



Wisconsin Youth Company
2021

SUMMER DAY CAMP SNACK BINDER

Snack Cycles
Shelf Life Information
Nutrition Information

Safe Food Storage (created 9/13)

Note: This document was developed for use by the DPI CACFP and DCF Child Care Licensing. The information in this document is intended to provide guidance on the following Group Child Care Licensing Rules under DFC 251.06 (9)(c) 1. and (d)

Dates on packaging:

- If there is an EXPIRATION or USE BY date on the package the food must be used by the EXPIRATION or USE BY date.
- If there is SELL BY date on a package the food must be used within 3 days after the SELL BY date.
- If there is a BEST BY date on the package the food must be used within 7 days after the BEST BY date.
- Canned foods or other packaged foods with a date printed on the can or package that does not include the designation of EXPIRATION, USE BY, SELL BY OR BEST BY must be used by the date indicated on the package or can.
- Best practice standards recommend that food be used by the date on the package, regardless of whether the date is an EXPIRATION, USE BY, SELL BY or BEST BY date.

Condiments, Relishes, Peanut Butter

- Prepared foods intended to be opened and reused such as mustard, ketchup, peanut butter, jelly, salad dressings, mayonnaise and pickles must be stored as indicated on the label and used by the date indicated on the label.

Refrigerating food:

- Leftover food prepared by the center which has not been served shall be dated, refrigerated promptly and used within 36 hours, or frozen immediately for later use.
- Commercially-prepared, ready-to-serve food items where the package/can/container has been opened, but the food was not served may be retained and used within seven days after the food package/can/container was opened. The remaining opened commercially-prepared, ready-to-serve food must be placed in a food-grade plastic, metal or glass container with a tight fitting lid and placed in the refrigerator, unless the manufacturer's original label indicates that no refrigeration is necessary. The container shall be labeled with the contents and the date the food item was opened. **Note:** Commercially-prepared, ready-to-serve food is defined as foods that have been previously prepared by a company that processes or packages food for human consumption and can be served directly from the container with only minimal preparation (such as heating) or no additional preparation.

Freezing food:

- Leftover food prepared by the center which has been frozen and then removed from the freezer shall be dated with the date it was removed from the freezer, and used or discarded within 36 hours.
- Foods with an EXPIRATION, USE BY, SELL BY or BEST BY date may be placed in the freezer to extend the time period when they may be used. The package should be dated with the date the item was placed in the freezer. Once the item has been removed from the freezer it must be dated with the date it was removed, and used or discarded within 36 hours. It is recommended that a program maintain a list of food in the freezer with the date it was placed in the freezer. Food placed in the freezer with the earliest date should be used first.
- It is recommended that food packages placed in the freezer be labeled with permanent marker or freezer tape.

Dating of food items in storage:

It is recommended that all foods be dated with the purchase date and those items with the earliest date be used first. Food kept on storage shelves or in the refrigerator or freezer should be checked and rotated often to insure those items with the earliest date are used first and not pushed to the back of the storage shelf, refrigerator or freezer.

Summer 2021 Day Camp

Alphabetical Listing of Snack Items

Apple Cinnamon Cheerios Cereal
Apple Cinnamon NutriGrain Bar
Apple Oatmeal Bar
Applesauce
Apple Slices
Banana
Banana Muffin
Blueberry Muffin
Blueberry NutriGrain Bar
Cheez-It Crackers
Chex Mix
Chocolate Chip Oatmeal Bar
Cinnamon Toast Crunch Cereal
Clementine Oranges
Craisins
Fruit Loops Cereal
Graham Cracker Bug Bites
Milk
Pretzels
Raisins
Rice Krispies Cereal
Strawberry NutriGrain Bar
Soybutter
String Cheese
Sun Chips
Water

Snack Cycles


All items are individually-wrapped single servings and served with milk.

Cycle 1	Apple Cinnamon Cheerios Cereal Applesauce Banana Banana Muffin Blueberry NutriGrain Bar Cheez-It Crackers Chocolate Chip Oatmeal Bar Cinnamon Toast Crunch Cereal Pretzels Strawberry NutriGrain Bar
Cycle 2	Apple Cinnamon NutriGrain Bar Apple Slices Apple Oatmeal Bar Blueberry Muffin Chex Mix Clementine Oranges Fruit Loops Cereal Graham Cracker Bug Bites Rice Krispies Cereal Sun Chips

*Extra snack items provided each week:

- Craisins
- Raisins
- Soy Butter
- String Cheese

Apple Cinnamon Cheerios Cheerios Apple Cinnamon Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 266052 

Cheerios has been a family favorite for years. Its wholesome goodness is perfect for all ages. Made from whole grain oats, and without artificial flavors or colors, they're naturally low in fat and cholesterol free. These wholesome little "o's" have only one gram of sugar!

- Sweetened whole grain oat, gluten-free cereal with apple cinnamon taste in a ready-to-eat bowl for convenient, portion control.
- Whole grain oat is the first ingredient.
- Contains no artificial flavors and no colors from artificial sources.
- For crediting in USDA Child Nutrition Programs: one ounce equivalent grain and whole grain-rich criteria.



