

Totally Juice 100% Apple Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698744

Case (40/4.23 Fluid Ounce Carton)	$0.16/ea	**$6.25**	

Print

Nutrition

Based On: AP Juice, Box, Appl, 100%, Totally Juice Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: 973-465-1113. Manufacturer number: 400305. 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 2017. 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 (119.92g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

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Smart Snacks in School.

Naturally Pure. **100%** Juicy.

4oz Juices by Prairie Farms.

Farm fresh quality... from our family to yours

Healthy drink choices during the school day gives kids lasting nutrition to fuel growing bodies.



100% Pure Orange Juice

From Concentrate

4oz Carton, Item #1977

Nutrition Facts

Serving Size 4 fl oz. (118 mL)

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Potassium 210mg	**6%**
Total Carbohydrate 15g	**5%**
Sugars 14g	
Protein 0g	

Vitamin C 50%	•	Calcium 0%
Thiamin 6%	•	Folate 6%
Phosphorus 0%	•	Magnesium 2%

*Percent Daily Values are based on a 2000 calorie diet

INGREDIENTS: FILTERED WATER, ORANGE JUICE CONCENTRATE. CONTAINS JUICES FROM FLORIDA, BRAZIL, MEXICO, AND COSTA RICA.



100% Pure Apple Juice

From Concentrate

4oz Carton, Item #8508

Nutrition Facts

Serving Size 4 fl oz. (118 mL)

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 15g	**5%**
Sugars 15g	
Protein 0g	

Vitamin A 0%	•	Vitamin C 25%
Calcium 0%	•	Iron 2%

*Percent Daily Values are based on a 2000 calorie diet

INGREDIENTS: WATER AND APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).



100% Juice Fruit Punch

4oz Carton, Item #25632

Nutrition Facts

Serving Size 4 fl oz. (118 mL)

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Potassium 130mg	**4%**
Total Carbohydrate 14g	**5%**
Sugars 13g	
Protein 0g	

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

*Percent Daily Values are based on a 2000 calorie diet

INGREDIENTS: WATER, APPLE, GRAPE AND PASSION FRUIT JUICE CONCENTRATES, NATURAL FLAVORS, CITRIC ACID, RED #40.

NO ADDED SUGARS • PASTEURIZED • KEEP REFRIGERATED • SHAKE WELL

10/14

Prairie Farms Dairy, Inc. • 1100 Broadway, Carlinville, IL 62626 • Phone: 217.854.2547 • prairiefarms.com



Suncup 100% Grape Juice Cup, Frozen, Single-Serve, 4 Fl Oz Each, 72/Case

Item Number: 135460

This juice drink is 100 percent juice from concentrate, and comes in convenient foil-topped plastic cups. The low-profile, stable design is unlikely to tip over on serving trays, making them ideal for healthcare and schools.

- **No added sugar, preservatives, flavoring, or dyes**

Case (72/4 Fluid Ounce Each)	$0.14/ea	**$10.28**	

Print

Nutrition

Based On: AP Juice, Grape, 100%, 4z, Suncup Rounding: On

Ingredients

Water, Grape Juice Concentrate, 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 August 2017. 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 (113.4g)	
Amount Per Serving	
Calories 80	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 0g	n/a
Sugar 18g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 2% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
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	1.2 mg

Fat Soluble Vitamins:

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

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Prairie Farms®

Farm fresh quality... from our family to yours

Smart Snacks at School.

Introducing a **NEW LOOK** for Prairie Farms **Half Pint Milks.**

Healthy drink choices during the school day gives kids lasting nutrition to fuel growing bodies.

Approved Smart Snacks

- Flavored and Unflavored Fat Free Milks
- 8oz Serving Size for Elementary School Kids

Cost $_____

Suggested Retail $_____

OUR FARMERS Pledge not to treat their cows with artificial growth hormones*



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Chocolate Milk
Product #6926

0 72730 26627 8



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: GRADE A FAT FREE MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Skim Milk
Product #5404

0 72730 23608 0



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	
Sugars 22g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, NATURAL AND ARTIFICIAL FLAVOR AND COLOR, (RED #40, BLUE #1 AND BEET JUICE FOR COLOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Strawberry Milk
Product #17025

0 72730 26626 1



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, VANILLA BASE (CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Vanilla Milk
Product #22217

0 72730 26630 8



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 11g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

1% Low Fat Milk
Product #4752

0 72730 23602 8

*The FDA has determined that no significant difference has been shown between milk derived from artificial growth hormone treated and non-artificial growth hormone treated cows.

10/14

Prairie Farms Dairy, Inc. • 1100 Broadway, Carlinville, IL 62626 • Phone: 217.854.2547 • prairiefarms.com



Lender's White Whole Grain Bagels, Sliced, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 72/Case

Item Number: 217911

Made with 100 percent whole wheat flour, these bagels do not contain any high fructose corn syrup, or artificial colors and flavors.

- **Thaw-and-serve convenience eliminates preparation and labor, and ensures consistent results**

Case (72/1 Count Package)	$0.27/ea	**$19.40**	

Print

Nutrition

Based On: AP Bagel, WGrain, White, Lenders Rounding: On

Ingredients

For ingredient or allergen information, please contact: Pinnacle Foods, phone: 800-432-3102. Please reference manufacturer number: 75. 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 2017. 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/217911_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 140	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium	n/a
Carbohydrates 28g	9%
Fiber 4g	16%
Sugar 4g	
Protein 6g	12%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Rich's Whole Grain Biscuit Dough, Frozen, 2.1 Ounce, 216 Ct Each, 1/Case

Item Number: 237390

These hex-shaped, whole grain rich biscuit dough offers a mild, subtle flavor, a golden color, and crispy coating.

- **Contains zero grams trans fat**

Case (1/216 Count Each)	$0.15/ea	**$33.07**	

Print

Nutrition

Based On: AP Dough, Biscuit, Wgrain, Rich Products Rounding: On

Ingredients

WHOLE WHEAT FLOUR, BUTTERMILK, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, SKIM MILK, MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), WATER, POTASSIUM CHLORIDE, SUGAR, MODIFIED CORNSTARCH, SOYBEAN OIL, ARTIFICIAL FLAVOR, SALT, DATEM, 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 July 2017. 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 (59.53g)

Amount Per Serving	
Calories 170	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 380mg	16%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 3g	12%
Sugar 2g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Item #	UOM	Servings	Description	Serving Size (g)	Serving Size (oz)	Whole Grain Flour Per Serving (g)	Enriched Flour per Serving (g)	Total Credible Grains (g)*	Grain Equivalent**	Kosher / Pareve	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Sugar (g)	Calcium(%DV)	Thiamin (%DV)	Niacin (%DV)	Iron (%DV)	Riboflavin (%DV)	Folic Acid (%DV)
BREADS																									
1290	Loaf	20+2	24oz. Whole Grain Rich Bread	31.0	1.11	9.0	8.0	17.0	1.00	Y	70	10	1.0	0	85	14.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	28.0	1.00	8.0	8.0	16.0	1.00	Y	70	10	1.0	0	80	12.0	1.0	3.0	1.0	4.0%	8.0%	4.0%	4.0%	4.0%	4.0%
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	34.0	1.21	10.0	9.0	19.0	1.00	Y	80	10	1.0	0	95	15.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	6.0%
1448	Loaf	20+2	24oz. 100% Whole Wheat Bread	31.0	1.11	15.0	0.0	15.0	1.00	Y	70	10	1.0	0	130	14.0	3.0	3.0	2.0	2.0%	6.0%	4.0%	4.0%	2.0%	2.0%
BUNS																									
3007	Pkg	12	3.25" Whole Grain Rich Bun	40.0	1.43	13.0	9.0	22.0	1.25	Y	100	10	1.5	0	160	18.0	2.0	4.0	2.0	4.0%	10.0%	8.0%	6.0%	4.0%	6.0%
3212	Pkg	6	Whole Grain Rich Footlong Bun	79.0	2.82	23.0	20.0	43.0	2.75	Y	200	25	3.0	0	330	36.0	3.0	7.0	5.0	8.0%	20.0%	15.0%	10.0%	10.0%	10.0%
3227	Pkg	12	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	56.0	2.00	31.0	0.0	31.0	2.00	Y	140	20	2.0	0	260	27.0	3.0	6.0	4.0	6.0%	15.0%	8.0%	6.0%	4.0%	4.0%
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	56.0	2.00	17.0	14.0	31.0	2.00	Y	140	20	2.0	0	230	25.0	2.0	5.0	4.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	45.0	1.61	13.0	11.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	4.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	45.0	1.61	24.0	0.0	24.0	1.50	Y	110	15	2.0	0	210	20.0	2.0	5.0	3.0	4.0%	10.0%	6.0%	6.0%	4.0%	2.0%
3698	Pkg	18	Whole Grain Rich Coney Bun	37.0	1.32	11.0	9.0	20.0	1.25	Y	90	10	1.5	0	150	17.0	2.0	3.0	2.0	4.0%	10.0%	6.0%	6.0%	4.0%	4.0%
7511	Pkg	8	100% Whole Wheat Sandwich Slim	43.0	1.54	20.0	0.0	20.0	1.50	N	90	10	1.0	0	135	19.0	5.0	4.0	2.0	8.0%	10.0%	8.0%	6.0%	4.0%	2.0%
HOAGIES																									
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	66.0	2.36	19.0	16.0	35.0	2.25	Y	170	20	2.5	0	280	30.0	3.0	6.0	4.0	6.0%	20.0%	10.0%	10.0%	8.0%	8.0%
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	62.0	2.21	17.0	16.0	33.0	2.00	Y	160	20	2.0	0	260	28.0	2.0	6.0	4.0	6.0%	15.0%	10.0%	10.0%	6.0%	8.0%
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	66.0	2.36	34.0	0.0	34.0	2.25	Y	160	25	2.5	0	300	29.0	4.0	7.0	4.0	6.0%	15.0%	10.0%	8.0%	4.0%	4.0%
ROLLS																									
3221	Pkg	16	Whole Grain Rich Large Breadstick	39.0	1.39	14.0	9.0	23.0	1.25	Y	90	5	0.5	0	180	17.0	2.0	3.0	1.0	4.0%	10.0%	6.0%	6.0%	6.0%	6.0%
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	32.0	1.14	10.0	7.0	17.0	1.00	Y	80	10	1.0	0	135	15.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
3939	Pkg	24	Whole Grain Rich Slammer Sliced	34.0	1.21	11.0	8.0	19.0	1.00	Y	90	10	1.0	0	150	16.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	6.0%	4.0%	4.0%
3699	Pkg	16	Whole Grain Rich Small Breadstick	31.0	1.11	11.0	7.0	18.0	1.00	Y	70	5	0.5	0	140	14.0	2.0	3.0	0.0	2.0%	8.0%	6.0%	4.0%	4.0%	4.0%
9528	Pkg	12	100% Whole Wheat English Muffins	57.0	2.04	26.0	8.0	34.0	2.00	Y	130	10	1.5	0	250	23.0	3.0	7.0	1.0	4.0%	20.0%	8.0%	8.0%	6.0%	4.0%
9537	Pkg	6	100 % Whole Wheat Pita Bread	57.0	2.04	29	0	29.0	2.00	N	100	0	0.0	0	170	20.0	5.0	6.0	1.0	10.0%	30.0%	18.0%	10.0%	16.0%	25.0%

*Total Creible Grains = Whole Grain Flour per Serving + Enriched Flour per Serving

**Grain Equivalent = Portion/Serving Size of Product as Purchased in grams/28 (Rounded down to the nearest quarter ounce) [Source Citation: USDA Whole Grain Resource for the National School Lunch and Breakfast Programs: A Guide to Meeting the Whole Grain Rich Criteria]

KLOSTERMAN

Whole Grain Rich Products

Item #	UOM	Servings	Description	Ingredient Statements	Allergens
BREADS					
1290	Loaf	20+2	20oz. Whole Grain Rich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1448	Loaf	22+2	24oz. 100% Whole Wheat Bread	Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Corn Syrup, Soy Lecithin, Vinegar, Dough Conditioners (Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative), Vitamin D.	Wheat, Soy
BUNS					
3007	Pkg	12	3.25" Whole Grain Rich Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3212	Pkg	6	Whole Grain Rich Footlong Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat, Soy
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
3698	Pkg	18	Whole Grain Rich Coney Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
7511	Pkg	8	100% Whole Wheat Sandwich Slim	Whole Wheat Flour, Water, Cellulose, Wheat Gluten, Sugar, Wheat Bran, Yeast, Contains 2% or less of the following: Polydextrose, Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid), Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).	Wheat

Item #	UOM	Servings	Description	Ingredient Statements	Allergens
HOAGIES					
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Proplonate (Preservative).	Wheat, Soy
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrient (Calcium Sulfate), Wheat Starch, Soy Lecithin.	Wheat, Soy
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
ROLLS					
3221	Pkg	16	Whole Grain Rich Large Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3939	Pkg	24	Whole Grain Rich Slammer Sliced	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3699	Pkg	16	Whole Grain Rich Small Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
9528	Pkg	12	Whole Grain Rich English Muffins	Water, Whole Wheat Flour, Yeast, Wheat Gluten, Contains 2% or less of: Sugar, DATEM, Citric Acid, Fumaric Acid, Malted Barley Flour, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Salt, Dough Conditioners (Wheat Flour, Sodium Stearoyl Lactylate, Guar Gum, DATEM, Mono-Diglycerides, Enzyme, Calcium Peroxide), Soybean Oil, Vinegar, Calcium Propionate and Potassium Sorbate (preservatives).	Wheat
9537	Pkg	6	100 % Whole Wheat Pita Bread	100% Stone Ground Whole Wheat Flour (Wheat Flour, Malted Barley, Niacin [A "B" Vitamin] Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Yeast, Salt, Calcium Propionate (to preserve freshness).	Wheat



Elfin Banana Bread, Mini Loaf, Frozen, Individually Wrapped, 2 Oz Each, 72/Case

Item Number: 592072

This bread is made from bananas folded in a sweet muffin batter and baked into individually sized loaves for on-the-go convenience.

- **Thaw-and-serve for fast preparation and convenience**
- **Individually wrapped for freshness and portability**

Case (72/2 Ounce Each)	$0.48/ea	**$34.26**	

Print

Nutrition

Based On: AP Bread, Elfin, Banana, Loaf, 2z, Elfin Rounding: On

Ingredients

Whole Wheat Flour, Water, Sugar, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean/Canola Oil, Banana Puree (Bananas, Ascorbic Acid), Invert Sugar, Soybean Lecithin, Oats, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Modified Corn Starch, Milk Whey, Vital Wheat Gluten, Sugar, Nonfat Milk, Calcium Acetate, Xanthan Gum, Guar Gum, Soy Flour, Natural & Artificial Vanilla Flavor, Cinnamon. Contains: Wheat, Egg, Soy, 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 July 2017. 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 (57g)	
Amount Per Serving	
Calories 160	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 27g	9%
Fiber 2g	7%
Sugar 14g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 2% Calcium 4% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	1.2 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Elfin Blueberry Bread, Mini Loaf, Frozen, Individually Wrapped, 2 Oz Each, 72/Case

Item Number: 592048

This bread is made from real whole blueberries folded into sweet muffin batter and baked into individually sized loaves for on-the-go convenience.

- **Thaw-and-serve for fast preparation and convenience**
- **Individually wrapped for freshness and portion control**

Case (72/2 Ounce Each)	$0.47/ea	**$34.06**	

Print

Nutrition

Based On: AP Bread, Elfin, Blueberry, Loaf, 2z, El Rounding: On

Ingredients

Ingredients: Whole Wheat Flour, Water, Sugar, Eggs, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Blueberries, Soybean/Canola Oil, Oats, Invert Sugar, Modified Corn Starch, Nonfat Milk, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Tricalcium Phosphate, Monocalcium Phosphate), Vital Wheat Gluten, Calcium Acetate, Xanthan Gum, Guar Gum, Soy Flour, Soybean Lecithin, Natural & Artificial Vanilla Flavor, Cinnamon. Contains: Wheat, Egg, Soy, 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 July 2017. 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 (57g)

Amount Per Serving

Calories 160	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	11%
Sodium 120mg	5%
Potassium	n/a
Carbohydrates 26g	9%
Fiber 2g	7%
Sugar 12g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Super Bakery Wild Berry Bread, Frozen, Individually Wrapped, 3.4 Ounce, 1 Ct Bag, 70/Case

Item Number: 523222

This whole grain rich, dairy-free bread offers a unique berry flavor without any artificial flavors or coloring.

- **Individually wrapped for convenience and portion control**

Case (70/1 Count Bag)	$0.54/ea	**$37.62**	

Print

Nutrition

Based On: AP Bread, Wild Bry, Super Bakery Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, WHOLE EGGS, SOYBEAN OIL, BLUEBERRIES, MODIFIED CORN STARCH, DEFATTED SOY FLOUR, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), MONO-DIGLYCERIDES, VITAL WHEAT GLUTEN, DRY HONEY SOLIDS, DEXTROSE, NATURAL FLAVOR, SALT, XANTHAN GUM, SPICE (CINNAMON). 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 August 2017. 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/523222_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (96g)	
Amount Per Serving	
Calories 270	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 4g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium 105mg	3%
Carbohydrates 43g	14%
Fiber 2g	8%
Sugar 24g	
Protein 6g	12%

Vitamin A IU 2% Vitamin C 0% Calcium 10% Iron 8%
Thiamin 6% Riboflavin 6% Niacin B3 4% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.09 mg
Riboflavin	0.102 mg
Niacin B3	0.8 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Super Bakery White Whole Wheat Cinnamon Buns, Frozen, Individually Wrapped, 2.9 Oz Each, 72/Case

Item Number: 865440

These baked cinnamon buns are made with 51 percent white whole wheat flour for a healthful breakfast option.

- **Contains zero grams trans fat**
- **Thaw and serve for convenience**
- **Individually wrapped for convenience and portion control**
- **Individually quick frozen to lock in freshness**

Case (72/2.9 Ounce Each)	$0.43/ea	**$30.81**	

Print

Nutrition

Based On: AP Bun, Cinnamon, Ultra, Super Bakery Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL, MONO-& DIGLYCERIDES, POLYSORBATE 60, CITRIC ACID ADDED AS A PRESERVATIVE), WHOLE EGGS, YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, SALT, MONOGLYCERIDES, WHEY, SOYBEAN OIL, SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), SPICE (CINNAMON), FLAVOR (NATURAL & ARTIFICIAL), GUAR GUM, CORN STARCH, VITAL WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE (SSL), CALCIUM PROPIONATE, AMMONIUM SULFATE, XANTHAN GUM, WHOLE EGG SOLIDS, CALCIUM SULFATE, COCOA (ALKALI), CORN SYRUP, AGAR, ENZYMES, BETA CAROTENE (COLOR), AZODICARBONAMIDE (ADA), ASCORBIC ACID. 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 August 2017. 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/865440_SLE.pdf

Nutrition Facts

Serving Size 1 each (82.21g)

Amount Per Serving

Calories 240	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 2g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 20mg	7%
Sodium 300mg	13%
Potassium 135mg	4%
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 15g	
Protein 5g	10%

Vitamin A IU 8% Vitamin C 2% Calcium 6% Iron 6%
Thiamin 2% Riboflavin 2% Niacin B3 0% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	0.034 mg
Niacin B3	0 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	1.2 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	60 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a



Super Bakery Mini Chocolate Donuts, Individually Wrapped, Frozen, 3.3 Oz Package, 72/Case

Item Number: 738181

These Goodyman brand mini chocolate donuts are rich in flavor and made with healthy whole grains.

Case (72/3.3 Ounce Package)	$0.62/ea	**$44.76**	

Print

Nutrition

Based On: AP Donut, Choc, Mini, WGrain, IW, 3.3z, Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) WATER, SUGAR, PALM OIL, HYDROGENATED PALM KERNEL OIL, COCOA)PROCESSED WITH ALKALI), WHEY, SOY FLOUR, DEXTROSE, SOYBEAN OIL, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CINNAMON, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, MONODIGLYCERIDES, SALT, GLUCONO DELTA LACTONE, WHEAT STARCH, NATURAL FLAVOR, EGGS. 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 August 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (93.55g)

Amount Per Serving

Calories 320	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
PolyUnsat. Fat 1.5g	n/a
MonoUnsat Fat 3.5g	n/a
Cholesterol 0mg	n/a
Sodium 270mg	11%
Potassium 250mg	7%
Carbohydrates 41g	14%
Fiber 2g	8%
Sugar 19g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 10%
Thiamin 6% Riboflavin 6% Niacin B3 4% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.09 mg
Riboflavin	0.102 mg
Niacin B3	0.8 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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

Goodyman Whole Grain Dunking Donut Sticks, Single-Serve, Frozen, 1.9 Oz Package, 100/Case

Item Number: 726932

These Goodyman-brand Dunking Donut Sticks are made with whole grains and are packaged as single servings, easy to offer as a breakfast grab-and-go option.

Case (100/1.9 Ounce Package)	$0.39/ea	**$38.70**	

Print

Nutrition

Based On: AP Donut, Dunkin Stix, WGrain, Goodyman Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER PALM OIL, DEFATTED SOY FLOUR, DEXTROSE, SOYBEAN OIL, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, SALT, CINNAMON, DRY HONEY SOLIDS SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, CORNSTARCH, MONO-DIGLYCERIDES, GLUCONO DELTALACTONE, WHEAT STARCH, CALCIUM CARBONATE, AGAR, EGGS. 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 August 2017. 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/726932_SLE.pdf

Nutrition Facts

Serving Size 1 each (54g)	
Amount Per Serving	
Calories 180	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium 100mg	3%
Carbohydrates 28g	9%
Fiber 2g	8%
Sugar 14g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Super Bakery Yeast-Raised Whole Grain Donuts, Fully Baked, Frozen, Individually Wrapped, 2.5 Oz Each, 80/Case

Item Number: 668181

These yeast raised donuts offer a fully baked bakery item.

- **Fully baked eliminating labor and preparation time**
- **Individually wrapped for convenience and portion control**

Case (80/2.5 Ounce Each)	$0.37/ea	**$29.58**	

Print

Nutrition

Based On: AP Donut, Ring, WGrain, Glz, Super Baker Rounding: On

Ingredients

100% WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (PALM OIL AND SOYBEAN OIL WITH CITRIC ACID ADDED AS A PRESERVATIVE), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, CORN SYRUP SOLIDS, DEXTROSE, VITAL WHEAT GLUTEN, VEGETABLE SHORTENING (PALM OIL W/ LECITHIN), CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR, SWEET WHEY SOLIDS, MONO-DIGLYCERIDES, CALCIUM SULFATE, WHEAT STARCH, NATURAL & ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, AMMONIUM SULFATE, GUAR GUM, XANTHAN GUM, CELLULOSE GUM, AGAR, LOCUST BEAN GUM, WHOLE EGG SOLIDS, SODIUM HEXAMETAPHOSPHATE. 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 August 2017. 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/668181_SLE.pdf

Nutrition Facts

Serving Size 1 each (71g)	
Amount Per Serving	
Calories 230	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 260mg	11%
Potassium	n/a
Carbohydrates 29g	10%
Fiber 2g	8%
Sugar 6g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 10% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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
Calcium	100 mg
Iron	1.44 mg
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	6 mg

Fat Soluble Vitamins:

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



Super Bakery Mini Powdered Donuts, Individually Wrapped, Frozen, 3 Oz Each, 72/Case

Item Number: 738201

Case (72/3 Ounce Each)	$0.59/ea	**$42.31**	

Print

Nutrition

Based On: AP Donut, Pwdrd, Mini, WGrain, IW, 3z, G Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEXTROSE, SUGAR, PALM OIL, MODIFIED CORN STARCH, SOY FLOUR, HYDROGENATED VEGETABLE SHORTENING (SOYBEAN AND/OR COTTONSEED OIL), SOYBEAN OIL, NONFAT DRY MILK SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CINNAMON, TITANIUM DIOXIDE, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, MONO DIGLYCERIDES, CALCUM PROPIONATE, SALT, GLUCONO DELTA LACTONE, WHEAT STARCH, NATURAL AND ARTIFICAL FLAVORS, EGGS. 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 August 2017. 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/738201_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (85g)

Amount Per Serving

Calories 270	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 0mg	n/a
Sodium 230mg	10%
Potassium 130mg	4%
Carbohydrates 41g	14%
Fiber 2g	8%
Sugar 21g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 6% Iron 4%
Thiamin 2% Riboflavin 2% Niacin B3 0% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	0.034 mg
Niacin B3	0 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	60 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Eggo Whole Grain Mini Chocolate Chip French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case

Item Number: 498492

These miniature french toasts have chocolate chips blended throughout, providing a sweet, whole-grain rich breakfast item.

- **Individually wrapped for convenience and portion control**

Case (72/3.03 Ounce Bag)	$0.43/ea	**$31.25**	

Print

Nutrition

Based On: AP French Tst, Mini, Choc Chip, Eggo Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800080801. 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 2016. 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/498492_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (86g)	
Amount Per Serving	
Calories 210	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 260mg	11%
Potassium 170mg	5%
Carbohydrates 35g	12%
Fiber 4g	16%
Sugar 10g	
Protein 5g	10%

Vitamin A IU 10% Vitamin B6 10% Vitamin B12 0%
Vitamin C 0% Calcium 10% Iron 15% Phosphorous 30%
Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	8.6 mcg
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	300 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a



Farm RICH Whole Grain French Toast Sticks, Frozen, 1.25 Ounce, 2 Lb Bag, 6/Case

Item Number: 652370

These delicious French toast sticks are whole grain, and this item is compliant with K-12 regulations.

- **May be baked or fried depending on desired taste and texture**

Print

Nutrition

Based On: AP French Toast Sticks, Rich's Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BREAD (WHOLE WHEAT FLOUR, WATER, ENRICHED BLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, YEAST, CALCIUM SULFATE, SOYBEAN OIL, SALT, YEAST NUTRIENTS [MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE], DOUGH CONDITIONERS [MAY CONTAIN ONE OR MORE OF THE FOLLOWING:, MONO AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, ASCORBIC ACID, ENZYME, AZODICARBONAMIDE], CORNSTARCH, CALCIUM PROPIONATE [A PRESERVATIVE], NIACIN, PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN, THIAMINE MONONITRATE, VITAMIN A PALMITATE, CALCIUM, REDUCED IRON, VITAMIN D3, WHEAT STARCH, SOY LECITHIN, SOY FLOUR), WATER, SOYBEAN OIL, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST, YELLOW CORN FLOUR. 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 2017. 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/652370_SLE.pdf

Nutrition Facts

Serving Size 2 each (71.44g)	
Amount Per Serving	
Calories 180	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 350mg	15%
Potassium	n/a
Carbohydrates 27g	9%
Fiber 1g	4%
Sugar 4g	
Protein 4g	8%

Vitamin A IU 9% Vitamin C 4% Calcium 8% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	2.63 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.75 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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	464 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	93 mg
Iron	2 mg
Manganese	n/a
Iodine	n/a



Papetti's Whole Grain French Toast Sticks, Frozen, 0.87 Ounce, 300 Ct Package, 1/Case

Item Number: 646222

Cut into convenient sticks with the look of french toast, these whole grain breakfast sticks are made with real egg.

- **Consistent sizing for portion and cost control**
- **Fully cooked to reduce labor and preparation time**

Case (1/300 Count Package)	$0.12/ea	**$36.82**	

Print

Nutrition

Based On: AP French, Tst, Stix, WGrain, Papetti's Rounding: On

Ingredients

BREAD: Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, ethoxylated mono and diglyverides, calcium propionate (preservative), calcium sulfate, monocalcium phosphate, corn starch, soy lecithin, azodicarbonamide. EGG BATTER: Whole eggs, whey (milk), sugar. Contains 2% or less of the following: salt, natural vanilla flavor (water, alcohol, propylene glycol, invert syrup, natural flavors, vanilla extract and caramel color), xanthan gum, citric acid. 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 November 2016. 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 3 each (73.71g)

Amount Per Serving	
Calories 150	Calories From Fat 32.5
	% Daily Value *
Fat 3.5g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 105mg	35%
Sodium 270mg	11%
Potassium 55mg	2%
Carbohydrates 22g	7%
Fiber 2g	9%
Sugar 8g	
Protein 8g	15%

Vitamin A IU 3% Vitamin C 0% Calcium 6% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	1 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 CN label on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	154.05 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	70.02 mg
Iron	1.37 mg
Manganese	n/a
Iodine	n/a



Aryzta Whole Grain Apple Cinnamon Muffins, Fully Baked, Frozen, Individually Wrapped, 2 Oz Package, 72/Case

Item Number: 558011

Made with an aromatic blend of cinnamon and spices, these muffins are made with 51 percent whole grians.

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

Case (72/2 Ounce Package)	$0.31/ea	**$22.53**	

Print

Nutrition

Based On: AP Muffin, Appl Cinn, WGrain, Aryzta Rounding: On

Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, APPLES, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, WHEAT GLUTEN, OAT FIBER, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, PROPYLENE GLYCOL MONOSTEARATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL FLAVORS, CARAMEL COLOR, ENZYMES. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy. MAY CONTAIN: Milk, Peanuts, Tree Nuts. 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 2017. 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 (57g)	
Amount Per Serving	
Calories 190	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 130mg	5%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 2g	8%
Sugar 16g	
Protein 3g	6%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a



Chef Pierre Whole Grain Banana Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262362

Made with real bananas, these whole grain rich muffins may be used as a breakfast or snack item.

- **Individually wrapped for convenience and portion control**

Case (48/1 Count Package)	$0.30/ea	**$14.29**	

Print

Nutrition

Based On: AP Muffin, Banana, WGrain, Sara Lee Rounding: On

Ingredients

Wheat Flour (Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Sugar, Water, Bananas, Vegetable Oil (Soybean, Canola), Eggs, Contains 2% Or Less: Maltodextrin, Modified Corn Starch, Medium Chain Triglycerides, Baking Soda, Salt, Potassium Sorbate (Preservative), Baking Powder (Corn Starch, Sodium Aluminum Phosphate, Sodium Bicarbonate And Monocalcium Phosphate), Mono- And Diglycerides, Sodium Stearoyl Lactylate, Natural Flavor. COMMON ALLERGENS PRESENT: Egg, 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 October 2017. 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/262362_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)

Amount Per Serving

Calories 200	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 110mg	5%
Potassium	n/a
Carbohydrates 31g	10%
Fiber 1g	4%
Sugar 16g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	0.81 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Chef Pierre Whole Grain Blueberry Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262370

These whole-grain rich muffins feature sweet, juicy blueberries blended throughout.

- **Individually wrapped for convenience and portion control**

Case (48/1 Count Package)	$0.30/ea	**$14.30**	

Print

Nutrition

Based On: AP Muffin, Blueberry, WGrain, Sara Lee Rounding: On

Ingredients

WHEAT FLOUR (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), SUGAR, WATER, VEGETABLE OIL (SOYBEAN, CANOLA), BLUEBERRIES, EGGS, CONTAINS 2% OR LESS: MALTODEXTRIN, BAKING POWDER (CORN STARCH, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE AND MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, SALT, POTASSIUM SORBATE (PRESERVATIVE), BAKING SODA, MONO- AND DIGLYCERIDES, XANTHAN GUM, MALIC ACID, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS. COMMON ALLERGENS PRESENT: Egg, 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 2017. 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/262370_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)

Amount Per Serving

Calories 190	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 135mg	6%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 1g	4%
Sugar 15g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	0.12 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	17.95 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	12.27 mg
Iron	0.8 mg
Manganese	n/a
Iodine	n/a



GFS Whole Grain Cinnamon Muffins, Fully Baked, Frozen, Individually Wrapped, 1.94 Ounce, 1 Ct Package, 60/Case

Item Number: 279991

These whole grain cinnamon streusel muffins are made from quality ingredients and feature a unique, handmade appearance and texture.

- **Thaw-and-serve convenience reduces labor and preparation time**
- **Fully baked eliminating labor and preparation time**
- **Individually wrapped for freshness and portability**
- **Contains zero grams trans fat**
- **No high fructose corn syrup**

Case (60/1 Count Package)	$0.50/ea	**$29.83**	

Print

Nutrition

Based On: AP Muffin, Cinn, Strusl, WGrain, 1.94z, Rounding: On

Ingredients

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, WHOLE EGGS, WATER, CINNAMON CHIPS (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, REDUCED MINERAL WHEY POWDER, GROUND CINNAMON, NONFAT DRY MILK SOLIDS, ANHYDROUS DEXTROSE, SOYA LECITHIN (AN EMULSIFIER), SALT, ARTIFICIAL FLAVOR, YELLOW LAKE #5, YELLOW LAKE #6, BLUE LAKE #2), CINNAMON, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SHORTENING AND MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO/TURMERIC, CALCIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE ADDED), BUTTER FLAVOR, BOURBONAISE VANILLA (NATURAL AND ARTIFICIAL FLAVORS, WATER, ETHYL ALCOHOL, CARAMEL COLOR, PARTIALLY INVERTED SUGAR SYRUP, GLYCERIN, CITRIC ACID), MONO -& DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, NATURAL FLAVOR, CITRIC ACID. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk, Egg. 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 2016. 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 (55g)	
Amount Per Serving	
Calories 190	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat n/a	
PolyUnsat. Fat 4g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 30mg	10%
Sodium 210mg	9%
Potassium 65mg	2%
Carbohydrates 25g	8%
Fiber 1g	4%
Sugar 11g	
Protein 3g	6%

Vitamin A IU 1% Vitamin B12 0% Vitamin C 0% Calcium 2% Iron 4% Phosphorous 2% Magnesium 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	15.8 mg
Zinc	n/a
Magnesium	1.15 mg
Copper	n/a
Selenium	n/a
Calcium	17.64 mg
Iron	0.77 mg
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	0.55 mcg
Vitamin C	0.09 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	53.84 IU



Chef Pierre Whole Grain Double Chocolate Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262343

Loaded with chunks of chocolate, these whole grain rich muffins may be used as a breakfast or snack item.

- **Individually wrapped for convenience and portion control**

Case (48/1 Count Package)	$0.30/ea	**$14.30**	

Print

Nutrition

Based On: AP Muffin, Dbl Choc, WGrain, Sara Lee Rounding: On

Ingredients

WHEAT FLOUR (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN, CANOLA), SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), EGGS, COCOA PROCESSED WITH ALKALI, CONTAINS 2% OR LESS: POTASSIUM SORBATE (PRESERVATIVE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, CORN STARCH, LACTYLIC OLEATE, SALT, MONO- AND DIGLYCERIDES, XANTHAN GUM, STEAROYL LACTYLATE, ARTIFICIAL FLAVOR, ENZYME, WHEY. 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 August 2017. 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/262343_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 180	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 3g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 10mg	3%
Sodium 105mg	4%
Potassium 55mg	2%
Carbohydrates 27g	9%
Fiber 2g	8%
Sugar 14g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%
Phosphorous 5%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	0.05 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	14.41 IU

Minerals:

Phosphorous	46.4 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	12.76 mg
Iron	1.33 mg
Manganese	n/a
Iodine	n/a



Pillsbury Whole Grain Mini Maple Pancakes, Frozen, Individually Wrapped, 3.17 Oz Bag, 72/Case

Item Number: 269220

These whole grain mini maple pancakes are individually wrapped in heat and serve pouches containing eight mini pancakes with a baked in maple flavor.

