

**Wisconsin Youth  
Company  
2021-2022  
SCHOOL YEAR**

**GROUP CHILD CARE CENTERS  
DIGITAL SNACK BINDER**

Snack Cycles  
Shelf Life Information  
Nutrition Information

# Snack Cycles

## 2021 - 2022 School Year

All items are individually-wrapped or single servings.

<b>Cycle 1</b>	Apple Cinnamon Cheerios Apple Slices + Soy Butter Blueberry NutriGrain Bar Cheez-It Crackers Strawberry Yogurt Cup
<b>Cycle 2</b>	Apple Cinnamon NutriGrain Bar Banana + Soy Butter Blueberry Yogurt Cup Rice Krispies Cereal Sun Chips
<b>Cycle 3</b>	Blueberry Muffin Clementine Oranges/Orange Fruit Loops Cereal Graham Cracker Bug Bites Strawberry NutriGrain Bar
<b>Cycle 4</b>	Applesauce Apple Oatmeal Bar Banana Muffin Carrots + Ranch Cinnamon Toast Crunch Cereal

\*Extra snack items provided each week:

- Craisins
- Raisins
- String Cheese
- 1% Milk
- Chocolate Milk

## 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.

**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:  Rounding:

**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](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	
<b>Calories</b>	<b>110</b>
	% Daily Value *
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Fiber 2g	<b>8%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 2g	<b>4%</b>
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

**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	

**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.
- Todays busy, more frequent snackers seek portable, ready to eat solutions that satisfy their desire for flavor variety and engaging textures. Kelloggs 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:  Rounding:

**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://aqpns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/209741\\_SL\\_E.pdf](https://aqpns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/209741_SL_E.pdf) (12,2018)

<b>Nutrition Facts</b>	
Serving Size	<b>1 each (44g)</b>
Amount Per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value *	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
PolyUnsat. Fat	<b>n/a</b>
MonoUnsat Fat	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Fiber 3g	<b>12%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D n/a	<b>0%</b>
Calcium 140mg	<b>14%</b>
Iron 1.9mg	<b>11%</b>
Potassium 110mg	<b>3%</b>

\* 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

**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	

**Harvest Valley 100% Apple Juice Cup,  
Shelf-Stable, Single-Serve, 4 Fl Oz  
Each, 96/Case**



Item Number: 577230  

Harvest Valley juices and juice blends provide a variety of colorful, healthy, vitamin-rich drinks in a variety of formats - frozen dispensed, shelf-stable dispensed, and ready-to-drink. Harvest Valley provides the "wow" factor and nutrition customers look for, with quality, consistency and efficiency for your operation. Thirst-quenching, fresh-squeezed aroma and flavor can set your beverage menu apart. Harvest Valley juices - available exclusively through Gordon Food Service - bring nature's flavors in each of our juices.

- Convenient and delicious! Made with 100%, all-natural apple juice, these individual apple juice cups are measured into four-ounce serving sizes. These are the perfect single-serve portion and are great for all segments. Used in schools, daycare and healthcare, they fit easily on meal trays, medication carts or nursing refrigerators.
- These juice cups are ready to serve. There is no mixing of concentrates, no pouring, no thawing. Just open and enjoy!
- This pack size is for single-serve uses. The cups remain sealed until the recipient opens them. The cup plastic is treated with a UV blocker to ensure the integrity of the juice.
- The juice is flash-pasteurized to preserve its fresh flavor and color. No refrigeration is necessary. The juice is shelf-stable for low storage costs and ease of use.
- The juice is aseptically packaged to preserve the integrity of the flavor and color while increasing its shelf life.
- Store this product in the dry pantry area of the operations. No refrigeration is required.