Case (96/1 Ounce Each)

Nutrition

Based On: **AP Cereal, Appl Cinn, WGrain, Gen. Mills** Rounding: **On**

Ingredients

Whole Grain Oats, Sugar, Corn Starch, Apple Puree Concentrate, Corn Syrup, Canola Oil, Refiner's Syrup, Salt, Cinnamon, Trisodium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiaminmononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/266052_SLE.pdf (1,2020)

Nutrition Facts	
Serving Size	1 each (28g)
Amount Per Serving	
Calories	110
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 23g	8%
Fiber 2g	8%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 60mg	6%
Iron 2.7mg	15%
Potassium n/a	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Kellogg's Nutri-Grain Apple Cinnamon Cereal Bars, Whole Grain, 1.55 Oz Each, 96/Case

Item Number: 209741 

Made with whole grains and fillings made with real fruit, Nutri Grain Soft Baked Breakfast Bars is a delicious way to rise and thrive. Made with invigorating flavors, it is a snap to start your morning with a yummy Apple Cinnamon bar.

- Nutri Grain Soft Baked Apple Cinnamon Bars in display trays are made with whole grains, are a good source of 8 vitamins and minerals, no high fructose corn syrup, and contain colors from natural sources. Great options for student breakfast and snacks.
- Place at the check out, near coffee station or breakfast bar. This item is a good fit for Convenience Stores, Recreation, Lodging, Hospitals, Transportation, B&I, Colleges, Universities, Military, Caterers, K12.
- Today's busy, more frequent snackers seek portable, ready to eat solutions that satisfy their desire for flavor variety and engaging textures. Kellogg's Nutri Grain Soft Baked Breakfast Bars are fun to eat and wholesome on the go.
- Ready to eat cereal bars packed in 6 16 count display trays, 96 case count, 16,000 IN x 9.500 IN x 6.438 IN. The case shows the best by date in the format MMDDYY.
- In 1906, W.K. Kellogg founded the Kellogg Company in Battle Creek, Michigan. Kellogg was strongly dedicated to nutrition, health and value and for more than 100 years, his commitment to excellence has guided the company. As the first company to fortify its cereals and create boxes that offer prizes, coupons and games, Kellogg has historically been a leader in industry, innovation and marketing.

Case (96/1.55 Ounce Each)

Nutrition

Based On: **AP Bar, Apple Cinn, Nutri-Grain, Kellogg** Rounding: **On**

Ingredients

Whole wheat flour, invert sugar, whole grain oats, corn syrup, soybean oil, sugar, vegetable glycerin, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soluble corn fiber, apple puree concentrate, dextrose, fructose. Contains 2% or less of calcium carbonate, whey, wheat bran, salt, modified food starch, cellulose, sodium alginate, cinnamon, natural flavors, potassium bicarbonate, malic acid, sodium citrate, mono- and diglycerides, methylcellulose, soy lecithin, dicalcium phosphate, citric acid, wheat gluten, carrageenan, niacinamide, reduced iron, zinc oxide, vitamin A palmitate, guar gum, vitamin B1 (thiamin hydrochloride), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://aqrqs.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/209741_SL_E.pdf (12/2018)

Nutrition Facts

Serving Size	1 each (44g)
Amount Per Serving	
Calories	150
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 30g	10%
Fiber 3g	12%
Total Sugars 14g	
Includes 14g Added Sugars	28%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 140mg	14%
Iron 1.9mg	11%
Potassium 110mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a



Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

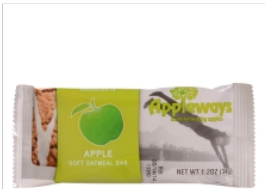
Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Appleways Apple Oatmeal Bars, Individually Wrapped, 1.2 Oz Each, 216/Case

Item Number: 526290  

Made with whole grains and naturally sweetened with apples, these soft oatmeal bars are a healthy alternative to traditional snacks.



Case (216/1.2 Ounce Each)

Nutrition

Based On: **AP Bar, Oatml, Apple, Sft, Appleways** Rounding: **On**

Ingredients

For ingredient or allergen information, please contact: Darlington Farms, phone: 800-754-2202. Please reference manufacturer number: 70100. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size	1 each (34.02g)
Amount Per Serving	
Calories	140
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Fiber 1g	4%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 10mg	1%
Iron 1mg	6%
Potassium 61mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No PFS on file

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Markon First Crop 125 Count Extra-Fancy Red Delicious Apples, Fresh, 125/Case



Item Number: 201367  

Markon and its member companies have been the foodservice industry's premier source of fresh produce for more than 30 years. A leader in food safety, quality control and innovation, Markon is also mindful of the produce industry's impact on people - from field workers to consumers. Markon First Crop is Markon's first and signature brand that includes traditional whole fruits and vegetables like apples, broccoli, lettuce, onions and potatoes. Purchased only from approved grower-supplier partners, these items must meet a strict set of requirements every time. You get the best fresh produce available, day-in and day-out.

- Enjoy a mild, sweet flavor, juicy texture and minimal tartness in these Red Delicious apples. They're heart-shaped with a deep, ruby-red skin sometimes streaked with green.
- Consistently delicious, these apples are extremely versatile. They're satisfying when eaten raw, chopped for salads or paired with cheeses, champagne or dessert wine.
- Graded extra-fancy, these apples make the perfect base for an apple pie, crisp or crumble.
- Sourced from growers who utilize sustainable crop practices, First Crop produce is packed to detailed specifications for quality and yield.
- This product is backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points.
- These apples come 125 per case. They're sized according to a standard 42-pound carton; the higher the count, the smaller the apple.

