION INSTRUCTIONS

Fully cooked. Simply heat and serve.

NUTRITIONAL INFORMATION

NUTRITIONAL FACTS

Serving Size	28 g
Amount Per Serving	
Calories	120
Calories From Fat	100
Total Fat	11 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	20 g
Sodium	180 mg
Potassium	59.56 mg
Total Carbohydrates	0 mg
Dietary Fiber	0 mg
Sugars	0 mg
Protein	4 mg
Vitamin A	0%
Vitamin C	0%
Iron	0%
Calcium	0%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or low er depending on your calorie needs.

INGREDIENTS

Ingredients: TBHQ, BHT with Citric Acid Added to Help Protect Flavor Ingredients: Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed Yeast, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid.

Yield is based on average standard yields and may vary from case to case.

ALLERGEN INFO

No Allergens present

STORAGE & MASTER CASE

STORAGE

Storage Temp	-20 F - 10 F
Storage Method	Keep Frozen

MASTER CASE

Net Weight	10 LB

Line item 51. Deli - Cuddy-05286 Bacon Rounds FC

ARMOUR ECKRICH

COSTA # 05286

PRODUCT SPECIFICATIONS

ARMOUR

FULLY COOKED SLICED ROUND BACON

UPC CODE:	45300 44109
INGREDIENTS:	Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
CASE PACK:	3/1.32 lb.
NET WEIGHT:	3.960 lb +/- 0.260 lb
PACKAGE DIMENSIONS (OUTER):	
CASE DIMENSIONS (OUTER):	14.500 X 10.000 X 3.000
CUBE:	0.252 cubic ft
PALLET PATTERN:	11 cases per layer; 20 layers high = 220 cs per pallet
CODE DATE:	Julian
PACKAGE HANDLING:	Keep Refrigerated
CASE HANDLING:K	eep Refrigerated
SHELF LIFE:	360 days

Nutrition Facts

Serving Size 1 slice (23g)

Servings Per Container Varied

Amount Per Serving	
Calories 100	Calories from Fat 70
	% Daily Value*
Total Fat 8 g	12 %
Saturated Fat 3 g	15 %
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 530 mg	22 %
Total Carbohydrate 1 g	0 %
Sugars 0 g	
Protein 7 g	14 %

Not a significant source of Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron.

* Percent Daily Values are based on a 2,000 calorie diet

Report Date: 3/16/2015

Pork Sausage Link

Item #: 3755
Product Description: Fully cooked, all meat, skinless, pork sausage link. CN labeled. Commodity processed product.
Technical Name: Fully Cooked Pork Sausage Links Caramel Color Added
Brand: Pierre

Product Details

Data Generated:	2/3/2017
Data Valid As Of:	9/21/2016
Packing Type:	BULK-LINER
Pieces Per Case:	250
Piece Size (oz.):	1.20
Case Net Weight (lb.):	18.75

Case Dimensions:	Width:	13.00
	Length:	19.88
	Height:	6.63
	Case Cube:	0.99

Cases / Pallet:	42
Case TiHi:	7 x 6

Credit (CN):	*1 OZ MMA PORK*
Equivalent Grain:	-

Ingredients:
INGREDIENTS: Ground Pork (Not More Than 20% Fat), Seasoning (Dextrose, Flavorings, Hydrolyzed Corn Protein, Caramel Color), Salt.

Shelf Life (days):	365 *Starting from date of production when kept @ 0°F or below.*

Preparation Method:

Conventional Oven: From frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes.

Convection Oven: From frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes

Microwave: On high for about 45 seconds. Microwave ovens vary. Times given are approximate.

Master Case GTIN:	00071421037555
Master Case Gross Weight:	20.08800

Nutrition Facts:

Serving Size: 1.20 OZ (34 g)
Servings Per Container: 250

Calories / Calories from Fat:	70 / 45
	% Daily Value **
Total Fat 5 g	8%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 260 mg	11%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 7 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	2%

** Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The data contained on this spec sheet has been approved by Child Nutrition Labeling Technologist, Kimberly Scardicchio.

AdvancePierre Foods • 9990 Princeton-Glendale Rd. • Cincinnati, Ohio 45246 • Phone: 1-800-969-2747 •
www.advancepierre.com
Date Generated: 2/3/2017

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100019—Cheese, American, White, Pasteurized, Sliced

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a pasteurized, processed white American cheese. This product is available in cases with six 5-pound loaves containing 160 1/2-ounce slices per loaf.

CREDITING/YIELD

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Sliced American cheese can be used as a sandwich component or in recipes that are enhanced by a smooth, creamy melted cheese.
- Processed cheeses should be used in moderation when planning lower sodium menus.
- For more culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

NUTRITION FACTS

Serving size: 1 ounce/ 2 slices (28 g), American cheese

Amount Per Serving	
Calories	110
Total Fat	9g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	25mg
Sodium	270mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	5g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

June 2014

Kellogg's® Apple Jacks® for Schools Cereal '1.0 oz./96 ct. 'Bowl Pack Cereal

Kellogg's® Apple Jacks® for Schools Cereal '1.0 oz./96 ct. 'Bowl Pack Cereal

Product Last Saved Date:21 May 2015

Nutrition Facts

Serving Size: 28 GR

Number of Servings per Package:

Amount Per Serving

Calories: 110 **Calories from Fat:** 10

% Daily Value*

Total Fat 1 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 24 g	8%
Dietary Fiber 3 g	10%
Sugars 8 g	
Protein 2 g	

	Per Srv		Per Srv
Vitamin A	10%	**Vitamin C**	25%
Calcium	0%	**Iron**	25%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
3800078787		30038000787875	96 X 1 OZ	

Brand	Brand Owner	GPC Description
Kellogg	Kellogg Company US	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
161.92 LB	96 LB	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
47.25 IN	38 IN	41.75 IN	43.381 CF	8x2	365 Days	35 FA / 85 FA

Ingredients:

CORN FLOUR BLEND (WHOLE GRAIN YELLOW CORN FLOUR, DEGERMINATED YELLOW CORN FLOUR), SUGAR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, CONTAINS 2% OR LESS OF VEGETABLE OIL (HYDROGENATED COCONUT, SOYBEAN AND/OR COTTONSEED, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED), SOLUBLE CORN FIBER, SALT, MILLED CORN, DRIED APPLES, APPLE JUICE CONCENTRATE, CORNSTARCH, CINNAMON, MODIFIED CORN STARCH, YELLOW 6, NATURAL FLAVOR, BAKING SODA, TURMERIC EXTRACT COLOR, BLUE 1, RED 40. VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE AND ASCORBIC ACID), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN A PALMITATE, VITAMIN B1 (THIAMIN HYDROCHLORIDE), FOLIC ACID, VITAMIN B12, VITAMIN D3.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Peanuts - NI
Soy - MC	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:

Dry.

Benefits:

The item is a good fit for: Recreation, Lodging, Primary/Secondary Schools, Hospitals, Long-Term Care, Military, For Breakfast, For Snack, For Dessert.

Serving Suggestions:

Serve with milk

Prep & Cooking Suggestions:

Ready-to-eat.

More Information:

View Product Print

Cheerios® 1oz Bowlpak Cereal

Whole Grain Oats - First Ingredient. Puffed, toasted, whole grain oat cereal in ring-shaped pieces. Provides 12 vitamins and minerals, including iron and zinc, and one gram of sugar per bowlpak. Contains no artificial flavors. 1 oz eq grain

UNIT SIZE: 1 OZ
CASE COUNT: 96

KEY FEATURES:

- Whole Grain

PRODUCT CODE: 32262000
UPC: 016000322622
GTIN: 10016000322629

Nutrition Facts

Serving Size:	1 Bowl (28g) (1 Cup)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	15	
	% Daily Value*	
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Potassium	180mg	5%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	11%
Sugars	1g	
Protein	3g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	

Iron	45%
Vitamin D	10%
Thiamin	25%
Riboflavin	2%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	25%
Phosphorus	10%
Magnesium	8%
Zinc	25%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 2.346 CF **HEIGHT:** 18.62 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 2.346 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Apple Cinnamon Cheerios® Bowlpak Cereal

Whole Grain Oats - First Ingredient. Puffed, toasted, sweetened whole grain oats with apple cinnamon taste. Low in fat and provides 12 vitamins and minerals per 30g serving. 1 oz eq grain.

UNIT SIZE: 1 OZ
CASE COUNT: 96

KEY FEATURES:

- Whole Grain

PRODUCT CODE: 31879000
UPC: 016000318793
GTIN: 10016000318790

Nutrition Facts

Serving Size:	1 Bowl (28g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	15	
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	60mg	2%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	7%
Sugars	10g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	

Iron	20%
Vitamin D	8%
Thiamin	20%
Riboflavin	20%
Niacin	25%
Vitamin B6	20%
Folic Acid	50%
Vitamin B12	20%
Phosphorus	6%
Magnesium	4%
Zinc	20%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Oats, Sugar, Brown Sugar, Corn Meal, Corn Starch, Corn Syrup, Canola and/or Rice Bran Oil, Apple Puree Concentrate, Salt, Cinnamon, Trisodium Phosphate, Sodium Citrate, Vanillin, Wheat Starch. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 1.779 CF **HEIGHT:** 14.12 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 1.779 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Multigrain Cheerios® Bowlpak Cereal

Whole Grain Corn and Oats - First Ingredient. Whole grain corn, oats, rice, barley and wheat lightly sweetened. Provides 14 vitamins and minerals per 30g serving. Contains no artificial flavors. 1 oz eq grain

UNIT SIZE: 1 OZ
CASE COUNT: 96

ALLERGENS:

- CONTAINS WHEAT INGREDIENTS

PRODUCT CODE: 32263000
UPC: 016000322639
GTIN: 10016000322636

Nutrition Facts

Serving Size:	1 Bowl (28g) (1 Cup)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	10	
	% Daily Value*	
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	115mg	5%
Potassium	135mg	4%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	10%
Sugars	6g	
Protein	2g	
Vitamin A	10%	
Vitamin C	8%	
Calcium	8%	

Iron	40%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	25%
Phosphorus	8%
Magnesium	4%
Zinc	25%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Corn, Whole Grain Wheat, Sugar, Whole Grain Oats, Whole Grain Barley, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Corn Bran, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Color Added. VitaminE (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 2.346 CF **HEIGHT:** 18.62 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 2.346 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Honey Nut Cheerios® Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Top-seller. Popular with all ages. Sweetened Whole Grain Oat Cereal With Real Honey and Natural Almond Flavor.