Case (96/4 Fluid Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

Water, Concentrated Apple Juice, Ascorbic Acid (Vitamin C). 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	1 each (120g)
Amount Per Serving	
<b>Calories</b>	<b>50</b>
	% Daily Value *
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Fiber 0g	<b>1%</b>
Total Sugars 13g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	0%
Calcium 10.67mg	1%
Iron 0.29mg	2%
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	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

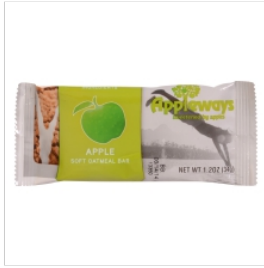
**Fat Soluble Vitamins:**

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

**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:  Rounding:

**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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (34.02g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	<b>4%</b>
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/](http://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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Pc (128g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat 0g	<b>n/a</b>
MonoUnsat Fat 0g	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Fiber 3g	<b>12%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>1%</b>
Vitamin D n/a	<b>0%</b>
Calcium 7.68mg	<b>1%</b>
Iron 0.15mg	<b>1%</b>
Potassium 137mg	<b>4%</b>

\* 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	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


**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

**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:  Rounding:

**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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Pkg (57g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>30</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	0%
Calcium 20mg	2%
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

**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

**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	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:  Rounding:

**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	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	<b>n/a</b>
MonoUnsat Fat	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Fiber 1g	<b>4%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	<b>0%</b>
Calcium 5mg	<b>1%</b>
Iron n/a	<b>0%</b>
Potassium 93mg	<b>3%</b>

\* 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	

**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 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/557981\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/557981_SLE.pdf) (4,2019)

<b>Nutrition Facts</b>	
Serving Size	<b>1 each (57g)</b>
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Fiber 2g	<b>8%</b>
Total Sugars 17g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 3g	<b>6%</b>
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

**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


**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	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:  Rounding:

**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/](http://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	
<b>Calories</b>	<b>110</b>
	% Daily Value *
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
PolyUnsat. Fat 0g	<b>n/a</b>
MonoUnsat Fat 0g	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Fiber 3g	<b>12%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>3%</b>
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](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 *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Fiber 2g	<b>8%</b>
Total Sugars 16g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 3g	<b>6%</b>
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 x6.438 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:  Rounding:

**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://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/498170\\_SLE.pdf](https://apps.gfs.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	
<b>Calories</b>	<b>150</b>
	% Daily Value *
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Fiber 3g	<b>12%</b>
Total Sugars 14g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 2g	<b>4%</b>
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	

**Upstate Farms Nonfat Blueberry Yogurt, Cup, 4 Oz Each, 48/Case**

Item Number: 222550 

This non-fat blended blueberry yogurt is made with real fruit and offers an extended shelf-life.



Case (48/4 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

For ingredient or allergen information, please contact: Upstate Farms, phone: 716-892-3156. Please reference manufacturer number: 9816. 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (113g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>90</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Fiber 0g	<b>0%</b>
Total Sugars 15g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D n/a	0%
Calcium 290mg	29%
Iron n/a	0%
Potassium 160mg	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	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	

**Ready-Set-Serve Carrots, Snack Packs, Fresh Cut, 1.6 Oz Bag, 200/Case**



Item Number: 786321

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. Ready-Set-Serve is a full line of table-ready fresh fruits, vegetables and juices that are ready-to-use, innovative and economical. Guaranteed quality, dependable yields, safety assurance and fast, easy preparation are the hallmarks of the Ready-Set-Serve brand. All products are prepared and packaged for foodservice operators' specific needs and are 100 percent usable.

- Convenient for snacking, these petite carrots boast an exceptionally sweet flavor and crunchy bite.
- Add these carrots to boxed or bagged lunches as a healthy snack.
- This is a convenient product designed to save time and labor. Refill your salad bar or veggie tray in a snap.
- Ready-Set-Serve produce is immediately 100% usable with no waste.
- This product is backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points.
- This product comes in 1.6-ounce packs, 200 per case.

Case (200/1.6 Ounce Bag)

**Nutrition**

Based On:  Rounding:

**Ingredients**

Carrots. 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/](http://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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1.6 oz (45g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat 0g	<b>n/a</b>
MonoUnsat Fat 0g	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Fiber 1g	<b>5%</b>
Total Sugars 2g	
Includes N/A Added Sugars	<b>n/a</b>
<b>Protein</b> 0g	<b>1%</b>
Vitamin D n/a	<b>0%</b>
Calcium 14.4mg	<b>1%</b>
Iron 0.4mg	<b>2%</b>
Potassium 107mg	<b>3%</b>

\* 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.