Case (125/1 Each)

Nutrition

Based On: Rounding:

Ingredients

Apples. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of August 2020. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 Pc (128g)
Amount Per Serving	
Calories	70
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Fiber 3g	12%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	1%
Vitamin D n/a	0%
Calcium 7.68mg	1%
Iron 0.15mg	1%
Potassium 137mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	14.1 mg
Zinc	0.1 mg
Magnesium	6.4 mg
Copper	0.035 mg
Selenium	0 mg
Manganese	0.045 mg
Iodine	n/a



Water Soluble Vitamins:

Thiamin	0.022 mg
Riboflavin	0.033 mg
Niacin B3	0.116 mg
Pantothenic Acid	0.078 mg
Folic Acid	0 mcg
Vitamin B6	0.052 mg
Vitamin B12	0 mcg
Vitamin C	5.89 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	2.816 mcg
Vitamin A IU	69.12 IU

Packer Label Sliced Apples, Fresh Cut, 2 Oz Each, 100/Case

Item Number: 473171  

These bags have approximately 5 to 7 skin-on slices each for healthy, handy snacking. Brand may vary.

- Individually packed for freshness and convenient portability.
- Eliminates any labor involved in cutting or coring for quick enjoyment.
- Product is 100% usable with no waste.



Case (100/2 Ounce Each)

Nutrition

Based On:

AP Apple Slices Frsh, 2z Peterson

 Rounding:

On

Ingredients

For ingredient or allergen information please contact: Peterson Farms, phone: 231-861-7101. Manufacturer number: 203102. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 Pkg (57g)
Amount Per Serving	
Calories	30
% Daily Value *	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	7g
Fiber	1g
Total Sugars	6g
Includes N/A Added Sugars	n/a
Protein	0g
Vitamin D	n/a
Calcium	20mg
Iron	n/a
Potassium	n/a
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Package
Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0.5 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	20 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU



Gordon Choice Unsweetened Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case



Item Number: 122200

Gordon Choice offers our widest variety of reliable, foundational products to help you serve your best. With more than 2,000 items, you can be confident any Gordon Choice product will bring quality, taste and value to your business. It's where everyday needs meet dependability and selection. It's Gordon Choice.

- This tasty, wholesome applesauce comes to you in single-serving cups for easy, convenient customer use and portion control. Made with great care, it's the perfect complement to any meal. The sealed cups ensure a sanitary product.
- The cups are ideal for self-serve cafes, convenience stores, cafeterias, concession stands and more. It's a great grab-and-go side dish or snack.
- To ensure a consistently high-quality product, fresh apples are washed, inspected, peeled and cored. Then they are inspected again, chopped, mixed with water and cooked in a continuous operation. The cooked apple pulp is passed through a stainless steel screen to lend a grainy finish to the sauce.
- The applesauce is unsweetened and contains no artificial ingredients.
- There are 72 plastic cups per case. Store in a cool, dry place for up to 18 months.

Case (72/4 Ounce Each)

Nutrition

Based On: **AP Applesauce, Natural, 4z GFS** Rounding: **On**

Ingredients

APPLES, WATER, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR.
COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (113g)
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D n/a	0%
Calcium 5mg	1%
Iron n/a	0%
Potassium 93mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:


Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Otis Spunkmeyer-Delicious Essential Whole Grain Banana Muffins, Fully Baked, Frozen, Individually Wrapped, 2 Oz Package, 72/Case

Item Number: 557981 

These muffins are made with ripe bananas and 51 percent whole grains.

- Contains zero grams trans fat
- Individually wrapped for convenience and portion control

Case (72/2 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, BANANAS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: FRACTIONATED INTERESTERIFIED PALM OIL, CANOLA OIL, OAT FIBER, PROPYLENE GLYCOLMONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, LEAVENING (BA KING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, NATURAL BANANA FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, ENZYMES. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/557981_SLE.pdf (4,2019)

Nutrition Facts	
Serving Size	1 each (57g)
Amount Per Serving	
Calories	190
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Fiber 2g	8%
Total Sugars 17g	
Includes N/A Added Sugars	n/a
Protein 3g	6%
Vitamin D n/a	0%
Calcium 20mg	2%
Iron 0.72mg	4%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

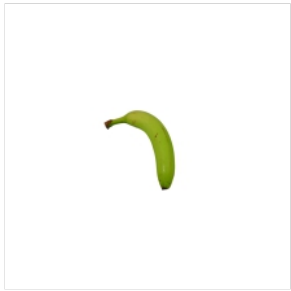
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	100 IU

Packer Label Extended Shelf Life Bananas, Fresh, 10 Lb Package, 1/Case

Item Number: 633001



Case (1/10 Pound Package)

Nutrition

Based On: Bananas raw Rounding: On

Ingredients

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of December 2019. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (118g)
Amount Per Serving	
Calories	110
% Daily Value *	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Fiber 3g	12%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	3%
Vitamin D n/a	0%
Calcium 5.9mg	1%
Iron 0.31mg	2%
Potassium 422mg	12%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	26 mg
Zinc	0.2 mg
Magnesium	31.86 mg
Copper	0.092 mg
Selenium	1.18 mg
Manganese	0.319 mg
Iodine	n/a

Water Soluble Vitamins:



Thiamin	0.037 mg
Riboflavin	0.086 mg
Niacin B3	0.785 mg
Pantothenic Acid	0.394 mg
Folic Acid	0 mcg
Vitamin B6	0.433 mg
Vitamin B12	0 mcg
Vitamin C	10.27 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU



Otis Spunkmeyer-Delicious Essential Whole Grain Blueberry Muffins, Fully Baked, Frozen, Individually Wrapped, 2 Oz Package, 72/Case

Item Number: 557970  

Made with wild blueberries and 51 percent whole grains, these muffins are an ideal breakfast or to-go snack.