- **Bake from frozen for reduced labor and quick preparation**

Case (72/3.17 Ounce Bag)	$0.41/ea	**$29.32**	

Print

Nutrition

Based On: AP Pancake, Mini, Mapl, Pillsbury Rounding: On

Ingredients

Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Canola Oil. Contains less than 2% of: Fructose, Glycerin, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Maltodextrin, Egg White, Salt, Hydrogenated CottonseedOil, Cellulose Gum, Natural Flavor, Butter Acids. COMMON ALLERGENS PRESENT: Egg, 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 2017. 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/269220_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (89g)	
Amount Per Serving	
Calories 220	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 130mg	5%
Potassium	n/a
Carbohydrates 39g	13%
Fiber 3g	12%
Sugar 12g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Gordon Choice Maple-Battered Pork Pancake Wrap, Stick, Whole Grain, 2.85 Ounce, Frozen, 56 Ct Bag, 1/Case

Item Number: 497202

A savory pork sausage link is dipped in a sweet, whole grain maple pancake batter to create a quality breakfast alternative. These corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

Case (1/56 Count Bag)	$0.37/ea	**$20.64**	

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Nutrition

Based On: AP Panck, Wrap, WGrain, Maple, 2.85z-GFS Rounding: On

Ingredients

Ground Pork, Turkey and Textured Vegetable Protein Link: Ground Pork (No More Than 30% Fat), Mechanically Separated Turkey, Water, Contains 2% or Less of Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Salt, Potassium Lactate, Potassium Acetate, Spices, Sodium Phosphate, Potassium Chloride, Sugar, Caramel Color, Sodium Diacetate. Batter: Water, Whole Wheat Flour, Sugar, Soybean Oil, Contains 2% or Less Of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural and Artificial Sweet Maple Flavor (Modified Corn Starch, Acesulfame Potassium, Natural Flavoring, Maple Syrup, Caramel Color), Salt, Egg Yolks, Soy Flour, Artificial Flavor. Fried in Vegetable Oil. COMMON ALLERGENS PRESENT: Wheat, Soy, Eggs. 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 2016. 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/497202_SLE.pdf

Nutrition Facts

Serving Size 1 each (80g)

Amount Per Serving

Calories 240	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 360mg	15%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 4g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	1 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Pillsbury Cinnamon Mini Pull-Apart Rolls, Fully Baked, Frozen, Individually Wrapped, 2.29 Ounce, 1 Ct Package, 72/Case

Item Number: 894291

These miniature cinnamon rolls have cinnamon and icing filling on the inside of the rolls.

- **Individually wrapped for retail applications**
- **No artificial flavors or colors**

Case (72/1 Count Package)	$0.43/ea	**$30.88**	

Print

Nutrition

Based On: AP Dough, Mini Cinnis, Pillsbury Rounding: On

Ingredients

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean, palm, canola), Nonfat Milk. Contains 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch, Natural Flavor. 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 2017. 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/894291_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (65g)

Amount Per Serving

Calories 240	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 270mg	11%
Potassium	n/a
Carbohydrates 39g	13%
Fiber 2g	8%
Sugar 15g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



General Mills Cinnamon Toast Crunch Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 265891

These cereal bars combine the great taste of cinnamon toast and milk into a handy on-the-go snack. Each serving is a good source of protein, vitamins, and minerals.

- **Individually wrapped for freshness and portability**
- **Child Nutrition labeled**

Case (96/1.42 Ounce Each)	$0.28/ea	**$26.70**	

Print

Nutrition

Based On: AP Bar, Cereal, Cinn Tst, WGrain, Genera Rounding: On

Ingredients

Whole Grain Oats, Corn Syrup, Whole Grain Wheat, Sugar, Fructose, Canola Oil, Brown Rice Flour, Rice Flour, Maltodextrin, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Vegetable Glycerin, Wheat Starch, Calcium Carbonate, Salt, Dextrose, Color (caramel color, annatto extract), Cinnamon, Baking Soda, Trisodium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Natural Flavor, Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic acid). 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 2017. 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/265891_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)

Amount Per Serving

Calories 150	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 3g	12%
Sugar 9g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 0% Calcium 20% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



General Mills Cocoa Puffs Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 265901

These cereal bars provide the benefits of whole grain nutrition and combine the rich taste of cocoa and milk into a handy on-the-go snack. Each serving is a good source of vitamins and minerals.

- **Individually wrapped for freshness and portability**
- **Child Nutrition labeled**

Case (96/1.42 Ounce Each)	$0.28/ea	**$26.70**	

Print

Nutrition

Based On: AP Bar, Cereal, Cocoa Puff, WGrain, Gene Rounding: On

Ingredients

Whole Grain Oats, Cereal (whole grain corn, sugar, corn meal, corn syrup, cocoa processed with alkali, fructose, canola oil, salt,caramel color, brown sugar syrup, baking soda, natural flavor, Vitamins and Minerals: tricalcium phosphate, calcium carbonate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], A B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], A B vitamin [folic acid], vitamin B12, vitamin D3), Corn Syrup, Sugar, Whole Wheat Flour, Fructose, Canola Oil, Brown Rice Flour, Chicory Root Extract. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Cocoa Processed with Alkali, Maltodextrin, Corn Flour, Modified Wheat Starch, Salt, Caramel Color, Baking Soda, Natural Flavor, Soy Lecithin. 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 2017. 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/265901_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)

Amount Per Serving

Calories 150	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 100mg	4%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 3g	12%
Sugar 9g	
Protein 3g	6%

Vitamin A IU 2% Vitamin C 2% Vitamin D IU 0% Calcium 20% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	1.2 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	8 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



General Mills Trix Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 268690

These cereal bars combine the great taste of fruit-flavored Trix cereal into a handy on-the-go snack.

- **Individually wrapped for freshness and portability**

Case (96/1.42 Ounce Each) $0.28/ea **$26.70**

Print

Nutrition

Based On: AP Bar, Cereal, Trix, WGrain, General Mi Rounding: On

Ingredients

Whole Grain Oats, Corn Syrup, Sugar, Whole Grain Corn, Fructose, Canola And/or Rice Bran Oil, Degermed Yellow Corn Meal, Whole Wheat Flour, Chicory Root Extract, Maltodextrin, Brown Rice Flour. Contains 2% or less of: Glycerin, Calcium Carbonate, Corn Flour, Salt, Wheat Starch, Gelatin, Color (vegetable juice concentrate, fruit juice concentrate, red 40, turmeric extract, annatto extract, blue 1, and yellow 5), Natural and Artificial Flavor, Calcium Phosphate, Baking Soda, Sodium Phosphate, Citric Acid, Zinc and Iron (mineral nutrients), Malic Acid, Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), BHT to Retain Freshness, Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), 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 December 2016. 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/268690_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)	
Amount Per Serving	
Calories 150	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 100mg	4%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 2g	8%
Sugar 9g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 2% Calcium 25% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	1.2 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	250 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Kellogg's Apple Jacks Cereal, Bowl, 0.63 Oz Each, 96/Case

Item Number: 232882

This crunchy, sweetened, apple and cinnamon cereal is made with whole grains and is low in fat.

- **Individual serving size for portion control**

Case (96/0.63 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Apple Jacks, Bowl, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800002996. 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 2017. 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 (18g)	
Amount Per Serving	
Calories 70	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 6% Vitamin B6 15% Vitamin B12 0%
Vitamin C 15% Vitamin D IU 0% Calcium 0% Iron 15%
Zinc 6% Thiamin 15% Riboflavin 15% Niacin B3 15%
Folic Acid 15%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	0.9 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.225 mg
Riboflavin	0.255 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	60 mcg
Vitamin B6	0.3 mg
Vitamin B12	2.7 mcg
Vitamin C	9 mg

Fat Soluble Vitamins:

Vitamin D IU	24 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU



General Mills Cheerios Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 264702

These individually sized, whole grain cereal bowls feature oat flavored, ring-shaped cereal pieces.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cheerios, WGrain, Bwl, Gen. M Rounding: On

Ingredients

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), 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 December 2016. 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/264702_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 100	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 180mg	5%
Carbohydrates 20g	7%
Fiber 3g	12%
Sugar 1g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 45% Phosphorous 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	100 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	8.1 mg
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	6 mg

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



General Mills Cinnamon Chex Cereal, Bowl, 1 Oz Each, 96/Case

Item Number: 453143

This whole grain cereal offers a cinnamon flavor.

- **Individually packaged bowls offer portion control and serving convenience**
- **Gluten-free**
- **Contains zero grams trans fat**

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cinn, Chex, General Mills Rounding: On

Ingredients

Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin(niacinamide),Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.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 October 2016. 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 (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium 40mg	1%
Carbohydrates 23g	8%
Fiber 1g	4%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 8% Iron 40%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	7.2 mg
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	4.8 mg

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



General Mills Rice Chex Cereal, Whole Grain, Bowl, 1 Ct Each, 96/Case

Item Number: 268711

This whole grain cereal is made with whole grain corn and offer a puffed, sweetened texture with an assortment of flavors such as Reese's peanut butter and Hershey's chocolate.

Case (96/1 Count Each)	$0.22/ea	**$21.48**	

Print

Nutrition

Based On: AP Cereal, Rice, Chex, WGrain, Gen. Mill Rounding: On

Ingredients

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxinehydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), 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 December 2016. 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/268711_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 250mg	10%
Potassium 50mg	1%
Carbohydrates 24g	8%
Fiber 1g	4%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 50%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	9 mg
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	6 mg

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



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

Item Number: 365790

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

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cinn Tst Crnch, Red Sugr, Bow Rounding: On

Ingredients

Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 2017. 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/365790_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium 45mg	1%
Carbohydrates 22g	7%
Fiber 3g	12%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 20% Iron 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	4.8 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a



General Mills Cocoa Puffs Cereal, Whole Grain, Reduced Sugar, Bowl, 1.06 Oz Each, 96/Case

Item Number: 270401

These whole grain rich cereal bowls offer the chocolate flavor of Coco Puffs cereal.

Case (96/1.06 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cocoa Puffs, WGrain, General Rounding: On

Ingredients

Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Fructose, Canola Oil, Salt, Caramel Color, Refiner's Syrup, Baking Soda, Natural Flavor. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 December 2016. 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/270401_SLE.pdf

Nutrition Facts

Serving Size 1 each (30g)	
Amount Per Serving	
Calories 110	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 120mg	5%
Potassium 95mg	3%
Carbohydrates 25g	8%
Fiber 2g	8%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



Kellogg's Frosted Flakes Cereal, Fat Free, Bowl, 1 Oz Each, 96/Case

Item Number: 233021

Kellogg's Frosted Flakes is a fat-free cereal made with sweetened flakes of milled corn and is a source of iron and seven essential vitamins and minerals.

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Frstd Flakes, Bowl, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800001596. 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 2017. 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 (28g)

Amount Per Serving

Calories 100	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 25g	8%
Fiber 1g	4%
Sugar 10g	
Protein 1g	2%

Vitamin A IU 8% Vitamin B6 20% Vitamin B12 0% Vitamin C 8%
Vitamin D IU 0% Calcium 0% Iron 20% Thiamin 20%
Riboflavin 20% Niacin B3 20% Folic Acid 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.3 mg
Riboflavin	0.34 mg
Niacin B3	4 mg
Pantothenic Acid	n/a
Folic Acid	80 mcg
Vitamin B6	0.4 mg
Vitamin B12	5.6 mcg
Vitamin C	4.8 mg

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



Kellogg's Cinnamon Frosted Flakes Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 498190

These individual servings of Kellogg's Cinnamon Flakes multigrain cereal bowls feature whole grain rich cinnamon coated flakes.

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Frstd, Cinn, Flks, R/S, Kello Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800078786. 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 2016. 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/498190_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 100	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 3g	12%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 25% Vitamin B12 0%
Vitamin C 25% Vitamin D IU 0% Calcium 0% Iron 25%
Thiamin 25% Riboflavin 25% Niacin B3 25% Folic Acid 25%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.375 mg
Riboflavin	0.425 mg
Niacin B3	5 mg
Pantothenic Acid	n/a
Folic Acid	100 mcg
Vitamin B6	0.5 mg
Vitamin B12	7 mcg
Vitamin C	15 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



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

Item Number: 283620

Kellogg's Froot Loops is a crunchy fruit flavored and round shaped cereal made with whole grain. It is low in fat and provides a source of eight essential vitamins and minerals.

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Kelloggs, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800078788. 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 2016. 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/283620_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 110	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 3g	12%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 25% Vitamin B12 0%
Vitamin C 25% Vitamin D IU 0% Calcium 0% Iron 25%
Zinc 10% Thiamin 25% Riboflavin 25% Niacin B3 25%
Folic Acid 25%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.375 mg
Riboflavin	0.425 mg
Niacin B3	5 mg
Pantothenic Acid	n/a
Folic Acid	100 mcg
Vitamin B6	0.5 mg
Vitamin B12	7 mcg
Vitamin C	15 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	1.5 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



General Mills Lucky Charms Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 265811

These individually sized, whole grain cereal bowls feature sweet marshmallow pieces.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Lucky Charms, WGrain, Gen. Mi Rounding: On

Ingredients

Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellows 5 & 6, Red 40, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins andMinerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 May 2017. 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/265811_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	7%
Potassium 55mg	2%
Carbohydrates 23g	8%
Fiber 2g	8%
Sugar 10g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



General Mills Trix Cereal, Whole Grain, Reduced Sugar, Bowl, 1 Oz Each, 96/Case

Item Number: 265782

These individually sized, whole grain cereal bowls feature bright colors and fruity flavors, with a reduced amount of sugar.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Trix, R/S, WGrain, Gen. Mills Rounding: On

Ingredients

Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid.Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, VitaminD3. 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 September 2017. 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/265782_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 50mg	1%
Carbohydrates 24g	8%
Fiber 1g	4%
Sugar 7g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 8% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	4.8 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Cinnamon Pastry, Whole Grain, 1 Individually Wrapped, 1 Ct Each, 120/Case

Item Number: 695880

Whole grain is the first ingredient in these pastries filled with brown sugar and cinnamon and topped with a drizzle of sweet frosting. Each serving is a good source of whole grains, fiber, vitamins, and minerals.

- **Microwave-safe packaging for heating convenience**
- **Individually wrapped for convenience**

Case (120/1 Count Each)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pop Tart, Whl Grn, Cinn, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800055122. 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 2017. 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/695880_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (50g)

Amount Per Serving

Calories 180	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 37g	12%
Fiber 3g	12%
Sugar 15g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10% Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Fudge Pastry, Whole Grain, 1 Individually Wrapped, 1.76 Oz Package, 120/Case

Item Number: 452062

These whole-grain frosted fudge Pop Tarts meet the USDA regulations for a 1-grain ounce equivalent and are a great option for breakfast, lunch, or a la carte service.

- **Individual packets for portion control**

Case (120/1.76 Ounce Package)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pastry, Pop-Tart, WGrain, Fudg, Kello Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 38000-12070. 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 2016. 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/452062_SLE.pdf

Nutrition Facts

Serving Size 1 each (50g)

Amount Per Serving

Calories 180	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 16g	
Protein 3g	6%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10%
Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Strawberry Pastry, Whole Grain, 1 Individually Wrapped, 1 Ct Each, 120/Case

Item Number: 695890

Whole grain is the first ingredient in these pastries filled with real fruit filling and topped with a drizzle of sweet frosting. Each serving is a good source of whole grains, fiber, vitamins, and minerals.

- **Microwave-safe packaging for heating convenience**
- **Individually wrapped for convenience**

Case (120/1 Count Each)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pop-Tart, Whl Grn, Strawb, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800055130. 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 2017. 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/695890_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (50g)

Amount Per Serving

Calories 180	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 15g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10% Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Great Lakes Cheese Part-Skim Mozzarella Cheese, Sliced, 12 Count, 1.33 Ounce, 1 Lb Package, 12/Case

Item Number: 538736 (gf)

Mild and creamy, this low moisture, part skim mozzarella cheese is sliced, ideal for sandwiches, burgers, party trays, and a variety of other applications. It melts evenly.

- **Consistent portion sizing for cost control and uniform serving size**

Case (12/1 Pound Package)	$0.23/ea	**$32.82**	

Print

Nutrition

Based On: AP Cheese, Mozz, 2% Rounding: On

Ingredients

Pasteurized part-skim milk, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: 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 September 2016. 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 oz (28g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 8g	16%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case

Item Number: 722360

These American cheese slices feature fewer calories and 50 percent less fat than traditional American cheese slices. With ideal melting characteristics, these slices can be used to create grilled cheese sandwiches.

- **Presliced for fast preparation time and reduced labor**

Case (6/5 Pound Package)	$0.06/ea	**$59.81**	

Print

Nutrition

Based On: AP Cheese, American, Red Fat, Slcd, Comm Rounding: On

Ingredients

Cultured Pasteurized Milk and Skim Milk, *Whey Protein Concentrate, Salt, Sodium Citrate, Contains Less than 2% of Lactic Acid, Sorbic Acid (preservative), *Xanthan Gum, *Locust Bean Gum, *Guar Gum, beta-Carotene and apo-Carotenal (colors), *Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend. COMMON ALLERGENS PRESENT: Milk, 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 2017. 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 Slc (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 420mg	18%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 7g	14%

Vitamin A IU 10% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 Slices
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



GFS Low-Moisture Part-Skim Mozzarella String Cheese, Individually Wrapped, 1 Oz Each, 160/Case

Item Number: 470732

This quality, low-moisture string cheese is made from stretched curds of mild, milky mozzarella.

- **Individually wrapped for convenience**

Case (160/1 Ounce Each)	$0.26/ea	**$42.27**	

Print

Nutrition

Based On: AP Cheese, String, Stix, Wrpd, 1oz-GFS Rounding: On

Ingredients

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. COMMON ALLERGENS PRESENT: 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 July 2017. 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 (28g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 180mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 1g	4%
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a



Land O'Lakes Light Mozzarella String Cheese, Individually Wrapped, 168/Case

Item Number: 786801

Case (168/1 Each)	$0.19/ea	**$31.69**	

Print

Nutrition

Based On: AP Cheese, String, Mozzarella, Light, La Rounding: On

Ingredients

For ingredient or allergen information please contact: Land O Lakes, phone: (800) 328-1322/web page: www.landolakesfoodservice. Manufacturer number: 59703. 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 2017. 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/786801_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)	
Amount Per Serving	
Calories 60	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 7g	14%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110396—Cheese, Mozzarella, Part Skim, String

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a low moisture part skim mozzarella string cheese stick. This product is delivered refrigerated and contains 360 1-ounce packages per case.

CREDITING/YIELD

- One case yields 360 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Serve string cheese as a protein option with salad, fruit and a whole grain roll or crackers for a quick, balanced meal.
- Use this pre-packaged string cheese for breakfast in the classroom, field trip meals, or other grab and go options.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or Team Nutrition.

STORAGE GUIDELINES

- Product requires refrigeration. Please note the best-if-used-by date on this product and plan accordingly as this product has a limited shelf life

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1 stick (28 g), low moisture part skim, string cheese

Amount Per Serving	
Calories	90
Total Fat	7g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	20mg
Sodium	200mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Source: USDA Foods Vendor Labels

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

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

August 2015



Dannon Danimals Nonfat Strawberry Banana Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 869921

This nonfat yogurt is a source of protein, calcium, and vitamin D. It contains no high fructose corn syrup and no artificial flavors or colors.

- **Individual serving size for portion control**

Case (48/4 Ounce Each)	$0.22/ea	**$10.47**	

Print

Nutrition

Based On: AP Yogurt, Strawb-Banana, Danimals, Dann Rounding: On

Ingredients

Cultured grade a non fat milk, sugar, water, modified corn starch, contains less than 1% of modified corn starch, kosher gelatin, beta carotene and vegetable juice (for color), natural flavors, agar agar, potassium sorbate (to maintain freshness), malic adic, vitamin d3, sodium citrate. Contains active yogurt cultures. COMMON ALLERGENS PRESENT: 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 2017. 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 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 60mg	2%
Potassium 170mg	5%
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 10g	
Protein 4g	8%

Vitamin C n/a Vitamin D IU 0% Calcium 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	
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 D IU	60 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Dannon Danimals Low Fat Strawberry Smash Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 885750

This lowfat strawberry yogurt offers a source of protein, calcium, and vitamin D and does not contain any artificial colors or flavors, or high fructose corn syrup.

- **Individual serving size for portion control**

Case (48/4 Ounce Each)	$0.22/ea	**$10.47**	

Print

Nutrition

Based On: AP Yogurt, Strawberry, Danimals, Dannon Rounding: On

Ingredients

Cultured grade a nonfat milk, sugar, water, modified food starch, conatins less than 1% of modified corn starch, kosher gelatin, black carrot juice concentrate and beta carotene (for color), natural flavors, agar agar, malic acid, potassium sorbate (to maintain freshness), sodium citrate, vitamin d3. Contains active yogurt cultures. COMMON ALLERGENS PRESENT: 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 December 2016. 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 4 oz (113.4g)	
Amount Per Serving	
Calories 80	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 65mg	3%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 0g	n/a
Sugar 13g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Yoplait Parfait Pro Low Fat Strawberry Yogurt, Bulk Pouch with Cap, 4 Lb Bag, 6/Case

Item Number: 811490

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- **No artificial flavors or colors**
- **Uses 72 percent less plastic than 32 ounce tubs for reduced waste**
- **Make parfaits with ParfaitPro in half the time**

Case (6/4 Pound Bag)	$0.06/oz	**$23.77**	

Print

Nutrition

Based On: AP Yogurt, Strawberry, Low Fat, Yoplait Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Colored with Carmine, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/811490_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber	n/a
Sugar 28g	
Protein 7g	14%

Vitamin A IU 20% Vitamin C n/a Vitamin D IU 0% Calcium 20% Phosphorous 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	
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 D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU



Yoplait Trix Low Fat Raspberry Rainbow Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551770

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and is a good source of calcium, vitamins A and D, and protein in every serving.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains Less Than 1% Of: Kosher Gelatin, Citric Acid, Vegetable Juice, Fruit Juice and Beta Carotene (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551770_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)	
Amount Per Serving	
Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Strawberry Banana Bash Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551760

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and provides a good source of nutrients like protein, calcium, vitamins A and D.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice, Beta Carotene and Turmeric Extract (for color), Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551760_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Triple Cherry Yogurt, Cup, 4 Oz Package, 48/Case

Item Number: 186911

This creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Package)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice and Beta Carotene (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/186911_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Parfait Pro Low Fat Vanilla Yogurt, Bulk Pouch, 4 Lb Bag, 6/Case

Item Number: 811500

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- **No artificial flavors or colors**
- **Uses 72 percent less plastic than 32 ounce tubs for reduced waste**
- **Make parfaits with ParfaitPro in half the time**

Case (6/4 Pound Bag)	$0.06/oz	**$23.77**	

Print

Nutrition

Based On: AP Yogurt, Vanilla, Parfaitpro, Low Fat, Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Potassium Sorbate Added toMaintain Freshness, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/811500_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber 1g	4%
Sugar 28g	
Protein 7g	14%

Vitamin A IU 20% Vitamin C 0% Vitamin D IU 0% Calcium 20% Iron 10% Phosphorous 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100522—Apples, Fuji, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Fuji apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

May 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110543—Apples, Granny Smith, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Granny Smith apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

January 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100514—Apples, Red Delicious, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Red Delicious apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

November 2014

GFS Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case



Item Number: 122200

This apple sauce is pre-portioned into single serving cups for use as a side dish or healthy snack.

- **Individual serving size for portion control**

Case (72/4 Ounce Each)	$0.25/ea	**$17.76**	

Print

Nutrition

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

Ingredients

Apples, Water, Salt. 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 December 2015. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (113g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium	n/a
Carbohydrates 12g	4%
Fiber 2g	8%
Sugar 8g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Lucky Leaf Light Strawberry Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case

Item Number: 105546

This strawberry flavored applesauce has no added sugar.

- **Easy-to-peel foil lids reduce the risk of spills**
- **Individual serving size for portion control**

Case (72/4 Ounce Each)	$0.27/ea	**$19.43**	

Print

Nutrition

Based On: AP Applesauce, Lite, Strawberry, Knouse Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor. Red 40 color and sucralose (Splenda Brand) a non nutritive sweetener. Ascorbic acid 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 May 2017. 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 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 25g	8%
Fiber 2g	8%
Sugar 21g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110541—Applesauce, Unsweetened, Canned

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A regular canned applesauce with no added sweetener. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or with toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- To find culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving	
Calories	51
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	11g
Protein	0g

Source: USDA National Nutrient Database

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110361—Applesauce, Unsweetened, Cups

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A regular applesauce with no added sweetener. This product is available in cases containing 96 4.5-oz individual portion plastic cups.

CREDITING/YIELD

- One case of applesauce cups provides 96 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or provide toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use individual portion applesauce cups for field trips, snacks, or breakfast in the classroom.
- To find culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving	
Calories	51
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	11g
Protein	0g

Source: USDA National Nutrient Database

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

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

August 2014



Musselman's Unsweetened Cinnamon Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699180

This Musselman's branded, unsweetened applesauce is made from 100% American grown apples. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.

Case (96/4.5 Ounce Each)	$0.23/ea	**$21.93**	

Print

Nutrition

Based On: AP Applesauce, Cinn, Unswt, Musselman's Rounding: On

Ingredients

Apples, water, cinnamon,, ascorbic acid(vitamin C) and natural flavor. 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 May 2017. 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 (127.57g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Musselman's Unsweetened Strawberry Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699211

This Musselman's branded, unsweetened applesauce is made from 100% American grown apples with an added natural strawberry flavor. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.

Case (96/4.5 Ounce Each)	$0.23/ea	**$21.93**	

Print

Nutrition

Based On: AP Applesauce, Strawb, Unswt, Musselman' Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor, ascorbic acid(vitamin C), malic acid, fruit and vegetable juice for color and color added. 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 May 2017. 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 (127.57g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100261— Apricots, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced apricots packed in a light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of apricot cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of apricots credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Apricot cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced apricot cup

Amount Per Serving	
Calories	110
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	25g
Dietary Fiber	2g
Sugars	23g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015



Packer Label Single Stage 3 - 5 Bananas, Fresh, 1 Ea, 150/Case

Item Number: 197769

These bulk-packed bananas are shipped more yellow than green to all yellow with green tips. The fruit is sweet, creamy, and on the firmer side. Brand may vary.

Case (150/1 Each Box)	$0.14/ea	**$20.42**	

Print

Nutrition

Based On: Bananas raw Rounding: On

Ingredients

For ingredient or allergen information, please contact: Caito Foods, phone: 800-652-8165. Please reference manufacturer number: 385310. 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 2016. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (118g)

Amount Per Serving

Calories 110	Calories From Fat 3.5
	% Daily Value *
Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 420mg	12%
Carbohydrates 27g	9%
Fiber 3g	12%
Sugar 14g	
Protein 1g	3%

Vitamin A IU 2% Vitamin B6 22% Vitamin B12 0%
Vitamin C 15% Vitamin E mg 0% Vitamin K 0% Calcium 0%
Iron 2% Phosphorous 3% Magnesium 8% Zinc 1% Copper 5%
Selenium 0% Manganese 0% Thiamin 2% Riboflavin 5%
Niacin B3 4% Pantothenic Acid 4% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	5.9 mg
Iron	0.31 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 D IU	n/a
Vitamin E mg	0.319 mg
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110624— Blueberries, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B or better frozen blueberries. This product is the whole, highbush variety and is unsweetened. The item is delivered frozen in a 30-pound case.

CREDITING/YIELD

- One case of blueberries provides about 179 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup blueberries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve thawed blueberries in fruit salads, yogurt or cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- Drain thawed blueberries before serving.
- Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (78 g) blueberries, frozen, unsweetened

Amount Per Serving	
Calories	40
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	10g
Dietary Fiber	2g
Sugars	7g
Protein	0g

Source: USDA National Nutrient Database

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

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

June 2016



Packer Label Diced Fruit Cocktail, in Extra Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 258362

These fruit cocktails are a blend of sliced and diced ripe peaches, pears, grapes, pineapple, and cherries, packed in an extra light syrup with no added preservatives.

Case (6/10 Industry std CAN)	$0.05/oz	**$35.07**	

Print

Nutrition

Based On: Fruit cocktail (peach and pineapple and

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116330. 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 January 2016. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (123g)

Amount Per Serving

Calories 60	Calories From Fat 0.8
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 130mg	4%
Carbohydrates 14g	5%
Fiber 1g	5%
Sugar n/a	
Protein 1g	1%

Vitamin A IU 6% Vitamin B6 3% Vitamin B12 0% Vitamin C 6%
Calcium 0% Iron 2% Phosphorous 1% Magnesium 2%
Zinc 1% Copper 6% Manganese 0% Thiamin 2%
Riboflavin 1% Niacin B3 3% Pantothenic Acid 1% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	14.8 mg
Zinc	0.1 mg
Magnesium	7.38 mg
Copper	0.123 mg
Selenium	n/a
Calcium	9.84 mg
Iron	0.37 mg
Manganese	0.181 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.037 mg
Riboflavin	0.012 mg
Niacin B3	0.615 mg
Pantothenic Acid	0.076 mg
Folic Acid	0 mcg
Vitamin B6	0.063 mg
Vitamin B12	0 mcg
Vitamin C	3.69 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	286.59 IU



Ocean Spray Craisins Cherry Cranberries, Dried, 1.16 Oz Each, 200/Case

Item Number: 636402

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

Case (200/1.16 Ounce Each)	$0.21/ea	**$41.06**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23444. 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 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (32.9g)

Amount Per Serving

Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
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)	$0.22/ea	**$43.19**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23445. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (32.9g)	
Amount Per Serving	
Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100212— Mixed Fruit, Extra Light Syrup, Canned

Category: Fruit

PRODUCT DESCRIPTION

This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions: 40-60% diced peaches, 20-45% diced pears, and 15-25% whole seedless grapes. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (126 g) mixed fruit, extra light syrup

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	12g
Protein	0g

Source: USDA Foods Vendor Labels

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100283 — Oranges, Fresh

Category: Fruit

PRODUCT DESCRIPTION

This item is U.S. Grade 1 or better fresh oranges. It can include Navel, Valencia, Pineapple or Hamlin varieties, but the varieties must be consistent within each pallet. The oranges can range in size from 100-138 and the total case weights can range from 34-39 pounds.

CREDITING/YIELD

- One case of fruit yields about 95-137 ½-cup servings of fruit.
- CN Crediting: ½ cup peeled oranges credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve fresh oranges whole, quartered, or sectioned for meals or snacks. Cut fruit into sections to maximize consumption in younger children.
- Orange sections can be used on salad bars or premade salads to add color and flavor.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup orange sections without peel or membrane (93 g)

Amount Per Serving	
Calories	43
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	11g
Dietary Fiber	2g
Sugars	8g
Protein	1g

Source: USDA National Nutrient Database

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

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

December 2014



GFS Broken Mandarin Orange Segments, in Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 152811

Ready-to-eat broken mandarin segments packed in a light syrup.

Case (6/10 Industry std CAN)	$0.05/oz	**$33.89**	

Print

Nutrition

Based On: AP Oranges, Mand, Brkn, L/S, GFS Rounding: On

Ingredients

Broken mandarin orange segments, water, sugar. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (140g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 30% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
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	18 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100220—Peaches, Diced, Extra Light Syrup, Canned

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 106 ½ -cup servings of drained, diced peaches.
- CN Crediting: ½ cup diced peaches credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (126 g) peaches, diced, extra light syrup, canned

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	13g
Protein	0g

Source: USDA Foods Vendor Labels

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100241— Peaches, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced peaches. This item is packed in an extra light syrup and is delivered frozen in cases containing 96 4.4-ounce cups.

CREDITING/YIELD

- One case of peach cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.4-ounce cup of peaches credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peach cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.4 ounce (125 g) diced peach cup

Amount Per Serving	
Calories	80
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	19g
Dietary Fiber	1g
Sugars	16g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015



Packer Label Diced Peaches, in Extra Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 256760

These diced peaches are harvested at the peak of freshness and packed in a light syrup with no added preservatives. Brand may vary.

- **Fat-free**

Case (6/10 Industry std CAN)	$0.05/oz	**$32.53**	

Print

Nutrition

Based On: AP Peach, Dcd, L/S, P/L Rounding: On

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116300. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. NC 17. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (126g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 6% Vitamin C 6% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	3.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100282— Pears, Bartlett, Fresh

Category: Fruit

PRODUCT DESCRIPTION

This product is U.S. Grade 2 or better fresh Bartlett pears in size 90-165. These can be in a tray pack or wrapped pack with variable counts depending on product size. This item is available in 45 pound cases.

CREDITING/YIELD

- One case yields about 178 ½-cup servings of raw, sliced pears.
- CN Crediting: ½ cup fresh pears credit as ½ cup fruit. Please see the food buying guide for more information about how whole pears credit in the meal pattern according to size.

CULINARY TIPS AND RECIPES

- Serve fresh pears whole, sliced in salads, dice and cook as a fruit chutney for meat, or bake with cinnamon for a healthy dessert.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (70g) Bartlett pears

Amount Per Serving	
Calories	44
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	11g
Dietary Fiber	2g
Sugars	7g
Protein	0g

Source: USDA National Nutrient Database

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

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

November 2014

GFS Diced Bartlett Pears, in Juice, Fancy, #10, 105 Oz Can, 6/Case



Item Number: 610364

Pacific Northwest Bartlett pears are peeled, pitted, and diced before being packed in pear juice, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)	$0.08/oz	**$49.09**	

Print

Nutrition

Based On: AP Pears, Cnd, in Juice, GFS Rounding: On

Ingredients

Pears, Water, Pear Juice From Concentrate. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (125g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100224— Pears, Sliced, Extra Light Syrup, Canned

Category: Fruit

PRODUCT DESCRIPTION

This item is U.S. Grade B canned sliced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 89 ½ -cup servings drained, sliced pears.
- CN Crediting: ½ cup sliced pears credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve sliced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, sliced, extra light syrup

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	15g
Dietary Fiber	2g
Sugars	12g
Protein	0g

Source: USDA Foods Vendor labels

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

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

April 2015



GFS Sliced Bartlett Pears, in Extra Light Syrup, Choice, #10, 105 Oz Can, 6/Case

Item Number: 262706

Pacific Northwest Bartlett pears are peeled, pitted, and sliced before being packed in an extra light syrup, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)	$0.06/oz	**$39.44**	

Print

Nutrition

Based On: AP Pears, in Lt Syrup, GFS Rounding: On

Ingredients

Pears, Water, Sugar. 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 July 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (124g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 17g	6%
Fiber 1g	4%
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Dole Chunked Pineapple, in Juice, Fancy, #10, 10 Can Sz Can, 6/Case

Item Number: 116300 K

Case (6/10 Industry std CAN)	$0.06/oz	**$40.05**	

Print

Nutrition

Based On: AP Pineapple Chunks in Juice, Dole Rounding: On

Ingredients

PINEAPPLE, PINEAPPLE JUICE, AND CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE(WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), 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 August 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (122g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 16g	5%
Fiber 1g	4%
Sugar 15g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 30% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	18 mg

Fat Soluble Vitamins:

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



GFS Pineapple Tidbits, in Unsweetened Juice, Choice, #10, 10 Can Sz Can, 6/Case

Item Number: 189979

These ready-to-eat pineapple tidbits are packed in juice.