**Packer Label Celery Sticks, Refrigerated, 3 Oz Bag, 96/Case**  
 Item Number: 754341



Case (96/3 Ounce Bag)

**Nutrition**

Based On:  Rounding:

**Ingredients**

Celery. 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>3.5 oz (101g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>15</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D n/a	0%
Calcium 40mg	4%
Iron n/a	0%
Potassium 260mg	7%

\* 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	

**General Mills Cheerios Fruity Cereal, Whole Grain, Bowl, 1.13 Oz Each, 96/Case**

Item Number: 265803 



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!

- A fruity, sweetened whole grain oat gluten-free cereal in ring-shaped pieces with natural, fruit flavor 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 (96/1.13 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

Whole Grain Oats, Sugar, Corn Starch, Corn Syrup, Pear Puree Concentrate, Salt, Color (vegetable juice, fruit juice, and annatto extract), Tripotassium 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), 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: 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://apgs.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/265803\\_SLE.pdf](https://apgs.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/265803_SLE.pdf) (1,2020)

<b>Nutrition Facts</b>	
Serving Size	1 Pkg (31g)
Amount Per Serving	
<b>Calories</b>	<b>120</b>
	% Daily Value *
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Fiber 2g	<b>8%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D n/a	0%
Calcium 80mg	8%
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

**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	

**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:  Rounding:

**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://aqpns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/ndfs/282422\\_SLE.pdf](https://aqpns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/ndfs/282422_SLE.pdf) (12,2018)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>0.75 oz (21.26g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
	% Daily Value *
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 2g	<b>4%</b>
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

**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	

**Upstate Farms Nonfat Cherry Vanilla Yogurt, 4 Oz Each, 48/Case**

Item Number: 668051   

This Upstate Farms brand, nonfat cherry yogurt is a creamy yoghurt perfect for parfaits, smoothies, dips, and toppings.



Case (48/4 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

For ingredient or allergen information, please contact: Upstate Farms, phone: 716-892-3156. Please reference manufacturer number: 9819. 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (113g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>90</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Fiber 0g	0%
Total Sugars 15g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	<b>6%</b>
Vitamin D n/a	0%
Calcium 290mg	29%
Iron n/a	0%
Potassium 160mg	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	None Provided
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:**

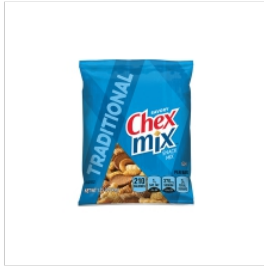
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

**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:  Rounding:

**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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (49g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>220</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Fiber 3g	<b>12%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 4g	<b>8%</b>
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	

**Aryzta Whole Grain Chocolate & Chocolate Chip Muffins, Fully Baked, Frozen, Individually Wrapped, 2 Oz Package, 72/Case**

Item Number: 557991  

These dense and chocolaty muffins are made with 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, INVERT SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK), CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, PALM OIL, CANOLA OIL, CARAMEL COLOR (CONTAINS SULFITES), WHEAT GLUTEN, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, OAT FIBER, POTASSIUM SORBATE (PRESERVATIVE), SALT, SODIUM ALGINATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, ENZYMES. COMMON ALLERGENS PRESENT: Egg, 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 March 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/1Ksx-YAMGnkbB3ZZawF3JpMoklpSoaZjo/view?usp=sharing>

<b>Nutrition Facts</b>	
Serving Size	<b>1 each (57g)</b>
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Fiber 2g	<b>8%</b>
Total Sugars 17g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D n/a	0%
Calcium 40mg	4%
Iron 1.5mg	8%
Potassium 140mg	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

**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

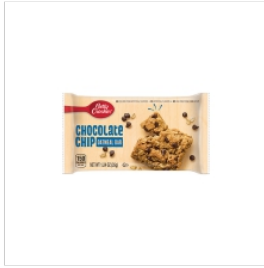
**Fat Soluble Vitamins:**

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:  Rounding:

**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](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	<b>150</b>
% Daily Value *	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Fiber 2g	<b>8%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	<b>4%</b>
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

**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	

**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:  Rounding:

**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://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/595934\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/595934_SLE.pdf) (1,2020)

Nutrition Facts	
<b>Serving Size</b>	<b>1 each (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>120</b>
	% Daily Value *
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	<b>2%</b>
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

**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	

## 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:  Rounding:

### 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/](http://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	
<b>Calories</b>	<b>35</b>
* % Daily Value *	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat	n/a
Trans Fat	n/a
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Fiber 1g	<b>5%</b>
Total Sugars 7g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 1g	<b>1%</b>
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

### 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




### Minerals:

Phosphorous	16 mg
Zinc	0 mg
Magnesium	7 mg
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

**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:  Rounding:

**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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Pkg (32.9g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>110</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b>	n/a
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Fiber 3g	<b>12%</b>
Total Sugars 24g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 0g	<b>0%</b>
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

**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:**

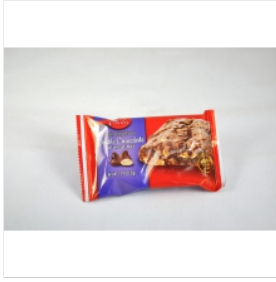
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

## Betty Crocker Double Chocolate & Oatmeal Bars, Whole Grain, Individually Wrapped, 1.24 Oz Each, 144/Case

Item Number: 262103    

A chocolate, whole grain oatmeal bar individually wrapped and made with 16 grams of whole grain.

- Made with no artificial flavors, no colors from artificial sources, and no high fructose corn syrup.
- Made without gelatin, no artificial flavors, and no colors from artificial sources.
- 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 Each)

## Nutrition

Based On:  Rounding:

### Ingredients

Whole Grain Oats, Whole Wheat Flour, Canola Oil, Corn Syrup, Fructose, Sugar, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Vegetable Glycerin, Dutch Cocoa (processed with alkali), Chicory Root Extract. Contains 2% or less of: Baking Soda, Water, Salt, Natural Flavor, Dried Egg Yolk. 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://drive.google.com/file/d/1EhLTzTtD1MLGEtrYdfcKiOuwrgZDRPP4/view?usp=sharing>

Nutrition Facts	
Serving Size	1 each (35g)
Amount Per Serving	
<b>Calories</b>	<b>150</b>
	% Daily Value *
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Fiber 3g	<b>12%</b>
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D n/a	0%
Calcium n/a	0%
Iron 1mg	6%
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 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

### 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	

# English & Spanish



Dick & Jane

SC8803

DOT FOODS

651944

## Nutrition Facts

1 servings per container  
Serving size 1 Bag (29g)

Amount per serving  
**Calories 120**

% Daily Value\*

Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 43mg	0%

## NON-GMO INGREDIENTS

Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Sunflower Oil, Sunflower Lecithin, Salt, Honey, Leavening (Baking Soda), Natural Flavors, Whole Eggs, Milk.



**Contains: Wheat, Egg and Milk**

Processed in a facility that manufactures products containing soy.

**NO TRANS FAT NO CHOLESTEROL  
NO ARTIFICIAL COLORS OR FLAVORS  
NO HYDROGENATED OILS  
NO HIGH FRUCTOSE CORN SYRUP  
BAKED & PACKED IN A NUT FREE FACILITY**

Educational Snacks are Sweet Crackers<sup>4</sup> like an animal or graham cracker...Exhibit A – Group B...SMART SNACK APPROVED. **51% WHOLE GRAIN, 100% NON-GMO, 100% NUT FREE, DELICIOUS, ALL-NATURAL & LOADED WITH LEARNING.** Fun for breakfast, lunch, after-school snacks & summer feeding...Available nationally to your distributor from DOT FOODS.