UNIT SIZE: 1 OZ
CASE COUNT: 96

ALLERGENS:

- CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS

PRODUCT CODE: 11918000
UPC: 016000119185
GTIN: 10016000119182

Nutrition Facts

Serving Size:	1 Bowl (28g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	10	
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	115mg	3%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	8%
Soluble Fiber	;1g	
Sugars	9g	
Other Carbohydrate	11g	
Protein	2g	
Vitamin A	10%	

Vitamin C	10%
Calcium	10%
Iron	25%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	20%
Phosphorus	8%
Magnesium	6%
Zinc	25%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 1.779 CF **HEIGHT:** 14.12 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 1.779 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Fruity Cheerios(R), Bowlpak

1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Corn - First Ingredient. A fruity, sweetened corn and oat cereal in ring-shaped pieces flavored with real fruit juice and natural flavors. Deeper bowl.

Product Last Saved Date:06 November 2015

Nutrition Facts

Serving Size: 31 GR

Number of Servings per Package: 96

Amount Per Serving

Calories: 120 **Calories from Fat:** 15

		% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	150 mg	6%
Total Carbohydrate	26 g	9%
Dietary Fiber	2 g	7%
Sugars	10 g	
Protein	2 g	

	Per Srv		Per Srv
Vitamin A	10%	**Vitamin C**	30%
Calcium	10%	**Iron**	25%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
16000-31916		10016000319162	96 X 1.12 OZ	

Brand	Brand Owner	GPC Description
Fruity Cheerios(R)	GENERAL MILLS INC	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.4 LB	6.72 LB	USA	Yes	Yes

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.75 IN	13 IN	18.62 IN	2.346 CF	9x5	312 Days	32 FA / 95 FA

Ingredients:

Whole Grain Corn, Sugar, Whole Grain Oats, Corn Syrup, Canola Oil, Pear Puree Concentrate, Salt, Color (vegetable juice, fruit juice, and annatto extract), Corn Bran, Trisodium Phosphate, Natural Flavor, Sodium Citrate, Citric Acid. Vitamin E (mixed tocopherols) and Ascorbic Acid Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. MAY CONTAIN WHEAT INGREDIENTS.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - MC	TreeNuts - NI
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions:

Store in cool dry location

Benefits:

1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Corn - First Ingredient. A fruity, sweetened corn and oat cereal in ring-shaped pieces flavored with real fruit juice and natural flavors. Deeper bowl.

Serving Suggestions:

Great for use in K-12 schools, hospital patient dining and retirement/longterm care facilities.

Prep & Cooking Suggestions:

Ready to eat dry cereal in a portable, easy-to-serve bowl.

More Information:

TEC LINE 098i Thurston.pdf Open with

Print

Cinnamon Toast Crunch® Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Top seller. Offers real cinnamon and sugar in every bite. Crispy, Sweetened whole wheat and rice cereal. 1 oz eq grain

UNIT SIZE: 1 OZ
CASE COUNT: 96

ALLERGENS:

- CONTAINS WHEAT AND SOY INGREDIENTS

PRODUCT CODE: 11815000
UPC: 016000118157
GTIN: 10016000118154

Nutrition Facts

Serving Size:	1 Bowl (28g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	25	
		% Daily Value*
Total Fat	3g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	50mg	1%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	6%
Sugars	8g	
Protein	1g	
Vitamin A	8%	
Vitamin C	8%	
Calcium	8%	

Iron	20%
Vitamin D	8%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Vitamin B12	20%

a 2,000 calorie diet

View Product Print

Cinnamon Toast Crunch® 25% Less Sugar Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Top seller. Crispy, whole wheat and rice Cereal with 25% less sugar than regular Cinnamon Toast Crunch. 1 oz eq grain

UNIT SIZE: 1 OZ
CASE COUNT: 96

ALLERGENS:

- CONTAINS WHEAT AND SOY INGREDIENTS

PRODUCT CODE: 29444000
UPC: 016000294448
GTIN: 10016000294445

Nutrition Facts

Serving Size:	1 Bowl (28g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	25	
		% Daily Value*
Total Fat	3g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	45mg	1%
Total Carbohydrate	22g	7%
Dietary Fiber	3g	13%
Sugars	6g	
Protein	1g	
Vitamin A	8%	
Vitamin C	8%	
Calcium	20%	

Iron	20%
Vitamin D	8%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Vitamin B12	20%
Zinc	20%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon,Trisodium Phosphate, Soy Lecithin, Color Added. BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Zinc andIron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher: ⓊD

NET WEIGHT: N/A **VOLUME:** 1.871 CF **HEIGHT:** 14.25 IN

LENGTH: 17.12 IN **WIDTH:** 13.25 IN **CASE SIZE:** 1.871 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Cocoa Puffs® 25% Less Sugar Bowlpak Cereal

Whole Grain Corn - First Ingredient. A puffed, sweetened, corn-based chocolate-flavored cereal. Provides 12 vitamins and minerals per 30g serving. 25% less sugar than original Cocoa Puffs ® and less than 10g sugar per serving. No reduction in calories. 1 oz eq grain