- Contains zero grams trans fat
- Individually wrapped for convenience and portion control

Case (72/2 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), PROPYLENE GLYCOL ESTER OF FATTY ACIDS, SODIUM ALGINATE, NATURAL AND ARTIFICIAL FLAVOR, SALT, MONO- AND DIGLYCERIDES, NATURAL BLUEBERRY FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES. COMMON ALLERGENS PRESENT: Eggs, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/557970_SLE.pdf (4,2019)

Nutrition Facts	
Serving Size	1 each (57g)
Amount Per Serving	
Calories	190
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Fiber 2g	8%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 3g	6%
Vitamin D n/a	0%
Calcium 30mg	3%
Iron 0.9mg	5%
Potassium 90mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Kellogg's Nutri-Grain Blueberry Cereal Bars, Whole Grain, 1.55 Oz Each, 96/Case

Item Number: 498170   

A wholesome snack or part of breakfast, Kelloggs Nutri Grain Soft Baked Breakfast Bars feature whole grain, essential vitamins and minerals, and a sweet fruity filling. A tasty pick me up whether you are just getting started or as an anytime snack.

- Packaged in 24.8oz boxes, Whole grain rich (14g whole grain per serving) baked cereal bars with filling made with blueberry puree concentrate. Made with colors and flavors from natural sources and no high fructose corn syrup.
- Serve in the tray line, a la carte or vending. This item is a good fit for K 12.
- These breakfast bars help the day start off right with every delicious bite. Perfect to pair with other morning favorites or enjoy anytime as a sweet snack.
- Includes 96 convenient, ready to eat breakfast bars in 24.8oz boxes. 15.938 IN x 9.375 IN x 6.438 IN. The case shows the BEST BY date in the format MMDDYY.
- In 1906, W.K. Kellogg founded the Kellogg Company in Battle Creek, Michigan. Kellogg was strongly dedicated to nutrition and health and for more than 100 years, his commitment to excellence has guided the company. As the first company to fortify its cereals and create boxes that offer prizes, coupons and games, Kellogg has historically been a leader in industry, innovation and marketing.

Case (96/1.55 Ounce Each)

Nutrition

Based On: **AP Bar, Blueb, WGrain, Nutrigrain** Rounding: **On**

Ingredients

Whole wheat flour, invert sugar, corn syrup, whole grain oats, soybean oil, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), vegetable glycerin, soluble corn fiber, blueberry puree concentrate, dextrose, fructose. Contains 2% or less of calcium carbonate, whey, wheat bran, salt, natural flavors, modified food starch, cellulose, sodium alginate, potassium bicarbonate, citric acid, sodium citrate, mono- and diglycerides, vegetable juice for color, methylcellulose, soy lecithin, dicalcium phosphate, malic acid, wheat gluten, carrageenan, niacinamide, reduced iron, zinc oxide, vitamin A palmitate, guar gum, apple juice concentrate, vitamin B1 (thiamin hydrochloride), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apqns.ofs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/498170_SLE.pdf (12/2018)

Nutrition Facts	
Serving Size	1 each (44g)
Amount Per Serving	
Calories	150
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 30g	10%
Fiber 3g	12%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 140mg	14%
Iron 1.9mg	11%
Potassium 110mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Kellogg's Cheez It Cheez-It Crackers, Whole Grain, Individual Packets, 0.75 Oz Bag, 175/Case

Item Number: 282422  

Made with nine grams of whole grain per 21 grams serving size, Cheez-It Whole Grain Baked Snack Crackers are an ideal companion for lunches, mid day and after school snacks. Each cracker has been baked to perfection and is made with 100% real cheese.

- Cheez-it Whole Grain Baked Snack Crackers are the easy cheesy choice when it comes to scrumptious, satisfying crunches by the mouthful.
- Place in snack section, Tray line and a la carte. This item is a good fit for K-12.
- Today's busy, more frequent snackers seek portable, ready to eat solutions that satisfy their desire for flavor variety and engaging textures. The Cheez-It portfolio of baked snack crackers offers something for everyone's craving.
- Convenient, ready to eat crackers in a 0.75 ounce pouch, packaged for freshness and great taste, 175 case count, 19.875 IN x 13.250 IN x 9.500 IN. The case shows the best by date in the format MMDDYY.
- In 1921, Cheez-It pioneered the perfect cheesy, square snack for any occasion and millions of people agreed. Although a few things have changed over the past 90 years, Cheez-It has kept its fans sayin' cheese by baking 100% real cheese into the same 1 x 1 cracker and showing the world that being square doesn't have to be boring.

Case (175/0.75 Ounce Bag)

Nutrition

Based On: **AP Cracker, Cheez-It, WGrain, .75z, Suns** Rounding: **On**

Ingredients

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil (with TBHQ for freshness). Contains 2% or less of salt, paprika, yeast, paprika extract color, turmeric extract color, annatto extract color, soy lecithin. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://aqp.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/ndfs/282422_SLE.pdf (12,2018)

Nutrition Facts	
Serving Size	0.75 oz (21.26g)
Amount Per Serving	
Calories	100
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Fiber 1g	4%
Total Sugars 0g	
Includes N/A Added Sugars	n/a
Protein 2g	4%
Vitamin D n/a	0%
Calcium 100mg	10%
Iron 0.72mg	4%
Potassium n/a	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	0.75 Oz Serving
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a



Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Chex Mix Traditional Snack Mix, Single-Serve, 1.75 Oz Bag, 60/Case

Item Number: 771996  

A mix of whole grain Chex cereal pieces, pretzels, mini breadsticks, and crispy crackers mixed with a unique flavor. Individually wrapped in a single serve portion for a convenient, grab and go snack with 60% less fat than potato chips.