Case (6/10 Industry std CAN)	$0.05/oz	**$31.65**	

Print

Nutrition

Based On: AP Pineapple, Tidbits, Cnd in Jc, GFS Rounding: On

Ingredients

Pineapple, unsweetened pineapple juice. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (124.99g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 18g	6%
Fiber 1g	4%
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 15% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	9 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 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)	$0.20/ea	**$29.49**	

Print

Nutrition

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

Ingredients

Raisins. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (40g)	
Amount Per Serving	
Calories 130	Calories From Fat 2.5
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium 310mg	9%
Carbohydrates 31g	10%
Fiber 2g	9%
Sugar 29g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	15.9 mg
Iron	1.17 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100293— Raisins, Unsweetened

Category: Fruits

PRODUCT DESCRIPTION

This item is U. S. Grade B or better seedless raisins with no added sweetener. This item is available in cases containing 144 1.33-ounce boxes.

CREDITING/YIELD

- One case of raisins yields 144 ¼-cup servings.
- CN Crediting: One 1.33 ounce box of raisins credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Raisins in individual boxes can be used for snacks, field trips, breakfast in the classroom, or grab-and-go lunches.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

FOOD STORAGE INFORMATION

- For best results, store raisins at 70° F or cooler. Optimal storage for raisins involves cold storage, such as refrigerator or freezer temperatures.
- For best results, do not store raisins near other grain-based foods, such as cereals, rice, flour, or baking mixes.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1.33 oz box (38 g) raisins, seedless

Amount Per Serving	
Calories	114
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	30g
Dietary Fiber	1g
Sugars	23g
Protein	1g

Source: USDA National Nutrient Database

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

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

May 2016

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100256— Strawberries, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

Amount Per Serving	
Calories	90
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	22g
Dietary Fiber	2g
Sugars	18g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015

GFS Sliced Strawberries, in Sugar, Grade A, Frozen, 6.5 Lb Tub, 6/Case



Item Number: 293393

A lightly sweetened syrup highlights the naturally sweet flavors of these presliced strawberries.

- **Four parts fruit to one part of sugar**
- **Slices are 7/8 inches to 1-1/2 inches in diameter and 1/2 inch in thickness**

Case (6/6.5 Pound Tub)	$0.09/oz	**$57.87**	

Print

Nutrition

Based On: AP Strawberry, Slcd, 4+1, Fz, GFS Rounding: On

Ingredients

Strawberries, sugar. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.67 cup (140g)	
Amount Per Serving	
Calories 150	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 38g	13%
Fiber 2g	8%
Sugar 33g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 80% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.72 mg
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	48 mg

Fat Soluble Vitamins:

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



GFS Smoked Laid-Out Bacon, 22-26 Per Pound Equivalent, Precooked, Fresh, 100 Ct Bag, 3/Case

Item Number: 874124

This precooked, naturally hickory-smoked, brown sugar-cured bacon offers old-fashioned, smokehouse flavor. Sliced fresh from only center cuts, this quality bacon has a high lean content for minimal shrinking.

- **Similar to a raw 22-26ct, but sliced to a thickness spec, not a slice count spec**

Case (3/100 Count Bag)	$0.16/ct	**$46.69**	

Print

Nutrition

Based On: AP Bacon, Thin Strips, 22/26, Ckd, GFS Rounding: On

Ingredients

Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. 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 2017. 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 3 Slc (14g)	
Amount Per Serving	
Calories 60	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a



Tyson Breaded Whole Grain Boneless Skinless Chicken Breasts, 3.75 Ounce, Cooked, Frozen, 7.5 Lb Bag, 4/Case

Item Number: 525480

These fully cooked, whole-grain breaded chicken breast patties are made from white meat, whole muscle chicken.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Consistent serving size for portion and cost control**
- **Child Nutrition labeled**

Case (4/7.5 Pound Bag)	$0.13/oz	**$60.74**	313

Print

Nutrition

Based On: AP Chix, Brst, Fllt, Brd, Ckd, 3.75, WGr Rounding: On

Ingredients

Chicken breasts with rib meat, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid], sodium phosphates, seasoning (potassium chloride, rice flour). BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dried onion, dried garlic, sugar, wheat gluten, torula yeast, dextrose, spice, dried yeast, paprika extract (color), tumeric extract (color). Breading set in vegetable oil. 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 April 2017. 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/525480_SLE.pdf

Nutrition Facts

Serving Size 1 each (105g)

Amount Per Serving

Calories 200	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 5g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 45mg	15%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 9g	3%
Fiber 3g	12%
Sugar 0g	
Protein 19g	38%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a



Tyson Crispy Whole Grain Chicken Sticks, Breaded, CN Labeled, Cooked, Frozen, Frozen, 0.43 Ounce, 5 Lb Bag, 6/Case

Item Number: 283562

Made from a blend of chopped dark and white meat chicken, these stick-shaped fritters feature a 51 percent, whole grain breading.

- **Child Nutrition labeled**

Case (6/5 Pound Bag)	$0.04/ct	**$41.64**	>1000

Print

Nutrition

Based On: AP Chix, Stix, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/283562_SLE.pdf

Nutrition Facts

Serving Size 7 each (84g)

Amount Per Serving

Calories 230	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 20mg	7%
Sodium 340mg	14%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 1g	
Protein 13g	26%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	8 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Tyson Whole Grain Breaded Chicken Patty, Cooked, Frozen, 3.54 Ounce, 5.5 Lb Bag, 6/Case

Item Number: 281622

These chopped and formed patties are made from a blend of white and dark meat, coated in a 51 percent, whole grain breading.

- **Child Nutrition labeled**
- **Fully cooked to save labor, time, and minimize food safety risk from handling**

Case (6/5.5 Pound Bag)	$0.28/ct	**$41.66**	>1000

Print

Nutrition

Based On: AP Chix, Pty, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. 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 May 2017. 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/281622_SLE.pdf

Nutrition Facts

Serving Size 1 each (99g)

Amount Per Serving	
Calories 270	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 7g	n/a
MonoUnsat Fat 5g	n/a
Cholesterol 25mg	8%
Sodium 400mg	17%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 3g	12%
Sugar 1g	
Protein 16g	32%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Scrambled Selections Scrambled Liquid Egg Blend, Frozen, 5 Lb Bag, 6/Case

Item Number: 728470

Case (6/5 Pound Bag)	$0.10/oz	**$48.63**	

Print

Nutrition

Based On: AP Egg, Scrmbd, Blnd, Bag, Scrambled Sel Rounding: On

Ingredients

For ingredient or allergen information, please contact: Cargill Kitchen Solutions, phone: 800-872-3447 / website: www.cargill.com. Please reference manufacturer number: 10165. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (120g)	
Amount Per Serving	
Calories 130	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 360mg	120%
Sodium 320mg	13%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 12g	24%

Vitamin A IU 10% Vitamin C 0% Calcium 8% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

GFS Scrambled Mix Precooked Eggs, Frozen, 5 Lb Bag, 4/Case



Item Number: 584584

These quality, precooked scrambled-egg curds are made from whole eggs and egg whites and have the appearance and flavor of scrambled eggs.

- **Precooked for reduced labor and quick preparation**
- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**

Case (4/5 Pound Bag) $0.12/oz **$37.47**

Print

Nutrition

Based On: AP Egg, Scrambled, Ckd, GFS Rounding: On

Ingredients

Whole eggs, egg whites, reconstituted nonfat dried milk, soybean oil, salt, xanthan gum, citric acid, natural flavor. COMMON ALLERGENS PRESENT: Egg, 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 November 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.33 cup (56g)	
Amount Per Serving	
Calories 70	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 125mg	42%
Sodium 220mg	9%
Potassium 95mg	3%
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 6g	12%

Vitamin A IU 4% Vitamin C 0% Calcium 4% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	16 Oz Cooked
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	9.75 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:	No CN label on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



GFS Scrambled Mix Liquid Eggs, with Milk & Seasoning, Pasteurized, Boil-in-Bag, Frozen, 5 Lb Bag, 6/Case

Item Number: 465798

This quality scrambled-egg blend is made with pasteurized whole eggs and egg whites.

- **Boil-in-bags provide the ease of making large quantities with reduced labor**
- **Child Nutrition labeled**

Case (6/5 Pound Bag)	$0.09/oz	**$42.42**	

Print

Nutrition

Based On: AP Egg, Scrambled, Blend, GFS Rounding: On

Ingredients

Whole Eggs, Egg Whites, Whey, Skim Milk, Soybean Oil, Salt, Xanthan Gum, Citric Acid, 0.15% water added as a carrier for citric acid, Natural Flavors. COMMON ALLERGENS PRESENT: Egg, 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 November 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (120g)

Amount Per Serving

Calories 120	Calories From Fat 60.5
	% Daily Value *
Fat 7g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 185mg	61%
Sodium 440mg	18%
Potassium 200mg	6%
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 12g	24%

Vitamin A IU 5% Vitamin C 0% Calcium 4% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	16 Oz Ckd
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	7.38 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:	No CN label on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	52.8 mg
Iron	0.91 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	266.4 IU



GFS 3.5 Inch Scrambled Precooked Round Egg Patties, Frozen, 1.25 Ounce, 165 Ct Package, 1/Case

Item Number: 592625

These quality, precooked round egg patties are made from real whole eggs and feature irregular edges with a medium browning color.

- **Precooked for reduced labor and quick preparation**
- **Child Nutrition labeled**

Case (1/165 Count Package)	$0.17/ea	**$27.29**	

Print

Nutrition

Based On: AP Egg, Patty, Scrambled, GFS Rounding: On

Ingredients

Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dry Milk and Citric Acid. COMMON ALLERGENS PRESENT: Egg, 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 November 2016. 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 (35g)	
Amount Per Serving	
Calories 60	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 95mg	32%
Sodium 110mg	5%
Potassium 45mg	1%
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 3g	6%

Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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:	No CN label on file

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a



Tony's Turkey Sausage Breakfast Pizza, 50/50 Cheese Blend, Whole Grain, 3 x 5 Inch, Frozen, 16 Ct Package, 8/Case

Item Number: 160432

Savory turkey sausage and mozzarella cheese top these whole grain pizzas.

- **Sliced for fast and easy preparation reducing labor and eliminating knife use**

Case (8/16 Count Package)	$0.32/ea	**$41.45**	

Print

Nutrition

Based On: AP Pizza, WGrain, Bkfst, Tky Saus, Tony' Rounding: On

Ingredients

CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES (CONTAINS WHEAT). TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE. 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 2017. 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/160432_SLE.pdf

Nutrition Facts

Serving Size 1 each (100.07g)

Amount Per Serving

Calories 220	Calories From Fat 67.1
	% Daily Value *
Fat 8g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 500mg	21%
Potassium 310mg	9%
Carbohydrates 28g	9%
Fiber 2g	9%
Sugar 6g	
Protein 11g	21%

Vitamin A IU 4% Vitamin C 0% Calcium 15% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	1 oz
Grain/Breads	1.5 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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	160 mg
Iron	1.98 mg
Manganese	n/a
Iodine	n/a



Tony's Turkey Sausage Breakfast Pizza, Whole Grain, 3.2 x 5 Inch, 3.67 Ounce, Cooked, Frozen, 3.67 Oz Each, 100/Case

Item Number: 659981

This whole-grain crust breakfast pizza is made with savory turkey sausage and topped with mozzarella cheese.

- **Bake from frozen for quick preparation**
- **Individually wrapped for retail applications**

Case (100/3.67 Ounce Each)	$0.48/ea	**$47.84**	

Print

Nutrition

Based On: AP Pizza, Bkfst, Tky Saus, WGrain, Tony' Rounding: On

Ingredients

CRUST: FLOUR BLEND [WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID [DOUGH CONDITIONER], NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, YEAST, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SUGAR, SALT, CALCIUM PROPIONATE. TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SPICE, SALT, DRIED ONION, ROMANO CHEESE (PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), DRIED GARLIC, PAPRIKA, CITRIC ACID, BEET POWDER. 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 June 2017. 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/659981_SLE.pdf

Nutrition Facts

Serving Size 1 each (104g)

Amount Per Serving

Calories 240	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 490mg	20%
Potassium 90mg	3%
Carbohydrates 31g	10%
Fiber 3g	12%
Sugar 5g	
Protein 11g	22%

Vitamin A IU 4% Vitamin C 4% Calcium 15% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	1 oz
Grain/Breads	1.75 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
Calcium	150 mg
Iron	1.8 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Gordon Choice Maple-Battered Pork Pancake Wrap, Stick, Whole Grain, 2.85 Ounce, Frozen, 56 Ct Bag, 1/Case

Item Number: 497202

A savory pork sausage link is dipped in a sweet, whole grain maple pancake batter to create a quality breakfast alternative. These corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

Case (1/56 Count Bag)	$0.37/ea	**$20.64**	

Print

Nutrition

Based On: AP Panck, Wrap, WGrain, Maple, 2.85z-GFS Rounding: On

Ingredients

Ground Pork, Turkey and Textured Vegetable Protein Link: Ground Pork (No More Than 30% Fat), Mechanically Separated Turkey, Water, Contains 2% or Less of Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Salt, Potassium Lactate, Potassium Acetate, Spices, Sodium Phosphate, Potassium Chloride, Sugar, Caramel Color, Sodium Diacetate. Batter: Water, Whole Wheat Flour, Sugar, Soybean Oil, Contains 2% or Less Of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural and Artificial Sweet Maple Flavor (Modified Corn Starch, Acesulfame Potassium, Natural Flavoring, Maple Syrup, Caramel Color), Salt, Egg Yolks, Soy Flour, Artificial Flavor. Fried in Vegetable Oil. COMMON ALLERGENS PRESENT: Wheat, Soy, Eggs. 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 2016. 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/497202_SLE.pdf

Nutrition Facts

Serving Size 1 each (80g)

Amount Per Serving

Calories 240	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 360mg	15%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 4g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	1 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Jones Dairy Farm Pork Breakfast Sausage, Patties, 1.5 Ounce, Cooked, Frozen, 10 Lb Bag, 1/Case

Item Number: 466891

Made from natural pork sausage, these patties feature no additives or preservatives, offering a fresh tasting product, ideal for breakfast dishes, and more.

- **Fully cooked to reduce labor and preparation time**
- **Sealed bag packaging offers food safety, ensuring no contamination**
- **Contains zero grams trans fat**
- **Child Nutrition labeled**

Case (1/10 Pound Bag)	$0.20/ea	**$21.68**	

Print

Nutrition

Based On: AP Sausage, Pty, Ckd, JDF Rounding: On

Ingredients

For ingredient or allergen information, please contact: Jones Dairy Farms, phone: 800-563-1004. Manufacturer number: 018753. 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 2016. 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 (42g)	
Amount Per Serving	
Calories 180	Calories From Fat 153
	% Daily Value *
Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 280mg	12%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 6g	12%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	1.5 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:	No CN label on file

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a



Jones Dairy Farm Lower Sodium Pork Breakfast Sausage, Patties, 2 Ounce, Cooked , Frozen, 80 Ct Bag, 1/Case

Item Number: 277722

This is a low sodium pork sausage patty.

- **Child Nutrition labeled**

Case (1/80 Count Bag)	$0.27/ea	**$21.68**	

Print

Nutrition

Based On: AP Sausage, Pty, Lo Sod, Ckd, 2z, Jones Rounding: On

Ingredients

For ingredient or allergen information, please contact: Jones Dairy Farm, phone: (800) 563-1004/ website: www.jonesdairyfarmfoodservice.com. Please reference manufacturer number: 18717. 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 2016. 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 (56g)	
Amount Per Serving	
Calories 230	Calories From Fat 198
	% Daily Value *
Fat 22g	34%
Saturated Fat 7g	35%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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:	No CN label on file

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a



Beacon Street Cafe Sausage, Egg &Cheese Breakfast Slider Sandwiches, Frozen Individually Wrapped, 2 Ct Bag, 72/Case

Item Number: 523710

These breakfast sliders are made with 51 percent whole grain and are topped with savory turkey sausage, egg, and cheese.

- **Individually wrapped for convenience**

Case (72/2 Count Bag)	$0.44/ea	**$31.87**	

Print

Nutrition

Based On: AP Sand, Saus, Egg & Chs, Sliders, Beaco Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, SUGAR, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SALT, DOUGH CONDITIONER (DISTILLED MONO-GLYCERIDES, BHT, CITRIC ACID), ENZYMES (CONTAINS WHEAT), ASCORBIC ACID. WHITE SAUCE: WATER, SPICE BLEND (NONFAT DRY MILK, MODIFIED FOOD STARCH, CREAM, BUTTER [CREAM, SALT], SALT, SPICE, SOY LECITHIN, HICKORY SMOKE POWDER [MALTODEXTRIN POWDER, NATURAL HICKORY SMOKE FLAVOR). TOPPINGS: SCRAMBLED EGG (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID), COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING {SALT, NATURAL FLAVOR, DEXTROSE, SUGAR, CITRIC ACID, BHA, BHT}, WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES], SUBSTITUTE MOZZARELLA CHEESE [WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR]. 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 January 2017. 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:

Nutrition Facts

Serving Size 2 each (72g)

Amount Per Serving

Calories 150	Calories From Fat 40.5
	% Daily Value *
Fat 4.5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 280mg	12%
Potassium 160mg	5%
Carbohydrates 21g	7%
Fiber 2g	8%
Sugar 8g	
Protein 8g	16%

Vitamin A IU 2% Vitamin C 0% Calcium 10% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/523710_SLE.pdf

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0.75 oz
Grain/Breads	1.25 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Promise Low-Fat Spread, Cups, 5 Gm, 600/Case

Item Number: 462608

This spread offers a rich, buttery taste and is easy to spread. It is a good source of omega-3, a-Linolenic acid (ALA), omega-6, and vitamin E.

- **Individual easy-open cups for safety, convenience, and portion control**
- **Cholesterol-free**
- **No hydrogenated oils**
- **Contains zero grams trans fat**

Case (600/5 Gram Portion)	$0.04/ea	**$23.57**	

Print

Nutrition

Based On: AP Margarine, Cup, Spread, Promise Rounding: On

Ingredients

VEGETABLE OIL BLEND (LIQUID SOYBEAN, CANOLA, PALM, PALM KERNEL), WATER, WHEY (FROM MILK), SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, VITAMIN E, CITRIC ACID, CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR), VITAMIN D3. COMMON ALLERGENS PRESENT: Milk, 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 April 2016. 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 (5g)	
Amount Per Serving	
Calories 25	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 30mg	1%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

GFS Cream Cheese, Single-Serve, Cup, 1 Oz Each, 100/Case



Item Number: 228427

This quality cream cheese blends fresh grade A milk and cream to create a smooth, creamy dairy product. A full-fat texture and consistency lends itself to creating signature cheesecakes, frosting, dips, and a variety of other applications.

- **Individually portioned to maintain portion and cost control**

Case (100/1 Ounce Each) $0.21/ea **$21.30**

Print

Nutrition

Based On: AP Cheese, Cream, Cup, GFS Rounding: On

Ingredients

Pasteurized cultured milk and cream, salt, stabilizers (xanthan, carob bean, and/or guar gums). COMMON ALLERGENS PRESENT: 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 January 2017. 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 (28.35g)	
Amount Per Serving	
Calories 100	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 2g	4%

Vitamin A IU 6% Vitamin C 0% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a



GFS Strawberry Cream Cheese, Single-Serve, Cup, 1 Oz Each, 100/Case

Item Number: 863106

This quality cream cheese blends fresh grade A milk and cream with real strawberries to create a smooth, creamy dairy product. A tangy, fruit-forward flavor lends itself for use on breakfast items such as bagels and muffins, as well as a variety of other applications.

- **Individually portioned to maintain portion and cost control**

Case (100/1 Ounce Each)	$0.25/ea	**$25.48**	

Print

Nutrition

Based On: AP Cheese, Cream, Strawb, GFS Rounding: On

Ingredients

Pasteurized cultured milk and cream, strawberries, sugar, natural flavor, stabilizers (xanthan and/or carob bean and/or guar gums), modified food starch, strawberry and elderberry juice concentrate, citric acid, salt, FD&C red #40, #3 and blue #1. COMMON ALLERGENS PRESENT: 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 January 2017. 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 (28.35g)	
Amount Per Serving	
Calories 90	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 90mg	4%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 1g	2%

Vitamin A IU 6% Vitamin C 2% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	1.2 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a



Trio Country Gravy Mix, 22 Oz Package, 8/Case

Item Number: 478377

This savory, off-white gravy features a creamy texture and visible pepper specks, with a rich sausage aroma. Ideal for breakfast applications, this gravy can be used to highlight a variety of signature dishes.

- **Contains zero grams trans fat**
- **No added monosodium glutamate (MSG)**
- **Holds up well over extended serving times**

Case (8/22 Ounce Package)	$0.20/oz	**$35.05**	

Print

Nutrition

Based On: AP Gravy Country, Mix, Dry, 1T>1/4c prpd Rounding: On

Ingredients

For ingredient or allergen information please contact: Nestle Brands Foodservice, phone: 800-288-8682/web page: www.nestleprofessional.com. Manufacturer number: 38422. 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 2017. 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 tbsp (9g)	
Amount Per Serving	
Calories 35	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 2g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Chef-mate Country Sausage Gravy, #10, 10 Can Sz Can, 6/Case

Item Number: 464694

This ready-to-use with a made-from-scratch quality old fashioned sausage gravy features a rich, hearty taste ideal over biscuits, toast, cornbread, and more.

- **Holds up well over extended serving times**
- **Contains zero grams trans fat**

Case (6/10 Industry std CAN)	$0.09/oz	**$57.50**	

Print

Nutrition

Based On: AP Gravy, Country Sausage, Chefmate Rounding: On

Ingredients

For ingredient or allergen information please contact: Nestle Brands Foodservice, phone: 800-288-8682, web page: www.nestleprofessionals.com. Manufacturer number: 5000005228. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (62g)	
Amount Per Serving	
Calories 90	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Smucker's Grape Jelly, Cups, 0.5 Oz Each, 200/Case

Item Number: 254975

These individual portions of grape jelly are packaged in rectangular, plastic cups, ideal for the table or on-the-go applications.

- **Easily stackable cups are ideal for tabletop caddies**

Case (200/0.5 Ounce Each)	$0.06/ea	**$11.45**	

Print

Nutrition

Based On: AP Jelly, Asst, Grape/Strawb, Smucker's Rounding: On

Ingredients

CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE. 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 2017. 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 (14g)	
Amount Per Serving	
Calories 35	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 9g	3%
Fiber 0g	n/a
Sugar 8g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

GFS Maple-Flavored Syrup, Cup, 1.5 Oz Each, 200/Case



Item Number: 160090

This sweet, full bodied syrup has a rich, maple flavor and a deep amber color, and makes a quality topping for pancakes and waffles.

- **Individual serving size for portion control**

Case (200/1.5 Ounce Each)	$0.08/ea	**$16.02**	

Print

Nutrition

Based On: AP Syrup, Pancake, GFS Rounding: On

Ingredients

CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, POTASSIUM SORBATE AS A PRESERVATIVE, CITRIC ACID, NATURAL AND ARTIFICIAL MAPLE FLAVOR. 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 2017. 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 (43g)	
Amount Per Serving	
Calories 120	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 31g	10%
Fiber 0g	n/a
Sugar 19g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Lamb's Supreme Patty Hash Browns, Seasoned, IQF, 3.5 Lb Package, 6/Case

Item Number: 242241

Specially created for superior oven preparation, these seasoned hashbrowns bake fast and crispy for maximum cooking convenience.

- **Lightly seasoned for consistent taste profile and reliable results**
- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**
- **Contains zero grams trans fat**

Case (6/3.5 Pound Package)	$0.17/ea	**$22.88**	

Print

Nutrition

Based On: AP Hasbrown, Patty, Fast, Lamb Weston Rounding: On

Ingredients

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil), Salt, Dehydrated Potato, Onion Powder, Natural Flavor, Dextrose, Disodium Dihydrogen Pyrophosphate (to promote color retention). 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 July 2017. 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/242241_SLE.pdf

Nutrition Facts

Serving Size 2 each (128g)	
Amount Per Serving	
Calories 250	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 490mg	20%
Potassium 510mg	15%
Carbohydrates 29g	10%
Fiber 4g	16%
Sugar 0g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 8% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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
Calcium	20 mg
Iron	0.72 mg
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	4.8 mg

Fat Soluble Vitamins:

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



Lamb's Supreme Potato Round Coins, Frozen, 5 Lb Package, 6/Case

Item Number: 265632

These crispy golden rounds are packed with potato flavor and are specially seasoned.

- **Prepare from frozen for easy preparation**
- **Retains taste and texture after cooking for an extended period of time**
- **Oven bake or fry for multiple preparation options**
- **Contains zero grams trans fat**

Case (6/5 Pound Package)	$0.02/ct	**$25.83**	

Print

Nutrition

Based On: AP Potato, Rounds, Coin, Lamb Weston Rounding: On

Ingredients

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil) Dehydrated Potato, Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. 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 July 2017. 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/265632_SLE.pdf

Nutrition Facts

Serving Size 2.54 oz (72g)

Amount Per Serving

Calories 150	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 280mg	12%
Potassium 300mg	9%
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 6% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2.54 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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
Calcium	0 mg
Iron	0.72 mg
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	3.6 mg

Fat Soluble Vitamins:

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



GFS Light Roast Blend Ground Coffee, Filter Pack, 1.5 Oz Bag, 60/Case

Item Number: 398350

With a mix of choice quality Arabica and Robusta beans, this regular blend coffee provides the right balance of flavor and comes in a convenient filter pack.

- **Premeasured individual packs save time and labor**
- **Packages are dated and gas-flushed to ensure freshness**

Case (60/1.5 Ounce Bag) $0.59/Each **$35.14**

Print

Nutrition

Based On: Coffee brewed from grounds prepared with | Rounding: On

Ingredients

Coffee. 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 February 2017. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 6 floz (177.6g)	
Amount Per Serving	
Calories 0	Calories From Fat 0.3
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 85mg	2%
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin B6 0% Vitamin B12 0% Vitamin C 0%
Vitamin E mg 0% Vitamin K 0% Calcium 0% Iron 0%
Phosphorous 1% Magnesium 1% Zinc 0% Copper 0%
Selenium 0% Manganese 0% Thiamin 2% Riboflavin 8%
Niacin B3 2% Pantothenic Acid 5% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	5.3 mg
Zinc	0 mg
Magnesium	5.328 mg
Copper	0.004 mg
Selenium	0 mg
Calcium	3.55 mg
Iron	0.02 mg
Manganese	0.041 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.025 mg
Riboflavin	0.135 mg
Niacin B3	0.339 mg
Pantothenic Acid	0.451 mg
Folic Acid	0 mcg
Vitamin B6	0.002 mg
Vitamin B12	0 mcg
Vitamin C	0 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	0 mg
Vitamin K	0.178 mcg
Vitamin A IU	0 IU



Nestle Hot Cocoa Mix, No Sugar Added, Single-Serve, 30 Ct Package, 6/Case

Item Number: 668571 K

This hot cocoa mix is made without sugar for a low-fat, chocolaty taste.

- **Single-serve packages offer portion control and serving convenience**

Case (6/30 Count Package) $0.28/Each **$50.37**

Print

Nutrition

Based On: AP Cocoa, Hot, NSA, Nestle Rounding: On

Ingredients

For ingredient or allergen information, please contact: Nestle Professional, phone: 800-288-8682. Please reference manufacturer number: 12240821. 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 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (20g)	
Amount Per Serving	
Calories 20	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 120mg	5%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 4g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 35% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	350 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



GFS Orange Pekoe & Pekoe-Cut Black Iced Tea, 1 Oz Each, 96/Case

Item Number: 695734

This quality blend of orange pekoe and pekoe-cut black tea creates a full-bodied, flavorful iced tea, designed for use in a tea brewer or micro-brew system.

Case (96/1 Ounce Each) $0.18/Each **$17.09**

Print

Nutrition

Based On: AP Tea, Bag, Iced, GFS Rounding: On

Ingredients

Orange pekoe and pekoe cut black tea. 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 2017. 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 (28g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



GFS Powdered Low-Calorie Lemonade Drink Mix, Shelf-Stable, 8.6 Oz Package, 12/Case

Item Number: 596050

These quality fruit lemonade drink packets are low in calories and made with Splenda. They can be used in slushy machines and other drink mix dispensers.

- **Provides 100 percent of the Recommended Daily Allowance of vitamin C per 8-ounce serving**

Case (12/8.6 Ounce Package) $0.23/oz **$23.43**

Print

Nutrition

Based On: EP Beverage Mix, Low Cal, Lemonade, GFS Rounding: On

Ingredients

Dextrose, Citric Acid, Natural Flavor, Sodium Citrate, Ascorbic Acid (Vitamin C), Acesulfame Potassium, Sucralose, maltodextrin, Gum Arabic, Titanium Dioxide, Yellow 5. 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 November 2015. 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 8 floz (226.8g)	
Amount Per Serving	
Calories 25	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium	n/a
Carbohydrates 7g	2%
Fiber 0g	n/a
Sugar 7g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

1% LOWFAT MILK

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.

CONTAINS: MILK

Nutrition Facts

Serving Size 1 cup (240mL)

Amount Per Serving

Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 120mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	**16%**

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Vitamin D 25%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Le Sirop de MONIN®

SUGAR FREE

Blackberry

Monin Sugar Free Syrups offer superior taste and flavor authenticity with no sugar or calories - perfect for calorie-conscious and diabetic lifestyles.

Lo-Cal Blackberry Tea: Fill a 16 oz. glass with ice. Add 3/4 oz. **Monin** Sugar Free Blackberry Syrup and 7 oz. fresh brewed tea. Stir or shake to mix and garnish with a lemon wedge. *Approx. calories: 2.*

Skinny Berry Mojito: Muddle 1 oz. **Monin** Sugar Free Blackberry Syrup, 3 lime wedges, 3 blackberries and 8 mint leaves. Add ice and 1 1/4 oz. light rum. Shake vigorously and pour into a 16 oz. glass. Fill with club soda, stir gently and garnish with a mint sprig. *Approx. calories: 107.*

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1 fl oz (30ml)
Servings per Container 33

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Sugars 0g	
Protein 0g	

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

- Gluten Free
- Vegan
- GMO Free

KSA PAREVE

BLACKBERRY

INGREDIENTS: WATER, ERYTHRITOL*, NATURAL AND ARTIFICIAL FLAVORS, CONCENTRATED LEMON JUICE, CELLULOSE GUM, SUCRALOSE, POTASSIUM SORBATE (PRESERVATIVE).

*ERYTHRITOL IS A NATURAL SUGAR SUBSTITUTE DERIVED FROM PLANT SOURCES

Produced By Monin, Inc. **PET**
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

Rev. 3/16

Please Recycle

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Monin Sugar-Free Caramel Beverage Syrup, Plastic, 1 Ltr, 4/Case

Item Number: 608962

These sugar-free caramel-flavored syrups can be blended with dairy ingredients such as milk, cream, and half and half.

Case (4/1 Liter Bottle) $0.22/fl oz **$29.71**

Print

Nutrition

Based On: AP Syrup, Crml, Sgr Fr, Monin Rounding: On

Ingredients

Water, Erythritol, Natural and Artificial Caramel Flavor, Cellulose Gum, Sucralose, Citric Acid, Potassium Sorbate (Preservative). 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 September 2017. 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 floz (31.18g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 4g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Le Sirop de **MONIN**®

SUGAR FREE

Chocolate

Monin Sugar Free Syrups offer superior taste and flavor authenticity with no sugar or calories - perfect for calorie-conscious and diabetic lifestyles.

Iced Skinny Choco-Latte: Fill a 16 oz. glass with ice. Add 1 oz. **Monin** Sugar Free Chocolate Syrup, 5 oz. 2% milk and 2 shots espresso. Stir well or transfer from serving glass to other glass until mixed. Garnish with 2 tbsp. sugar free whipped cream. *Approx. calories: 87.*

Slim Chocolate Cream Soda: Fill a 16 oz. glass with ice. Add 1 oz. **Monin** Sugar Free Chocolate Syrup, 5 oz. club soda and 1 1/2 oz. fat free half & half. Stir gently and top with 2 tbsp. sugar free whipped cream. Dust with cocoa powder. *Approx. calories: 40.*

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1 fl oz (30ml)
Servings per Container 25

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Sugars 0g	
Protein 0g	

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

- Gluten Free
- Vegan
- GMO Free

KSA PAREVE

CHOCOLATE

INGREDIENTS: WATER, ERYTHRITOL*, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GUM, SUCRALOSE, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).

*ERYTHRITOL IS A NATURAL SUGAR SUBSTITUTE DERIVED FROM PLANT SOURCES

Produced By Monin, Inc.
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

Rev. 1/16

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Le Flavour de **MONIN**

CONCENTRATE

True Brewed Espresso

Made with cold brewed espresso, **Monin** True Brewed Espresso Iced Coffee Base is the easy, convenient way to add enticing espresso-based beverages to your menu.

Iced Latte: Fill a 16 oz. glass with ice. Add 1 oz. **Monin** True Brewed Espresso Iced Coffee Base, 3/4 oz. **Monin** Syrup (e.g. Crème Caramel, French Vanilla, Roasted Hazelnut or Pure Cane) and 5 oz. milk. Stir or shake to mix and garnish with whipped cream.

Frozen Mocha: Blend 1 oz. **Monin** True Brewed Espresso Iced Coffee Base, 1 oz. **Monin** Sauce (Dark Chocolate, Sugar Free Dark Chocolate or White Chocolate), 4 oz. liquid vanilla ice cream and 2 cups ice. Pour into serving glass. Top with whipped cream and a drizzle of **Monin** Sauce.

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1 fl oz (30ml)
Servings per Container 33

Amount per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Fiber 1g	4%
Sugars 0g	
Protein 0g	

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

- Natural Flavors
- Gluten Free
- Vegan
- GMO Free

KSA PAREVE

TRUE BREWED ESPRESSO

INGREDIENTS: COLD BREWED ESPRESSO, WATER, NATURAL COFFEE EXTRACT, NATURAL FLAVOR, POTASSIUM SORBATE (PRESERVATIVE), CAFFEINE.

Produced By Monin, Inc. PET
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

Please Recycle

Rev. 9/16

7 38337 88366 8



Monin Sugar Free French Vanilla Beverage Syrup, Plastic, 1 Ltr, 4/Case

Item Number: 210474

Derived from real Madagascar vanilla beans and designed especially for iced and frozen lattes and coffees, Monin Sugar Free French Vanilla Syrup offers the perfect amount of smooth sweetness to make it a perennial favorite. Monin Sugar Free French Vanilla Syrup is a versatile ingredient in specialty coffee beverages, skinny cocktails, kids¿ drinks and more.