UNIT SIZE: 1.06 OZ
CASE COUNT: 96

PRODUCT CODE: 31888000
UPC: 016000318885
GTIN: 10016000318882

Nutrition Facts

Serving Size:	1 Bowl (30g) (1 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	15	
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	100mg	3%
Total Carbohydrate	25g	8%
Dietary Fiber	2g	8%
Sugars	8g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	25%	

Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	25%
Vitamin B12	25%
Zinc	25%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Cocoa Processed with Alkali, Rice Bran And/or Canola Oil, Caramel Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate, BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 2.346 CF **HEIGHT:** 18.62 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 2.346 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Country Corn Flakes® Bowlpak Cereal

Meets K-12 1 Bread Equivalent. Corn Flake.

UNIT SIZE: .68 OZ
CASE COUNT: 96

ALLERGENS:

- MAY CONTAIN WHEAT INGREDIENTS

PRODUCT CODE: 11968000
UPC: 016000119680
GTIN: 10016000119687

Nutrition Facts

Serving Size:	1 Bowl (19g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	70	
Calories From Fat	5	
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Potassium	40mg	1%
Total Carbohydrate	16g	5%
Dietary Fiber	;1g	3%
Sugars	2g	
Protein	1g	
Vitamin A	8%	
Vitamin C	6%	
Calcium	15%	
Iron	25%	
Vitamin D	6%	
Thiamin	15%	

Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folic Acid	30%
Vitamin B12	15%
Zinc	15%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Corn Syrup, Brown Sugar Syrup, Malt Syrup, Trisodium Phosphate. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients),Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 1.779 CF **HEIGHT:** 14.12 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 1.779 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Kellogg's Frosted Flakes® Multigrain for Schools Cereal 1 oz./96 ct. Bowl Pack Cereal

Kellogg's Frosted Flakes® Multigrain for Schools Cereal 1 oz./96 ct. Bowl Pack Cereal

Product Last Saved Date:18 September 2015

Nutrition Facts

Serving Size: 28 GR

Number of Servings per Package:

Amount Per Serving

Calories: 100 **Calories from Fat:** 0

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 24 g	8%
Dietary Fiber 3 g	10%
Sugars 7 g	
Protein 2 g	

	Per Srv		Per Srv
Vitamin A	10%	**Vitamin C**	25%
Calcium	0%	**Iron**	25%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
3800054998		30038000549985	96 X 1 OZ	1 oz./96 ct.

Brand	Brand Owner	GPC Description
Kellogg	Kellogg Company US	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
236.79 LB	162 LB	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
50.4 IN	40.6 IN	40.5 IN	47.959 CF	9x3	365 Days	35 FA / 85 FA

Ingredients:

WHOLE GRAIN WHEAT, RICE, SUGAR, MILLED CORN, WHEAT BRAN, CONTAINS 2% OR LESS OF SOLUBLE WHEAT FIBER, SALT, MALT FLAVOR. VITAMINS AND MINERALS: VITAMIN C (ASCORBIC ACID), NIACINAMIDE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12, VITAMIN D3.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Peanuts - NI
Soy - MC	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:

Dry.

Benefits:

The item is a good fit for: Primary/Secondary Schools, For Breakfast, For Lunch, For Snack, Great on-the-go convenience.

Serving Suggestions:

Serve with Milk

Prep & Cooking Suggestions:

Ready-to-eat.

More Information:

Kellogg's® Froot Loops® for Schools Cereal 1.0 oz./96 ct. Bowl Pack Cereal

Kellogg's® Froot Loops® for Schools Cereal 1.0 oz./96 ct. Bowl Pack Cereal

Product Last Saved Date:18 September 2015

Nutrition Facts

Serving Size: 28 GR

Number of Servings per Package:

Amount Per Serving

Calories: 110 **Calories from Fat:** 10

	% Daily Value*
Total Fat 1 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 170 mg	7%
Total Carbohydrate 24 g	8%
Dietary Fiber 3 g	10%
Sugars 8 g	
Protein 2 g	

	Per Srv		Per Srv
Vitamin A	10%	**Vitamin C**	25%
Calcium	0%	**Iron**	25%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
3800078788		30038000787882	96 X 1 OZ	1.0 oz./96 ct.

Brand	Brand Owner	GPC Description
Kellogg	Kellogg Company US	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
152.176 LB	96 LB	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
47.3 IN	38 IN	45.8 IN	47.639 CF	8x2	365 Days	35 FA / 85 FA

Ingredients:

CORN FLOUR BLEND (WHOLE GRAIN YELLOW CORN FLOUR, DEGERMINATED YELLOW CORN FLOUR), SUGAR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, CONTAINS 2% OR LESS OF SOLUBLE CORN FIBER, HYDROGENATED VEGETABLE OIL (COCONUT, SOYBEAN AND/OR COTTONSEED), SALT, NATURAL FLAVOR, RED 40, TURMERIC EXTRACT COLOR, YELLOW 6, BLUE 1, ANNATTO EXTRACT COLOR. VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE AND ASCORBIC ACID), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN A PALMITATE, VITAMIN B1 (THIAMIN HYDROCHLORIDE), FOLIC ACID, VITAMIN B12, VITAMIN D3.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Peanuts - NI
Soy - MC	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:

Dry.