- Contains zero grams trans fat.
- Individually wrapped single serve portion is great for grab and go, kiosks, and vending machines.

Case (60/1.75 Ounce Bag)

Nutrition

Based On: AP Snack Mix, Traditional, Chex Rounding: On

Ingredients

Whole Wheat, Degermed Yellow Corn Meal, Enriched Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean, rice bran and/or canola), Sugar, Rye Flour. Contains 2 % or less of: Salt, Maltodextrin, Yeast, Spices, Color Added, Dextrose, Distilled Monoglycerides, Baking Soda, Yellow Corn Flour, Trisodium Phosphate, Calcium Carbonate, Autolyzed Yeast, Dried Onion, Dried Garlic, Hydrolyzed Soy Protein, Barley Malt Syrup, Fumaric Acid, Citric Acid, Caraway, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Sodium Diacetate. Freshness Preserved by BHT. COMMON ALLERGENS PRESENT: WHEAT, SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size		1 each (49g)
Amount Per Serving		
Calories		220
		% Daily Value *
Total Fat	6g	9%
	Saturated Fat 1g	5%
	Trans Fat 0g	
	PolyUnsat. Fat	n/a
	MonoUnsat Fat	n/a
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	38g	13%
	Fiber 3g	12%
	Total Sugars 4g	
	Includes 3g Added Sugars	6%
Protein	4g	8%
	Vitamin D n/a	0%
	Calcium n/a	0%
	Iron 1.2mg	7%
	Potassium 110mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Betty Crocker Chocolate Chip Oatmeal Bars, Whole Grain, 1.24 Oz Package, 144/Case

Item Number: 194031 

A whole grain oatmeal bar, individually wrapped and made with chocolate chips. Made without gelatin.

- Made with no artificial flavors, no colors from artificial sources, and no high fructose corn syrup.
- For crediting in USDA Child Nutrition Programs: one ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.
- Great any time for breakfast in the classroom or cafeteria, grab and go, and kiosks.

Case (144/1.24 Ounce Package)



Nutrition

Based On: **AP Bar, Choc Chip, Oatmeal, Betty Crocke** Rounding: **On**

Ingredients

Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Vegetable Glycerin, Molasses. Contains 2 % or less of: Palm Oil, Baking Soda, Salt, Natural Flavor, Dried Egg White. COMMON ALLERGENS PRESENT: EGG, WHEAT, SOY. MAY CONTAIN: MILK. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/194031_SLE.pdf (4,2019)

Nutrition Facts	
Serving Size	1 each (35g)
Amount Per Serving	
Calories	150
% Daily Value *	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 25g	8%
Fiber 2g	8%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D n/a	0%
Calcium n/a	0%
Iron 0.7mg	4%
Potassium 180mg	5%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a



Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Cinnamon Toast Crunch Whole Grain Cereal, Plastic Bowl, 1 Oz Each, 96/Case

Item Number: 595934  

General Mills Cinnamon Toast Crunch is a square or rectangle, crispy whole wheat and rice cereal made with real cinnamon and sugar.

- A crisp, whole wheat and whole grain rice cereal sweetened with real cinnamon in a ready-to-eat bowl for convenient, portion control.
- Whole grain wheat is the first ingredient.
- Contains no artificial flavors and no colors from artificial sources.
- For USDA Child Nutrition Programs: meets one ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.
- Great for use in K-12 schools and healthcare.

Case (96/1 Ounce Each)

Nutrition

Based On: AP Cereal, Cinn Tst Crnch, Bowl, General Rounding: On

Ingredients

Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apgs.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/595934_SLE.pdf (1,2020)

Nutrition Facts	
Serving Size	1 each (28g)
Amount Per Serving	
Calories	120
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Fiber 1g	4%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 1g	2%
Vitamin D n/a	0%
Calcium 60mg	6%
Iron 2.7mg	15%
Potassium n/a	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Packer Label Clementines, Refrigerated, 5 Lb Carton, 1/Case

Item Number: 859371 

These clementine oranges are tiny versions of regular seedless oranges, and they have a tart, tangy and slightly sweet flavor. Scatter the fresh orange segments over a spinach salad or chop them and add them to fruit salad as additional ways to include the fruit in your diet.

Case (1/5 Pound Carton)

Nutrition

Based On: AP Clementines, Raw Rounding: On

Ingredients

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of February 2021. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (74g)
Amount Per Serving	
Calories	35
% Daily Value *	
Total Fat 0g	0%
Saturated Fat	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Fiber 1g	5%
Total Sugars 7g	
Includes N/A Added Sugars	n/a
Protein 1g	1%
Vitamin D n/a	0%
Calcium 22mg	2%
Iron 0.1mg	1%
Potassium 131mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	16 mg
Zinc	0 mg
Magnesium	7 mg
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a




Water Soluble Vitamins:

Thiamin	0.064 mg
Riboflavin	0.022 mg
Niacin B3	0.471 mg
Pantothenic Acid	n/a
Folic Acid	18 mcg
Vitamin B6	0.056 mg
Vitamin B12	n/a
Vitamin C	36.1 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Ocean Spray Craisins Strawberry Cranberries, Dried, 1.16 Oz Bag, 200/Case

Item Number: 531681    

These craisins are infused with strawberry juice for a fresh, sweet taste.