- **Versatile menu applications**
- **For use in coffee shops, ice cream shops, or restaurants with coffee service**
- **Sugar-free product**

Case (4/1 Liter Package) $0.23/fl oz **$30.51**

Print

Nutrition

Based On: AP Syrup, Fren Van, Sgr Fr, Monin Rounding: On

Ingredients

For ingredient or allergen information, please contact: Monin, phone: 855-352-8671. Manufacturer number: M-FS190F. 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 2017. 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 oz (28.35g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 4g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Monin Sugar-Free Peach Beverage Syrup, Plastic, 1 Ltr, 4/Case

Item Number: 872200

Case (4/1 Liter Bottle) $0.20/fl oz **$26.71**

Print

Nutrition

Based On: AP Syrup, Peach, Sgr Fr, Monin Rounding: On

Ingredients

Water, Erythritol, Natural and Artificial Flavors, Citric Acid, Cellulose Gum, Sucralose, Potassium Sorbate (Preservative), FD&C Yellow #5, FD&C Red #40. 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 October 2017. 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 oz (28g)	
Amount Per Serving	
Calories 10	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Nutrition Facts

Serving Size 2 Tbsp (30mL/1 fl oz)
Servings Per Container 25

Amount Per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 0g	**0%**
Sugars 0g	
Protein 0g	

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

Ingredients: Purified water, natural flavors, acesulfame potassium, citric acid, sodium benzoate (to preserve freshness), potassium sorbate (to preserve freshness), sucralose (SPLENDA® Brand), ester gum.

Le Sirop de MONIN®

SUGAR FREE

Pomegranate

Monin Sugar Free Syrups offer superior taste and flavor authenticity with no sugar or calories - perfect for calorie-conscious and diabetic lifestyles.

Skinny Pomegranate Cosmo: Shake 3/4 oz. **Monin** Sugar Free Pomegranate Syrup, 1 1/4 oz. premium vodka, 1/4 oz. triple sec, 1/2 oz. fresh lime juice, 1 1/2 oz. cranberry juice and ice. Strain into a chilled martini glass and garnish with a lime twist. *Approx. calories: 148.*

Lean Pomegranate Limeade: Fill a 16 oz. glass with ice. Squeeze the juice of one lime into glass. Add 1 1/2 oz. **Monin** Sugar Free Pomegranate Syrup and 6 oz. club soda. Stir gently and garnish with a lime wedge. *Approx. calories: 8.*

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1 fl oz (30ml)
Servings per Container 33

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Sugars 0g	
Protein 0g	

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

- **Natural Flavors**
- **Gluten Free**
- **Vegan**
- **GMO Free**

KSA PAREVE

POMEGRANATE

INGREDIENTS: WATER, ERYTHRITOL*, NATURAL FLAVORS, CITRIC ACID, POTASSIUM CITRATE, CELLULOSE GUM, SUCRALOSE, POTASSIUM SORBATE (PRESERVATIVE).

*ERYTHRITOL IS A NATURAL SUGAR SUBSTITUTE DERIVED FROM PLANT SOURCES

Produced By Monin, Inc. **PET**
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

Rev. 3/16

Please Recycle

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Monin Sugar-Free Raspberry Beverage Syrup, Plastic, 1 Ltr, 4/Case

Item Number: 872210

These sugar-free, raspberry flavored syrups offer a bold, intensely concentrated flavor which is both sweet and tart.

Case (4/1 Liter Bottle) $0.22/fl oz **$29.71**

Print

Nutrition

Based On: AP Syrup, Rasp, Sgr Free, Monin Rounding: On

Ingredients

Water, Erythritol, Natural and Artificial Raspberry Flavors, Cellulose Gum, Sucralose, Potassium Sorbate (Preservative). 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 October 2017. 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 floz (30g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 2g	1%
Fiber	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Le Sirop de MONIN®

SUGAR FREE

Strawberry

Monin Sugar Free Syrups offer superior taste and flavor authenticity with no sugar or calories - perfect for calorie-conscious and diabetic lifestyles.

Skinny Strawberry Soda: Fill a 16 oz. glass with ice. Add 3/4 oz. **Monin** Sugar Free Strawberry Syrup and 7 oz. club soda. Stir gently and garnish with a strawberry. *Approx. calories: 6.*

Fit Berry Mocha: Combine 1/2 oz. **Monin** Sugar Free Strawberry Syrup, 1/2 oz. **Monin** Sugar Free Dark Chocolate Sauce and 2 shots espresso in a 16 oz. cup. Steam 6 oz. skim milk in pitcher. Pour steamed milk into serving cup and stir gently. Top with 2 tbsp. sugar free whipped cream. *Approx. calories: 117.*

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1 fl oz (30ml)
Servings per Container 25

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Sugars 0g	
Protein 0g	

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

- **Gluten Free**
- **Vegan**
- **GMO Free**

KSA PAREVE

STRAWBERRY

INGREDIENTS: WATER, ERYTHRITOL*, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GUM, SUCRALOSE, POTASSIUM SORBATE (PRESERVATIVE), FD&C RED #40.

*ERYTHRITOL IS A NATURAL SUGAR SUBSTITUTE DERIVED FROM PLANT SOURCES

Produced By Monin, Inc.
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

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Rev. 3/16

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Le Sirop de MONIN®

SUGAR FREE

Sweetener

Monin Sugar Free Syrups offer superior taste and flavor authenticity with no sugar or calories - perfect for calorie-conscious and diabetic lifestyles. With just 1 pump equaling one packet, you can easily sweeten coffee, teas and lemonades, cocktails and more.

Trim Sweet Tea: Fill a 16 oz. glass with ice. Add 3/4 oz. **Monin** Sugar Free Sweetener and 7 oz. fresh brewed tea. Stir or shake to mix and garnish with a lime wedge. *Approx. calories: 2.*

Skinny Key Lime Margarita: Shake 3/4 oz. **Monin** Sugar Free Sweetener, 1/2 oz. **Monin** Sugar Free Triple Sec Syrup, 1 1/2 oz. silver tequila, 1 1/2 oz. concentrated key lime juice, 2 oz. water and ice. Strain into a chilled martini glass and garnish with a lime wheel. *Approx. calories: 108.*

Log on to www.monin.com for hundreds of great recipes.

Nutrition Facts

Serving Size 1/4 fl oz (7.5ml)
Servings per Container 135

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 1g	**0%**
Sugars 0g	
Protein 0g	

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

- Gluten Free
- Vegan
- GMO Free

KSA PAREVE

SWEETENER

INGREDIENTS: WATER, ERYTHRITOL*, CELLULOSE GUM, SUCRALOSE, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).

*ERYTHRITOL IS A NATURAL SUGAR SUBSTITUTE DERIVED FROM PLANT SOURCES

Produced By Monin, Inc. PET
Clearwater, FL 33765-USA

Call us at 1-800-966-5225
www.monin.com

Best Before: See Neck of Bottle

Please Recycle

Rev. 6/16

7 38337 06148 6

Item #	UOM	Servings	Description	Serving Size (g)	Serving Size (oz)	Whole Grain Flour Per Serving (g)	Enriched Flour per Serving (g)	Total Credible Grains (g)*	Grain Equivalent**	Kosher / Pareve	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Sugar (g)	Calcium(%DV)	Thiamin (%DV)	Niacin (%DV)	Iron (%DV)	Riboflavin (%DV)	Folic Acid (%DV)
BREADS																									
1290	Loaf	20+2	24oz. Whole Grain Rich Bread	31.0	1.11	9.0	8.0	17.0	1.00	Y	70	10	1.0	0	85	14.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	28.0	1.00	8.0	8.0	16.0	1.00	Y	70	10	1.0	0	80	12.0	1.0	3.0	1.0	4.0%	8.0%	4.0%	4.0%	4.0%	4.0%
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	34.0	1.21	10.0	9.0	19.0	1.00	Y	80	10	1.0	0	95	15.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	6.0%
1448	Loaf	20+2	24oz. 100% Whole Wheat Bread	31.0	1.11	15.0	0.0	15.0	1.00	Y	70	10	1.0	0	130	14.0	3.0	3.0	2.0	2.0%	6.0%	4.0%	4.0%	2.0%	2.0%
BUNS																									
3007	Pkg	12	3.25" Whole Grain Rich Bun	40.0	1.43	13.0	9.0	22.0	1.25	Y	100	10	1.5	0	160	18.0	2.0	4.0	2.0	4.0%	10.0%	8.0%	6.0%	4.0%	6.0%
3212	Pkg	6	Whole Grain Rich Footlong Bun	79.0	2.82	23.0	20.0	43.0	2.75	Y	200	25	3.0	0	330	36.0	3.0	7.0	5.0	8.0%	20.0%	15.0%	10.0%	10.0%	10.0%
3227	Pkg	12	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	56.0	2.00	31.0	0.0	31.0	2.00	Y	140	20	2.0	0	260	27.0	3.0	6.0	4.0	6.0%	15.0%	8.0%	6.0%	4.0%	4.0%
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	56.0	2.00	17.0	14.0	31.0	2.00	Y	140	20	2.0	0	230	25.0	2.0	5.0	4.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	45.0	1.61	13.0	11.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	4.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	45.0	1.61	24.0	0.0	24.0	1.50	Y	110	15	2.0	0	210	20.0	2.0	5.0	3.0	4.0%	10.0%	6.0%	6.0%	4.0%	2.0%
3698	Pkg	18	Whole Grain Rich Coney Bun	37.0	1.32	11.0	9.0	20.0	1.25	Y	90	10	1.5	0	150	17.0	2.0	3.0	2.0	4.0%	10.0%	6.0%	6.0%	4.0%	4.0%
7511	Pkg	8	100% Whole Wheat Sandwich Slim	43.0	1.54	20.0	0.0	20.0	1.50	N	90	10	1.0	0	135	19.0	5.0	4.0	2.0	8.0%	10.0%	8.0%	6.0%	4.0%	2.0%
HOAGIES																									
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	66.0	2.36	19.0	16.0	35.0	2.25	Y	170	20	2.5	0	280	30.0	3.0	6.0	4.0	6.0%	20.0%	10.0%	10.0%	8.0%	8.0%
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	62.0	2.21	17.0	16.0	33.0	2.00	Y	160	20	2.0	0	260	28.0	2.0	6.0	4.0	6.0%	15.0%	10.0%	10.0%	6.0%	8.0%
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	66.0	2.36	34.0	0.0	34.0	2.25	Y	160	25	2.5	0	300	29.0	4.0	7.0	4.0	6.0%	15.0%	10.0%	8.0%	4.0%	4.0%
ROLLS																									
3221	Pkg	16	Whole Grain Rich Large Breadstick	39.0	1.39	14.0	9.0	23.0	1.25	Y	90	5	0.5	0	180	17.0	2.0	3.0	1.0	4.0%	10.0%	6.0%	6.0%	6.0%	6.0%
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	32.0	1.14	10.0	7.0	17.0	1.00	Y	80	10	1.0	0	135	15.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
3939	Pkg	24	Whole Grain Rich Slammer Sliced	34.0	1.21	11.0	8.0	19.0	1.00	Y	90	10	1.0	0	150	16.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	6.0%	4.0%	4.0%
3699	Pkg	16	Whole Grain Rich Small Breadstick	31.0	1.11	11.0	7.0	18.0	1.00	Y	70	5	0.5	0	140	14.0	2.0	3.0	0.0	2.0%	8.0%	6.0%	4.0%	4.0%	4.0%
9528	Pkg	12	100% Whole Wheat English Muffins	57.0	2.04	26.0	8.0	34.0	2.00	Y	130	10	1.5	0	250	23.0	3.0	7.0	1.0	4.0%	20.0%	8.0%	8.0%	6.0%	4.0%
9537	Pkg	6	100 % Whole Wheat Pita Bread	57.0	2.04	29	0	29.0	2.00	N	100	0	0.0	0	170	20.0	5.0	6.0	1.0	10.0%	30.0%	18.0%	10.0%	16.0%	25.0%

*Total Creible Grains = Whole Grain Flour per Serving + Enriched Flour per Serving

**Grain Equivalent = Portion/Serving Size of Product as Purchased in grams/28 (Rounded down to the nearest quarter ounce) [Source Citation: USDA Whole Grain Resource for the National School Lunch and Breakfast Programs: A Guide to Meeting the Whole Grain Rich Criteria]

KLOSTERMAN

Whole Grain Rich Products

Item #	UOM	Servings	Description	Ingredient Statements	Allergens
BREADS					
1290	Loaf	20+2	20oz. Whole Grain Rich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1448	Loaf	22+2	24oz. 100% Whole Wheat Bread	Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Corn Syrup, Soy Lecithin, Vinegar, Dough Conditioners (Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative), Vitamin D.	Wheat, Soy
BUNS					
3007	Pkg	12	3.25" Whole Grain Rich Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3212	Pkg	6	Whole Grain Rich Footlong Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat, Soy
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
3698	Pkg	18	Whole Grain Rich Coney Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
7511	Pkg	8	100% Whole Wheat Sandwich Slim	Whole Wheat Flour, Water, Cellulose, Wheat Gluten, Sugar, Wheat Bran, Yeast, Contains 2% or less of the following: Polydextrose, Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid), Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).	Wheat

Item #	UOM	Servings	Description	Ingredient Statements	Allergens
HOAGIES					
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Proplonate (Preservative).	Wheat, Soy
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrient (Calcium Sulfate), Wheat Starch, Soy Lecithin.	Wheat, Soy
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
ROLLS					
3221	Pkg	16	Whole Grain Rich Large Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3939	Pkg	24	Whole Grain Rich Slammer Sliced	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3699	Pkg	16	Whole Grain Rich Small Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
9528	Pkg	12	Whole Grain Rich English Muffins	Water, Whole Wheat Flour, Yeast, Wheat Gluten, Contains 2% or less of: Sugar, DATEM, Citric Acid, Fumaric Acid, Malted Barley Flour, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Salt, Dough Conditioners (Wheat Flour, Sodium Stearoyl Lactylate, Guar Gum, DATEM, Mono-Diglycerides, Enzyme, Calcium Peroxide), Soybean Oil, Vinegar, Calcium Propionate and Potassium Sorbate (preservatives).	Wheat
9537	Pkg	6	100 % Whole Wheat Pita Bread	100% Stone Ground Whole Wheat Flour (Wheat Flour, Malted Barley, Niacin [A "B" Vitamin] Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Yeast, Salt, Calcium Propionate (to preserve freshness).	Wheat



Aunt Millie's Whole Grain Breadsticks, Frozen, 1 Ounce, 20 Ct Bag, 12/Case

Item Number: 406321

These whole grain breadsticks can be used to create signature applications, such as garlic and Parmesan topped, ideal for a variety of school lunch applications.

Case (12/20 Count Bag)	$0.10/ea	**$25.01**	

Print

Nutrition

Based On: AP Breadstick, WGrain, 1z, Aunt Millie's Rounding: On

Ingredients

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WHEAT GLUTEN, YEAST, SALT, VINEGAR, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, SODIUM GLUCONATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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 (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium 45mg	1%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium n/a Iron 0%
Thiamin 8% Riboflavin 4% Niacin B3 8% Folic Acid 10%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.12 mg
Riboflavin	0.068 mg
Niacin B3	1.6 mg
Pantothenic Acid	n/a
Folic Acid	40 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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



Cole's Quality Foods Inc. Garlic Parmesan Twisted Breadsticks, 51% Whole Grain, Pre-topped, Frozen, 2.1 Ounce, 54 Ct Bag, 1/Case

Item Number: 644051

These whole grain breadsticks offer a unique twisted appearance and are topped with garlic, Parmesan, and seasonings.

Case (1/54 Count Bag)	$0.31/ea	**$16.48**	

Print

Nutrition

Based On: AP Breadstick, Garl, WGrain, Twst, Coles Rounding: On

Ingredients

DOUGH INGREDIENTS: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), DEXTROSE, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: INTERESTERIFIED SOYBEAN OIL, DRIED YEAST, NONFAT MILK, SALT, WHEAT FLOUR, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE.SPREAD INGREDIENTS: INTERESTERIFIED SOYBEAN OIL, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: WATER, DRIED PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), DEHYDRATED GARLIC, SEASONING BLEND (DEHYDRATED GARLIC, BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, NATURAL FLAVOR, PARSLEY, SILICON DIOXIDE), SALT, BUTTER (CREAM, SALT), DEHYDRATED ONION, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, SOYBEAN OIL, CITRIC ACID PRESERVATIVE, ANNATTO EXTRACT COLOR. 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 2017. 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 (61g)

Amount Per Serving

Calories 160	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 2g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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
Calcium	18.48 mg
Iron	1.6 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



E.Z. Jammers Soybutter & Grape Jelly Sandwiches, Whole Grain, Frozen Individually Wrapped, 2.4 Ounce, 1 Ct Package, 72/Case

Item Number: 630302

These sandwiches combine grape jelly with soybutter to create a healthy alternative to traditional peanut butter and jelly sandwiches, while still retaining the same look, aroma, and flavor.

- **Thaw and serve convenience eliminates preparation time**
- **Child Nutrition labeled**

Case (72/1 Count Package)	$0.59/ea	**$42.14**	

Print

Nutrition

Based On: AP Sand, Soy Btr & Jam, Ez Jammers Rounding: On

Ingredients

For ingredient or allergen information, please contact: Albie's, phone: (877) 725-2437. Please reference manufacturer number: 607. 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 November 2016. 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/630302_SLE.pdf

Nutrition Facts

Serving Size 1 each (68g)	
Amount Per Serving	
Calories 290	Calories From Fat 144
	% Daily Value *
Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 220mg	9%
Potassium	n/a
Carbohydrates 28g	9%
Fiber 4g	16%
Sugar 11g	
Protein 9g	18%

Vitamin C n/a Calcium 8% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	1 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
Calcium	80 mg
Iron	2.7 mg
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Ez Jammers Soybutter & Grape Jelly Sandwiches, Whole Grain, 4.6 Ounce, Frozen Individually Wrapped, 4.6 Oz Each, 40/Case

Item Number: 661222

These sandwiches are made from whole grain bread and a combination of 100 percent grape jelly, and soybutter, a peanut-free spread.

- **Individually wrapped for convenience and portion control**
- **Thaw-and-serve convenience eliminates preparation and labor, and ensures consistent results**

Case (40/4.6 Ounce Each)	$0.91/ea	**$36.39**	

Print

Nutrition

Based On: AP Sand, Soy, Btr &Jam, Ez Jammers Rounding: On

Ingredients

For ingredient or allergen information, please contact: Albies, phone: 877-725-2437. Please reference manufacturer number: 608. 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 November 2016. 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/661222_SLE.pdf

Nutrition Facts

Serving Size 1 each (130g)

Amount Per Serving

Calories 570	Calories From Fat 288
	% Daily Value *
Fat 32g	49%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 440mg	18%
Potassium	n/a
Carbohydrates 55g	18%
Fiber 8g	32%
Sugar 21g	
Protein 19g	38%

Vitamin C n/a Calcium 15% Iron 30%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 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
Calcium	150 mg
Iron	5.4 mg
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Fernando's Whole Grain Beef/Chili/Bean/Cheese Burritos, Frozen, 5 Ounce, 60 Ct Bag, 1/Case

Item Number: 497610

An authentic Mexican-style blend of cheese, seasoned beef, and tender pinto beans is wrapped in fried flour tortillas and topped with a spicy red chili sauce.

- **Fully cooked to reduce labor and preparation time**
- **Contains zero grams trans fat**
- **Child Nutrition labeled**

Case (1/60 Count Bag)	$0.64/ea	**$38.20**	

Print

Nutrition

Based On: AP Burrito, Bf, Chili/Chs/Bn, WGrain, 5z Rounding: On

Ingredients

TORTILLA [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN FOLIC ACID), WATER, SOYBEAN OIL, CORN FLOUR, MONO AND DIGLYCERIDES, BAKING POWDER (CORN STARCH, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, SALT, GUAR GUM, SUGAR, RICE, FLOUR, FUMARIC ACID, L-CYSTEINE, ENZYMES, SODIUM METABISULFITE], BEEF CHILI [GROUND BEEF (NO MORE THAN 25% FAT), WATER, TOMATO PASTE, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), TEXTURED VEGETABLE PROTEIN PRODUCT (SOY FLOUR, CARAMEL COLOR, ZINC, OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTHOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHOLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), RICE STARCH, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER) TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR) SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT) SALT, NATURAL FLAVOR, ONION, CHEESE FLAVOR (DEHYDRATED BLEND OF CHEESE {SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES]), MALTODEXTRIN, AUTOLYZED YEAST, FOOD STARCH-MODIFIED, SALT, TORULA YEAST, CONTAINS LESS THAN 2% OF BUTTER, NATURAL FLAVOR, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE) SPICES, SODIUM ALGINATE, SODIUM PHOSPHATE, NATURAL BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC {FOR COLOR})] WATER, AMERICAN CHEESE [AMERICAN CHEESES (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APOCAROTENAL)], PINTO BEANS, CONTAINS LESS THAN 2% OF ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN) VEGETABLE OIL, SALT, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), NATURAL FLAVORS, BEEF TYPE FLAVOR [HYDROLYZED SOY PROTEIN, FLAVORING (INCLUDING SPICES), AUTOLYZED YEAST, SALT], ONION, COCOA POWDER. FRIED IN VEGETABLE OIL. 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 2017. 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

Nutrition Facts

Serving Size 1 each (142g)	
Amount Per Serving	
Calories 370	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 550mg	23%
Potassium	n/a
Carbohydrates 35g	12%
Fiber 7g	28%
Sugar 3g	
Protein 17g	34%

Vitamin A IU 8% Vitamin C 2% Calcium 15% Iron 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

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School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup

Notes:
Or will provide 1.5oz M/MA, 1/8c Legume, 2oz Equiv. Grains

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	3.6 mg
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	1.2 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Commodity Beef Chili, With Beans, Frozen, 5 Lb Bag, 6/Case

Item Number: 344012

Case (6/5 Pound Bag)	$0.06/oz	**$28.00**	>1000

Print

Nutrition

Based On: AP Chili, Beef, w/Beans, Commodity Rounding: On

Ingredients

WATER, GROUND BEEF (no more than 20% fat), TOMATO PASTE, COOKED RED KIDNEY BEANS, CONTAINS LESS THAN 2% OF TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), DEHYDRATED ONION, CHILI POWDER (chili pepper, spices, salt, garlic powder), TEXTURED VEGETABLE PROTEIN (soy flour, caramel color), SEASONING (potassium chloride, flavor [contains maltodextrin]), SUGAR, SALT, SPICES, PAPRIKA EXTRACT, CARAMEL COLOR. COMMON ALLERGENS PRESENT: 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 May 2017. 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/344012_SLE.pdf

Nutrition Facts

Serving Size 5.83 oz (165.3g)

Amount Per Serving

Calories 150	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 230mg	10%
Potassium	n/a
Carbohydrates 15g	5%
Fiber 4g	16%
Sugar 5g	
Protein 13g	26%

Vitamin A IU 25% Vitamin C 30% Calcium 4% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	5.83 Oz serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	19 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.38 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1252 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	51 mg
Iron	3 mg
Manganese	n/a
Iodine	n/a



GFS Homestyle Coney Chili, without Beans, Ready-to-Serve, Frozen, 5 Lb Bag, 4/Case

Item Number: 813480

Made from lean ground beef and flavorful seasonings, this kettle-cooked chili is rapidly chilled and then frozen to lock it flavors at the peak of freshness.

- **Fully cooked to reduce labor and preparation time**

Case (4/5 Pound Bag)	$0.15/oz	**$49.09**	

Print

Nutrition

Based On: AP Chili, Coney, Hmstyl, No Beans, GFS Rounding: On

Ingredients

WATER, BEEF, TOMATO PASTE, SEASONING (chili powder [chili pepper, spices, salt, garlic powder], modified food starch, sugar, corn flour, onion, salt, tomato powder, dextrose, paprika [color], garlic powder, spices, caramel color, malic acid, dehydrated garlic, and spice extractives), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, ROLLED OATS, DEHYDRATED ONION, SALT, SEASONING (potassium chloride, flavor [contains maltodextrin]), SPICES, CARAMEL 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 February 2016. 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 (242g)	
Amount Per Serving	
Calories 360	Calories From Fat 216
	% Daily Value *
Fat 24g	37%
Saturated Fat 10g	48%
Trans Fat 1.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 70mg	23%
Sodium 940mg	39%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 5g	
Protein 19g	38%

Vitamin A IU 41% Vitamin C 20% Calcium 4% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	None Provided
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	12 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	2075 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	45 mg
Iron	3 mg
Manganese	n/a
Iodine	n/a

JTM Food Group Cincinnati Style Chili, Frozen, 5 Lb Bag, 6/Case

Item Number: 343990

Case (6/5 Pound Bag)	$0.06/oz	**$28.00**	614

Print

Nutrition

Based On: AP Chili, Cincinnati Style, Commodity Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, CONTAINS LESS THAN 2% OF SEASONING (chili pepper and other natural spices, garlic powder, spice extractives including paprika), MODIFIED FOOD STARCH, DEHYDRATED ONION, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, VINEGAR, DEHYDRATED GARLIC, SPICES, XANTHAN GUM. 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 May 2017. 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/343990_SLE.pdf

Nutrition Facts

Serving Size 5.58 oz (158.2g)

Amount Per Serving

Calories 220	Calories From Fat 144
	% Daily Value *
Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 350mg	14%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 1g	4%
Sugar 1g	
Protein 14g	28%

Vitamin A IU 20% Vitamin C 10% Calcium 2% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	5.58 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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	0.13 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	32 mg
Iron	2 mg
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	6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	975 IU

JTM Food Group Meatballs, .65 Ounce, Cooked, Frozen, 5 Lb Bag, 6/Case

Item Number: 785860

Case (6/5 Pound Bag)	$0.04/ea	**$30.60**	404

Print

Nutrition

Based On: AP Meatball, Ckd, 0.65oz, Redc Sod, Comm Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), BREAD CRUMBS (wheat flour, enriched, malted, bromated [wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid], water, palm oil, salt, sweet whey, sugar, yeast [natural yeast, sorbitan monostearate, ascorbic acid], calcium propionate, sodium metabisulfite), NONFAT DRY MILK, SEASONING (potassium chloride, natural flavor [contains maltodextrin]), DEHYDRATED ONION, SUGAR, SALT, GRATED ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes, calcium propionate), SPICE, CARAMEL COLOR, DEHYDRATED GARLIC. 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 May 2017. 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/785860_SLE.pdf

Nutrition Facts

Serving Size 4 each (73.7g)

Amount Per Serving

Calories 150	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 220mg	9%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 1g	4%
Sugar 2g	
Protein 12g	24%

Vitamin A IU 0% Vitamin C 2% Calcium 6% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	4 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	64 mg
Iron	2 mg
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	1 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	5 IU

JTM Beef Steak Patties, 2.45 Ounce, Frozen, 5 Lb Bag, 6/Case

Item Number: 661851

Case (6/5 Pound Bag)	$0.14/ct	**$27.77**	252

Print

Nutrition

Based On: AP Beef, Stk, Pty, JTM Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, CONTAINS LESS THAN 2% OF CITRUS FLOUR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, SEASONING (natural flavor, salt, beef fat), SPICES, CARAMEL 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 August 2017. 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/661851_SLE.pdf

Nutrition Facts

Serving Size 1 each (69.5g)

Amount Per Serving

Calories 170	Calories From Fat 111.9
	% Daily Value *
Fat 12g	19%
Saturated Fat 5g	24%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	16%
Sodium 250mg	11%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 1g	2%
Sugar 0g	
Protein 12g	24%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



AdvancePierre Char-Broiled Ground Beef Patties, 2.1 Ounce, Cooked, Frozen, 2.1 Oz Each, 100/Case

Item Number: 589519

These beef patties are slider-sized, seasoned, fully cooked, and charmarked for a homemade, freshly grilled appearance and taste. They may be stored in the refrigerator for up to seven days. They may be prepared on the grill or in the oven.

- **Fully cooked to reduce labor and preparation time**
- **Heat from frozen for quick preparation**

Case (100/2.1 Ounce Each)	$0.23/ea	**$23.49**	

Print

Nutrition

Based On: AP Beef, Patty, Char-Broiled, AdvancePie Rounding: On

Ingredients

BEEF, WATER, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B-1), PYRIDOXINE HYDROCHLORIDE (B-6), RIBOFLAVIN (B-2), CYANOCOBALAMIN (B-12)), SEASONING (HYDROLYZED CORN PROTEIN, DEXTROSE, SALT, ONION POWDER, SPICES), SODIUM PHOSPHATES. COMMON ALLERGENS PRESENT: 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 2017. 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/589519_SLE.pdf

Nutrition Facts

Serving Size 1 each (59g)	
Amount Per Serving	
Calories 150	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 330mg	14%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 1g	4%
Sugar 1g	
Protein 9g	18%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



GFS Flame-Broiled Ground Beef Patties, with Soy, 2.5 Ounce, Cooked, Frozen, 2.5 Oz Each, 90/Case

Item Number: 100650

These quality beef patties with soy added are flamebroiled and fully cooked, ready to heat on the grill or in the oven. They may be stored in the refrigerator for up to seven days.

- **Fully cooked to reduce labor and preparation time**
- **Heat from frozen for quick preparation**
- **Individual inner packages allow for portioning while keeping unused product sealed**
- **Child Nutrition labeled**

Case (90/2.5 Ounce Each) $0.69/ea **$61.76**

Print

Nutrition

Based On: AP Beef, Patty w/ Soy, Ckd, 2.5z GFS Rounding: On

Ingredients

Ground beef (not more than 30% fat), water, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12), (may contain caramel color), (may contain soy lecithin)], salt, sodium phosphate, caramel color. COMMON ALLERGENS PRESENT: 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 November 2016. 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/100650_SLE.pdf

Nutrition Facts

Serving Size 1 each (70g)	
Amount Per Serving	
Calories 170	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 220mg	9%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 1g	4%
Sugar 0g	
Protein 12g	24%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



GFS Flame-Broiled Ground Beef Patties, Hoagie, with Soy, 3 Ounce, Cooked, Frozen, 64 Ct Bag, 1/Case

Item Number: 512590

These beef hoagie patties with textured vegetable protein (TVP) are cooked over an open flame and contain natural char marks that offer an authentic barbecue flavor. Heat in the oven, microwave, or fry for quick preparation.

- **Fully cooked to reduce labor and preparation time**
- **Good source of protein**
- **Contains no preservatives**
- **Contains zero grams trans fat**

Case (1/64 Count Bag) $0.55/ea **$35.01**

Print

Nutrition

Based On: AP Beef, Pty, Hoagie, Ckd w/ Soy, 3z, GF Rounding: On

Ingredients

Beef, Water, Soy Protein Concentrate, Seasoning (Sugar, Salt, Monosodium Glutamate, Spices, Paprika, Turmeric, Soybean Oil), Dextrose, Potassium Phosphate. COMMON ALLERGENS PRESENT: 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 December 2016. 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/512590_SLE.pdf

Nutrition Facts

Serving Size 1 each (84g)	
Amount Per Serving	
Calories 190	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 300mg	13%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 2g	8%
Sugar 1g	
Protein 15g	30%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2.75 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

JTM Food Group Beef, with Cheese Sauce, Frozen, 5 Lb Bag, 6/Case

Item Number: 584101

Case (6/5 Pound Bag)	$0.10/oz	**$49.92**	621

Print

Nutrition

Based On: AP Entree, Beef w/Chs Sce, JTM Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), NONFAT DRY MILK, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF CHEESE FLAVOR (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), CREAM, SODIUM PHOSPHATES, BUTTER FLAVORING (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), PAPRIKA EXTRACT, ANNATTO EXTRACT, SOY LECITHIN. COMMON ALLERGENS PRESENT: Milk, 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 May 2017. 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/584101_SLE.pdf

Nutrition Facts

Serving Size 3.45 oz (97.81g)

Amount Per Serving

Calories 160	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	17%
Sodium 380mg	16%
Potassium	n/a
Carbohydrates 7g	2%
Fiber 0g	n/a
Sugar 3g	
Protein 13g	26%

Vitamin A IU 5% Vitamin C 0% Calcium 15% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3.45 oz
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	246 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	175 mg
Iron	1 mg
Manganese	n/a
Iodine	n/a

JTM Food Group Rotini Pasta, with Meat Sauce, Whole Grain, Frozen, 80 Oz Package, 6/Case

Item Number: 728590

Case (6/80 Ounce Package)	$0.07/oz	**$32.50**	828

Print

Nutrition

Based On: AP Rotini, Pasta, w/ Meat, JTM Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, ROTINI (whole durum wheat flour, semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), CONTAINS LESS THAN 2% OF ONIONS, SUGAR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SEASONING (sugar, onion, spice, garlic), SALT, SPICES, SODIUM PHOSPHATES, DEHYDRATED GARLIC, SOYBEAN OIL, CITRIC ACID, DEHYDRATED PARSLEY. COMMON ALLERGENS PRESENT: Egg, 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 January 2017. 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/728590_SLE.pdf

Nutrition Facts

Serving Size 7.44 oz (210.92g)

Amount Per Serving

Calories 310	Calories From Fat 145.4
	% Daily Value *
Fat 16g	25%
Saturated Fat 6g	31%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 610mg	25%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 4g	14%
Sugar 8g	
Protein 18g	36%

Vitamin A IU 12% Vitamin C 40% Calcium 4% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	7.44 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	22.8 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0.5 oz eq
Fruit	0 cup
Red/Orange	0.5 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	600 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	50 mg
Iron	3.06 mg
Manganese	n/a
Iodine	n/a

JTM Food Group Reduced Fat Beef Spaghetti Sauce, Frozen, 5 Lb Bag, 6/Case

Item Number: 573201

Case (6/5 Pound Bag)	$0.06/oz	**$28.00**	630

Print

Nutrition

Based On: AP Sauce, Spaghetti, Beef, Rdcd Fat, Com Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, ONIONS, SUGAR, SEASONING (potassium chloride, natural flavor [contains maltodextrin]), SEASONING (sugar, onion, spice, garlic), SALT, SPICE, DEHYDRATED GARLIC, FULLY REFINED SOYBEAN OIL, CITRIC ACID, DEHYDRATED PARSLEY. 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 December 2016. 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/573201_SLE.pdf

Nutrition Facts

Serving Size 5.6 oz (158.76g)	
Amount Per Serving	
Calories 170	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 3g	14%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 9g	3%
Fiber 2g	8%
Sugar 7g	
Protein 15g	30%

Vitamin A IU 13% Vitamin C 30% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	5.6 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	44 mg
Iron	2 mg
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	19 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	647 IU



GFS Philly Beef Steak, with Green Peppers & Onions, Cooked, Frozen Bulk, 4 Lb Box, 3/Case

Item Number: 593591

These quality, fully cooked beef steaks capture the traditional flavors of Philidelphia-style cheesesteaks, blended with fresh onions and green bell peppers. The versatile, convenient steak slices can be used in a variety of applications to create a signature twist in burritos, omelets, pizzas, and more.