Benefits:

The item is a good fit for: Recreation, Lodging, Primary/Secondary Schools, Hospitals, Long-Term Care, Military, For Breakfast, For Snack, For Dessert, Great on-the-go convenience.

Serving Suggestions:

Serve with milk

Prep & Cooking Suggestions:

Ready-to-eat.

More Information:

View Product Print

Golden Grahams® Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain.
Top seller. Loved by adults and kids.

UNIT SIZE: 1 OZ
CASE COUNT: 96

ALLERGENS:

- CONTAINS WHEAT INGREDIENTS

PRODUCT CODE: 11943000
UPC: 016000119437
GTIN: 10016000119434

Nutrition Facts

Serving Size:	1 Bowl (28g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	55mg	2%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	4%
Sugars	9g	
Protein	1g	
Vitamin A	8%	
Vitamin C	8%	
Calcium	8%	
Iron	20%	
Vitamin D	8%	
Thiamin	20%	

Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Vitamin B12	20%
Zinc	20%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher: ⓊD

NET WEIGHT: N/A **VOLUME:** 1.779 CF **HEIGHT:** 14.12 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 1.779 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Kix® Bowlpak Cereal

Crispy corn puffs. No added colors, flavors or artificial preservatives. Kid tested, mother approved. .5 oz eq grain

UNIT SIZE: .62 OZ
CASE COUNT: 96

PRODUCT CODE: 11942000
UPC: 016000119420
GTIN: 10016000119427

Nutrition Facts

Serving Size:	1 Bowl (17g) (3/4 Cup)	
Amount Per Serving:	As Packaged	
Calories	60	
Calories From Fat	0	
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	100mg	4%
Potassium	35mg	1%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	6%
Sugars	2g	
Protein	1g	
Vitamin A	6%	
Vitamin C	6%	
Calcium	8%	
Iron	25%	
Vitamin D	4%	
Thiamin	10%	
Riboflavin	10%	

Niacin	10%
Vitamin B6	10%
Folic Acid	25%
Vitamin B12	10%
Zinc	10%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Brown Sugar Syrup, Trisodium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 1.779 CF **HEIGHT:** 14.12 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 1.779 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

View Product Print

Lucky Charms® Bowlpak Cereal

Whole Grain Oats - First Ingredient. A frosted, toasted, whole grain oat-based cereal with marshmallow pieces. Provides 12 vitamins and minerals per 28g serving. 1 oz eq grain.

Product Data Coming Soon!

KELLOGG RAISIN BRAN 1.25OZ 96CT

KELLOGG RAISIN BRAN 1.25OZ 96CT

Product Last Saved Date:07 May 2016

Nutrition Facts

Serving Size: 100 GR

Number of Servings per Package:

Amount Per Serving

Calories: 318 **Calories from Fat:** 17

% Daily Value*

Total Fat	1.9 g	1%
Saturated Fat	0.4 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	357 mg	5%
Total Carbohydrate	78.3 g	9%
Dietary Fiber	12 g	17%
Sugars	29.7 g	
Protein	7.7 g	

	Per Srv		Per Srv
Vitamin A	6%	**Vitamin C**	0%
Calcium	0%	**Iron**	15%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
3800000896		30038000008963	96 X 1.25 OZ	1.25 oz./96 ct.

Brand	Brand Owner	GPC Description
Kellogg	Kellogg Company US	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
338 LBR	202.5 LBR	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
50.3 INH	40.5 INH	40.5 INH	47.7457 FTQ	9x3	365 None	35 FA / 85 FA

Ingredients:

INGREDIENTS: WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, CONTAINS 2% OR LESS OF SALT, MALT FLAVOR. VITAMINS AND MINERALS: POTASSIUM CHLORIDE, NIACINAMIDE, REDUCED IRON, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), ZINC OXIDE, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B12.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:

Dry

Benefits:

The item is a good fit for: Primary/Secondary Schools, Hospitals, Long-Term Care, Senior Living, Corrections, For Breakfast.

Serving Suggestions:

Serve with milk

Prep & Cooking Suggestions:

Ready-to-eat

More Information:

KELLOGG RAISIN BRAN

KELLOGG RAISIN BRAN

Product Last Saved Date:26 May 2016

Nutrition Facts

Serving Size: 35 GR

Number of Servings per Package:

Amount Per Serving

Calories: 110 **Calories from Fat:** 5

% Daily Value*

Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	125 mg	5%
Total Carbohydrate	27 g	9%
Dietary Fiber	4 g	17%
Sugars	10 g	
Protein	3 g	

	Per Srv		Per Srv
Vitamin A	6%	**Vitamin C**	0%
Calcium	0%	**Iron**	15%

*Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
3800000896		30038000008963	96 X 1.25 ONZ	

Brand	Brand Owner	GPC Description
KELLOGG	Kellogg Company US	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
338 LBR	202.5 LBR	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
50.3 INH	40.5 INH	40.5 INH	47.7 FTQ	x	365 None	35 FA / 85 FA

Ingredients:

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:

Benefits:

Serving Suggestions:

Prep & Cooking Suggestions:

More Information:

View Product Print

Rice Chex® 1oz Bowlpak Cereal

Rice and Whole Grain Rice - First Ingredient. Whole grain, oven toasted rice cereal. Provides 12 vitamins and minerals per 30g serving. 1 oz eq grain.