Case (200/1.16 Ounce Bag)

Nutrition

Based On: **AP Cranberry, Dried, All Flavors, Ocean** Rounding: **On**

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23445. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 Pkg (32.9g)
Amount Per Serving	
Calories	110
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Fiber 3g	12%
Total Sugars 24g	
Includes N/A Added Sugars	n/a
Protein 0g	0%
Vitamin D n/a	0%
Calcium n/a	0%
Iron n/a	0%
Potassium n/a	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Package
Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0.5 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a




Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Kellogg's Fruit Loops Cereal, Reduced Sugar, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 283620   

Help students make the most of their morning with Kelloggs Froot Loops Breakfast Cereal. This crunchy multigrain cereal helps bring warmth to busy mornings with bold, irresistible fruity flavor in every bite.

- 1oz bowl of fruit flavored loop cereal made with flavors from natural sources that is whole grain rich (12g whole grain per serving) and has 8g sugar per serving. Good source of 11 vitamins and minerals.
- Great for placement in tray line. A good fit for K 12 schools.
- Family favorite cereals perfect for kids and adults. Deliciously sweetened and crafted to help bring energy and smiles to busy mornings.
- Convenient, ready to eat cereal packaged for freshness and great taste in a case of 96, 1oz bowls. 15.438 IN x 11.563 IN x 20.000 IN. The case shows the BEST BY date in the format MMDDYY.
- In 1906, W.K. Kellogg founded the Kellogg Company in Battle Creek, Michigan. Kellogg was strongly dedicated to nutrition and health and for more than 100 years, his commitment to excellence has guided the company. As the first company to fortify its cereals and create boxes that offer prizes, coupons and games, Kellogg has historically been a leader in industry, innovation and marketing.

Case (96/1 Ounce Each)

Nutrition

Based On: **AP Cereal, Froot Loops, R/S, Bwl, Kellog** Rounding: **On**

Ingredients

Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, contains 2% or less of oat fiber, vegetable oil (hydrogenated coconut, soybean and/or cottonseed), salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6. Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://aqp.s.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/283620_SLE.pdf (12,2018)

Nutrition Facts	
Serving Size	1 each (28g)
Amount Per Serving	
Calories	110
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	8%
Fiber 2g	8%
Total Sugars 8g	
Includes N/A Added Sugars	n/a
Protein 2g	4%
Vitamin D n/a	0%
Calcium n/a	0%
Iron 4.5mg	25%
Potassium n/a	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

**Keebler Bug Bites Cinnamon Graham Crackers, Individual
Packets, 1.1 Oz Bag, 210/Case**

Item Number: 859560



Make snack time a little sweeter with Keebler Grahams Crackers Bug Bites.

These delightful treats feature cinnamon flavored, bug shaped graham crackers for goodness in every bite. Conveniently packaged in grab and go pouches for snacks on the go.

- With mouthwatering cinnamon flavor, individually packaged Graham Bug Bites are a great, whole grain rich choice, with 9g of whole grain in each serving. Made with no artificial flavors, colors, or high fructose corn syrup, 1oz grain equivalent.
- Great for placement in traylines or a la carte. This item is a good fit for K 12 schools.
- A classic treat made with simple ingredients to enjoy on any occasion. Enjoy them as a quick pick me up on the go.
- Convenient, ready to eat Keebler Bug Bites Graham Crackers packaged for freshness and great taste in a case containing 210, 1oz packages. 20.000 IN x 16.000 IN x 11.625 IN. The case shows the BEST BY date in the format MMDDYY.
- A little Elfin Magic goes a long way. Since opening in 1853, The Keebler Company has grown to become the largest cookie and cracker manufacturer in the United States. Make every day magical when you share snack time with Ernie, the Elves and the sweet homemade taste of Keebler cookies and crackers.

Case (210/1.1 Ounce Bag)

Nutrition

Based On: AP Cracker, Graham, Bug Bites, Keebler Rounding: On

Ingredients

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, soybean and palm oil, honey. Contains 2% or less of salt, baking soda, cinnamon, maltodextrin, soy lecithin, BHT for freshness. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/859560_SLE.pdf (12/2018)

Nutrition Facts	
Serving Size	1 Pkg (28g)
Amount Per Serving	
Calories	120
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 21g	7%
Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D n/a	0%
Calcium n/a	0%
Iron 0.7mg	4%
Potassium 50mg	1%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Package
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Markon First Crop 88 Count Fancy
Oranges, Fresh, 88 Ct Package, 1/Case



Item Number: 198005

Markon and its member companies have been the foodservice industry's premier source of fresh produce for more than 30 years. A leader in food safety, quality control and innovation, Markon is also mindful of the produce industry's impact on people - from field workers to consumers. Markon First Crop is Markon's first and signature brand that includes traditional whole fruits and vegetables like apples, broccoli, lettuce, onions and potatoes. Purchased only from approved grower-supplier partners, these items must meet a strict set of requirements every time. You get the best fresh produce available, day-in and day-out.

- Consistently juicy texture and citrus flavor make these choice oranges ideal for numerous applications. Their variety depends on seasonality, so Valencias will usually ship from May to October, and navels from November to May. The actual count will vary with the seasons and volume of the fruit's juice and may be different from the stated count. Brand may vary.
- Oranges add vibrant color and sweet flavor to bitter greens, fruit salads, grilled seafood and tropical cocktails.
- These oranges are ideal in all segments for raw consumption, fruit salads and making fresh-squeezed juice.
- This product is backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points.
- Sourced from growers who utilize sustainable crop practices, First Crop produce is packed to detailed specifications for quality and yield.
- These oranges are packed 88 per case.