- **Prepare from frozen for easy preparation, and reduced cleanup and labor**

Case (3/4 Pound Box)	$0.26/oz	**$50.52**	

Print

Nutrition

Based On: AP Beef Steak, w/ Peppers/ Onion, Ckd, G Rounding: On

Ingredients

Seasoned Beef (Beef, Water, Dextrose, Modified Food Starch, Salt, Spices, Sodium Phosphate, Tomato Powder, Garlic Powder, Onion Powder, Autolyzed Yeast, Hydrolyzed Soya Protein, Caramel Color, Natural Spice Oils, Silica Gel) Onions and Peppers; Seasoned With: Dextrose, Salt, Tomato Powder, Onion Powder, Garlic Powder, Caramel Color, Spices, Natural Flavorings. COMMON ALLERGENS PRESENT: 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 December 2016. 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/593591_SLE.pdf

Nutrition Facts

Serving Size 3 oz (84g)	
Amount Per Serving	
Calories 110	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 490mg	20%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 3g	
Protein 9g	18%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	3 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	3 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
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

JTM Seasoned Philly Beef Steaks, 2.92 Ounce, Cooked, Frozen, 5 Lb Package, 6/Case

Item Number: 720861

Case (6/5 Pound Package)	$0.34/ct	**$56.50**	291

Print

Nutrition

Based On: AP Beef, Steak, Seas, Ckd, 2.86z, JTM/Co Rounding: On

Ingredients

Ground Beef (no more than 20% fat), Water, Dextrose, Hydrolyzed Soy Protein, Sugar, Modified Food Starch, Salt, Sodium Tripolyphosphate, Tomato Powder, Caramel Color, Onion and Garlic Powder, Autolyzed Yeast, Citric Acid, Spices, Worcestershire Sauce Base (Water, Vinegar, Autolyzed Yeast Extract, Sugar, Salt, Natural Flavoring), Spice Extractives, Silicon Dioxide. COMMON ALLERGENS PRESENT: 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 January 2017. 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/720861_SLE.pdf

Nutrition Facts

Serving Size 1 each (81.1g)

Amount Per Serving

Calories 140	Calories From Fat 75.5
	% Daily Value *
Fat 8g	13%
Saturated Fat 3.5g	17%
Trans Fat 0.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 13g	26%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	10 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



AdvancePierre Char-Broiled Salisbury Ground Beef Steaks, 2.7 Ounce, Cooked, Frozen, 2.7 Oz Each, 59/Case

Item Number: 571730

These golden brown Salisbury steaks are fully cooked, ideal as an entree served with mashed potatoes and gravy or as a steak sandwich on toasted wheat bread.

- **Fully cooked to reduce labor and preparation time**
- **Heat from frozen for fast and easy preparation**
- **Consistent sizing for portion control and reduced waste**
- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**

Case (59/2.7 Ounce Each) $0.65/ea **$38.35**

Print

Nutrition

Based On: AP Beef Stk Salisbury, Charbroil, Advanc Rounding: On

Ingredients

Beef (May Contain Up To 15 % of Water, Dextrose, Sodium Phosphates, Yeast Extract, Natural Flavoring), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Bell Peppers, Seasoning [Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractives],Contains 2% or Less of the Following: Bleached Wheat Flour,Salt, Caramel Color, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika. 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 2017. 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/571730_SLE.pdf

Nutrition Facts

Serving Size 1 each (76g)	
Amount Per Serving	
Calories 180	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 220mg	9%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 1g	4%
Sugar 1g	
Protein 14g	28%

Vitamin A IU 2% Vitamin C 2% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	1.2 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Commodity Beef Taco Filling, Reduced Fat, Frozen, 5 Lb Each, 6/Case

Item Number: 722330

Case (6/5 Pound Each)	$0.06/oz	**$27.50**	560

Print

Nutrition

Based On: AP Taco, Filling, Beef, Red. Fat, Commod Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), TEXTURED VEGETABLE PROTEIN (soy flour, caramel color), CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains maltodextrin]), DEHYDRATED ONION, SALT, CHILI PEPPER, DEHYDRATED GARLIC, CARAMEL COLOR, VINEGAR, SPICES, PAPRIKA EXTRACT. COMMON ALLERGENS PRESENT: 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 May 2017. 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/722330_SLE.pdf

Nutrition Facts

Serving Size 3.17 oz (89.9g)

Amount Per Serving

Calories 110	Calories From Fat 43.7
	% Daily Value *
Fat 5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 2g	8%
Sugar 2g	
Protein 13g	26%

Vitamin A IU 13% Vitamin C 8% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3.17 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	5.4 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.13 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	650 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.98 mg
Manganese	n/a
Iodine	n/a



Bush's Best Low Sodium Black Beans, 111 Oz Can, 6/Case

Item Number: 231981

These canned black beans are produced from clean, sound, prepared beans which has been packed in a light brine.

Case (6/111 Ounce Can)	$0.04/oz	**$23.87**	

Print

Nutrition

Based On: AP Beans, Black, Lo Sod, Bush's Rounding: On

Ingredients

Prepared Black Beans, Water, Salt, and Calcium Chloride (Firming Agent). 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (130g)	
Amount Per Serving	
Calories 120	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 23g	8%
Fiber 6g	24%
Sugar 1g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 6% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	60 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Land O'Lakes Mild Cheddar Cheese, Shredded, 5 Lb Bag, 4/Case

Item Number: 150250

Case (4/5 Pound Bag)	$0.14/oz	**$46.21**	

Print

Nutrition

Based On: AP Cheese, Cheddar, Mild, Shredded, Comm Rounding: On

Ingredients

Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color)], Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)]. COMMON ALLERGENS PRESENT: 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 2017. 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/150250_SLE.pdf

Nutrition Facts

Serving Size 0.25 cup (28g)

Amount Per Serving

Calories 110	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1/4 Cup
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	281 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	202 mg
Iron	0.19 mg
Manganese	n/a
Iodine	n/a



BAF Santiago Low-Fat Refried Beans, in Pouch, 26.25 Oz Bag, 6/Case

Item Number: 668341

These refried beans are washed, soaked, pre-cooked, seasoned, and dried in a process locks in a from-scratch taste and texture. These refried beans contain no additives, preservatives, or artificial colors.

Case (6/26.25 Ounce Bag)	$0.17/oz	**$26.86**	

Print

Nutrition

Based On: AP Bean, Refried, Vegtar, Lo Sod, BAF Rounding: On

Ingredients

Pinto Beans (Dry), Salt. 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 update August 2017. 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/668341_SLE.pdf

Nutrition Facts

Serving Size 0.76 oz (21.8g)	
Amount Per Serving	
Calories 80	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 75mg	3%
Potassium 240mg	7%
Carbohydrates 14g	5%
Fiber 5g	20%
Sugar 0g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2.64 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	0.44 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0.25 cup
Other	0 cup

Notes:
Or a 2.64oz serving will provide 1oz M/MA.

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	25.26 mg
Iron	1.15 mg
Manganese	n/a
Iodine	n/a



JTM Food Group Queso Blanco Cheese Sauce, 5 Lb Bag, 6/Case

Item Number: 722110

This queso blanco is made with creamy white cheddar cheese, ground green chilies, diced onions, garlic, and jalapeno peppers.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Boil-in-bag packaging is convenient to use, requires minimal cleanup, and offers portion control**

Case (6/5 Pound Bag)	$0.06/oz	**$29.31**	329

Print

Nutrition

Based On: AP Sauce, Cheese, Queso Blanco, Comm/JTM Rounding: On

Ingredients

CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CREAM SAUCE BASE (coconut oil, corn syrup solids, cream powder [pasteurized sweet cream, skim milk solids, sodium caseinate, lecithin and BHT], modified food starch, sodium caseinate, soy lecithin, dipotassium phosphate, mono- and diglycerides, xanthan gum, titanium dioxide), MODIFIED FOOD STARCH, JALAPENO PEPPERS (with salt, acetic acid and calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID. COMMON ALLERGENS PRESENT: Milk, 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 January 2017. 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/722110_SLE.pdf

Nutrition Facts

Serving Size 2 oz (56.7g)

Amount Per Serving

Calories 120	Calories From Fat 83.5
	% Daily Value *
Fat 9g	14%
Saturated Fat 5g	26%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 410mg	17%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 8% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



Tyson Fajita Chicken Strips, Cooked, Frozen, 4.99 Lb Each, 8/Case

Item Number: 150160

These fajita-seasoned chicken strips are grill-marked, making them ideal for taco bars, buffets, appetizer dishes, and more.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Ability to prepare from frozen makes for easy preparation and reduced cleanup**

Case (8/4.99 Pound Each)	$0.12/oz	**$75.82**	196

Print

Nutrition

Based On: AP Chicken, Fajita Strips, FC, Commodity Rounding: On

Ingredients

For ingredient or allegen information please contact Tyson Foods, phone: 800-248-9766/web page: www.tysonfoodservice.com. Please reference product number 3522-928. 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 2017. 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/150160_SLE.pdf

Nutrition Facts

Serving Size 3 oz (84g)	
Amount Per Serving	
Calories 130	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 80mg	27%
Sodium 330mg	14%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 16g	32%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2.8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Gran Sazon Sliced Jalapeno Peppers, Plastic, 1 Gal, 4/Case

Item Number: 466240

Ideal in creating authentic Hispanic and Latin inspired dishes, these sliced jalapeno peppers retain a crisp texture. Packaged at the peak of freshness, this ready-to-use product minimizes labor and preparation time.

- **Fat-free**
- **Cholesterol-free**
- **1/4 inch slices**
- **1,000-1,200 pieces per gallon**

Case (4/1 Gallon Jar)	$0.06/oz	**$31.54**	

Print

Nutrition

Based On: AP Peppers, Jalap, Slcd, Gran Sazon Rounding: On

Ingredients

FRESH JALAPENO PEPPERS, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFIRE (PRESERVATIVES), POLYSORBATE 80, TURMERIC EXTRACT (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 February 2017. 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 oz (28g)	
Amount Per Serving	
Calories 5	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 460mg	19%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 15% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	9 mg

Fat Soluble Vitamins:

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

GFS Brown Rice, Whole Grain, 25 Lb Bag, 1/Bag



Item Number: 516371

This quality brown rice is made from 100 percent whole grain and cooks up in just a matter of minutes. Processed using a special milling procedure, the grains are scarified to allow water to absorb into the grain faster. This rice offers a slightly nutty flavor and chewy texture.

Bag (1/25 Pound Bag)	$0.03/oz	**$11.34**	

Print

Nutrition

Based On: AP Rice, Brown, WGrain, 1/4c>1c ckd, GFS Rounding: On

Ingredients

Long grain parboiled brown rice. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (47g)

Amount Per Serving

Calories 170	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 105mg	3%
Carbohydrates 37g	12%
Fiber 2g	8%
Sugar 0g	
Protein 4g	8%

Vitamin C n/a Calcium n/a Iron 4% Thiamin 10% Niacin B3 15% Folic Acid 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	n/a
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	24 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

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



Gordon Choice Mexican Brown Rice, Whole Grain, 26 Oz Case, 6/Case

Item Number: 576280

This reduced sodium, Mexican brown rice mix uses par-boiled long grain brown rice.

- **Contains no monosodium glutamate (MSG)**

Case (6/26 Ounce Case)	$0.18/oz	**$27.80**	

Print

Nutrition

Based On: AP Rice, WGrain, Mexican, Lo Sod, 3tbsp Rounding: On

Ingredients

Long Grain Parboiled Brown Rice, Seasoning Blend [Maltodextrin, Dehydrated Vegetables (Onion, Red & Green Bell Pepper, Garlic), Spice (includes Chile Pepper, Paprika), Salt (includes Sea Salt), Yeast Extract, Sugar, Red Beet Powder, Citric Acid, Paprika Extract, Parsley, Contains 2% or Less Silicon Dioxide (Anticaking)]. 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 May 2017. 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 3 tbsp (29g)	
Amount Per Serving	
Calories 100	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 21g	7%
Fiber 1g	4%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 6% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	3.6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

GFS Sour Cream, Grade A, Single-Serve, Packets, 1 Oz Each, 400/Case



Item Number: 836750

This quality sour cream is made from Grade A pasteurized butterfat and offers a smooth texture. They are portioned in single-serve packets and resist separation under hot and cold applications.

- **Stick pack has high barrier film for added moisture resistance and weeping.**
- **Specially designed to resist separation under a wide variety of applications**

Case (400/1 Ounce Each) $0.14/ea **$56.18**

Print

Nutrition

Based On: AP Sour Cream, 1z GFS Rounding: On

Ingredients

Cultured Nonfat milk, Cream, Contains less than 2% of Whey, Food Starch-Modified (Corn), Sodium Phosphate (Sodium Tripolyphosphate), Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (Preservative). COMMON ALLERGENS PRESENT: 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 July 2017. 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 (28g)	
Amount Per Serving	
Calories 60	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 50mg	2%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 1g	
Protein 1g	2%
Vitamin A IU 4% Vitamin C 0% Calcium 4% Iron 0%	

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

Commodity Beef Taco Filling, Reduced Fat, Frozen, 5 Lb Each, 6/Case

Item Number: 722330

Case (6/5 Pound Each)	$0.06/oz	**$27.50**	560

Print

Nutrition

Based On: AP Taco, Filling, Beef, Red. Fat, Commod Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), TEXTURED VEGETABLE PROTEIN (soy flour, caramel color), CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains maltodextrin]), DEHYDRATED ONION, SALT, CHILI PEPPER, DEHYDRATED GARLIC, CARAMEL COLOR, VINEGAR, SPICES, PAPRIKA EXTRACT. COMMON ALLERGENS PRESENT: 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 May 2017. 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/722330_SLE.pdf

Nutrition Facts

Serving Size 3.17 oz (89.9g)

Amount Per Serving

Calories 110	Calories From Fat 43.7
	% Daily Value *
Fat 5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 2g	8%
Sugar 2g	
Protein 13g	26%

Vitamin A IU 13% Vitamin C 8% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3.17 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	5.4 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.13 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	650 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.98 mg
Manganese	n/a
Iodine	n/a



Mission Foods 10 Inch Ultragrain Flour Tortillas, Shelf-Stable, 12 Ct Bag, 12/Case

Item Number: 690141

This versatile tortilla is made from a a blend of whole-grain flour and enriched wheat flour, and is ideal for fajitas, burritos, soft taco quesadillas, and wraps.

- **Kosher**

Case (12/12 Count Bag)	$0.19/ea	**$28.06**	

Print

Nutrition

Based On: AP Tortilla, Flour, 10", Ultragr, Missio Rounding: On

Ingredients

Water, Whole Grain Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Sugar, contains 2% or less of each of the following: Vital Wheat Gluten, Salt, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Yeast, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid). 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 January 2017. 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/690141_SLE.pdf

Nutrition Facts

Serving Size 1 each (62g)

Amount Per Serving

Calories 180	Calories From Fat 40.5
	% Daily Value *
Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 250mg	10%
Potassium	n/a
Carbohydrates 29g	10%
Fiber 3g	12%
Sugar 2g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 15% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2.25 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Tyson Breaded Whole Grain Boneless Skinless Chicken Breasts, 3.75 Ounce, Cooked, Frozen, 7.5 Lb Bag, 4/Case

Item Number: 525480

These fully cooked, whole-grain breaded chicken breast patties are made from white meat, whole muscle chicken.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Consistent serving size for portion and cost control**
- **Child Nutrition labeled**

Case (4/7.5 Pound Bag)	$0.13/oz	**$60.74**	313

Print

Nutrition

Based On: AP Chix, Brst, Fllt, Brd, Ckd, 3.75, WGr Rounding: On

Ingredients

Chicken breasts with rib meat, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid], sodium phosphates, seasoning (potassium chloride, rice flour). BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dried onion, dried garlic, sugar, wheat gluten, torula yeast, dextrose, spice, dried yeast, paprika extract (color), tumeric extract (color). Breading set in vegetable oil. 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 April 2017. 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/525480_SLE.pdf

Nutrition Facts

Serving Size 1 each (105g)

Amount Per Serving

Calories 200	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 5g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 45mg	15%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 9g	3%
Fiber 3g	12%
Sugar 0g	
Protein 19g	38%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a



Tyson Breaded Spicy Boneless Skinless Chicken Breasts, 3.75 Ounce, Cooked, Frozen, 7.5 Lb Bag, 4/Case

Item Number: 525490

These fully cooked, whole-grain breaded chicken breasts are made from white meat, whole muscle chicken, and offer a spicy flavor.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Consistent serving size for portion and cost control**
- **Child Nutrition labeled**

Case (4/7.5 Pound Bag)	$0.13/oz	**$63.75**	313

Print

Nutrition

Based On: AP Chix, Brst, Hot & Spicy, Brd, 3.75z, Rounding: On

Ingredients

Portioned chicken breasts with rib meat, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid], sodium phosphates, seasoning (potassium chloride, rice flour). BREADED WITH: Whole wheat flour, water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: salt, onion powder, spices, modified corn starch, sugar, garlic powder, modified wheat starch, extractives of paprika, yeast extract, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/525490_SLE.pdf

Nutrition Facts

Serving Size 1 each (105g)

Amount Per Serving

Calories 200	Calories From Fat 90
	% Daily Value *
Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 5g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 45mg	15%
Sodium 330mg	14%
Potassium	n/a
Carbohydrates 9g	3%
Fiber 1g	4%
Sugar 1g	
Protein 19g	38%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Tyson Red Label Boneless Skinless Chicken Breasts, Grilled, 3 Ounce, Select Cut, Cooked, Frozen, 5 Lb Bag, 2/Case

Item Number: 152121

Seasoned with salt and pepper, then seared on the grill, these chicken breast fillets offer a fully cooked and grilled marked protein, ideal for use as an entree.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**

Case (2/5 Pound Bag)	$0.54/ea	**$29.15**	925

Print

Nutrition

Based On: AP Chix Brst, Grlld-Tyson Red Label Rounding: On

Ingredients

For ingredient or allergen information, please contact: Tyson, phone: 1-800-248-9766/web page: www.tysonfoodservice.com. Please reference manufacturer number:38350-0928. 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 2017. 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/152121_SLE.pdf

Nutrition Facts

Serving Size 1 each (84g)	
Amount Per Serving	
Calories 120	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 60mg	20%
Sodium 320mg	13%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 22g	44%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2.5 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100101—Chicken, Diced, Cooked, Frozen

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is fully cooked diced chicken meat. This product is diced into approximately 1/2-inch cubes and is a natural proportion product that contains a minimum of 50% white meat. This item is shipped frozen in 40 pound cases containing eight 5-pound or four 10-pound packages.

CREDITING/YIELD

- One case of diced chicken provides approximately 640 1-ounce portions.
- CN Crediting: Approximately 1 ounce of diced chicken credits as 1 ounce equivalent meat/ meat alternate. Confirm individual product crediting by using the CN Label or product formulation statement.

CULINARY TIPS AND RECIPES

- Diced chicken is a versatile ingredient that can be used in a variety of different dishes such as burritos, chicken salad, wraps, soups, casseroles, or as a topping on the salad bar.
- For more culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA diced chicken

Amount Per Serving	
Calories	36
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	21mg
Sodium	28mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	6g

Source: USDA Foods Vendor Labels

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

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

May 2015



Tyson Breaded Whole Grain Chicken Drumsticks, Cooked, Frozen, 7.4 Lb Bag, 4/Case

Item Number: 603391

These breaded chicken drumsticks are made with whole grains. They are bone-in and fully cooked.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**

Case (4/7.4 Pound Bag)	$0.12/oz	**$57.08**	286

Print

Nutrition

Based On: AP Chix, Drmstx, Brd, Ckd, WGrain, Tyson Rounding: On

Ingredients

Chicken drumsticks, water, whole wheat flour, contains 2% or less of the following: autolyzed yeast extract, chicken fat, citric acid, disodium inosinate and disodium guanylate, dried chicken, dried chicken broth, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), extractives of paprika and turmeric, flavoring, garlic powder, leavening (sodium acid pyrophospahte, sodium bicarbonate, monocalcium phosphate), maltodextrin, modified food starch, onion powder, salt, sodium phosphates, spices, wheat gluten, yellow corn flour. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/603391_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (80g)

Amount Per Serving

Calories 190	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 4g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 50mg	17%
Sodium 450mg	19%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 1g	4%
Sugar 0g	
Protein 16g	32%

Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0.75 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a



Tyson Crispy Whole Grain Chicken Nuggets, Breaded, Cooked, Frozen, 8 Lb Bag, 4/Case

Item Number: 281831

Featuring a blend of white and dark meat chicken, these chopped and formed chicken nugget fritters are coated with a 51 percent whole grain breading.

- **Oven bake or fry for multiple preparation options**
- **Child Nutrition labeled**
- **Fully cooked for quick and easy preparation.**

Case (4/8 Pound Bag)	$0.08/oz	**$42.96**	>1000

Print

Nutrition

Based On: AP Chix, Chnk, Brd, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/281831_SLE.pdf

Nutrition Facts

Serving Size 4 each (78g)

Amount Per Serving

Calories 210	Calories From Fat 108
	% Daily Value *
Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 20mg	7%
Sodium 320mg	13%
Potassium	n/a
Carbohydrates 13g	4%
Fiber 2g	8%
Sugar 1g	
Protein 13g	26%

Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	5 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	20 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tyson Whole Grain Breaded Chicken Patty, Cooked, Frozen, 3.54 Ounce, 5.5 Lb Bag, 6/Case

Item Number: 281622

These chopped and formed patties are made from a blend of white and dark meat, coated in a 51 percent, whole grain breading.

- **Child Nutrition labeled**
- **Fully cooked to save labor, time, and minimize food safety risk from handling**

Case (6/5.5 Pound Bag)	$0.28/ct	**$41.66**	>1000

Print

Nutrition

Based On: AP Chix, Pty, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. 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 May 2017. 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/281622_SLE.pdf

Nutrition Facts

Serving Size 1 each (99g)

Amount Per Serving	
Calories 270	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 7g	n/a
MonoUnsat Fat 5g	n/a
Cholesterol 25mg	8%
Sodium 400mg	17%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 3g	12%
Sugar 1g	
Protein 16g	32%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Tyson Whole Grain Hot & Spicy Chicken Patties, Breaded, Round, 3.49 Ounce, Cooked, Frozen, 5 Lb Bag, 6/Case

Item Number: 327080

These white and dark meat, chopped and formed chicken patties feature a 51 percent whole grain breading with a hot and spicy flavor.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Child Nutrition labeled**

Case (6/5 Pound Bag)	$0.09/oz	**$42.32**	>1000

Print

Nutrition

Based On: AP Chix, Pty, WGrain, Hot & Spicy, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified wheat starch, salt, spices, onion powder, sugar, modified corn starch, wheat gluten, yeast extract, garlic powder, extractives of paprika, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose, spice extractive. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/327080_SLE.pdf

Nutrition Facts

Serving Size 1 each (99g)

Amount Per Serving	
Calories 270	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat 7g	n/a
MonoUnsat Fat 5g	n/a
Cholesterol 25mg	8%
Sodium 400mg	17%
Potassium	n/a
Carbohydrates 17g	6%
Fiber 3g	12%
Sugar 1g	
Protein 15g	30%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a



Tyson Grilled Breast Chicken Patties, with Grill Marks, Fillet, 3.1 Ounce, Cooked, Frozen, 100/Case

Item Number: 209244

Moist and tender, this fillet-shaped, white meat chicken breast patty with grill marks is smothered in a savory glaze and can be served on their own, or as part of a salad, wrap, or pasta dish.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Intended to be cooked from frozen for easy preparation, reduced cleanup and labor**
- **Oven bake only, for kitchens without a deep-fryer**

Case (100/3.1 Ounce Each)	$0.59/ea	**$59.45**	

Print

Nutrition

Based On: AP Chicken Brst Pty, Glzd, Ckd, 3.1z Tys Rounding: On

Ingredients

For ingredient or allegen information please contact Tyson Foods at 800-248-9766 /website: www.tysonfoodservice.com. Please reference product number 3822-928. 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 2017. 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 (87g)

Amount Per Serving

Calories 110	Calories From Fat 40.5
	% Daily Value *
Fat 4.5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 50mg	17%
Sodium 530mg	22%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 14g	28%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tyson Golden Crispy Fritter Chicken, Whole Grain, Breaded, Popcorn, Cooked, Frozen, 8 Lb Bag, 4/Case

Item Number: 327120

These white and dark meat, chopped and formed popcorn chicken portions feature a 51 percent whole grain breading.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Child Nutrition labeled**

Case (4/8 Pound Bag)	$0.08/oz	**$41.30**	>1000

Print

Nutrition

Based On: AP Chix, Popcorn, Brd, WGrain, Ckd, Tyso Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/327120_SLE.pdf

Nutrition Facts

Serving Size 11 each (86g)

Amount Per Serving

Calories 230	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 20mg	7%
Sodium 350mg	15%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 3g	12%
Sugar 1g	
Protein 14g	28%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	12 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Tyson Hot & Spicy Fritter Chicken, Whole Grain, Breaded, Popcorn, Cooked, Frozen, 8 Lb Bag, 4/Case

Item Number: 327130

These white and dark meat, chopped and formed, popcorn-shaped chicken patties feature a 51 percent whole grain breading with a hot and spicy flavor.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Child Nutrition labeled**

Case (4/8 Pound Bag)	$0.14/oz	**$71.15**	>1000

Print

Nutrition

Based On: AP Chix, PCorn, Bites, Hot & Spicy, WGra Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified wheat starch, salt, spices, onion powder, sugar, modified corn starch, wheat gluten, yeast extract, garlic powder, extractives of paprika, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose, spice extractive. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/327130_SLE.pdf

Nutrition Facts

Serving Size 11 Pc (85g)

Amount Per Serving

Calories 230	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 20mg	7%
Sodium 340mg	14%
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 1g	
Protein 13g	26%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	12 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Tyson Whole Grain Chicken Rings, Breaded, .74 Oz, Cooked, Frozen, 125 Ct Bag, 6/Case

Item Number: 281771

This chopped and formed blend of white and dark meat chicken features a rich, 51 percent whole grain breading and a unique ring shape.

- **Child Nutrition labeled**
- **Fully cooked to save labor, time, and minimize food safety risk from handling**

Case (6/125 Count Bag)	$0.06/ea	**$43.76**	548

Print

Nutrition

Based On: AP Chix, Chnk, Brd, WGrain, Ring, Tyson Rounding: On

Ingredients

Chicken, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. 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 May 2017. 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/281771_SLE.pdf

Nutrition Facts

Serving Size 4 Pc (83g)

Amount Per Serving

Calories 240	Calories From Fat 126
	% Daily Value *
Fat 14g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 5g	n/a
Cholesterol 40mg	13%
Sodium 360mg	15%
Potassium	n/a
Carbohydrates 12g	4%
Fiber 1g	4%
Sugar 1g	
Protein 17g	34%

Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	5 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Tyson Crispy Whole Grain Chicken Sticks, Breaded, CN Labeled, Cooked, Frozen, Frozen, 0.43 Ounce, 5 Lb Bag, 6/Case

Item Number: 283562

Made from a blend of chopped dark and white meat chicken, these stick-shaped fritters feature a 51 percent, whole grain breading.

- **Child Nutrition labeled**

Case (6/5 Pound Bag)	$0.04/ct	**$41.64**	>1000

Print

Nutrition

Based On: AP Chix, Stix, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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 2017. 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/283562_SLE.pdf

Nutrition Facts

Serving Size 7 each (84g)

Amount Per Serving

Calories 230	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 6g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 20mg	7%
Sodium 340mg	14%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 1g	
Protein 13g	26%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	8 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100117—Chicken, Fajita Strips, Cooked, Frozen

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is fully cooked dark meat chicken fajita strips made from boneless, skinless drumsticks, thighs, and/or legs. This product is marinated in fajita seasoning and contains grill markings. The item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of fajita strips provides approximately 282 1.7-ounce portions.
- CN Crediting: Approximately 1.7 ounces of fajita chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Fajita chicken strips can be heated and served in burritos, fajitas, wraps, or used as a topping on a leafy green salad or rice bowl.
- Fajita chicken strips can also be cut up and used as a protein option in dishes such as soups and casseroles.
- For more culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1.7 ounces (48 g)/1 MMA chicken fajita strips

Amount Per Serving	
Calories	61
Total Fat	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	37mg
Sodium	303mg
Total Carbohydrate	1g
Dietary Fiber	0g
Sugars	1g
Protein	9g

Source: USDA Foods Vendor Labels

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

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

February 2015



Tyson Fajita Chicken Strips, Cooked, Frozen, 4.99 Lb Each, 8/Case

Item Number: 150160

These fajita-seasoned chicken strips are grill-marked, making them ideal for taco bars, buffets, appetizer dishes, and more.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Ability to prepare from frozen makes for easy preparation and reduced cleanup**

Case (8/4.99 Pound Each)	$0.12/oz	**$75.82**	196

Print

Nutrition

Based On: AP Chicken, Fajita Strips, FC, Commodity Rounding: On

Ingredients

For ingredient or allegen information please contact Tyson Foods, phone: 800-248-9766/web page: www.tysonfoodservice.com. Please reference product number 3522-928. 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 2017. 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/150160_SLE.pdf

Nutrition Facts

Serving Size 3 oz (84g)

Amount Per Serving

Calories 130	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 80mg	27%
Sodium 330mg	14%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 16g	32%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2.8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tyson Crispy Whole Grain Chicken Tenders, Breaded, CN Labeled, Cooked, Frozen, 5.31 Lb Bag, 6/Case

Item Number: 283951

Featuring a blend of white and dark meat chicken, these chopped and formed chicken chunk tenders are coated with a 51 percent, whole grain breading.

- **Fully cooked for quick and easy preparation.**
- **Oven bake or fry for multiple preparation options**
- **Child Nutrition labeled**

Case (6/5.31 Pound Bag)	$0.09/ct	**$41.14**	>1000

Print

Nutrition

Based On: AP Chix, Tender, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. 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 May 2017. 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/283951_SLE.pdf

Nutrition Facts

Serving Size 3 Pc (95g)

Amount Per Serving

Calories 260	Calories From Fat 135
	% Daily Value *
Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 7g	n/a
MonoUnsat Fat 4g	n/a
Cholesterol 25mg	8%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 3g	12%
Sugar 1g	
Protein 15g	30%

Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case

Item Number: 722360

These American cheese slices feature fewer calories and 50 percent less fat than traditional American cheese slices. With ideal melting characteristics, these slices can be used to create grilled cheese sandwiches.

- **Presliced for fast preparation time and reduced labor**

Case (6/5 Pound Package)	$0.06/ea	**$59.81**	

Print

Nutrition

Based On: AP Cheese, American, Red Fat, Slcd, Comm Rounding: On

Ingredients

Cultured Pasteurized Milk and Skim Milk, *Whey Protein Concentrate, Salt, Sodium Citrate, Contains Less than 2% of Lactic Acid, Sorbic Acid (preservative), *Xanthan Gum, *Locust Bean Gum, *Guar Gum, beta-Carotene and apo-Carotenal (colors), *Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend. COMMON ALLERGENS PRESENT: Milk, 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 2017. 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 Slc (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 420mg	18%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 7g	14%

Vitamin A IU 10% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 Slices
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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:	No PFS on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100036—Cheese, American Blended, Yellow, Skim, Sliced

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

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

CREDITING/YIELD

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

CULINARY TIPS AND RECIPES

- Sliced American cheese can be used as a sandwich component or in recipes that are enhanced by a smooth, creamy melted cheese.
- Use blended American cheese in place of regular to lower the calories, fat and saturated fat in menus.
- Use processed cheeses in moderation when planning lower sodium menus.
- For more culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

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

Amount Per Serving	
Calories	80
Total Fat	5g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	15mg
Sodium	300mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	2g
Protein	6g

Source: USDA Foods Vendor Labels

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

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

June 2014

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100012—Cheese, Cheddar, Yellow, Reduced Fat, Shredded

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a Grade A or higher yellow cheddar cheese with a reduced fat profile. This product is shredded and contains six 5-pound bags per case.

CREDITING/YIELD

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

CULINARY TIPS AND RECIPES

- Cheddar cheese can be used as an ingredient in a variety of recipes such as casseroles, quesadillas or baked chicken dishes.
- Use shredded cheese as a topping for healthy dishes such as salad, baked potatoes, or burritos.
- Use reduced fat cheese in place of regular cheese to lower calories, fat, and saturated fat in menus.
- For more culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1 ounce (28 g) cheddar cheese, reduced fat, shredded

Amount Per Serving	
Calories	80
Total Fat	6g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	20mg
Sodium	200mg
Total Carbohydrate	1g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Source: USDA Foods Vendor Labels

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

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

June 2014

Land O'Lakes Mild Cheddar Cheese, Shredded, 5 Lb Bag, 4/Case

Item Number: 150250

Case (4/5 Pound Bag)	$0.14/oz	**$46.21**	

Print

Nutrition

Based On: AP Cheese, Cheddar, Mild, Shredded, Comm Rounding: On

Ingredients

Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color)], Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)]. COMMON ALLERGENS PRESENT: 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 2017. 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/150250_SLE.pdf

Nutrition Facts

Serving Size 0.25 cup (28g)

Amount Per Serving

Calories 110	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1/4 Cup
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	281 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	202 mg
Iron	0.19 mg
Manganese	n/a
Iodine	n/a

GFS Mild Cheddar Cheese, Fine Shredded, 5 Lb Bag, 4/Case



Item Number: 191043

This quality cheddar cheese is rich and creamy with a mellow flavor. Cheddar is very versatile and may be used in a wide variety of applications and cuisines.

- **Shredded for fast preparation time and reduced labor**
- **Gas-flushed bags offer free flow with optimum flavor and freshness**

Case (4/5 Pound Bag)	$0.14/oz	**$46.29**	
Bag (5 Pound Bag)	$0.20/oz	**$15.62**	

Print

Nutrition

Based On: AP Cheese, Cheddar, Mild, Shrd, Fine, GF Rounding: On

Ingredients

CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: 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 July 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 180mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU



GFS Jalapeno Monterey Jack Cheese, Sliced, 32 Count, with Interleaf Paper, 0.75 Ounce, 1.5 Lb Package, 6/Case

Item Number: 777587

This buttery sweet, creamy, and slightly tart cheese includes colorful specks of real jalapeno peppers for a festive, spicy flavor. Extremely versatile, it's a zesty addition to Mexican and Southwestern cuisine, as well as sandwiches, party trays, and a variety of other applications.

- **Presliced for fast preparation time and reduced labor**
- **Interleaved papers for easy slice separation**

Case (6/1.5 Pound Package)	$0.13/ea	**$25.86**	

Print

Nutrition

Based On: AP Cheese, Mont Jk Pepr, Slcd, GFS Rounding: On

Ingredients

Pasteurized milk, Jalapeno Peppers, cheese culture, salt and enzymes. COMMON ALLERGENS PRESENT: 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 January 2016. 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 Slc (21g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 130mg	5%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 5g	10%

Vitamin A IU 4% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100022—Cheese, Mozzarella, Part Skim, Loaves, Frozen

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a low moisture part skim mozzarella cheese. This product is delivered frozen and contains eight 6-pound loaves per case.

CREDITING/YIELD

- One case yields 768 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Mozzarella cheese can be used as an ingredient with whole grain pasta dishes or as a topping for salads, eggs, or vegetable dishes.
- Use lite cheese in place of regular cheese options to lower calories, fat, and saturated fat in menus.
- For more culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1 ounce (28 g) mozzarella cheese, part skim

Amount Per Serving	
Calories	90
Total Fat	7g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	20mg
Sodium	170mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Source: USDA Foods Vendor Labels

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

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

June 2014



Great Lakes Cheese Part-Skim Mozzarella Cheese, Sliced, 12 Count, 1.33 Ounce, 1 Lb Package, 12/Case

Item Number: 538736 (gf)

Mild and creamy, this low moisture, part skim mozzarella cheese is sliced, ideal for sandwiches, burgers, party trays, and a variety of other applications. It melts evenly.