**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 Kellogg's Fruit 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:  Rounding:

**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://aqpns.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/283620\\_SLE.pdf](https://aqpns.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	<b>110</b>
	% Daily Value *
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Fiber 2g	<b>8%</b>
Total Sugars 8g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 2g	<b>4%</b>
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

**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	

**Pepperidge Farm Goldfish Pretzels, Single-Serve, 0.75 Oz Each, 300/Case**

Item Number: 865070  



Goldfish Made with Whole Grain Pretzels are the perfect pairing atop a bowl of creamy tomato soup. Mix the crunchy goodness with protein-rich nuts and dried fruit in a trail mix for a delicious on-the-go breakfast in the classroom. Children will enjoy eating this playful, delicious, and fun snack. This kid-favorite adds a satisfyingly crunch however it's served. Goldfish Pretzel Crackers are a staple in snacking, so keeping them stocked in the pantry at school is a no-brainer. With only 90 calories per serving and 0g trans-fat, Goldfish Made with Whole Grain Pretzels are the crunchy and flavor-packed snack food you can feel good about serving.

- Versatile Goodness: Goldfish Crackers are perfect to serve as part of school breakfasts, lunches, as an a la carte snack, in after school programs, summer camps, and more.
- Nutrition Matters: A delicious wholegrain-rich snack kids love, Goldfish Made with Whole Grain Pretzels contain 0 grams of trans fat per serving, no artificial flavors or preservatives, and are Smart Snack compliant.
- Delicious Snack: Each package contains 10 grams of whole grain per serving which provides an excellent way to help fuel students while bringing smiles.
- Classic Pretzel Taste: Packed with the crunch everyone loves, Goldfish Pretzel Crackers are baked with whole grain. The traditional pretzel taste makes this snack a kid-favorite.
- The Snack They Love: Loved by kids of all ages, the delicious taste and instantly recognizable shape of Goldfish Pretzel Crackers brings a smile to students' faces with every bite.

Case (300/0.75 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), SALT, CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORNSTARCH, MONOCALCIUM PHOSPHATE), MALTED BARLEY FLOUR, NONFAT MILK. 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 September 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/1UOfmNyCDBBNflb0ipDyS11VUJEbMvH88/view?usp=sharing>

<b>Nutrition Facts</b>	
Serving Size	<b>1 Pkg (21.26g)</b>
Amount Per Serving	
<b>Calories</b>	<b>90</b>
% Daily Value *	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	<b>n/a</b>
MonoUnsat Fat	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes N/A Added Sugars	<b>n/a</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D n/a	<b>0%</b>
Calcium n/a	<b>0%</b>
Iron 0.72mg	<b>4%</b>
Potassium n/a	<b>0%</b>

\* 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

**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

**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	0 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:  Rounding:

**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](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	
<b>Calories</b>	<b>120</b>
	% Daily Value *
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	<b>4%</b>
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

**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:**

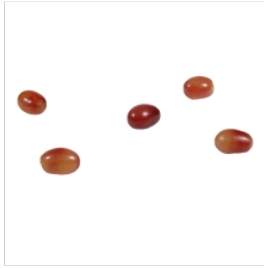
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

**Packer Label Red Seedless Grapes, Fresh, 2.25 Oz Bag, 64/Case**

Item Number: 158901 

These off-the-stem red grapes are washed, bagged and ready for healthy, handy snacking. Brand may vary.

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



Case (64/2.25 Ounce Bag)

**Nutrition**

Based On:  Rounding:

**Ingredients**

For ingredient or allergen information, please contact: Markon, phone: (831) 757-9737/web page: [www.markon.com](http://www.markon.com) Please reference manufacturer number: 17991. 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 2018. 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>2.25 oz (63.79g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>35</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Fiber 0g	2%
Total Sugars 8g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	0%
Calcium 8.28mg	1%
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	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	0 mg

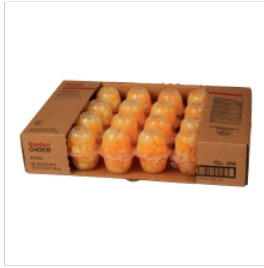
**Minerals:**

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	0 IU

**Gordon Choice Fruit Mix, in Light Syrup, Choice, Plastic Cup, 4 Oz Each, 48/Case**



Item Number: 185160   

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.