Case (1/88 Count Package)

Nutrition

Based On: **Oranges raw navels** Rounding: **On**

Ingredients

Oranges. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of August 2020. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 cup (165g)	
Amount Per Serving	
Calories	80
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat. Fat 0g	n/a
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Fiber 4g	15%
Total Sugars 14g	
Includes N/A Added Sugars	n/a
Protein 2g	3%
Vitamin D n/a	0%
Calcium 70.95mg	7%
Iron 0.21mg	1%
Potassium 274mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	38 mg
Zinc	0.1 mg
Magnesium	18.15 mg
Copper	0.064 mg
Selenium	0 mg
Manganese	0.048 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.112 mg
Riboflavin	0.084 mg
Niacin B3	0.701 mg
Pantothenic Acid	0.431 mg
Folic Acid	0 mcg
Vitamin B6	0.13 mg
Vitamin B12	0 mcg
Vitamin C	97.52 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	0 mcg
Vitamin A IU	407.55 IU

Packer Label Fancy Oranges, Fresh, 5 Lb Bag, 1/Case

Item Number: 415952 

The variety of these oranges depends on seasonality, so Valencias will usually ship from May to October; and navels from November to May. The actual count will vary with the seasons and volume of the fruit's juice and may be different from the stated count. Brand may vary.



Case (1/5 Pound Bag)

Nutrition

Based On: Rounding:

Ingredients

For ingredient or allergen information, please contact: Superior Sales, phone: 1-(616)896-6500. Please reference manufacturer number: 937. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of March 2020. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 cup (165g)
Amount Per Serving	
Calories	80
% Daily Value *	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	21g
Fiber	4g
Total Sugars	14g
Includes N/A Added Sugars	n/a
Protein	2g
Vitamin D	n/a
Calcium	70.95mg
Iron	0.21mg
Potassium	274mg
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	38 mg
Zinc	0.1 mg
Magnesium	18.15 mg
Copper	0.064 mg
Selenium	0 mg
Manganese	0.048 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.112 mg
Riboflavin	0.084 mg
Niacin B3	0.701 mg
Pantothenic Acid	0.431 mg
Folic Acid	0 mcg
Vitamin B6	0.13 mg
Vitamin B12	0 mcg
Vitamin C	97.52 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	0 mcg
Vitamin A IU	407.55 IU

Rold Gold Pretzels, Heart-Shaped, Single-Serve, Whole Grain, 0.7 Oz Bag, 104/Case

Item Number: 893711

Heartzels Pretzels are whole grain and contain no saturated fat, no cholesterol, less sodium than regular pretzels, and have been formulated to be a good source of fiber and iron.

- Contains zero grams trans fat
- Individually wrapped for retail applications
- Meets the Healthier U.S. School Challenge criteria

Case (104/0.7 Ounce Bag)



Nutrition

Based On: AP Pretzel, Heartzels, Rold Gold Rounding: On

Ingredients

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Corn Oil, Salt, Yeast, And Ammonium Bicarbonate. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/893711_SLE.pdf (4,2019)

Nutrition Facts	
Serving Size	1 Pkg (19.84g)
Amount Per Serving	
Calories	80
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 16g	5%
Fiber 2g	8%
Total Sugars 1g	
Includes N/A Added Sugars	n/a
Protein 2g	4%
Vitamin D n/a	0%
Calcium 30mg	3%
Iron 0.8mg	4%
Potassium 120mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Package
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Boghosian Raisins, Select-Size, 1.5 Ounce, 6 Ct Box, 24/Case

Item Number: 544426



These raisins are ideal for use as an on-the-go snack and more. Brand may vary.

- Individual serving size for portion control
- Contains zero grams trans fat

Case (24/6 Count Box)

Nutrition

Based On: AP Raisin, Seedless, Select, 1.5z Boghos Rounding: On

Ingredients

Raisins. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	0.25 cup (40g)
Amount Per Serving	
Calories	130
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Fiber 2g	9%
Total Sugars 29g	
Includes N/A Added Sugars	n/a
Protein 1g	2%
Vitamin D n/a	0%
Calcium 15.9mg	2%
Iron 1.17mg	7%
Potassium 310mg	9%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.1 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	3.7 IU

Kellogg's Rice Krispies Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 509303  

These portions of puffed, toasted brown rice cereal offer a whole grain rich breakfast or snack item.



Case (96/1 Ounce Each)

Nutrition

Based On: Rounding:

Ingredients

Whole grain brown rice, sugar, contains 2% or less of salt. Vitamins and Minerals: Iron (ferric phosphate), vitamin C (ascorbic acid), niacinamide, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://drive.google.com/file/d/1Zvz2ZHRWbPHCgP6iC1Zq_YeyvV1XgagC/view?usp=sharing

Nutrition Facts	
Serving Size	1 each (28g)
Amount Per Serving	
Calories	100
% Daily Value *	
Total Fat	0.5g1%
Saturated Fat	0g0%
Trans Fat	0g
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	0mg0%
Sodium	170mg7%
Total Carbohydrate	23g8%
Fiber	0g0%
Total Sugars	1g
Includes N/A Added Sugars	n/a
Protein	2g4%
Vitamin D	n/a0%
Calcium	n/a0%
Iron	8.1mg45%
Potassium	n/a0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

Thiamin	0.3 mg
Riboflavin	0.34 mg
Niacin B3	4 mg
Pantothenic Acid	n/a
Folic Acid	180 mcg
Vitamin B6	0.4 mg
Vitamin B12	5.6 mcg
Vitamin C	12 mg

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU

Kellogg's Nutri-Grain Strawberry Cereal Bars, Whole Grain, 1.55 Oz Each, 96/Case

Item Number: 209761   

Made with whole grains and a sweet strawberry flavored filling, Nutri Grain Soft Baked Breakfast Bars Strawberry is a delicious way to rise and thrive.