- **Consistent portion sizing for cost control and uniform serving size**

Case (12/1 Pound Package)	$0.24/ea	**$34.02**	

Print

Nutrition

Based On: AP Cheese, Mozz, 2% Rounding: On

Ingredients

Pasteurized part-skim milk, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: 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 September 2016. 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 oz (28g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 8g	16%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Land O'Lakes Light Mozzarella String Cheese, Individually Wrapped, 168/Case

Item Number: 786801

Case (168/1 Each)	$0.19/ea	**$31.69**	

Print

Nutrition

Based On: AP Cheese, String, Mozzarella, Light, La Rounding: On

Ingredients

For ingredient or allergen information please contact: Land O Lakes, phone: (800) 328-1322/web page: www.landolakesfoodservice. Manufacturer number: 59703. 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 2017. 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/786801_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)	
Amount Per Serving	
Calories 60	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 7g	14%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110396—Cheese, Mozzarella, Part Skim, String

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a low moisture part skim mozzarella string cheese stick. This product is delivered refrigerated and contains 360 1-ounce packages per case.

CREDITING/YIELD

- One case yields 360 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Serve string cheese as a protein option with salad, fruit and a whole grain roll or crackers for a quick, balanced meal.
- Use this pre-packaged string cheese for breakfast in the classroom, field trip meals, or other grab and go options.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or Team Nutrition.

STORAGE GUIDELINES

- Product requires refrigeration. Please note the best-if-used-by date on this product and plan accordingly as this product has a limited shelf life

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1 stick (28 g), low moisture part skim, string cheese

Amount Per Serving	
Calories	90
Total Fat	7g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	20mg
Sodium	200mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Source: USDA Foods Vendor Labels

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

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

August 2015



GFS Low-Moisture Part-Skim Mozzarella String Cheese, Individually Wrapped, 1 Oz Each, 160/Case

Item Number: 470732

This quality, low-moisture string cheese is made from stretched curds of mild, milky mozzarella.

- **Individually wrapped for convenience**

Case (160/1 Ounce Each)	$0.26/ea	**$42.27**	

Print

Nutrition

Based On: AP Cheese, String, Stix, Wrpd, 1oz-GFS Rounding: On

Ingredients

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. COMMON ALLERGENS PRESENT: 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 July 2017. 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 (28g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 180mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 1g	4%
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

CREAMY COTTON CANDY

Nutrition Facts

Serving Size	2.5 fl. oz.	(54g)
Servings Per Container		1

Amount Per Serving		% Daily Value*
Calories	70	
Calories From Fat	5	
Total Fat	1g	2%
Saturated Fat	0.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	40mg	2%
Total Carbohydrate	15g	5%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	1g	

Vitamin A	10%
Vitamin C	0%
Calcium	6%
Iron	0%

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



UPC Code: 0-75455-87100-0

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (RED #40, BLUE #1), VITAMIN A PALMITATE.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Creamy Cotton Candy Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving

Calories 70	**Calories from Fat** 5
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 40	
Carbohydrates	
Sugars (g) 8	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

FUDGE FRENZY

Nutrition Facts

Serving Size	1 Bar	(63g)
Servings Per Container		1
Amount Per Serving		
Calories	90	
Calories From Fat	0	
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	< 5mg	1%
Sodium	80mg	3%
Total Carbohydrate	19g	6%
Dietary Fiber	< 1g	0%
Sugars	13g	
Protein	3g	
Vitamin A		2%
Vitamin C		0%
Calcium		10%
Iron		6%

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



UPC Code: 0-75455-86210-7

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: A Lowfat Frozen Dairy Desert

Size: 2.5 FL. OZ (74mL)

Ingredients:
NONFAT MILK, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, COCOA, AND STABILIZER (CELLULOSE GUM, CAROB BEAN GUM, CARRAGEENAN, GUAR GUM).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Fudge Frenzy Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)

Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat** 0

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 80

Carbohydrates

Sugars (g) 13

Vitamin D (%) NA Potassium (%) NA

Calcium (%) NA Dietary Fiber (%) NA

ORANGE CREAM BAR 2.5 oz

Nutrition Facts

Serving Size	2.5 FL. OZ.	(52g)
Amount Per Serving		
Calories	70	
Calories From Fat	9	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	31mg	1%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	1g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
Iron		0%

[1] Percent daily values are based on a 2,000 calorie diet.
Your daily values my be higher or lower depending on your calorie needs.



UPC Code: 0-75455-86010-3

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Naturally and Artificially Flavored Orange and Vanilla Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:

ORANGE OUTSIDE: NONFAT MILK AND MILKFAT, WATER, SUGAR, CORN SYRUP, MALTODEXTRIN, WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL FLAVOR, ARTIFICIAL COLOR (YELLOW #6).

VANILLA CENTER: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Orange Cream Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)

Servings Per Container

Amount Per Serving

Calories 70	**Calories from Fat** 9
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 31	
Carbohydrates	
Sugars (g) 11	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

SOUR SWELL-CHERRY

Nutrition Facts

Serving Size	2.5 fl. oz.	(53g)
Servings Per Container		1
Amount Per Serving		
Calories	70	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	2%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	20mg	1%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	3g	
Vitamin A		10%
Vitamin C		0%
Calcium		2%
Iron		0%

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



UPC Code: 0-75455-87000-3

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Naturally & Artificially Flavored Lowfat Frozen Dairy Dessert

Size: 2.5 FL. OZ. (74 mL)

Ingredients:
NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, CITRIC ACID, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), VITAMIN A PALMITATE, NATURAL & ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (RED #40, YELLOW #5, BLUE #1).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Sour Swell Bar

Serving Size:
70.88 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 2.5 oz (about 70.88 g)

Servings Per Container

Amount Per Serving

Calories 70	**Calories from Fat** 10
Total Fat (g) 1	
Saturated Fat (g) 0.5	
Trans Fat (g) 0	
Sodium (mg) 20	
Carbohydrates	
Sugars (g) 11	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

CHOCOLATE SHORTCAKE - LOWFAT

Nutrition Facts

Serving Size	3 fl. Oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	140	
Calories From Fat	40	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	60 mg	2%
Total Carbohydrate	22g	7%
Dietary Fiber	less than 1g	4%
Sugars	15g	
Protein	2g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
Iron		4%

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



UPC Code: 0-75455-85000-5

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Vanilla Lowfat Frozen Dairy Dessert with Chocolate Flavored Center and Crunch Coating

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CENTER: WATER, SUGAR, CORN SYRUP, COCOA, MALTODEXTRIN, STABILIZER(LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN).
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, COCOA, WHEY, PALM OIL, CORN STARCH, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH:WHOLE GRAIN WHEAT FLOUR, WHEAT FLOUR, SUGAR, SOYBEAN OIL, CARAMEL COLOR, COCOA (PROCESSED WITH ALKALI), SALT, CORN SYRUP, SODIUM BICARBONATE, NATURAL VANILLA FLAVOR.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Low Fat Chocolate Shortcake Bar

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 140	**Calories from Fat** 40
Total Fat (g) 3.5	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 60	
Carbohydrates	
Sugars (g) 15	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

STRAWBERRY SHORTCAKE - LOWFAT

Nutrition Facts

Serving Size	3 fl. oz.	(70g)
Servings Per Container		1
Amount Per Serving		
Calories	130	
Calories From Fat	30	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	1%
Sodium	45mg	2%
Total Carbohydrate	23g	8%
Dietary Fiber	0g	0%
Sugars	15g	
Protein	1g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
Iron		0%

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



UPC Code: 0-75455-85050-0

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Vanilla Lowfat Frozen Dairy Dessert with Artificially Flavored Strawberry Center and Crunch Coating

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CENTER: WATER, SUGAR, STRAWBERRY CORE POWDER (DEXTROSE, ADIPIC ACID, ARTIFICIAL FLAVOR, STABILIZER (LOCUST BEAN GUM, GUAR GUM, PROPYLENE GLYCOL ALGINATE), SILICON DIOXIDE (ANTICAKING), ARTIFICAL COLOR (RED #40)), CORN SYRUP, MALTODEXTRIN.
COATING: SOYBEAN OIL, COCONUT OIL, SUGAR, PALM OIL, NONFAT DRY MILK, SOY LECITHIN, SALT, VANILLIN (ARTIFICIAL FLAVOR), TBHQ (ANTIOXIDANT).
CRUNCH: WHOLE GRAIN WHEAT FLOUR, WHEAT FLOUR, SUGAR, SOYBEAN OIL, SALT, SODIUM BICARBONATE, NATURAL VANILLA FLAVOR, FD&C RED #3.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Low Fat Strawberry Shortcake Bar

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 30

Total Fat (g) 3.5
Saturated Fat (g) 1
Trans Fat (g) 0

Sodium (mg) 45

Carbohydrates
Sugars (g) 15

Vitamin D (%) NA Potassium (%) NA
Calcium (%) NA Dietary Fiber (%) NA

NEW!

BIRTHDAY CAKE CONE

Nutrition Facts

Serving Size	1 CONE	(70 g)
Servings Per Container		1
Amount Per Serving		
Calories	160	
Calories From Fat	20	
		% Daily Value*
Total Fat	2.5	4%
Saturated Fat	1.5	8%
Trans Fat	0g	
Cholesterol	<5mg	1%
Sodium	115mg	5%
Total Carbohydrate	33g	11%
Dietary Fiber	2g	8%
Sugars	17g	
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		4%

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



UPC Code: 0-75455-42400-8

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Artificially Flavored Frozen Dairy Snack with Sprinkles in a Sugar Cone

Size: 3 FL. OZ (89mL)

Icons: NUT FREE FACILITY · NO ARTIFICIAL COLORS · WHOLE GRAIN · NO HIGH FRUCTOSE CORN SYRUP · SMART SNACK

Ingredients:
FROZEN DAIRY SNACK: SKIM MILK, WHEY, CORN SYRUP, CANE SUGAR, MALTODEXTRIN (CORN), BUTTERFAT (CREAM), STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR, SPIRULINA EXTRACT (COLOR) .
CONE: WHOLE GRAIN WHEAT FLOUR, SUGAR, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING (SOYBEAN OIL,PALM OIL,AND SOY LECITHIN), SALT, ARTIFICAL FLAVOR.
SPRINKLES: SUGAR, CORN STARCH, VEGETABLE OIL (PALM, PALM KERNEL), CONFECTIONER'S GLAZE, FRUIT AND VEGETABLE CONCENTRATES (COLOR), SOY LECITHIN, DEXTRIN, CARNAUBA WAX, SODIUM BICARBONATE.
COATING: COCONUT OIL, SUGAR, FULLY HYDROGENATED COCONUT OIL, COCOA, COCOA PROCESSED WITH ALKALI, CHOCOLATE LIQUOR, SOY LECITHIN, SALT, ARTIFICIAL FLAVOR.

SMART SNACKS PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Birthday Cake Cone

Serving Size:
85.05 g

First Ingredient:
Skim Milk

Your non-beverage dairy product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 160 — **Calories from Fat** 20

Total Fat (g) 2.5
Saturated Fat (g) 1.5
Trans Fat (g) 0
Sodium (mg) 115
Carbohydrates
Sugars (g) 17

Vitamin D (%) NA — Potassium (%) NA
Calcium (%) NA — Dietary Fiber (%) NA

CRUMBLED COOKIE CONE

Nutrition Facts

Serving Size	1 CONE	(70 g)
Servings Per Container		1
Amount Per Serving		
Calories	170	
Calories From Fat	30	
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	105mg	4%
Total Carbohydrate	31g	10%
Dietary Fiber	less than 1g	0%
Sugars	15g	
Protein	3g	
Vitamin A		10%
Vitamin C		0%
Calcium		6%
Iron		4%

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



UPC Code: 0-75455-42200-4

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Lowfat Frozen Dairy Dessert

Size: 3 FL. OZ. (89mL)

Ingredients:
LOWFAT FROZEN DAIRY DESSERT: NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, MALTODEXTRIN, STABILIZER (GUAR GUM, MONO & DIGLYCERIDES, POLYSORBATE 80, LOCUST BEAN GUM , XANTHAM GUM), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.
CONE: WHOLE GRAIN WHEAT FLOUR, SUGAR, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING (SOYBEAN OIL,PALM OIL,AND SOY LECITHIN), SALT, CARAMEL COLOR, ARTIFICAL FLAVOR.
COATING: COCONUT OIL, SUGAR, COCOA, SOY LECITHIN, VANILLIN (ARTIFICIAL FLAVOR).
COOKIE PIECES: WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINMONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, SALT, SODIUM BICARBONATE, CHOCOLATE (SUGAR, CHOCOLATE LIQUOR,COCOA BUTTER, ANHYDROUS MILK FAT, SOY LECITHIN, VANILLIN),VANILLIN, NATURAL AND ARTIFICIAL COOKIE FLAVOR.

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Crumbled Cookie Cone

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving

Calories 170	**Calories from Fat** 30
Total Fat (g) 3.5	
Saturated Fat (g) 1.5	
Trans Fat (g) 0	
Sodium (mg) 105	
Carbohydrates	
Sugars (g) 15	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

Velvet Since 1914
ICE CREAM
A TRUE ORIGINAL

Low Fat 3oz Cups



Low Fat Chocolate
Item #10843



Low Fat Vanilla
Item #10844



Low Fat Strawberry
Item #10849

Nutrition Facts

Serving Size 1 cup (52g)
Servings Per Container 1

Amount Per Serving

Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**1.5%**
Saturated Fat .5g	**2.5%**
Trans Fat 0g	
Cholesterol 5mg	**1.6%**
Sodium 40mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 10g	
Protein 2g	
Vitamin A 4% •	Vitamin C 0%
Calcium 8% •	Iron 0%

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

Nutrition Facts

Serving Size 1 cup (52g)
Servings Per Container 1

Amount Per Serving

Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**1.5%**
Saturated Fat .5g	**2.5%**
Trans Fat 0g	
Cholesterol 5mg	**1.6%**
Sodium 49mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 2g	
Vitamin A 4% •	Vitamin C 0%
Calcium 10% •	Iron 0%

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

Nutrition Facts

Serving Size 1 cup (52g)
Servings Per Container 1

Amount Per Serving

Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**1.5%**
Saturated Fat .5g	**2.5%**
Trans Fat 0g	
Cholesterol 5mg	**1.6%**
Sodium 49mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 2g	
Vitamin A 4% •	Vitamin C 0%
Calcium 10% •	Iron 0%

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

Velvet Ice Cream Company, Inc. | PO Box 588 | 11324 Mt Vernon Rd | Utica, OH 43080 | www.velveticecream.com

Velvet Since 1914
ICE CREAM
A TRUE ORIGINAL

Cotton Candy
Low Fat 3oz Cup



Low Fat Cotton Candy
Item #10845

Nutrition Facts
Serving Size 1 cup (52g)
Servings Per Container 1

Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**1.5%**
Saturated Fat .5g	**2.5%**
Trans Fat 0g	
Cholesterol 5mg	**1.6%**
Sodium 49mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 2g	
Vitamin A 4% •	Vitamin C 0%
Calcium 10% •	Iron 0%

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

VELVET POWER POP - ORANGE

Nutrition Facts
Serving Size 1 pop (64g)
Servings Per Container 1

Amount Per Serving	
Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat .5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 15mg	**1**%
Total Carbohydrate 19g	**6**%
Dietary Fiber 0g	**0**%
Sugars 16g	
Protein 0g	
Vitamin A 10% •	Vitamin C 0%
Calcium 0% •	Iron 0%

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



3 oz. Power Pop- NONFAT MILK AND MILKFAT, WATER, SUCROSE, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE ORANGE PULP, CITRIC ACID, LOCUST BEAN GUM, DEXTROSE, MONO&DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, PECTIN, VITAMIN A PALMITATE, FD&C YELLOW 6 AND SODIUM BENZOATE. CONTAINS: MILK (OU-D Kosher).

SMART SNACKS PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Velvet Ice Cream

Product Name:
Power Pop - Orange

Serving Size:
85.05 g

First Ingredient:
Nonfat Milk and Milkfat

Your non-beverage dairy product meets all nutrient standards for entrees or snack foods.

Nutrition Facts
Serving Size 3 oz (about 85.05 g)
Servings Per Container

Amount Per Serving	
Calories 80	**Calories from Fat** 5
Total Fat (g) 0.5	
Saturated Fat (g) 0	
Trans Fat (g) 0	
Sodium (mg) 15	
Carbohydrates	
Sugars (g) 16	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

NEW!

Sour Cyclone - Blue Raspberry

Nutrition Facts

Serving Size	3.75 fl. oz.	(80g)
Servings Per Container		1
Amount Per Serving		
Calories	100	
Calories From Fat	10	
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	0 mg	0%
Sodium	35mg	1%
Total Carbohydrate	21g	7%
Dietary Fiber	0g	0%
Sugars	17g	
Protein	<1g	
Vitamin A		25%
Vitamin C		0%
Calcium		2%
Iron		0%

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



UPC Code: 0-75455-40140-5

Kosher: Kof-K Dairy

Allergen Note: Contains Milk.

Food Name: Artificially Flavored Lowfat Frozen Dairy Dessert

Ingredients:
NONFAT MILK AND MILKFAT, WATER, SUGAR, CORN SYRUP, WHEY, CITRIC ACID, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, LOCUST BEAN GUM, XANTHAN GUM), NATURAL & ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (BLUE #1, Red #40).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Sour Cyclone - Blue Raspberry

Serving Size:
106.31 g

First Ingredient:
Nonfat Milk and Milkfat

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 3.75 oz (about 106.31 g)

Servings Per Container

Amount Per Serving

Calories 100 | **Calories from Fat** 10

Total Fat (g) 1

- Saturated Fat (g) 0.5
- Trans Fat (g) 0

Sodium (mg) 35

Carbohydrates

- Sugars (g) 17

Vitamin D (%) NA | Potassium (%) NA

Calcium (%) NA | Dietary Fiber (%) NA

VELVET 2.5 OZ. LOW FAT SANDWICH

Nutrition Facts
Serving Size 1 Sandwich (54g)
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 12g	
Protein 3g	
Vitamin A 2% •	Vitamin C 0%
Calcium 8% •	Iron 0%

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



2.5oz Sandwich - WAFER INGREDIENTS: BLEACHED WHEAT FLOUR, SUGAR, CARAMEL COLOR, DEXTROSE, PALM OIL, CORN FLOUR, CONTAINS 2% OR LESS OF COCOA, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, BAKING SODA, SALT, MONO-AND DIGLYCERIDES, SOY LECITHIN.

ICE CREAM INGREDIENTS: SKIM MILK, WHEY, SUGAR, CORN SYRUP, CREAM, WHEY, MONO- AND DIGLYCERIDES, GUAR GUM, XANTHUM GUM, CARRAGEENAN, VITAMIN A PALMITATE, ARTIFICIAL VANILLA, ANNATTO (COLOR).

CONTAINS: MILK, WHEAT, SOY, GLUTEN (OU-D Kosher).

SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks
Product Calculator Results

Brand:
Velvet Ice Cream

Product Name:
2.5 oz. Low Fat Sandwich

Serving Size:
70.88 g

First Ingredient:
Skim Milk

Your non-beverage dairy product meets all nutrient standards for entrees or snack foods.

Nutrition Facts
Serving Size 2.5 oz (about 70.88 g)
Servings Per Container

Amount Per Serving	
Calories 110	**Calories from Fat** 15
Total Fat (g) 1.5	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 110	
Carbohydrates	
Sugars (g) 12	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

JTM Alfredo Sauce, Frozen, 5 Lb Bag, 6/Case

Item Number: 155661

Case (6/5 Pound Bag)	$0.08/oz	**$37.26**	608

Print

Nutrition

Based On: AP Sauce, Alfredo, JTM Rounding: On

Ingredients

WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK, CHEESE FLAVOR (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), CONTAINS LESS THAN 2% OF ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes, calcium propionate), BUTTER FLAVORING (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICES, CITRIC ACID. COMMON ALLERGENS PRESENT: 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 May 2017. 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/155661_SLE.pdf

Nutrition Facts

Serving Size 0.25 cup (51.9g)

Amount Per Serving

Calories 90	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	6%
Sodium 370mg	16%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 3g	
Protein 6g	12%

Vitamin A IU 5% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1/4 cup (1.83oz)
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	190 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	225 IU



JTM Food Group Queso Blanco Cheese Sauce, 5 Lb Bag, 6/Case

Item Number: 722110

This queso blanco is made with creamy white cheddar cheese, ground green chilies, diced onions, garlic, and jalapeno peppers.

- **Fully cooked to save labor, time, and minimize food safety risk from handling**
- **Boil-in-bag packaging is convenient to use, requires minimal cleanup, and offers portion control**

Case (6/5 Pound Bag)	$0.06/oz	**$29.31**	329

Print

Nutrition

Based On: AP Sauce, Cheese, Queso Blanco, Comm/JTM Rounding: On

Ingredients

CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, CREAM SAUCE BASE (coconut oil, corn syrup solids, cream powder [pasteurized sweet cream, skim milk solids, sodium caseinate, lecithin and BHT], modified food starch, sodium caseinate, soy lecithin, dipotassium phosphate, mono- and diglycerides, xanthan gum, titanium dioxide), MODIFIED FOOD STARCH, JALAPENO PEPPERS (with salt, acetic acid and calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID. COMMON ALLERGENS PRESENT: Milk, 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 January 2017. 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/722110_SLE.pdf

Nutrition Facts

Serving Size 2 oz (56.7g)

Amount Per Serving

Calories 120	Calories From Fat 83.5
	% Daily Value *
Fat 9g	14%
Saturated Fat 5g	26%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 410mg	17%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 8% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



JTM Caramba Cantina White Queso Cheese Sauce, Bag-in-Box, Frozen, 5 Lb Bag, 4/Case

Item Number: 701201

This rich, creamy queso blanco features savory white cheddar cheese sauce, highlighted by ground green chilies, diced onions, garlic, and a hint of jalapeno.

Case (4/5 Pound Bag)	$0.09/oz	**$29.20**	511

Print

Nutrition

Based On: AP Sauce, Chs, Wht, Queso, JTM Rounding: On

Ingredients

Water, Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Cream, Cream Sauce Base (coconut oil, corn syrup solids, cream powder [sweet cream, nonfat milk, sodium caseinate], sodium caseinate, mono- and diglycerides, dipotassium phosphate, modified food starch, sunflower lecithin, xanthan gum, titanium dioxide), Tomatillos (with citric acid), Contains Less than 2% of Green Chiles (with citric acid), Modified Food Starch, Sodium Phosphates and Potassium Phosphates, Jalapeno Peppers (with salt, acetic acid, water, calcium chloride), Salt, Seasoning (potassium chloride, flavor [contains maltodextrin]), Onions, Dehydrated Garlic, Citric Acid, Dehydrated Cilantro. COMMON ALLERGENS PRESENT: 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 July 2017. 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 2.12 oz (60g)	
Amount Per Serving	
Calories 120	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 5g	27%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 460mg	19%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 6g	11%

Vitamin A IU 6% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	None Provided
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	0.6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	170 mg
Iron	0.18 mg
Manganese	n/a
Iodine	n/a



Dannon Danimals Nonfat Strawberry Banana Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 869921

This nonfat yogurt is a source of protein, calcium, and vitamin D. It contains no high fructose corn syrup and no artificial flavors or colors.

- **Individual serving size for portion control**

Case (48/4 Ounce Each)	$0.22/ea	**$10.47**	

Print

Nutrition

Based On: AP Yogurt, Strawb-Banana, Danimals, Dann Rounding: On

Ingredients

Cultured grade a non fat milk, sugar, water, modified corn starch, contains less than 1% of modified corn starch, kosher gelatin, beta carotene and vegetable juice (for color), natural flavors, agar agar, potassium sorbate (to maintain freshness), malic adic, vitamin d3, sodium citrate. Contains active yogurt cultures. COMMON ALLERGENS PRESENT: 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 2017. 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 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 60mg	2%
Potassium 170mg	5%
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 10g	
Protein 4g	8%

Vitamin C n/a Vitamin D IU 0% Calcium 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	
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 D IU	60 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Dannon Danimals Low Fat Strawberry Smash Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 885750

This lowfat strawberry yogurt offers a source of protein, calcium, and vitamin D and does not contain any artificial colors or flavors, or high fructose corn syrup.

- **Individual serving size for portion control**

Case (48/4 Ounce Each)	$0.22/ea	**$10.47**	

Print

Nutrition

Based On: AP Yogurt, Strawberry, Danimals, Dannon Rounding: On

Ingredients

Cultured grade a nonfat milk, sugar, water, modified food starch, conatins less than 1% of modified corn starch, kosher gelatin, black carrot juice concentrate and beta carotene (for color), natural flavors, agar agar, malic acid, potassium sorbate (to maintain freshness), sodium citrate, vitamin d3. Contains active yogurt cultures. COMMON ALLERGENS PRESENT: 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 December 2016. 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 4 oz (113.4g)	
Amount Per Serving	
Calories 80	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 65mg	3%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 0g	n/a
Sugar 13g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Yoplait Parfait Pro Low Fat Strawberry Yogurt, Bulk Pouch with Cap, 4 Lb Bag, 6/Case

Item Number: 811490

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- **No artificial flavors or colors**
- **Uses 72 percent less plastic than 32 ounce tubs for reduced waste**
- **Make parfaits with ParfaitPro in half the time**

Case (6/4 Pound Bag)	$0.06/oz	**$23.77**	

Print

Nutrition

Based On: AP Yogurt, Strawberry, Low Fat, Yoplait Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Colored with Carmine, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/811490_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber	n/a
Sugar 28g	
Protein 7g	14%

Vitamin A IU 20% Vitamin C n/a Vitamin D IU 0% Calcium 20% Phosphorous 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	
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 D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU



Yoplait Trix Low Fat Raspberry Rainbow Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551770

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and is a good source of calcium, vitamins A and D, and protein in every serving.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains Less Than 1% Of: Kosher Gelatin, Citric Acid, Vegetable Juice, Fruit Juice and Beta Carotene (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551770_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)	
Amount Per Serving	
Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Strawberry Banana Bash Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551760

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and provides a good source of nutrients like protein, calcium, vitamins A and D.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice, Beta Carotene and Turmeric Extract (for color), Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551760_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Triple Cherry Yogurt, Cup, 4 Oz Package, 48/Case

Item Number: 186911

This creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Package)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice and Beta Carotene (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/186911_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Parfait Pro Low Fat Vanilla Yogurt, Bulk Pouch, 4 Lb Bag, 6/Case

Item Number: 811500

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- **No artificial flavors or colors**
- **Uses 72 percent less plastic than 32 ounce tubs for reduced waste**
- **Make parfaits with ParfaitPro in half the time**

Case (6/4 Pound Bag)	$0.06/oz	**$23.77**	

Print

Nutrition

Based On: AP Yogurt, Vanilla, Parfaitpro, Low Fat, Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Potassium Sorbate Added toMaintain Freshness, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/811500_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber 1g	4%
Sugar 28g	
Protein 7g	14%

Vitamin A IU 20% Vitamin C 0% Vitamin D IU 0% Calcium 20% Iron 10% Phosphorous 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	8 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100187—Ham, 97% Fat Free, Cooked, Water-Added, Sliced

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This product is fully-cooked and thinly sliced in round or square–shaped pieces that are approximately 4 inches across. This product is delivered frozen in cases containing eight 5-pound packages.

CREDITING/YIELD

- One case of ham provides about 525 1.22-ounce portions.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Sliced ham can be used as a protein component on sandwiches and wraps or incorporated into egg dishes or chicken dishes.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving	
Calories	37
Total Fat	2g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	18mg
Sodium	232mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	1g
Protein	5g

Source: USDA Foods Vendor Labels

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

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

August 2014

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110554—Turkey, Deli Breast, Sliced

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION

This item is fully cooked deli-style turkey produced from formed turkey breast meat. This product contains thinly sliced deli meat in a shingle layered package. This item is shipped frozen in cases containing eight 5-pound packages.

CREDITING/YIELD

- One case of turkey deli breast provides approximately 448 1.43-ounce portions.
- CN Crediting: Approximately 1.43 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Turkey deli breast can be used in sandwiches made with whole grain-rich bread and topped with a variety of healthy ingredients such as lettuce, tomato, avocado, and onions.
- Pre-sliced turkey deli breast is a great addition to a school deli bar.
- For more culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1.43 ounces (40 g)/1 MMA turkey breast

Amount Per Serving	
Calories	43
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	18mg
Sodium	214mg
Total Carbohydrate	1g
Dietary Fiber	0g
Sugars	0g
Protein	8g

Source: USDA Foods Vendor Labels

Allergen Information: The specification for this product requires that no gluten-containing ingredients or soy is used in the formulation. Please be sure to verify this information using the allergen statement on the product packaging upon receipt. For more information, please contact the product manufacturer directly.

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

August 2016



Jennie-O Sliced Turkey Breast, White Meat Reduced Sodium, Fresh, 2 Lb Bag, 6/Case

Item Number: 183161

Case (6/2 Pound Bag)	$0.25/oz	**$48.75**	

Print

Nutrition

Based On: AP Turkey, Breast, Sliced, Redcd Sodium, Rounding: On

Ingredients

Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Carrageenan, Sodium Phosphate. 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 December 2016. 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/183161_SLE.pdf

Nutrition Facts

Serving Size 3 Slc (59g)	
Amount Per Serving	
Calories 60	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 300mg	13%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 12g	24%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	3.17 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Jennie-O Turkey Breasts, Steaks, Sliced, Frozen, 6.17 Lb Bag, 4/Case

Item Number: 563652

Case (4/6.17 Pound Bag)	$0.20/oz	**$78.33**	2

Print

Nutrition

Based On: AP Turkey, Brst, Stk Slcd, Jennie-O Rounding: On

Ingredients

For ingredient or allergen information, please contact: Jennie-O, phone: 800-328-1756. Manufacturer number: 230324. 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 2016. 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/563652_SLE.pdf

Nutrition Facts

Serving Size 2 Slc (79g)	
Amount Per Serving	
Calories 80	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 17g	34%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 Slice
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



High Liner Foodservice Whole Grain Breaded Fish Shapes, Oven-Ready, 1 Ounce, Cooked, Individually Frozen, 10 Lb Case, 1/Case

Item Number: 523291

These parfried star and fish shaped nuggets are made with a blend of whole fish fillets, and vegetable protein product to create a product ideal for a variety of child-friendly applications. Each piece weighs approximately 1 ounce.

- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**
- **Oven bake or fry for multiple preparation options**
- **Child Nutrition labeled**

Case (1/10 Pound Case)	$0.16/ea	**$26.06**	

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Nutrition

Based On: AP Fish, Brd, Shapes, O/R, 1z, Samband Rounding: On

Ingredients

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDIOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR)}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. COMMON ALLERGENS PRESENT: Fish, 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 June 2017. 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/523291_SLE.pdf

Nutrition Facts

Serving Size 4 each (112g)	
Amount Per Serving	
Calories 220	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 760mg	32%
Potassium	n/a
Carbohydrates 21g	7%
Fiber 2g	8%
Sugar 1g	
Protein 13g	26%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	4 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	1.5 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
Calcium	40 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



GFS Whole Grain Pollock Portions, Oven-Ready, Rectangle-Shaped, 3.6 Ounce, Raw, Frozen, 10 Lb Each, 1/Case

Item Number: 501262

These parfried Alaskan pollock nuggets are square-like in shape and coated with a signature whole grain breading which bakes in the oven to a golden-brown color, with a slightly crisp bite. These mild, delicate, and versatile fillets are ideal for use in highlighting entrees in school cafeterias, healthcare facilities, and more. Each piece weighs approximately 3.6 ounces.

- **Cut from whole fillet blocks for a quality fillet**
- **Individually quick frozen ensures freshness and allows for easy pro**
- **Features a 51 percent whole grain breading**

Case (1/10 Pound Each)	$0.68/ct	**$29.75**	

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Nutrition

Based On: AP Pollock, Brd, Rect, WGrain, 3.6z, GFS Rounding: On

Ingredients

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING; WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. COMMON ALLERGENS PRESENT: Fish (Pollock), 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 December 2016. 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/501262_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (101g)	
Amount Per Serving	
Calories 180	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	17%
Sodium 180mg	7%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 1g	
Protein 14g	28%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



High Liner Foodservice Breaded Pollock Portions, Oven-Ready, Sandwich Cut, 3 Ounce, Cooked, Frozen, 10 Lb Bag, 1/Case

Item Number: 576255

These oven-ready pollock portions feature a blend of whole pollock and vegetable protein product, ideal for use in creating entrees or sandwiches. These parfried fillets cook up to an appealing golden-brown color, and can be oven baked. Each piece weighs approximately 3 ounces.

- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**
- **Consistent sizing for portion control and reduced waste**
- **Oven bake or fry for multiple preparation options**
- **Child Nutrition labeled**

Case (1/10 Pound Bag)	$0.49/ea	**$26.11**	

Print

Nutrition

Based On: AP Fish, Brd, O/R, 3z, Samband of Icelan Rounding: On

Ingredients

66.0% Seafood Mix {Fish: 52.8% [51.2% Pollock, 1.55% water, 0.05% sodium tripolyphosphate (to retain moisture)]; Water: 8.9%; Vegetable Protein Product: 2.8% (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), Seasonings: 1.5% [salt, sodium phosphate, maltodextrin, dextrose, autolyzed yeast, natural flavors, polysorbate 80 (emulsifier)]}. Batter & Breading: 34.0%; Whole wheat flour, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole yellow corn meal, contains 2% or less of: yellow corn flour, modified corn starch, sugar, salt, yeast, dried whey, autolyzed yeast extract, leavening (sodium bicarbonate, monocalcium phosphate), modified cellulose, dried onion, caramel color, extractives of paprika, annatto and turmeric (color). Prefried in canola, cottonseed and/or soybean oil. COMMON ALLERGENS PRESENT: Fish, 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 May 2017. 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/576255_SLE.pdf

Nutrition Facts

Serving Size 1 each (84g)	
Amount Per Serving	
Calories 170	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 580mg	24%
Potassium	n/a
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 1g	
Protein 11g	22%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	1.5 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
Calcium	20 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100522—Apples, Fuji, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Fuji apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

May 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110543—Apples, Granny Smith, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Granny Smith apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

January 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100514—Apples, Red Delicious, Fresh

Category: Fruits

PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Red Delicious apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the Food Buying Guide for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving	
Calories	32
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	8g
Dietary Fiber	1g
Sugars	6g
Protein	0g

Source: USDA National Nutrient Database

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

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

November 2014

GFS Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case



Item Number: 122200

This apple sauce is pre-portioned into single serving cups for use as a side dish or healthy snack.

- **Individual serving size for portion control**

Case (72/4 Ounce Each)	$0.25/ea	**$17.76**	

Print

Nutrition

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

Ingredients

Apples, Water, Salt. 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 December 2015. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (113g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium	n/a
Carbohydrates 12g	4%
Fiber 2g	8%
Sugar 8g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Lucky Leaf Light Strawberry Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case

Item Number: 105546

This strawberry flavored applesauce has no added sugar.

