



## QUAKER CHEWY GRANOLA BAR CHOCOLATE CHUNK .84 OZ. (24g.)

<b>Nutrition Facts</b>	
Serving Size 1 Bar (24 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0.5 g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80 mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber <1g	<b>4%</b>
Sugars 7g	
Sugar Alcohol 1g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	4%

\* 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

**INGREDIENTS:** GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, BROWN RICE CRISP [WHOLE GRAIN BROWN RICE FLOUR, SUGAR, SALT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, NONFAT DRY MILK), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE FLOUR, SUGAR, SALT), SEMISWEET CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLIN), SUGAR, CORN SYRUP SOLIDS, GLYCERIN, INVERT SUGAR. CONTAINS 2% OR LESS OF SOYBEAN OIL, FRUCTOSE, CALCIUM CARBONATE, SORBITOL, SALT, WATER, SOY LECITHIN, COCONUT PASTE, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, BHT (PRESERVATIVE), TOCOPHEROLS (PRESERVATIVE), CITRIC ACID, SULFITES.

**CONTAINS COCONUT, MILK, SOY AND WHEAT INGREDIENTS.  
MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.**

Case UPC	100-30000-31186-5
Package UPC	0-30000-31186-8
Case Pack	12 /6.72 oz. boxes
Kosher Status	Yes – Kosher Dairy
USDA Smart Snack Compliant	Yes
Grain – oz. eq.	.5 oz. eq.
Weight of Grain	10 g
Document Updated	1/17

I verify the above information is accurate as of 1/3/17.

*Julie Spicer*

Julie Spicer  
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All products are accurately labeled with the most current information however, since the ingredients are subject to change, we recommend you check the label on the specific product for the most current and accurate information



## Smart Snacks Product Calculator Results

Brand:  
**Quaker**

Product Name:  
**Chewy Granola Bar Chocolate  
Chunk (31186)**

Serving Size:  
**23.81 g**

First Ingredient:  
**Whole Grain Rolled Oats**

Your whole grain product meets all nutrient standards for entrees or snack foods.

## Nutrition Facts

Serving Size 0.84 oz (about 23.81 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 20

**Total Fat (g) 2**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 80**

**Carbohydrates**

Sugars (g) 7

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

*The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.*