- A convenient addition to any balanced breakfast, Nutri Grain Soft Baked Breakfast Bars Strawberry are travel ready and a perfect accompaniment to busy, on the go occasions.
- Place near the breakfast bar, near accompaniments, at checkout. This item is a good fit for K 12 and Military.
- With 8 grams of whole grain in every serving, Nutri Grain Soft Baked Breakfast Bars are also a good source of 8 vitamins and minerals, contain no high fructose corn syrup or artificial flavors, and contain no colors from artificial sources.
- Convenient, ready to eat 1.55oz bars, in 24.8oz 16 count display trays, packaged for freshness and great taste, 96 case count, 16.000 IN x 9.500 IN x 66.438 IN. The case shows the BEST BY date in the format MMDDYY.
- In 1906, W.K. Kellogg founded the Kellogg Company in Battle Creek, Michigan. Kellogg was strongly dedicated to nutrition, health and value and for more than 100 years, his commitment to excellence has guided the company. As the first company to fortify its cereals and create boxes that offer prizes, coupons and games, Kellogg has historically been a leader in industry, innovation and marketing.

Case (96/1.55 Ounce Each)

Nutrition

Based On: **AP Bar, Strawb, Nutri-Grain, Kellogg's** Rounding: **On**

Ingredients

Whole wheat flour, invert sugar, corn syrup, whole grain oats, soybean oil, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), vegetable glycerin, soluble corn fiber, strawberry puree concentrate, dextrose, fructose. Contains 2% or less of calcium carbonate, whey, wheat bran, salt, natural flavors, modified food starch, vegetable juice for color, cellulose, sodium citrate, sodium alginate, citric acid, potassium bicarbonate, mono- and diglycerides, dicalcium phosphate, methylcellulose, soy lecithin, wheat gluten, malic acid, carrageenan, niacinamide, reduced iron, zinc oxide, vitamin A palmitate, guar gum, vitamin B1 (thiamin hydrochloride), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/209761_SLE.pdf (12,2018)

Nutrition Facts	
Serving Size	1 each (44g)
Amount Per Serving	
Calories	150
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 30g	10%
Fiber 3g	12%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 140mg	14%
Iron 1.9mg	11%
Potassium 110mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0 oz
Grain/Breads	1 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a



Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

**Bongards Light Mozzarella String Cheese, Individually Wrapped,
1 Oz Each, 168/Case**

Item Number: 566413  



Case (168/1 Ounce Each)

Nutrition

Based On: **AP Cheese, String, Mozz, Lt, Bongards** Rounding: **On**

Ingredients

For ingredient or allergen information, please contact: Bongards Creameries, phone: 952-277-5575. Manufacturer number: 40299. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apqs.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/566413_SLE.pdf (1,2020)

Nutrition Facts	
Serving Size	1 each (28g)
Amount Per Serving	
Calories	60
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 200mg	8%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Total Sugars 0g	
Includes N/A Added Sugars	n/a
Protein 7g	14%
Vitamin D n/a	0%
Calcium 150mg	15%
Iron n/a	0%
Potassium n/a	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	1 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Sun Chips Multigrain Harvest Cheddar Chips, Single-Serve, 1 Oz Bag, 104/Case

Item Number: 105260  

These chips offer hearty whole grains, cheddar cheese flavor, and a light, crisp texture. They are made with all natural ingredients, and are free of soy and preservatives.

- Contains zero grams trans fat
- No monosodium glutamate (MSG)
- Individual serving size for portion control



Case (104/1 Ounce Bag)

Nutrition

Based On: AP Chip, Harvest Cheddar, 1z, Sun Chips Rounding: On

Ingredients

Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made from Corn), Salt, Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Buttermilk, Potassium Chloride, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Yeast Extract, Lactose, Paprika Extracts, Sodium Caseinate, Citric Acid, Skim Milk, Garlic Powder, Lactic Acid, and Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes). COMMON ALLERGENS PRESENT: Milk, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://apns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/105260_SLE.pdf (4,2019)

Nutrition Facts	
Serving Size	1 Pkg (28.35g)
Amount Per Serving	
Calories	140
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	6%
Fiber 2g	8%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	4%
Vitamin D n/a	0%
Calcium 10mg	1%
Iron 0.6mg	3%
Potassium 100mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	1 Package
Meat/Meat Alternative	0 oz
Grain/Breads	1.25 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a



Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

WOWButter Wowbutter Nut Free Soy Butter, 4.41 Lb Jar, 2/Case

Item Number: 544231   

Provides a great-tasting, nutritious, nut-free alternative to peanut butter. Easily spread or spooned, this butter is smooth and will not separate. Replaces peanut butter with a one-to-one ratio in any baking recipe from cookies to egg rolls.



Case (2/4.41 Pound Jar)

Nutrition

Based On: **AP Soy, Butter, Nut Free, WowButter** Rounding: **On**

Ingredients

For ingredient or allergen information, please contact: WOWButter Foods, phone: 519-345-0111/web page: www.soybutter.com. Please reference manufacturer number: 40100. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	2 tbsp (32g)
Amount Per Serving	
Calories	200
% Daily Value *	
Total Fat 15g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Fiber 2g	8%
Total Sugars 4g	
Includes N/A Added Sugars	n/a
Protein 7g	14%
Vitamin D n/a	
Calcium 30mg	3%
Iron 1mg	6%
Potassium 300mg	9%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	