UNIT SIZE: 1 OZ
CASE COUNT: 96

KEY FEATURES:

- Gluten Free

PRODUCT CODE: 31921000
UPC: 016000319219
GTIN: 10016000319216

Nutrition Facts

Serving Size:	1 Bowl (28g) (1 Cup)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	5	
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	250mg	11%
Potassium	50mg	1%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	50%	

Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	25%
Zinc	25%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
* - Not a significant nutrient source
* Nutritional information is subject to change. See product label to verify ingredients and allergens.
*Do not eat raw dough or batter.

Ingredients
Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Kosher:

NET WEIGHT: N/A **VOLUME:** 2.363 CF **HEIGHT:** 18.75 IN

LENGTH: 16.75 IN **WIDTH:** 13 IN **CASE SIZE:** 2.363 CF

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

TEC LINE 098r Thurston.pdf Open with

GENERAL MILLS Convenience & Foodservice

Print

Trix® 25% Less Sugar Bowlpak Cereal

Whole Grain Corn - First Ingredient. A reduced sugar, fruit flavored sweetened corn puff cereal. 25% less sugar than original Trix ®. Provides 12 vitamins and minerals per 30g serving. No reduction calories. 1 oz eq grain

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 31922000
UPC: 016000319226
GTIN: 10016000319223

Nutrition Facts

Serving Size:	1 Bowl (28g) (1 Cup)	
Amount Per Serving:	As Packaged	
Calories	110	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Potassium	50mg	1%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	5%
Sugars	7g	
Protein	1g	
Vitamin A	8%	
Vitamin C	8%	
Calcium	8%	
Iron	25%	
Vitamin D	8%	

8/23/2014 General-Mills-Bowlpak-Cereal-Trix 25% Less Sugar Print View | General Mills Convenience and Foodservice

Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	25%
Vitamin B12	20%

a 2,000 calorie diet

GREGORY PACKAGING, INC.
247 ROME STREET
NEWARK, NJ 07105
973-465-1113
www.suncupjuice.com

Suncup 100% Apple Juice

Pack Size: 72/4 ounce plastic cup
Product Code: 090301

Ingredients: Water, Apple Juice Concentrate, Ascorbic Acid (Vitamin C)
Preparation Instructions: Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35° to 38° F
Allergens: None
Code Date: Julian Pack date (i.e.: 13247 is 247th day of the 2013)

Suncup™ 100% juices contain no added sugar, no preservatives, no flavoring, and no dyes.

Nutrition Analysis	
Serving Size	1 cup (4 fl. oz; 118 ml.)
Case Pack	70
Amount Per Serving	
Calories	50
Calories from fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	13 g
Total Dietary Fiber	0 g
Sugar	12 g
Protein	0 g
Vitamins & Minerals	
	RDA%
Vitamin A	0%
Vitamin C	2%
Calcium	0 %
Iron	0%

Shipping Info	
UPC	00077484903011
Gross Weight	21.75 lbs.
Cube	.71
Dimensions (LxWxH)	17x12x6
Cases/Pallet	80
Tie	8
High	10
Shelf Life Frozen	9 months
Shelf Life Thawed	10 days

Updated: 02/13/2013

Submitted by:

Chip Conner
chip@suncupjuice.com

The juicy facts

FUN!

The way to make mealtime FUN!

- Available in six FUN! flavors
- Available in 4 oz. eco cartons with convenient straw hole
- Contains 100% juice
- No sugar or preservatives added
- Fortified with Calcium and Vitamins A, C and E

Juice4u!®
Country Pure Foods

ALLIANCE FOR A HEALTHIER GENERATION

The nutritional facts

SKU	Flavor	Kosher	Pack Size	Serving	Serving/Container	Calories	Calories from Fat	Total Fat (g)	Sodium (mg)	Potassium (mg)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)	Calcium (%)	Vitamin A (%)	Vitamin C (%)	Vitamin E (%)
4 oz. Cartons																		
45715	Sour Apple	Yes	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10
45716	Blue Razz	Yes	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10
45717*	Merry Cherry	Yes	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10
45718*	Purplelicious	No	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10
45719*	Citrus Blast	Yes	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10
45720*	Twisted Melon	Yes	70	4 oz.	1	60	0	0	15	110	14	13	0	0	10	10	100	10

Product does not contain Big 8 Allergen (milk, eggs, soybean, wheat, peanuts, tree nuts, fish, and shellfish).
* no artificial color added

Product Info

Description	Size	Pack	Case Weight	Case Dimensions	Case Cube	Block & Tier	Truckload Quantity
Eco Carton	4 oz.	70	22 lbs.	17.125" x 12.125" x 6.5"	.78	8 x 10 = 80 cases	1920 cases/ 24 pallets

GREGORY PACKAGING, INC.
247 ROME STREET
NEWARK, NJ 07105
973-465-1113
www.suncupjuice.com

Suncup™ 100% Natural Fruit Punch

Pack Size: 72/4 ounce plastic cup
Product Code: 090800

Ingredients: Water, Apple and/or Pear, Grape, Orange, and Pineapple Juice Concentrates
Preparation Instructions: Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35° to 38° F
Allergens: None
Code Date: Julian Pack date (i.e.: 13247 is 247th day of the 2013)

Suncup™ 100% juices contain no added sugar, no preservatives, no flavoring, and no dyes.