- **Easy-to-peel foil lids reduce the risk of spills**
- **Individual serving size for portion control**

Case (72/4 Ounce Each)	$0.27/ea	**$19.43**	

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Nutrition

Based On: AP Applesauce, Lite, Strawberry, Knouse Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor. Red 40 color and sucralose (Splenda Brand) a non nutritive sweetener. Ascorbic acid 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 May 2017. 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 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 25g	8%
Fiber 2g	8%
Sugar 21g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110541—Applesauce, Unsweetened, Canned

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A regular canned applesauce with no added sweetener. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or with toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- To find culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving	
Calories	51
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	11g
Protein	0g

Source: USDA National Nutrient Database

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110361—Applesauce, Unsweetened, Cups

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A regular applesauce with no added sweetener. This product is available in cases containing 96 4.5-oz individual portion plastic cups.

CREDITING/YIELD

- One case of applesauce cups provides 96 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or provide toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use individual portion applesauce cups for field trips, snacks, or breakfast in the classroom.
- To find culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving	
Calories	51
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	11g
Protein	0g

Source: USDA National Nutrient Database

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

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

August 2014



Musselman's Unsweetened Cinnamon Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699180

This Musselman's branded, unsweetened applesauce is made from 100% American grown apples. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.

Case (96/4.5 Ounce Each)	$0.23/ea	**$21.93**	

Print

Nutrition

Based On: AP Applesauce, Cinn, Unswt, Musselman's Rounding: On

Ingredients

Apples, water, cinnamon,, ascorbic acid(vitamin C) and natural flavor. 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 May 2017. 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 (127.57g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Musselman's Unsweetened Strawberry Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699211

This Musselman's branded, unsweetened applesauce is made from 100% American grown apples with an added natural strawberry flavor. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.

Case (96/4.5 Ounce Each)	$0.23/ea	**$21.93**	

Print

Nutrition

Based On: AP Applesauce, Strawb, Unswt, Musselman' Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor, ascorbic acid(vitamin C), malic acid, fruit and vegetable juice for color and color added. 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 May 2017. 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 (127.57g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100261— Apricots, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced apricots packed in a light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of apricot cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of apricots credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Apricot cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced apricot cup

Amount Per Serving	
Calories	110
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	25g
Dietary Fiber	2g
Sugars	23g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015



Packer Label Single Stage 3 - 5 Bananas, Fresh, 1 Ea, 150/Case

Item Number: 197769

These bulk-packed bananas are shipped more yellow than green to all yellow with green tips. The fruit is sweet, creamy, and on the firmer side. Brand may vary.

Case (150/1 Each Box)	$0.14/ea	**$20.42**	

Print

Nutrition

Based On: Bananas raw Rounding: On

Ingredients

For ingredient or allergen information, please contact: Caito Foods, phone: 800-652-8165. Please reference manufacturer number: 385310. 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 2016. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (118g)

Amount Per Serving

Calories 110	Calories From Fat 3.5
	% Daily Value *
Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 420mg	12%
Carbohydrates 27g	9%
Fiber 3g	12%
Sugar 14g	
Protein 1g	3%

Vitamin A IU 2% Vitamin B6 22% Vitamin B12 0%
Vitamin C 15% Vitamin E mg 0% Vitamin K 0% Calcium 0%
Iron 2% Phosphorous 3% Magnesium 8% Zinc 1% Copper 5%
Selenium 0% Manganese 0% Thiamin 2% Riboflavin 5%
Niacin B3 4% Pantothenic Acid 4% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	5.9 mg
Iron	0.31 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 D IU	n/a
Vitamin E mg	0.319 mg
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

110624— Blueberries, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B or better frozen blueberries. This product is the whole, highbush variety and is unsweetened. The item is delivered frozen in a 30-pound case.

CREDITING/YIELD

- One case of blueberries provides about 179 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup blueberries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve thawed blueberries in fruit salads, yogurt or cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- Drain thawed blueberries before serving.
- Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (78 g) blueberries, frozen, unsweetened

Amount Per Serving	
Calories	40
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	10g
Dietary Fiber	2g
Sugars	7g
Protein	0g

Source: USDA National Nutrient Database

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

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

June 2016



Packer Label Diced Fruit Cocktail, in Extra Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 258362

These fruit cocktails are a blend of sliced and diced ripe peaches, pears, grapes, pineapple, and cherries, packed in an extra light syrup with no added preservatives.

Case (6/10 Industry std CAN)	$0.05/oz	**$35.07**	

Print

Nutrition

Based On: Fruit cocktail (peach and pineapple and

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116330. 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 January 2016. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (123g)

Amount Per Serving

Calories 60	Calories From Fat 0.8
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 130mg	4%
Carbohydrates 14g	5%
Fiber 1g	5%
Sugar n/a	
Protein 1g	1%

Vitamin A IU 6% Vitamin B6 3% Vitamin B12 0% Vitamin C 6%
Calcium 0% Iron 2% Phosphorous 1% Magnesium 2%
Zinc 1% Copper 6% Manganese 0% Thiamin 2%
Riboflavin 1% Niacin B3 3% Pantothenic Acid 1% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	14.8 mg
Zinc	0.1 mg
Magnesium	7.38 mg
Copper	0.123 mg
Selenium	n/a
Calcium	9.84 mg
Iron	0.37 mg
Manganese	0.181 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.037 mg
Riboflavin	0.012 mg
Niacin B3	0.615 mg
Pantothenic Acid	0.076 mg
Folic Acid	0 mcg
Vitamin B6	0.063 mg
Vitamin B12	0 mcg
Vitamin C	3.69 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	286.59 IU



Ocean Spray Craisins Cherry Cranberries, Dried, 1.16 Oz Each, 200/Case

Item Number: 636402

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

Case (200/1.16 Ounce Each)	$0.21/ea	**$41.06**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23444. 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 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (32.9g)

Amount Per Serving

Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
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)	$0.22/ea	**$43.19**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23445. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (32.9g)	
Amount Per Serving	
Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100212— Mixed Fruit, Extra Light Syrup, Canned

Category: Fruit

PRODUCT DESCRIPTION

This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions: 40-60% diced peaches, 20-45% diced pears, and 15-25% whole seedless grapes. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (126 g) mixed fruit, extra light syrup

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	12g
Protein	0g

Source: USDA Foods Vendor Labels

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100283 — Oranges, Fresh

Category: Fruit

PRODUCT DESCRIPTION

This item is U.S. Grade 1 or better fresh oranges. It can include Navel, Valencia, Pineapple or Hamlin varieties, but the varieties must be consistent within each pallet. The oranges can range in size from 100-138 and the total case weights can range from 34-39 pounds.

CREDITING/YIELD

- One case of fruit yields about 95-137 ½-cup servings of fruit.
- CN Crediting: ½ cup peeled oranges credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve fresh oranges whole, quartered, or sectioned for meals or snacks. Cut fruit into sections to maximize consumption in younger children.
- Orange sections can be used on salad bars or premade salads to add color and flavor.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup orange sections without peel or membrane (93 g)

Amount Per Serving	
Calories	43
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	11g
Dietary Fiber	2g
Sugars	8g
Protein	1g

Source: USDA National Nutrient Database

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

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

December 2014



GFS Broken Mandarin Orange Segments, in Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 152811

Ready-to-eat broken mandarin segments packed in a light syrup.

Case (6/10 Industry std CAN)	$0.05/oz	**$33.89**	

Print

Nutrition

Based On: AP Oranges, Mand, Brkn, L/S, GFS Rounding: On

Ingredients

Broken mandarin orange segments, water, sugar. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (140g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 30% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
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	18 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100220—Peaches, Diced, Extra Light Syrup, Canned

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 106 ½ -cup servings of drained, diced peaches.
- CN Crediting: ½ cup diced peaches credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (126 g) peaches, diced, extra light syrup, canned

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	14g
Dietary Fiber	1g
Sugars	13g
Protein	0g

Source: USDA Foods Vendor Labels

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

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

April 2015

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100241— Peaches, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced peaches. This item is packed in an extra light syrup and is delivered frozen in cases containing 96 4.4-ounce cups.

CREDITING/YIELD

- One case of peach cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.4-ounce cup of peaches credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peach cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.4 ounce (125 g) diced peach cup

Amount Per Serving	
Calories	80
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	19g
Dietary Fiber	1g
Sugars	16g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015



Packer Label Diced Peaches, in Extra Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 256760

These diced peaches are harvested at the peak of freshness and packed in a light syrup with no added preservatives. Brand may vary.

- **Fat-free**

Case (6/10 Industry std CAN)	$0.05/oz	**$32.53**	

Print

Nutrition

Based On: AP Peach, Dcd, L/S, P/L Rounding: On

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116300. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. NC 17. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (126g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 6% Vitamin C 6% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	3.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100282— Pears, Bartlett, Fresh

Category: Fruit

PRODUCT DESCRIPTION

This product is U.S. Grade 2 or better fresh Bartlett pears in size 90-165. These can be in a tray pack or wrapped pack with variable counts depending on product size. This item is available in 45 pound cases.

CREDITING/YIELD

- One case yields about 178 ½-cup servings of raw, sliced pears.
- CN Crediting: ½ cup fresh pears credit as ½ cup fruit. Please see the food buying guide for more information about how whole pears credit in the meal pattern according to size.

CULINARY TIPS AND RECIPES

- Serve fresh pears whole, sliced in salads, dice and cook as a fruit chutney for meat, or bake with cinnamon for a healthy dessert.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (70g) Bartlett pears

Amount Per Serving	
Calories	44
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	11g
Dietary Fiber	2g
Sugars	7g
Protein	0g

Source: USDA National Nutrient Database

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

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

November 2014

GFS Diced Bartlett Pears, in Juice, Fancy, #10, 105 Oz Can, 6/Case



Item Number: 610364

Pacific Northwest Bartlett pears are peeled, pitted, and diced before being packed in pear juice, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)	$0.08/oz	**$49.09**	

Print

Nutrition

Based On: AP Pears, Cnd, in Juice, GFS Rounding: On

Ingredients

Pears, Water, Pear Juice From Concentrate. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (125g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100224— Pears, Sliced, Extra Light Syrup, Canned

Category: Fruit

PRODUCT DESCRIPTION

This item is U.S. Grade B canned sliced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 89 ½ -cup servings drained, sliced pears.
- CN Crediting: ½ cup sliced pears credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve sliced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, sliced, extra light syrup

Amount Per Serving	
Calories	60
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	15g
Dietary Fiber	2g
Sugars	12g
Protein	0g

Source: USDA Foods Vendor labels

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

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

April 2015



GFS Sliced Bartlett Pears, in Extra Light Syrup, Choice, #10, 105 Oz Can, 6/Case

Item Number: 262706

Pacific Northwest Bartlett pears are peeled, pitted, and sliced before being packed in an extra light syrup, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)	$0.06/oz	**$39.44**	

Print

Nutrition

Based On: AP Pears, in Lt Syrup, GFS Rounding: On

Ingredients

Pears, Water, Sugar. 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 July 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (124g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 17g	6%
Fiber 1g	4%
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Dole Chunked Pineapple, in Juice, Fancy, #10, 10 Can Sz Can, 6/Case

Item Number: 116300 K

Case (6/10 Industry std CAN)	$0.06/oz	**$40.05**	

Print

Nutrition

Based On: AP Pineapple Chunks in Juice, Dole Rounding: On

Ingredients

PINEAPPLE, PINEAPPLE JUICE, AND CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE(WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), 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 August 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (122g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 16g	5%
Fiber 1g	4%
Sugar 15g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 30% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	18 mg

Fat Soluble Vitamins:

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



GFS Pineapple Tidbits, in Unsweetened Juice, Choice, #10, 10 Can Sz Can, 6/Case

Item Number: 189979

These ready-to-eat pineapple tidbits are packed in juice.

Case (6/10 Industry std CAN)	$0.05/oz	**$31.65**	

Print

Nutrition

Based On: AP Pineapple, Tidbits, Cnd in Jc, GFS Rounding: On

Ingredients

Pineapple, unsweetened pineapple juice. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (124.99g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 18g	6%
Fiber 1g	4%
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 15% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	9 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 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)	$0.20/ea	**$29.49**	

Print

Nutrition

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

Ingredients

Raisins. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (40g)	
Amount Per Serving	
Calories 130	Calories From Fat 2.5
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium 310mg	9%
Carbohydrates 31g	10%
Fiber 2g	9%
Sugar 29g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	15.9 mg
Iron	1.17 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100293— Raisins, Unsweetened

Category: Fruits

PRODUCT DESCRIPTION

This item is U. S. Grade B or better seedless raisins with no added sweetener. This item is available in cases containing 144 1.33-ounce boxes.

CREDITING/YIELD

- One case of raisins yields 144 ¼-cup servings.
- CN Crediting: One 1.33 ounce box of raisins credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Raisins in individual boxes can be used for snacks, field trips, breakfast in the classroom, or grab-and-go lunches.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA's Team Nutrition.

FOOD STORAGE INFORMATION

- For best results, store raisins at 70° F or cooler. Optimal storage for raisins involves cold storage, such as refrigerator or freezer temperatures.
- For best results, do not store raisins near other grain-based foods, such as cereals, rice, flour, or baking mixes.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 1.33 oz box (38 g) raisins, seedless

Amount Per Serving	
Calories	114
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	30g
Dietary Fiber	1g
Sugars	23g
Protein	1g

Source: USDA National Nutrient Database

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

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

May 2016

UNITED STATES DEPARTMENT OF AGRICULTURE

USDA Foods Product Information Sheet

For Child Nutrition Programs

100256— Strawberries, Diced, Cups, Frozen

Category: Fruits

PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit NFSMI or Team Nutrition.

FOOD SAFETY INFORMATION

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

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

Amount Per Serving	
Calories	90
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	22g
Dietary Fiber	2g
Sugars	18g
Protein	1g

Source: USDA Foods Vendor Labels

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

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

May 2015

GFS Sliced Strawberries, in Sugar, Grade A, Frozen, 6.5 Lb Tub, 6/Case



Item Number: 293393

A lightly sweetened syrup highlights the naturally sweet flavors of these presliced strawberries.

- **Four parts fruit to one part of sugar**
- **Slices are 7/8 inches to 1-1/2 inches in diameter and 1/2 inch in thickness**

Case (6/6.5 Pound Tub)	$0.09/oz	**$57.87**	

Print

Nutrition

Based On: AP Strawberry, Slcd, 4+1, Fz, GFS Rounding: On

Ingredients

Strawberries, sugar. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.67 cup (140g)	
Amount Per Serving	
Calories 150	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 38g	13%
Fiber 2g	8%
Sugar 33g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 80% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.72 mg
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	48 mg

Fat Soluble Vitamins:

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



Kellogg's Crunch Clusters Granola, Low-Fat, Bulk, 50 Oz Bag, 4/Case

Item Number: 812821

Kellogg's Crunch Clusters Granola is low fat and a source of fiber.

- **Bulk packaging for reduced waste**

Case (4/50 Ounce Bag)	$0.23/oz	**$45.64**	

Print

Nutrition

Based On: AP Cereal, Granola, Crnchy Clusters, Kel Rounding: On

Ingredients

or ingredient or allergen information, please contact: Kellogg Grocery, phone: (877) 511-5777 /web page: www.fafh.com. Please reference manufacturer number: 3800049834. 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 2017. 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/812821_SLE.pdf

Nutrition Facts

Serving Size 0.66 cup (58g)

Amount Per Serving

Calories 220	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium 125mg	4%
Carbohydrates 48g	16%
Fiber 4g	16%
Sugar 18g	
Protein 5g	10%

Vitamin A IU 0% Vitamin B6 2% Vitamin C 0% Calcium 0%
Iron 8% Phosphorous 10% Thiamin 8% Riboflavin 8%
Niacin B3 8% Folic Acid 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2/3 Cup
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.75 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	100 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.12 mg
Riboflavin	0.136 mg
Niacin B3	1.6 mg
Pantothenic Acid	n/a
Folic Acid	32 mcg
Vitamin B6	0.04 mg
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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

GFS Linguine Pasta, 100% Whole Grain, 5 Lb Bag, 2/Case



Item Number: 654580

This quality linguine is made with 100 percent whole grains and 100 percent durum whole wheat flour. It has a nutty, whole grain flavor and is medium brown in color with light and dark brown flecks of bran.

- **Contains zero grams trans fat**
- **Sodium-free**

Case (2/5 Pound Bag) $0.08/oz **$12.92**

Print

Nutrition

Based On: AP Pasta, Linguine, Whole Wheat, Dry, GF Rounding: On

Ingredients

100% whole wheat durum flour. 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 April 2017. 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 oz (56g)	
Amount Per Serving	
Calories 180	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 41g	14%
Fiber 6g	24%
Sugar 2g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Land O'Lakes Macaroni & Cheese Entree, Whole Grain, Frozen, 5 Lb Bag, 6/Case

Item Number: 527582

These whole grain macaroni and cheese pouches are useful in a variety of applications.

Case (6/5 Pound Bag)	$0.11/oz	**$53.12**	

Print

Nutrition

Based On: AP Entree, Mac & Chs, WGrain, LOL Rounding: On

Ingredients

Cooked Enriched Whole Grain Pasta (water, whole durum wheat flour, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Reduced Sodium Reduced Fat American Cheese [cultured pasteurized milk and skim milk, contains less than 2% of salt, dipotassium phosphate, sodium phosphate, lactic acid, sorbic acid (preservative), annatto and oleoresin paprika (color), vitamin A palmitate], Water, Maltodextrin, Contains Less Than 2% of Natural Flavor, Butter (cream, salt), Salt, Food Starch - Modified, Xanthan Gum. COMMON ALLERGENS PRESENT: Egg, 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 2017. 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/527582_SLE.pdf

Nutrition Facts

Serving Size 0.67 cup (170.1g)

Amount Per Serving

Calories 280	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 25mg	8%
Sodium 670mg	28%
Potassium	n/a
Carbohydrates 29g	10%
Fiber 2g	8%
Sugar 6g	
Protein 17g	34%

Vitamin A IU 15% Vitamin C 0% Calcium 40% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2/3 Cup
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2.5 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
Calcium	400 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	750 IU

JTM Food Group Macaroni & Cheese Entree, with Straight Noodles, Whole Grain, Frozen, 5 Lb Bag, 6/Case

Item Number: 609121

Case (6/5 Pound Bag)	$0.07/oz	**$34.76**	685

Print

Nutrition

Based On: AP Entree, Macaroni & Chs, WGrain, JTM Rounding: On

Ingredients

WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt, paprika extract, annatto extract), MACARONI (whole durum wheat flour, semolina, egg white, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), CONTAINS LESS THAN 2% OF NONFAT DRY MILK, CHEESE FLAVOR (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), MODIFIED FOOD STARCH, BUTTER FLAVORING (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES. COMMON ALLERGENS PRESENT: Egg, 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 December 2016. 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/609121_SLE.pdf

Nutrition Facts

Serving Size 6 oz (170.1g)

Amount Per Serving

Calories 290	Calories From Fat 132.1
	% Daily Value *
Fat 15g	23%
Saturated Fat 8g	40%
Trans Fat 0.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 45mg	16%
Sodium 760mg	32%
Potassium	n/a
Carbohydrates 26g	9%
Fiber 2g	6%
Sugar 3g	
Protein 16g	32%

Vitamin A IU 13% Vitamin C 0% Calcium 35% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	6 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	360 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	650 IU

GFS .125 Inch Kluski Noodle Pasta, 5 Lb Bag, 2/Case



Item Number: 270385

These flat, egg noodles are made from 100 percent durum wheat semolina and eggs for a mild, nut-like flavor. They are a thicker noodle which makes them good choice for hearty, noodle soups.

- **Contains zero grams trans fat**
- **Sodium-free**
- **Enriched with iron and B vitamins**

Case (2/5 Pound Bag) $0.07/oz **$11.64**

Print

Nutrition

Based On: AP Pasta, Noodle, Kluski, 1/8", Dry, GFS Rounding: On

Ingredients

Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg. 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 2017. 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 oz (56g)	
Amount Per Serving	
Calories 220	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 15mg	1%
Potassium	n/a
Carbohydrates 40g	13%
Fiber 1g	4%
Sugar 2g	
Protein 8g	16%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%
Thiamin 30% Riboflavin 10% Niacin B3 15% Folic Acid 30%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.45 mg
Riboflavin	0.17 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	120 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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

JTM Food Group Rotini Pasta, with Meat Sauce, Whole Grain, Frozen, 80 Oz Package, 6/Case

Item Number: 728590

Case (6/80 Ounce Package)	$0.07/oz	**$32.50**	828

Print

Nutrition

Based On: AP Rotini, Pasta, w/ Meat, JTM Rounding: On

Ingredients

GROUND BEEF (no more than 20% fat), WATER, TOMATO PASTE, ROTINI (whole durum wheat flour, semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), CONTAINS LESS THAN 2% OF ONIONS, SUGAR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SEASONING (sugar, onion, spice, garlic), SALT, SPICES, SODIUM PHOSPHATES, DEHYDRATED GARLIC, SOYBEAN OIL, CITRIC ACID, DEHYDRATED PARSLEY. COMMON ALLERGENS PRESENT: Egg, 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 January 2017. 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/728590_SLE.pdf

Nutrition Facts

Serving Size 7.44 oz (210.92g)

Amount Per Serving

Calories 310	Calories From Fat 145.4
	% Daily Value *
Fat 16g	25%
Saturated Fat 6g	31%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 610mg	25%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 4g	14%
Sugar 8g	
Protein 18g	36%

Vitamin A IU 12% Vitamin C 40% Calcium 4% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	7.44 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0.5 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	50 mg
Iron	3.06 mg
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	22.8 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	600 IU

GFS 10 Inch Spaghetti Pasta, 5 Lb Bag, 4/Case



Item Number: 413370

This quality spaghetti is made from 100 percent durum wheat semolina and has a mild, nut-like flavor, ideal with a variety of sauces.

- **Contains zero grams trans fat**
- **Sodium-free**
- **Enriched with iron and B vitamins**

Case (4/5 Pound Bag)	$0.05/oz	**$15.30**	

Print

Nutrition

Based On: AP Pasta, Spaghetti, Dry, GFS Rounding: On

Ingredients

Durum Wheat Semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. 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 April 2017. 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 oz (56g)	
Amount Per Serving	
Calories 210	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 42g	14%
Fiber 2g	8%
Sugar 3g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%
Thiamin 30% Riboflavin 10% Niacin B3 15% Folic Acid 30%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.45 mg
Riboflavin	0.17 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	120 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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

Kitchen Essentials 10 Inch Spaghetti Pasta, 10 Lb Bag, 2/Case



Item Number: 654560

Offering reliable quality, this spaghetti is made from semolina durum flour and has a nut-like flavor, ideal with a variety of sauces.

- **Contains zero grams trans fat**
- **Sodium-free**
- **Enriched with iron and B vitamins**

Case (2/10 Pound Bag)	$0.04/oz	**$13.89**	

Print

Nutrition

Based On: AP Pasta, Spaghetti, Dry, KE Rounding: On

Ingredients

Durum Wheat Semolina, Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid). 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 April 2017. 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 oz (56g)	
Amount Per Serving	
Calories 210	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 42g	14%
Fiber 2g	8%
Sugar 3g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

GFS Brown Rice, Whole Grain, 25 Lb Bag, 1/Bag



Item Number: 516371

This quality brown rice is made from 100 percent whole grain and cooks up in just a matter of minutes. Processed using a special milling procedure, the grains are scarified to allow water to absorb into the grain faster. This rice offers a slightly nutty flavor and chewy texture.

Bag (1/25 Pound Bag)	$0.03/oz	**$11.34**	

Print

Nutrition

Based On: AP Rice, Brown, WGrain, 1/4c>1c ckd, GFS Rounding: On

Ingredients

Long grain parboiled brown rice. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (47g)

Amount Per Serving

Calories 170	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 105mg	3%
Carbohydrates 37g	12%
Fiber 2g	8%
Sugar 0g	
Protein 4g	8%

Vitamin C n/a Calcium n/a Iron 4% Thiamin 10%
Niacin B3 15% Folic Acid 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	n/a
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	24 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

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

Gordon Choice Mexican Brown Rice, Whole Grain, 26 Oz Case, 6/Case



Item Number: 576280

This reduced sodium, Mexican brown rice mix uses par-boiled long grain brown rice.

- **Contains no monosodium glutamate (MSG)**

Case (6/26 Ounce Case)	$0.18/oz	**$27.80**	

Print

Nutrition

Based On: AP Rice, WGrain, Mexican, Lo Sod, 3tbsp Rounding: On

Ingredients

Long Grain Parboiled Brown Rice, Seasoning Blend [Maltodextrin, Dehydrated Vegetables (Onion, Red & Green Bell Pepper, Garlic), Spice (includes Chile Pepper, Paprika), Salt (includes Sea Salt), Yeast Extract, Sugar, Red Beet Powder, Citric Acid, Paprika Extract, Parsley, Contains 2% or Less Silicon Dioxide (Anticaking)]. 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 May 2017. 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 3 tbsp (29g)	
Amount Per Serving	
Calories 100	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 21g	7%
Fiber 1g	4%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 6% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
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	3.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Gordon Choice Long Grain & Wild Garden Rice Blend, 36 Oz Box, 6/Case

Item Number: 834860

This flavorful mixture of 90 percent long-grain rice, 10 percent wild rice, and wholesome vegetables creates the ideal blend of textures. The included flavor packet contains carrots, celery, parsley, garlic, onion, and spices to create a savory side dish. This mix can also be used to create a signature recipe, or added to cold salads and soups.

- **Steam or microwave for easy reheating**
- **Trans fat free**

Case (6/36 Ounce Box)	$0.22/oz	**$47.10**	

Print

Nutrition

Based On: AP Rice, Garden Blend, Dry, 1/3c>1c prpd Rounding: On

Ingredients

Rice Blend [Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice], Garden Blend Seasoning [Dehydrated Vegetables (Carrots, Onion, Celery, Garlic), Sugar, Yeast Extract, Hydrolyzed Corn Protein, Maltodextrin, Salt, Parsley, Dextrose, Coconut Oil, Celery Seed, Inactive Yeast, Soybean Oil, Natural Flavor (Contains Canola Oil), Caramel Color, Modified Food Starch, Turmeric Extract (Color), Spice, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Mono & Diglycerides, Calcium Phosphate, Contains 2% or Less Silicon Dioxide (Anticaking)]. 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 December 2015. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.33 cup (57g)	
Amount Per Serving	
Calories 200	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 690mg	29%
Potassium	n/a
Carbohydrates 44g	15%
Fiber 1g	4%
Sugar 2g	
Protein 5g	10%

Vitamin A IU 25% Vitamin C 4% Calcium 2% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.8 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1250 IU



Stovetop Chicken Flavored Stuffing Mix, Flex Pack, 48 Oz Bag, 6/Case

Item Number: 173582

Offering a homestyle flavor, this chicken stuffing is made with a blended of spices, vegetables, and bread crumbs for easy preparation.

Case (6/48 Ounce Bag)	$0.18/oz	**$52.68**	

Print

Nutrition

Based On: AP Stuffing Mix, Chix, Flex Prep, Stovet Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF HYDROLYZED SOY PROTEIN, YEAST, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, COOKED CHICKEN AND CHICKEN BROTH, ONIONS*, CELERY*, PARSLEY*, MONOSODIUM GLUTAMATE, SPICE, SUGAR, TURMERIC, DISODIUM GUANYLATE, DISODIUM INOSINATE, ASCORBIC ACID, NATURAL FLAVOR, WITH BHA, BHT, CITRIC ACID, AND PROPYL GALLATE AS PRESERVATIVES.DRIED* 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 January 2016. 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 oz (28g)

Amount Per Serving

Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 450mg	19%
Potassium 45mg	1%
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 2g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%
Phosphorous 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	200 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Mission Foods 10 Inch Ultragrain Flour Tortillas, Shelf-Stable, 12 Ct Bag, 12/Case

Item Number: 690141

This versatile tortilla is made from a a blend of whole-grain flour and enriched wheat flour, and is ideal for fajitas, burritos, soft taco quesadillas, and wraps.

- **Kosher**

Case (12/12 Count Bag)	$0.19/ea	**$28.06**	

Print

Nutrition

Based On: AP Tortilla, Flour, 10", Ultragr, Missio Rounding: On

Ingredients

Water, Whole Grain Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Sugar, contains 2% or less of each of the following: Vital Wheat Gluten, Salt, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Yeast, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid). 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 January 2017. 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/690141_SLE.pdf

Nutrition Facts

Serving Size 1 each (62g)

Amount Per Serving

Calories 180	Calories From Fat 40.5
	% Daily Value *
Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 250mg	10%
Potassium	n/a
Carbohydrates 29g	10%
Fiber 3g	12%
Sugar 2g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 15% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2.25 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Azteca 10 Inch Ultragrain Tortilla Salad Shells, Refrigerated, 6 Ct Bag, 24/Case

Item Number: 720526

These ultragrain taco salad shells are designed to be baked, enabling these shells to contain less fat than fried shells, while offering 51 percent whole grain.

Case (24/6 Count Bag)	$0.23/ea	**$33.37**	

Print

Nutrition

Based On: AP Tortilla, Salad, Shell, Bkd, 10" Azte Rounding: On

Ingredients

Whole Wheat Flour, Bleached Enriched Flour (Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn Oil, Canola Oil and/or Sunflower Oil), Glycerine, Water, Palm Oil (with mono-glycerides), Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Calcium Sulfate). 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 August 2017. 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/720526_SLE.pdf

Nutrition Facts

Serving Size 1 each (59g)

Amount Per Serving

Calories 280	Calories From Fat 153
	% Daily Value *
Fat 17g	26%
Saturated Fat 3.5g	17%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 210mg	9%
Potassium	n/a
Carbohydrates 28g	9%
Fiber 2g	8%
Sugar 0g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



S&F Foods Italian Beef Pepperoni Calzones, Whole Grain, Frozen, 5 Oz Each, 80/Case

Item Number: 135191

These calzones include a whole grain crust and a filling of 100 percent mozzarella cheese, and Italian beef pepperoni.

Case (80/5 Ounce Each)	$0.79/ea	**$62.82**	

Print

Nutrition

Based On: AP Calzone, Ital, Beef Pepp, S&F Foods Rounding: On

Ingredients

For ingredient or allergen information, please contact S & F Foods Inc, 877-882-4100, webpage: www.sffoodsinc.com. Please reference manufacturer number: 211BC. 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 2017. 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 (142g)	
Amount Per Serving	
Calories 340	Calories From Fat 117
	% Daily Value *
Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 510mg	21%
Potassium	n/a
Carbohydrates 35g	12%
Fiber 3g	12%
Sugar 5g	
Protein 20g	40%

Vitamin A IU 10% Vitamin C 15% Calcium 25% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	250 mg
Iron	1.8 mg
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	8.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Giorgio Cheese Pizza, Reduced Sodium, Whole Grain, 5 Inch, Frozen, 4.8 Oz Each, 72/Case

Item Number: 234862

These reduced sodium cheese pizzas bake from frozen in less than ten minutes, providing a single-serving item ideal for lunch applications.

- **Child Nutrition labeled**
- **Suits the need for a vegetarian entree**

Case (72/4.8 Ounce Each)	$0.52/ea	**$37.21**	130

Print

Nutrition

Based On: AP Pizza, 5", Chs, WGrain, R/Sod, Giorgi Rounding: On

Ingredients

For ingredient or allergen information, please contact: Giorgio Foods, phone: 1-800-330-5715. Website: http://www.giorgiofoods.com Please reference manufacturer number: 8391. 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 2017. 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/234862_SLE.pdf

Nutrition Facts

Serving Size 1 each (141g)

Amount Per Serving

Calories 330	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 36g	12%
Fiber 6g	24%
Sugar 6g	
Protein 25g	50%

Vitamin A IU 8% Vitamin C 15% Calcium 35% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	350 mg
Iron	2.7 mg
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	9 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



Tony's Cheese Pizza, 50/50 Cheese Blend, Whole Grain, 4 x 6 Inch, Frozen, 4.6 Oz Each, 96/Case

Item Number: 585921

This crispy, whole grain thin crust pizza is topped with tomato sauce and a blend of 50 percent mozzarella and 50 percent cheese substitute.

- **Bake from frozen for quick preparation**
- **Prescored 8-block sheets with Pan Mates make preparation and cleanup easy**
- **51 percent whole grain crust**
- **Child Nutrition labeled**

Case (96/4.6 Ounce Each)	$0.37/ea	**$35.12**	

Print

Nutrition

Based On: AP Pizza, Chs, WGrain, 50/50, 4x6, Tony' Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DEFATTED SOY FLOUR, YEAST, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, GLUCONO-DELTA-LACTONE, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SALT, CORN STARCH, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID. 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 July 2017. 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/585921_SLE.pdf

Nutrition Facts

Serving Size 1 each (130g)

Amount Per Serving

Calories 300	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 470mg	20%
Potassium 510mg	15%
Carbohydrates 34g	11%
Fiber 4g	16%
Sugar 10g	
Protein 16g	32%

Vitamin A IU 10% Vitamin C 0% Calcium 30% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	300 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Big Daddy's 4 Cheese Pizza, Whole Grain, 16 Inch, Parbaked, Frozen, 3 Ea, 3/Case

Item Number: 814291

These four-cheese pizzas are par-baked to ensure consistent quality every time.The crust is naturally yeast-levened and is a preservative-free crust, with no certified artificial colors, no artificial flavors and no MSG.

Case (3/3 Each Bag)	$6.52/ea	**$58.69**	

Print

Nutrition

Based On: AP Pizza, 4 Chs, 16", WGrain, Parbk, 8cu Rounding: On

Ingredients

For ingredient or allergen information, please contact: Schwan's Foodservice, phone: 877-302-7426/web page: www.schwansfoodservice.com. Manufacturer number: 68591. 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 2017. 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 Slc (145g)	
Amount Per Serving	
Calories 360	Calories From Fat 144
	% Daily Value *
Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 490mg	20%
Potassium 460mg	13%
Carbohydrates 35g	12%
Fiber 4g	16%
Sugar 6g	
Protein 18g	36%

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Slice
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No CN label on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



The Max Cheese Whole Grain Stuffed Crust Pizza, Wedge, Frozen, 5.6 Oz Each, 72/Case

Item Number: 198952

With a bold pizzeria flavor and a cheese stuffed crust, these whole grain, wedged shaped pizza slices offer less sodium than traditional stuffed-crust pizzas.