- A blend of peaches, Bartlett pears and pineapple create the ideal single serving cup for a variety of applications.
- Cups are ideal for schools, daycare and healthcare.
- Fruit cups are a healthy alternative to snack foods on kids' lunch trays.
- Easy-open, peel-off foil lids provide additional convenience.
- Individual four-ounce serving size allows for portion control.
- Case contains 48 cups.

Case (48/4 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

Diced peaches, water, diced pears, sugar, pineapple, ascorbic acid (Vitamin C) to protect color and citric acid. 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 March 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	
<b>Serving Size</b>	<b>1 each (113.4g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Fiber 1g	<b>4%</b>
Total Sugars 15g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	0%
Calcium 4mg	0%
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

**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 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 Valencia's 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:  Rounding:

**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/](http://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	<b>80</b>
% 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/](http://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

### 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


### 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

### 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:  Rounding:

**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](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/893711_SLE.pdf) (4,2019)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Pkg (19.84g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>80</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	<i>n/a</i>
MonoUnsat Fat	<i>n/a</i>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Fiber 2g	<b>8%</b>
Total Sugars 1g	
Includes N/A Added Sugars	<i>n/a</i>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D <i>n/a</i>	<b>0%</b>
Calcium 30mg	<b>3%</b>
Iron 0.8mg	<b>4%</b>
Potassium 120mg	<b>3%</b>

\* 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:	<i>n/a</i>

**Water Soluble Vitamins:**

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


**Minerals:**

Phosphorous	<i>n/a</i>
Zinc	<i>n/a</i>
Magnesium	<i>n/a</i>
Copper	<i>n/a</i>
Selenium	<i>n/a</i>
Manganese	<i>n/a</i>
Iodine	<i>n/a</i>

**Fat Soluble Vitamins:**

Vitamin E mg	<i>n/a</i>
Vitamin K	<i>n/a</i>
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:  Rounding:

**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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>0.25 cup (40g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Fiber 2g	<b>9%</b>
Total Sugars 29g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 1g	<b>2%</b>
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

**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

**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	3.7 IU

**Flavor Fresh Lite Ranch Dressing, Dipping Cup, 1 Oz Each, 100/Case**

Item Number: 499521   

This versatile, low sodium, dipping and pouring sauce offers a creamy blend of buttermilk, garlic and spice flavors.



- Individually portioned condiment cups are ready to use, saving time and labor
- Fat-free
- Cholesterol-free
- Contains zero grams trans fat

Case (100/1 Ounce Each)

**Nutrition**

Based On:  Rounding:

**Ingredients**

For ingredient or allergen information, please contact: Diamond Crystal, phone: 800-654-5115, [www.dcbbrands.com](http://www.dcbbrands.com). Please reference manufacturer number: 70808. 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 February 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D n/a	0%
Calcium 20mg	2%
Iron n/a	0%
Potassium 115mg	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	0 mg


**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	0 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\\_YeyvV1XqagC/view?usp=sharing](https://drive.google.com/file/d/1Zvz2ZHRWbPHCgP6iC1Zq_YeyvV1XqagC/view?usp=sharing)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (28g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>100</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 2g	<b>4%</b>
Vitamin D n/a	0%
Calcium n/a	0%
Iron 8.1mg	45%
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

**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




**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	1000 IU

**Keebler Scooby Doo Graham Crackers, Sticks, Individual Packets, 1 Oz Bag, 210/Case**

Item Number: 859550   

Inspired by Scooby Doo's favorite Scooby Snacks, Keebler Scooby Doo! Graham Cracker Sticks Cinnamon are delightfully crispy, sweet graham crackers shaped in fun dog bone shapes for the yummiest snacking imaginable.