Nutrition Analysis	
Serving Size	1 cup (4.0 fl. oz; 118 ml.)
Case Pack	70
Amount Per Serving	
Calories	60
Calories from fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	14 g
Total Dietary Fiber	0 g
Sugar	15 g
Protein	0 g
Vitamins & Minerals	
	RDA%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

Shipping Info	
UPC	00077484908009
Gross Weight	21.75 lbs.
Cube	.71
Dimensions (L x W x H)	17x12x6
Cases/Pallet	80
Tie	8
High	10
Shelf Life Frozen	9 months
Shelf Life Thawed	10 days

A four ounce serving of Suncup™ 100% full-strength fruit juice from concentrate meets the requirements for ½ cup of fruit under the *Nutrition Standards in the National School Lunch and School Breakfast Programs*.

Updated: 02/13/2013

Submitted by:

Chip Conner
chip@suncupjuice.com

GREGORY PACKAGING, INC.
247 ROME STREET
NEWARK, NJ 07105
973-465-1113
www.suncupjuice.com

Suncup™ 100% Grape Juice

Pack Size: 72/4 ounce plastic cup
Product Code: 090501

Ingredients: Water, Grape Juice Concentrate, Ascorbic Acid (Vitamin C)
Preparation Instructions: Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35° to 38° F
Allergens: None
Code Date: Julian Pack date (i.e.: 13247 is 247th day of the 2013)

Suncup™ 100% juices contain no added sugar, no preservatives, no flavoring, and no dyes.

Nutrition Analysis	
Serving Size	1 cup (4.0 fl. oz; 118 ml.)
Case Pack	70
Amount Per Serving	
Calories	80
Calories from fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrate	19 g
Total Dietary Fiber	0 g
Sugar	18 g
Protein	0 g
Vitamins & Minerals	
	RDA%
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	0%

Shipping Info	
UPC	00077484905015
Gross Weight	21.75 lbs.
Cube	.71
Dimensions (L x W x H)	17x12x6
Cases/Pallet	80
Tie	8
High	10
Shelf Life Frozen	9 months
Shelf Life Thawed	10 days

A four ounce serving of Suncup™ 100% full-strength fruit juice from concentrate meets the requirements for ½ cup of fruit under the *Nutrition Standards in the National School Lunch and School Breakfast Programs*.

Updated: 02/13/2013

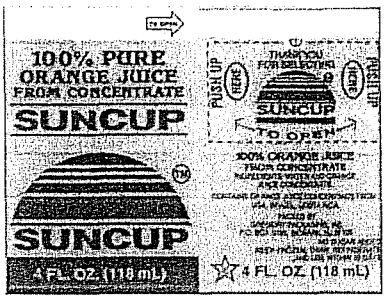
Submitted by:

Chip Conner
chip@suncupjuice.com

GREGORY PACKAGING, INC.
247 ROME STREET
NEWARK, NJ 07105
973-465-1113
www.suncupjuice.com

Suncup™ 100% Orange Juice

Pack Size: 70/4 ounce paper carton
Product Code: 030100



Ingredients: Water, Orange Juice Concentrate
Preparation Instructions: Thaw before serving. Shake well.
Allergens: None
Suncup™ 100% juices contain no added sugar, no preservatives, no flavoring, and no dyes.

Nutrition Analysis	
Serving Size	1 carton (4 fl oz; 118 ml.)
Case Pack	70
Amount Per Serving	
Calories	60
Calories from fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	13 g
Total Dietary Fiber	0 g
Sugar	12 g
Protein	0 g
Vitamins & Minerals	
	RDA%
Vitamin A	0%
Vitamin C	70%
Calcium	0%
Iron	0%

Shipping Info	
UPC	077484301008
Gross Weight	21.5 lbs.
Cube	.69
Dimensions (L x W x H)	16.5x12x6
Cases/Pallet	80
Tie	8
High	10
Shelf Life Frozen	9 months
Shelf Life Thawed	10 days

A four ounce serving of Suncup™ 100% full-strength fruit juice from concentrate meets the requirements for ½ cup of fruit under the *Nutrition Standards in the National School Lunch and School Breakfast Programs.*

Updated: 02/01/2013

Submitted by:

Chip Conner
Sales Manager – Southeast Region
(770) 973-6582
chip@suncupjuice.com

Milk, 1% Lowfat

Garelick Farms (/brand/garelick-farms/products/51db37bb176fe9790a898dce)

Nutrition Facts

Milk, 1% Lowfat

Serving Size: 1 container (396g)

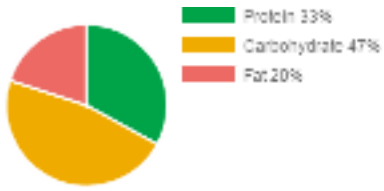
Amount Per Serving	
Calories 180	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6**%
Saturated Fat 2g	**10**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 230mg	**10**%
Total Carbohydrates 22g	**7**%
Dietary Fiber 0g	**0**%
Sugars 20g	
Protein 15g	
Vitamin A	20%
Vitamin C	6%
Calcium	50%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Add to food log

Last updated: 11/24/14 02:24PM
Source: Nutritionix Grocery Database (/database)
Region: US

Source of Calories



Ingredients

Lowfat Milk, Vitamin A Palmitate, Vitamin D3.