- Keebler Scooby Doo! Graham Cracker Sticks Cinnamon are perfectly packaged for snacks at school, Satisfy sweet treat cravings with the simple goodness of Keebler Scooby Doo! Graham Cracker Sticks Cinnamon.
- Place near meal accompaniments and at checkout. This item is a good fit for K 12.
- Made with whole grains, no high fructose corn syrup, artificial colors, or flavors, baked to crispy perfection by the lovable Keebler Elves, a classic treat.
- Convenient, ready to eat graham cracker sticks 1oz pouches, packaged for freshness and great taste, 210 case count, 20,000 IN x 16.000 IN x 11.625 IN. The case shows the BEST BY date in the format MMDYY.
- 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 Ounce Bag)

**Nutrition**

Based On:  Rounding:

**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 September 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/11anb6sc\\_EBDt0cT3hw44inl\\_XOM6EplUJQ/view?usp=sharing](https://drive.google.com/file/d/11anb6sc_EBDt0cT3hw44inl_XOM6EplUJQ/view?usp=sharing)

Nutrition Facts	
Serving Size	1 Pkg (28g)
Amount Per Serving	
Calories	120
% Daily Value *	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
<b>Protein</b> 2g	<b>4%</b>
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

**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	

**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:  Rounding:

**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](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	<b>150</b>
% 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

**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	

## Upstate Farms Nonfat Strawberry Yogurt, 4 Oz Each, 48/Case

Item Number: 668031    

This Upstate Farms brand, nonfat strawberry yogurt is a creamy yogurt perfect for parfaits, smoothies, dips, and toppings.



Case (48/4 Ounce Each)

## More

### Manufacturer

Pack	48/Case
Portion Size	Each
Portion/Case	48
Net Weight	12lbs
Vendor Item Code	9815
K-12 Education	Buy American Child Nutrition Label Smart Snack Product Formulation Statement
Cleaner Ingredients	No Artificial Sweeteners No Color From Artificial Sources No High Fructose Corn Syrup No MSG No Artificial Flavors
Dietary Attributes	Gluten Free Kosher: Dairy Vegetarian
Health and Safety	Labeled For Resale Individually-Wrapped Single Serving
Animal Care	Raised Without Added Hormones
Country of Origin	United States

### Quantity Invoiced, Last 7-Weeks:

Week of	Each	Case
06/27/2021	0	0
07/04/2021	0	0
07/11/2021	0	0
07/18/2021	0	0
07/25/2021	0	0
08/01/2021	0	0
08/08/2021	0	0

### Item Yield

1 Case = 48 Yogurt, Nonfat, Strawberry

### Shelf Life

Cooler = Use by expiration date

### Marketing Tips

Blended product with no large particulates, no gelatin, great for vegetarians. No artificial flavors or colors. \*\* K-12, Healthcare, College and Universities, Quick Service Restaurants, Business & Industry, C-stores \*\* Parfaits, smoothies, dips, toppings.

## Nutrition

### Thawing Instructions

None

### Basic Preparation

No preparation required.

Based On: **AP Yogurt, Strawb, N/F, 4z, Upstate Farm**

Rounding: **On**

### Ingredients

For ingredient or allergen information, please contact: Upstate Farms, phone: 716-892-3156. Please reference manufacturer number: 9815. 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.

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
PolyUnsat. Fat	<b>n/a</b>
MonoUnsat Fat	<b>n/a</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Fiber 0g	<b>0%</b>
Total Sugars 15g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 4mcg	0%
Calcium 290mg	29%
Iron n/a	0%
Potassium 140mg	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	4 Oz
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	



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

Item Number: 566413  



Case (168/1 Ounce Each)

**Nutrition**

Based On:  Rounding:

**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://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/566413\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/566413_SLE.pdf) (1,2020)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 each (28g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>60</b>
	<small>% Daily Value *</small>
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes N/A Added Sugars	n/a
<b>Protein 7g</b>	<b>14%</b>
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

**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	

**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:  Rounding:

**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://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/105260\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/105260_SLE.pdf) (4,2019)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Pkg (28.35g)</b>
<small>Amount Per Serving</small>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value *</small>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>
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

**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	

## 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:  Rounding:

### Ingredients

For ingredient or allergen information, please contact: WOWButter Foods, phone: 519-345-0111/web page: [www.soybutter.com](http://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	
<b>Calories</b>	<b>200</b>
% Daily Value *	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Fiber 2g	<b>8%</b>
Total Sugars 4g	
Includes N/A Added Sugars	n/a
<b>Protein</b> 7g	<b>14%</b>
Vitamin D n/a	0%
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

### 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	