How long would it take to burn off 180 KCal?

Walking (3mph)	48 minutes
Running (6mph)	17 minutes
Bicycling (10mph)	25 minutes

Values estimated based on person weighting 140 lbs. Login (/login) to personalize.

Find on Amazon (http://www.amazon.com/gp/search?ie=UTF8&camp=1789&creative=9325&index=grocery&keywords=Garelick%20Farms%20Milk%2C%201%25%20Lowfat&linkCode=ur2&tag=nutritionix07-20)

Related products from Garelick Farms:

Milk, Lowfat, Chocolate, 1% Milkfat (/i/garelick-farms/milk-lowfat-chocolate-1-milkfat/51c36f0e97c3e69de4b097a3)
Milk, Lowfat (/i/garelick-farms/milk-lowfat/51c36f1f97c3e69de4b0984a)
Milk, 1% Lowfat, Coffee (/i/garelick-farms/milk-1-lowfat-coffee/51c36f1f97c3e69de4b09853)

Milk, 1% Lowfat, Strawberry, 1% Milkfat

Garelick Farms (/brand/garelick-farms/products/51db37bb176fe9790a898dce)

Nutrition Facts

Milk, 1% Lowfat, Strawberry, 1% Milkfat

Serving Size: 1 cup

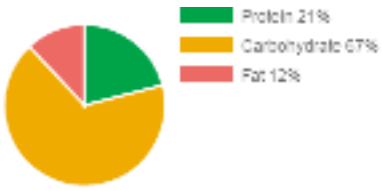
Amount Per Serving	
Calories 150	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 120mg	**5**%
Total Carbohydrates 25g	**8**%
Dietary Fiber 0g	**0**%
Sugars 23g	
Protein 8g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Add to food log

Last updated: 11/24/14 02:24PM
Source: Nutritionix Grocery Database (/database)
Region: US

Source of Calories



Ingredients

Lowfat Milk, Sugar, Beet Juice Concentrate (Color), Natural and Artificial Flavor, Carrageenan, Vitamin A Palmitate, Vitamin D3.

How long would it take to burn off 150 KCal?

Walking (3mph)	40 minutes
Running (6mph)	14 minutes
Bicycling (10mph)	21 minutes

Values estimated based on person weighting 140 lbs. Login (/login) to personalize.

Find on Amazon (http://www.amazon.com/gp/search?ie=UTF8&camp=1789&creative=9325&index=grocery&keywords=Garelick%20Farms%20Milk%2C%201%25%20Lowfat%2C%20Strawberry%2C%201%25%20Milkfat&lir
20)

Related products from Garelick Farms:

Milk, Lowfat, Chocolate, 1% Milkfat (/i/garelick-farms/milk-lowfat-chocolate-1-milkfat/51c36f0e97c3e69de4b097a3)
Milk, Lowfat, 1% Milkfat (/i/garelick-farms/milk-lowfat-1-milkfat/51c3c02597c3e6d8d3b48ccf)

Milk, Chocolate, 1% Lowfat

Garelick Farms (/brand/garelick-farms/products/51db37bb176fe9790a898dce)

Nutrition Facts

Milk, Chocolate, 1% Lowfat

Serving Size: 1 cup (198g)

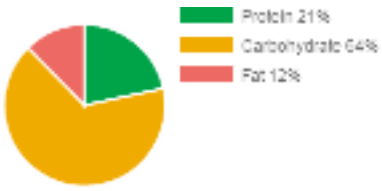
Amount Per Serving	
Calories 150	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 190mg	**8**%
Total Carbohydrates 24g	**8**%
Dietary Fiber 0g	**0**%
Sugars 22g	
Protein 8g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Add to food log

Last updated: 11/24/14 02:24PM
Source: Nutritionix Grocery Database (/database)
Region: US

Source of Calories



Ingredients

Lowfat Milk, Sugar, Cocoa Processed with Alkali, Corn Starch, Salt, Carrageenan, Vanillin (an Artificial Flavor), Vitamin A Palmitate, Vitamin D3.

How long would it take to burn off 150 KCal?

Walking (3mph)	40 minutes
Running (6mph)	14 minutes
Bicycling (10mph)	21 minutes

Values estimated based on person weighting 140 lbs. Login (/login) to personalize.

Find on Amazon (http://www.amazon.com/gp/search?ie=UTF8&camp=1789&creative=9325&index=grocery&keywords=Garelick%20Farms%20Milk%2C%20Chocolate%2C%201%25%20Lowfat&linkCode=ur2&tag=nutritionix20)

Related products from Garelick Farms:

Milk, Lowfat, Chocolate, 1% Milkfat (/i/garelick-farms/milk-lowfat-chocolate-1-milkfat/51c36f0e97c3e69de4b097a3)
Milk, Lowfat, Chocolate, 1% Milkfat (/i/garelick-farms/milk-lowfat-chocolate-1-milkfat/51c3f18097c3e6de73cbcdc8)