- **Child Nutrition labeled**

Case (72/5.6 Ounce Each)	$0.53/ea	**$38.23**	

Print

Nutrition

Based On: AP Pizza, Chs, Stfd, WGrain, The Max Rounding: On

Ingredients

Water, Reduced Fat Mozzarella Cheese (Pasteurized Part Skim Milk, Nonfat Milk, Cheese Cultures, Modified Corn Starch*, Salt, Vitamin A Palmitate, and Enzymes) *Ingredients Not In Regular Mozzarella Cheese, Whole Wheat Flour, Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Tomato Paste (Not less than 31% NTSS), Soybean Oil, Contains 2% or less of: Casein, Milk Protein Concentrate, Dextrose, Modified Corn Starch, Pizza Seasoning (Sugar, Spices, Garlic Powder, Citric Acid), Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate, Calcium Sulfate), Salt, Modified Potato Starch, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme) and/or Wheat Gluten, Sodium Aluminum Phosphate, Disodium Phosphate, Mozzarella Cheese Type Flavor (Cheese [Milk, Culture, Rennet, Salt], Milk Solids, Disodium Phosphate), Lactic Acid, Sorbic Acid (Preservative), Soy Flour, Nutrient Blend (Magnesium Oxide, Zinc Oxide, Calcium Pantothenate, Riboflavin And Vitamin B-12), Vitamin A Palmitate. 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 2017. 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/198952_SLE.pdf

Nutrition Facts

Serving Size 1 each (136.08g)

Amount Per Serving

Calories 290	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 600mg	25%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 5g	
Protein 16g	32%

Vitamin A IU 10% Vitamin C 0% Calcium 40% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	400 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Tony's Beef Whole Grain Fiestada Pizza, 5 Inch, Frozen, 5.44 Ounce, 72 Ct Bag, 1/Case

Item Number: 487272

Made with a 51 percent, whole-grain crust, these fiestadas are topped with beef and cheese to provide a rich, Southwest flavor. Each pizza square easily breaks apart into 16 individual portions.

Case (1/72 Count Bag)	$0.57/ea	**$40.96**	

Print

Nutrition

Based On: AP Pizza, Bf, Fiestada, 5", WGrain, Tony Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, YELLOW CORNMEAL, DEFATTED SOY FLOUR, YEAST, SUGAR, CONTAINS 2% OR LESS OF: PALM OIL, TOASTED CORN GRIT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SALT, CORN STARCH, WHEAT GLUTEN, WHEAT STARCH, CALCIUM LACTATE, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, SOY LECITHIN, NATURAL FLAVOR. TOPPINGS: COOKED BEEF PATTY CRUMBLES (GROUND BEEF [NO MORE THAN 30% FAT], WATER, TEXTURED SOY FLOUR, SALT, SPICES [INCLUDES PAPRIKA], GRANULATED ONION, SOY PROTEIN CONCENTRATE, DEXTROSE, GARLIC POWDER, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO [COLOR]), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: SUGAR, MALTODEXTRIN, MODIFIED FOOD STARCH, SEA SALT, SALT, CHILI PEPPER, SPICE, DRIED GARLIC, PAPRIKA, FUMARIC ACID. 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 2017. 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/487272_SLE.pdf

Nutrition Facts

Serving Size 1 each (154g)

Amount Per Serving

Calories 340	Calories From Fat 126
	% Daily Value *
Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 850mg	35%
Potassium 310mg	9%
Carbohydrates 39g	13%
Fiber 4g	16%
Sugar 10g	
Protein 17g	34%

Vitamin A IU 10% Vitamin C 0% Calcium 25% Iron 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	250 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Tony's Pepperoni Pizza, Whole Grain, Round, 4 Inch, Frozen, 4.51 Ounce, 72 Ct Each, 1/Case

Item Number: 504622

Savory tomato sauce, 100 percent mozzarella cheese, and diced pepperoni top these uniquely shaped, pastry-style, whole grain pizzas.

Case (1/72 Count Each)	$0.66/ea	**$47.66**	

Print

Nutrition

Based On: AP Pizza, Pepp, 4", WGrain, 4.51z, Tony' Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, SUGAR, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SALT, DISTILLED MONO-GLYCERIDES, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID; TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), FAT REDUCED PEPPERONI MADE WITH TURKEY, BEEF (POULTRY INGREDIENTS (MECHANICALLY SEPARATED TURKEY, TURKEY), BEEF, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT* (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], AND CYANOCOBALAMIN [B12]), SALT, LESS THAN 2% OF DEXTROSE, FLAVORINGS, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM NITRITE, SPICES, BHA, BHT, CITRIC ACID. *INGREDIENT NOT IN REGULAR PEPPERONI); SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID. 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 July 2017. 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/504622_SLE.pdf

Nutrition Facts

Serving Size 1 each (127g)

Amount Per Serving

Calories 290	Calories From Fat 108
	% Daily Value *
Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 520mg	22%
Potassium 380mg	11%
Carbohydrates 29g	10%
Fiber 3g	12%
Sugar 9g	
Protein 16g	32%

Vitamin A IU 6% Vitamin C 0% Calcium 25% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	250 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU



Tony's Pepperoni Pizza, 50/50 Cheese Blend, Whole Grain, 4 x 6 Inch, Frozen, 4.48 Oz Each, 96/Case

Item Number: 585940

A crispy, whole grain, thin crust pizza is topped with tomato sauce, a blend of 50 percent mozzarella and 50 percent cheese substitute, and diced pepperoni.

- **Bake from frozen for quick preparation**
- **Prescored 8-block sheets with Pan Mates make preparation and cleanup easy**
- **51 percent whole grain crust offers a full serving of whole grains**
- **Child Nutrition labeled**

Case (96/4.48 Ounce Each)	$0.38/ea	**$36.40**	

Print

Nutrition

Based On: AP Pizza, Pepperoni, WGrain, 4x6, Tony's Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DEFATTED SOY FLOUR, YEAST, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, GLUCONO-DELTA-LACTONE, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SALT, CORN STARCH, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]), FAT REDUCED PEPPERONI (PORK, BEEF, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT* [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), AND CYANOCOBALAMIN (B12)], SALT, LESS THAN 2% OF SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID. *INGREDIENT NOT IN REGULAR PEPPERONI). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID. 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 2017. 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

Nutrition Facts

Serving Size 1 each (127g)

Amount Per Serving

Calories 300	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 550mg	23%
Potassium 500mg	14%
Carbohydrates 33g	11%
Fiber 4g	16%
Sugar 9g	
Protein 15g	30%

Vitamin A IU 8% Vitamin C 0% Calcium 25% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

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School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	250 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



Big Daddy's Turkey Pepperoni Pizza, Whole Grain, 16 Inch, Parbaked, Frozen, 3 Ea, 3/Case

Item Number: 814301

These turkey pepperoni pizzas are par-baked to ensure consistent quality every time.The crust is naturally yeast-levened and is a preservative-free crust, with no certified artificial colors, no artificial flavors and no MSG.

Case (3/3 Each Bag)	$6.87/ea	**$61.80**	

Print

Nutrition

Based On: AP Pizza, Tky Pepp, 16", WGrain, Parbk, Rounding: On

Ingredients

For ingredient or allergen information, please contact: Schwan's Foodservice, phone: 877-302-7426/web page: www.schwansfoodservice.com. Manufacturer number: 68592. 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 2017. 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 Slc (145g)	
Amount Per Serving	
Calories 370	Calories From Fat 153
	% Daily Value *
Fat 17g	26%
Saturated Fat 8g	40%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	17%
Sodium 560mg	23%
Potassium 490mg	14%
Carbohydrates 35g	12%
Fiber 4g	16%
Sugar 6g	
Protein 19g	38%

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Slice
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No CN label on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Giorgio Turkey Pepperoni Pizza, Wheat, 5 Inch, Frozen, 72 Ct Bag, 1/Case

Item Number: 498884

Case (1/72 Count Bag)	$0.62/ea	**$44.46**	146

Print

Nutrition

Based On: AP Pizza, 5", Tky Pepp, Whe, Giorgio Rounding: On

Ingredients

For ingredient or allergen information, please contact: Giorgio Foods, phone: 800-220-2139. Please reference manufacturer number: 8671. 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 2017. 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/498884_SLE.pdf

Nutrition Facts

Serving Size 1 each (141g)	
Amount Per Serving	
Calories 330	Calories From Fat 90
	% Daily Value *
Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 410mg	17%
Potassium	n/a
Carbohydrates 36g	12%
Fiber 6g	24%
Sugar 5g	
Protein 25g	50%

Vitamin A IU 8% Vitamin C 15% Calcium 30% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	300 mg
Iron	2.7 mg
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	9 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



The Max Turkey Pepperoni Whole Grain Stuffed Crust Pizza, Wedge, Frozen, 5.6 Oz Each, 72/Case

Item Number: 198941

With a bold pizzeria flavor and a cheese stuffed crust, these whole grain, wedge shaped pizza slices offer less sodium than traditional stuffed-crust pizzas, and are each topped with savory turkey pepperoni.

- **Child Nutrition labeled**

Case (72/5.6 Ounce Each)	$0.59/ea	**$42.71**	

Print

Nutrition

Based On: AP Pizza, Tky Pepp, Stfd, WGrain, The Ma Rounding: On

Ingredients

For ingredient or allergen information, please contact: Conagra Foodservice, phone: 800-357-6543, web page: www.conagrafoodservice.com. Please reference manufacturer number: 12717. 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 2016. 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/198941_SLE.pdf

Nutrition Facts

Serving Size 1 each (136.08g)	
Amount Per Serving	
Calories 290	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 600mg	25%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 4g	
Protein 16g	32%

Vitamin A IU 10% Vitamin C 0% Calcium 35% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	350 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



The Max Cheese Quesadilla, Whole Grain, Frozen, 96 Ct Bag, 1/Case

Item Number: 231771

Made with whole grain rich, tortilla-type dough, these quesadillas are filled with a blend of cheeses and a salsa-style sauce.

- **Child Nutrition labeled**
- **51 percent whole grain crust**

Case (1/96 Count Bag)	$0.48/ea	**$45.63**	

Print

Nutrition

Based On: AP Quesadilla, Cheese, WGrain, The Max Rounding: On

Ingredients

Water, Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Whole Wheat Flour, Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste (Not less than 31% NTSS), Soybean Oil, Soy Flour, Casein, Contains 2% or less of: Milk Protein Concentrate, Modified Corn Starch, Salsa Seasoning(Salt, Sugar, Dehydrated Onion and Garlic, Dehydrated Jalapeno Pepper, Citric Acid, Xanthan Gum, Spice, Dehydrated Cilantro, Potassium Sorbate), Salt, Modified Potato Starch, Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate, Calcium Sulfate), Dextrose, Sodium Aluminum Phosphate, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L-Cysteine, Ascorbic Acid, Enzymes), Vinegar, Wheat Gluten, Cheddar Cheese Flavor (Cheddar, Blue And Semi-Soft Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Whey, Salt, Citric Acid), Disodium Phosphate, Mozzarella Cheese Type Flavor (Cheese [Milk, Culture, Rennet, Salt], Milk Solids, Disodium Phosphate), Lactic Acid, Sorbic Acid (Preservative), Paprika Annatto Blend (Natural Extractives Of Annatto Seeds And Paprika With Mono-, Di-, And Triglycerides, Soybean and/or Canola Oil, Other Natural Flavors, Tocopherol And Potassium Hydroxide), Nutrient Blend (Magnesium Oxide, Zinc Oxide, Calcium Pantothenate, Riboflavin And Vitamin B-12), Vitamin A Palmitate. 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 2017. 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/231771_SLE.pdf

Nutrition Facts

Serving Size 1 each (136.93g)	
Amount Per Serving	
Calories 330	Calories From Fat 108
	% Daily Value *
Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 830mg	35%
Potassium	n/a
Carbohydrates 40g	13%
Fiber 4g	16%
Sugar 3g	
Protein 16g	32%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0.13 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
Calcium	200 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU



Tony's Chicken/Cheese/Salsa Quesadilla, 100% Mozzarella, Whole Grain, Frozen, 4.4 Ounce, 96 Ct Package, 1/Case

Item Number: 606783

This quesadilla has a 51 percent whole grain, tortilla-style crust and is stuffed with real 100 percent mozzarella cheese, a zesty southwest-style sauce, and tender chicken. Each quesadilla is prescored into easily breakable triangle-shaped pockets.

Case (1/96 Count Package)	$0.61/ea	**$58.82**	

Print

Nutrition

Based On: AP Quesadilla, Chix & Mozz, WGrain, Tony Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, POTATOES, DRIED WHOLE EGG, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DRIED GARLIC, MODIFIED FOOD STARCH; FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), FULLY COOKED SEASONED CHICKEN BREAST, WITH RIB MEAT (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, SUGAR, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, ROSEMARY), WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS], CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, DRIED WHOLE EGG, MALTODEXTRIN, WHEY PROTEIN CONCENTRATE, SPICE, SUGAR, DRIED ONION, SALT, CITRIC ACID, NATURAL FLAVORING (POTASSIUM CHLORIDE, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, MODIFIED FOOD STARCH, WATER, YEAST EXTRACT, DEXTROSE, NATURAL FLAVOR), DRIED GARLIC. 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 July 2017. 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/606783_SLE.pdf

Nutrition Facts

Serving Size 2 Pc (125g)

Amount Per Serving

Calories 300	Calories From Fat 99
	% Daily Value *
Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 560mg	23%
Potassium 260mg	7%
Carbohydrates 31g	10%
Fiber 3g	12%
Sugar 2g	
Protein 19g	38%

Vitamin A IU 4% Vitamin C 0% Calcium 25% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2-2.2 Oz Srvg
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 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
Calcium	250 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



GFS Pork Choppettes, Whole Grain, 3.75 Ounce, Cooked, Frozen, 3.75 Oz Each, 64/Case

Item Number: 100750

These quality, homestyle breaded fritters are made from whole muscle cubed pork loin which allows them to retain an all-natural shape. Ideal for a variety of applications, they can be used as a main course or in sandwiches and wraps.

- **Consistent portion sizing for cost control and uniform serving size**
- **Convenient freezer to fryer product eliminates preparation, and reduces cleanup**
- **Child Nutrition labeled**

Case (64/3.75 Ounce Each) $0.66/ea **$42.17**

Print

Nutrition

Based On: AP Pork, Pty, Choppette, Brd, Ckd, 3.75z Rounding: On

Ingredients

GROUND PORK (NOT MORE THAN 24% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE,NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1),PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR)], SALT, SEASONING [SALT, CORN SYRUP SOLIDS, DEXTROSE, DEHYDRATED ONION AND GARLIC, YEAST EXTRACT, SPICES, CARAMEL COLOR, NATURAL FLAVOR].BREADED WITH: WHOLE WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO- AND DIGLYCERIDES, DEXTROSE), YEAST, SUGAR, SALT. BATTERED WITH: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATO FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), FLAVOR (CONTAINS MALTODEXTRIN, SALT,NATURAL FLAVORS), HYDROLYZED CORN PROTEIN, ONION POWDER, GARLIC POWDER, YEAST EXTRACT, CHICKEN BROTH, SPICE. SET IN VEGETABLE OIL. COMMON ALLERGENS PRESENT: Soy, 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 November 2016. 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/100750_SLE.pdf

Nutrition Facts

Serving Size 1 each (105g)	
Amount Per Serving	
Calories 270	Calories From Fat 144
	% Daily Value *
Fat 16g	25%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 1g	
Protein 14g	28%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Gordon Choice Honey Crunchy-Battered Chicken Corn Dogs, Whole Grain, 4 Ounce, Frozen, 4 Oz Package, 72/Case

Item Number: 620220

Quality, low sodium chicken franks are dipped in a whole grain batter, with a hint of honey. These corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

- **Consistent sizing for portion control and reduced waste**
- **Contains zero grams trans fat**
- **Meets the Healthier US School Challenge Criteria**

Case (72/4 Ounce Package) $0.40/ea **$28.61**

Print

Nutrition

Based On: AP Corn Dog, Chicken, WGrain, GFS Rounding: On

Ingredients

Batter: Water, Whole Wheat Flour, Whole Grain Corn, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soy Flour, Soybean Oil, Salt, Egg Yolk with Sodium Silicoaluminate, Ascorbic Acid, Egg White, Dried Honey, Artificial Flavor. Fried in Vegetable Oil. Frank: Mechanically Separated Chicken, Water, Corn Syrup Solids, Contains 2% or less of Salt, Spices, Potassium Lactate, Potassium Acetate, Sodium Phosphate, Potassium Chloride, Flavorings, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite. COMMON ALLERGENS PRESENT: Wheat, Soy, Egg. 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 2016. 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/620220_SLE.pdf

Nutrition Facts

Serving Size 1 each (112g)	
Amount Per Serving	
Calories 240	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 5g	20%
Sugar 5g	
Protein 9g	18%

Vitamin C n/a Calcium 8% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Gordon Choice Chicken Corn Dog, Mini, Without Stick, Whole Grain, .67 Ounce, Frozen, 5 Lb Bag, 2/Case

Item Number: 497360

Quality mini chicken franks are wrapped in a crunchy batter with a hint of honey. These mini corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

- **Consistent sizing for portion control and reduced waste**
- **Contains zero grams trans fat**

Case (2/5 Pound Bag) $0.09/ct **$22.16**

Print

Nutrition

Based On: AP Corn, Dog, Chix, Mini, WGrain, GFS Rounding: On

Ingredients

Batter: Water, Whole Wheat Flour, Whole Grain Corn, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soy Flour, Soybean Oil, Salt, Egg Yolk With Sodium Silicoaluminate, Ascorbic Acid, Egg White, Dried Honey, Artificial Flavor. Fried in Vegetable Oil. Chicken Frank: Mechanically Separated Chicken, Water, Corn Syrup Solids, Contains 2% or Less of Salt, Spices, Potassium Lactate, Potassium Acetate, Sodium Phosphate, Potassium Chloride, Flavorings, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite. COMMON ALLERGENS PRESENT: Wheat, Soy, Eggs. 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 2016. 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/497360_SLE.pdf

Nutrition Facts

Serving Size 4 each (76g)	
Amount Per Serving	
Calories 180	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 280mg	12%
Potassium	n/a
Carbohydrates 20g	7%
Fiber 3g	12%
Sugar 4g	
Protein 7g	14%

Vitamin A IU 0% Vitamin C 0% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	6 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a



Jennie-O Turkey Franks, 8 Count per Pound, Frozen, 2 Ounce, 5 Lb Bag, 4/Case

Item Number: 656882

These reduced sodium smoked, uncured turkey franks are cured with celery juice.

Case (4/5 Pound Bag)	$0.22/ea	**$35.75**	32

Print

Nutrition

Based On: AP Franks, Tky, Uncured, 2z, Jennie-O Rounding: On

Ingredients

Mechanically Separated Turkey, Water, Contains 2% or less Seasoning (Corn Syrup Solids, Dextrose, Sugar, Paprika, Natural Flavoring), Salt, Potassium Chloride, Natural Flavor (Celery Juice Powder), Natural Flavoring, Natural Smoke Flavoring. 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 January 2017. 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/656882_SLE.pdf

Nutrition Facts

Serving Size 1 each (56.7g)

Amount Per Serving

Calories 110	Calories From Fat 81
	% Daily Value *
Fat 9g	14%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	17%
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 8g	16%

Vitamin A IU 0% Vitamin C 10% Calcium 6% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	6 mg

Updated For New Final Rule:

Meat/Meat Alternative	2 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

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	60 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

JTM Food Group Breaded Pork Patties, Whole Grain, Frozen, 5 Lb Bag, 6/Case

Item Number: 661950

Case (6/5 Pound Bag)	$0.30/ea	**$41.42**	78

Print

Nutrition

Based On: AP Pork, Pty, Brd, WGrain, JTM Rounding: On

Ingredients

Pork, ground (not more than 20% fat), water, whole wheat flour, textured soy protein concentrate, whole grain yellow corn flour, contains 2% or less of enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), seasoning (dextrose, dehydrated beef stock, salt, dehydrated onion, dehydrated garlic, yeast extract, soybean oil, citric acid, flavorings), brown sugar, corn starch, wheat gluten, salt, sodium phosphates, dried onion, dried garlic, soybean oil, spice, paprika extract (color), potassium chloride, dried yeast, sugar, citric acid, turmeric extract (color). 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 January 2017. 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 (95g)

Amount Per Serving

Calories 260	Calories From Fat 153
	% Daily Value *
Fat 17g	26%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 330mg	14%
Potassium	n/a
Carbohydrates 11g	4%
Fiber 2g	8%
Sugar 1g	
Protein 16g	32%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

Meat/Meat Alternative	2 oz
Grain/Breads	0.5 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 CN label on file

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.62 mg
Manganese	n/a
Iodine	n/a



GFS Pork Rib Patties, 2-1/2 Ounce Boneless, Cooked Sauced, Frozen, 2.5 Oz Each, 100/Case

Item Number: 100640

Soy proteins are added to these quality pork rib patties to ensure moisture retention, providing a fresh and tender product with each application. These fully cooked, rib-shaped patties are preseasoned with a sweet and smokey barbecue sauce and flame-broiled for amplified taste and appearance.

- **Presauced to eliminate guesswork offering consistent taste with every serving**
- **Fully prepared, simply heat and serve**
- **Individually quick frozen to ensure freshness**

Case (100/2.5 Ounce Each)	$0.54/ea	**$54.21**	

Print

Nutrition

Based On: AP Pork Patties, Rid Shaped, BBQ, 2.5z G Rounding: On

Ingredients

Ground pork (not more than 24% fat), barbeque sauce [tomato ketchup (tomato concentrate, corn syrup, distilled vinegar, salt, natural flavorings, onion powder, spice, garlic powder), brown sugar, sugar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic powder), dextrose, vinegar, clove], water, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate,calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12), (may contain caramel color), (may contain soy lecithin)], smoke flavor, salt, modified food starch, sodium phosphate. COMMON ALLERGENS PRESENT: 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 November 2016. 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/100640_SLE.pdf

Nutrition Facts

Serving Size 1 each (70g)	
Amount Per Serving	
Calories 160	Calories From Fat 90
	% Daily Value *
Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 390mg	16%
Potassium	n/a
Carbohydrates 8g	3%
Fiber 1g	4%
Sugar 5g	
Protein 12g	24%

Vitamin A IU 2% Vitamin C 2% Calcium 4% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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
Calcium	40 mg
Iron	1.08 mg
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	1.2 mg

Fat Soluble Vitamins:

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

Brookwood Farms Pulled Pork Barbeque, Low Sodium, Frozen, 5 Lb Tub, 4/Case

Item Number: 498702

Case (4/5 Pound Tub)	$0.10/oz	**$33.50**	64

Print

Nutrition

Based On: AP Pork, Pulled, BBQ, Lo Sod, Brookwood Rounding: On

Ingredients

For ingredient or allergen information, please contact: Brookwood Farms, phone: 800-472-4787, webpage: www.brookwoodfarms.com. Please reference manufacturer number: 12307. 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 2017. 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 4 oz (113g)

Amount Per Serving

Calories 300	Calories From Fat 153
	% Daily Value *
Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 70mg	24%
Sodium 230mg	10%
Potassium	n/a
Carbohydrates 17g	6%
Fiber 0g	n/a
Sugar 16g	
Protein 18g	36%

Vitamin A IU 33% Vitamin C 40% Calcium 8% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
Serving Size	4 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	2 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:	No CN label on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	3.06 mg
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	25.2 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1650 IU



Lay's Reduced-Fat Baked Original Potato Chips, Large Single-Serve, 1.13 Oz Bag, 64/Case

Item Number: 712560

These chips are baked, providing approximately 80 percent less fat than regular potato chips. They contain no milk ingredients.

- **Contains zero grams trans fat**
- **No monosodium glutamate (MSG)**
- **Individually wrapped for retail applications**

Case (64/1.13 Ounce Bag)	$0.42/ea	**$26.58**	

Print

Nutrition

Based On: AP Chips, Potato, Bkd, LSSV, Frito Lay Rounding: On

Ingredients

Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Dextrose, and Annatto Extract (Color). COMMON ALLERGENS PRESENT: 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 November 2015. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (31.89g)

Amount Per Serving

Calories 130	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 26g	9%
Fiber 2g	8%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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



Sun Chips Harvest Cheddar Multigrain Chips, Single-Serve, 0.9 Oz Bag, 104/Case

Item Number: 660962

These multigrain chips offer a harvest cheddar flavor.

Case (104/0.9 Ounce Bag)	$0.28/ea	**$29.28**	

Print

Nutrition

Based On: AP Snack, Mix, WGrain, Ched, Harv, .9z-S Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: (800) 352-4477/web page: www.fritolay.com. Please reference manufacturer number: 30820. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (24.8g)	
Amount Per Serving	
Calories 110	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tostitos Baked Scoops Tortilla Chips, Reduced-Fat, Whole Grain, Single-Serve, 0.88 Ounce, 1 Ct Bag, 72/Case

Item Number: 696871

These hearty chips are made simply with stone-ground white corn, vegetable oil, and a dash of salt, then are baked, for a lower fat content. These chips contain no milk ingredients, and are free of preservatives.

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

Case (72/1 Count Bag)	$0.25/ea	**$18.23**	

Print

Nutrition

Based On: AP Chips, Tortilla, Bkd, Scoops, .875z, Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477. Please reference manufacturer number: 42537. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (24.81g)

Amount Per Serving

Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 125mg	5%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 2%
Phosphorous 6% Magnesium 6% Zinc 2% Thiamin 2%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	60 mg
Zinc	0.3 mg
Magnesium	24 mg
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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



Doritos Cool Ranch Tortilla Chips, Reduced-Fat, Whole Grain, Single-Serve, 1 Oz Bag, 72/Case

Item Number: 541502

These corn chips have the same substantial crunch and cool ranch flavor as the regular chips, with a lower fat content.

- **Contains zero grams trans fat**
- **Meets the Alliance for a Healthier Generation criteria**
- **Meets the Healthier US School Challenge criteria**
- **Individually wrapped for retail applications**

Case (72/1 Ounce Bag)	$0.28/ea	**$20.09**	

Print

Nutrition

Based On: AP Chips, Cool Rnch, Red Fat, 1z Doritos Rounding: On

Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Buttermilk, Salt, Corn Dextrin, Tomato Powder, Corn Starch, Whey, Corn Syrup Solids, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Skim Milk, Sugar, Dextrose, Malic Acid, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Disodium Phosphate, Spice, Natural and Artificial Flavors, Disodium Inosinate, and Disodium Guanylate. COMMON ALLERGENS PRESENT: 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 January 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 130	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 2g	8%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.5 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Doritos Nacho Cheese Tortilla Chips, Reduced-Fat, Whole Grain, Single-Serve, 1 Oz Bag, 72/Case

Item Number: 456090

These corn chips have the same substantial crunch, zesty seasoning, and cheddar cheese flavor as the regular chips, with a lower fat content.

- **Contains zero grams trans fat**
- **Meets the Alliance for a Healthier Generation criteria**
- **Meets the Healthier US School Challenge criteria**
- **Individually wrapped for retail applications**

Case (72/1 Ounce Bag)	$0.28/ea	**$20.09**	

Print

Nutrition

Based On: AP Chips, Nacho Cheese, Red Fat, 1z Dori Rounding: On

Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrin, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk), Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate. COMMON ALLERGENS PRESENT: 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 January 2017. 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 oz (28g)	
Amount Per Serving	
Calories 130	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.5 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tostitos Tortilla Chips, Bite-Size, Round, Single-Serve, 1 Oz Bag, 104/Case

Item Number: 415020

These hearty chips are made simply with white corn, vegetable oil, and a dash of salt, which combines for classic corn taste and crunchy texture. These chips contain no milk ingredients, and are free of preservatives.

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

Case (104/1 Ounce Bag)	$0.30/ea	**$31.44**	

Print

Nutrition

Based On: AP Chip, Tortl, Bite Size, Tostitos Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477/web page: www.fritolay.com. Manufacturer number: 11133. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (28.35g)

Amount Per Serving

Calories 140	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 110mg	5%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 1g	4%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin B6 4% Vitamin C 0% Calcium 2% Iron 2% Phosphorous 4% Magnesium 4% Thiamin 2% Niacin B3 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	40 mg
Zinc	n/a
Magnesium	16 mg
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	n/a
Niacin B3	0.4 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.08 mg
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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



Nabisco Cheese Nips Crackers, 100 Calorie, Individual Packets, 0.74 Oz Bag, 72/Case

Item Number: 409490

These thin, crisp crackers have a rich, baked in cheddar flavor. They are a good source of calcium, and are made without high fructose corn syrup.

- **Individually wrapped for freshness and portability**
- **Contains zero grams trans fat**
- **Cholesterol-free**

Case (72/0.74 Ounce Bag)	$0.33/ea	**$23.52**	

Print

Nutrition

Based On: AP Cracker, Chs, Nips, 100Cal, Nabisco Rounding: On

Ingredients

For ingredient or allergen information please contact: Mondelez International, 855-202-3913. Manufacturer number: 1932000759. 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 2017. 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 (21g)	
Amount Per Serving	
Calories 100	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 230mg	10%
Potassium 30mg	1%
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
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

Bug-shaped, bite-size cinnamon graham crackers are made from whole grains and are a source of calcium and vitamin A.

Case (210/1.1 Ounce Bag)	$0.21/ea	**$44.27**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Kellogg, phone: 877-511-5777 /web page: www.fafh.com. Please reference manufacturer number: 30100-55644. 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 2017. 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

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 120	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 115mg	5%
Potassium	n/a
Carbohydrates 21g	7%
Fiber 1g	4%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 0% Calcium 10% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Pepperidge Farm Goldfish Cinnamon Graham Crackers, Fun Shape, Individual Packets, 2 Ct Package, 300/Case

Item Number: 194510

These giant goldfish-shaped crackers are cinnamon flavored and are made with whole grains.

- **Contains zero grams trans fat**
- **Cholesterol-free**

Case (300/2 Count Package)	$0.14/ea	**$42.78**	

Print

Nutrition

Based On: AP Cracker, Goldfish, Cinn, Giant Graham Rounding: On

Ingredients

For ingredient or allergen information please contact: Campbells Foodservice, phone: 800-879-7687/web page: www.campbellfoodservice.com. Manufacturer number: 15094. 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 November 2016. 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/194510_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (26g)	
Amount Per Serving	
Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 135mg	6%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 2% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	1.2 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Pepperidge Farm Goldfish Honey Oat Graham Crackers, Whole Grain, Individual Packets, 2 Ct Package, 300/Case

Item Number: 770960

These crackers deliver an oat and honey flavor and are ideal when served with yogurt or as a snack.

- **Individually wrapped for freshness and portability**

Case (300/2 Count Package)	$0.14/ea	**$42.78**	

Print

Nutrition

Based On: AP Cracker, Goldfish, Hny Oat, WGrain, C Rounding: On

Ingredients

For ingredient or allergen information, please contact: Campbell Foodservice, phone: (800) 879-7687/web page: www.campbellfoodservice.com. Please reference manufacturer number: 18432. 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 2017. 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/770960_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (25.51g)

Amount Per Serving

Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 70mg	3%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 5g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 2% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	1.2 mg

Fat Soluble Vitamins:

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



Pepperidge Farm Goldfish Graham Crackers, Whole Grain, Individual Packets, 0.9 Oz Package, 300/Case

Item Number: 198472

Giant goldfish-shaped grahams are vanilla-flavored and are a good source of dietary fiber. They're ideal for a lunchtime snack, after dinner treat, or even with yogurt for breakfast.

- **Single-serve two-pack for convenience and portion control**
- **Meets the Alliance for a Healthier Generation criteria**

Case (300/0.9 Ounce Package)	$0.15/ea	**$45.23**	

Print

Nutrition

Based On: AP Cracker, Gldfsh, Gram, Van-Pepp Rounding: On

Ingredients

WHOLE WHEAT FLOUR, WHEAT FLOUR, SUGAR, VEGETABLE OILS (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL), FRUCTOSE, CONTAINS 2 PERCENT OR LESS OF: CALCIUM CARBONATE, SALT, NATURAL FLAVORS, BAKING SODA, VANILLA EXTRACT, ASCORBIC ACID (VITAMIN C), FERRIC ORTHOPHOSPHATE, MALTODEXTRIN, NIACIN, VITAMIN A PALMITATE, RIBOFLAVIN [VITAMIN B2], THIAMINE MONONITRATE [VITAMIN B1], REDUCED IRON, FOLIC ACID AND SOY LECITHIN. 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 November 2016. 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/198472_SLE.pdf

Nutrition Facts

Serving Size 1 each (25.51g)

Amount Per Serving	
Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 4% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Nabisco Lil' Squares Honey Graham Cracker, Whole Grain, Individual Packets, 1.06 Oz Bag, 72/Case

Item Number: 503370

These bite-sized graham cracker squares are made with honey and whole grain.

- **Contains zero grams trans fat**

Case (72/1.06 Ounce Bag)	$0.20/ea	**$14.36**	

Print

Nutrition

Based On: AP Cracker, Grhm, Hny Maid, Lil Sq, Nabi Rounding: On

Ingredients

GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT. 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 January 2017. 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/503370_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (30g)	
Amount Per Serving	
Calories 130	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 2g	8%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



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

Item Number: 859550

These whole grain, bite-size graham cracker sticks have a dog bone shape and are a source of calcium and vitamin A.

- **Individually wrapped for freshness and portability**

Case (210/1 Ounce Bag)	$0.21/ea	**$44.27**	

Print

Nutrition

Based On: AP Cracker, Graham, Stx, Scooby, Keebler Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 30100-50689. 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 2017. 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/859550_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 120	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 115mg	5%
Potassium	n/a
Carbohydrates 21g	7%
Fiber 1g	4%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 0% Calcium 10% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Ridgefield's SideKicks 100% Blue Raspberry Lemon Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fl Oz Each, 84/Case

Item Number: 794181

These smooth, blue raspberry and lemon slushies are made with 100 percent fruit juice and frozen in individual half-cup servings. Each cup has two flavors side-by-side.

Case (84/4.4 Fluid Ounce Each)	$0.37/ea	**$30.66**	

Print

Nutrition

Based On: AP Slushie, Bl Rspbry/Lmn, Sidekick, Rid Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ridgefield's Brand, phone: 800-800-2269/web page: www.ridgefields.com. Please reference manufacturer number: 2009. 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 2017. 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/794181_SLE.pdf

Nutrition Facts

Serving Size 1 each (127g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 30mg	1%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 18g	
Protein 0g	n/a

Vitamin A IU 20% Vitamin C 100% Calcium 8% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

Ridgefield's SideKicks 100% Cherry Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fl Oz Portion, 84/Case

Item Number: 824040

This Slushie cherry smoothie is popular on school menus as a fruit component and Smart Snacks item.

Case (84/4.4 Fluid Ounce Portion)	$0.39/ea	**$33.01**	

Print

Nutrition

Based On: AP Slushie, Cherry, Smooth, Ridgefield's Rounding: On

Ingredients

For ingredient or allergen information, please contact: The Ridgefield's Brand Corp, phone: 800-800-2269/web page: www.ridgefields.com. Manufacturer number: 2021. 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 2016. 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 (127.22g)

Amount Per Serving

Calories 100

	% Daily Value *
Fat 0g	n/a
Saturated Fat	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 25mg	1%
Potassium 170mg	5%
Carbohydrates 25g	8%
Fiber	n/a
Sugar 21g	
Protein 0g	n/a

Vitamin A IU 20% Vitamin C 100% Calcium 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 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:
1 each = 1/2c additional veg; No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	
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	60 mg

Fat Soluble Vitamins:

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



SideKicks 100% Sour Cherry-Lemon Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fl Oz Each, 84/Case

Item Number: 667911

These smooth, sour cherry and lemon slushies are made with 100 percent fruit juice and frozen in individual half-cup servings. Each cup has two flavors side-by-side.

Case (84/4.4 Fluid Ounce Each)	$0.37/ea	**$30.66**	

Print

Nutrition

Based On: AP Slushie, Sour Cherry-Lemon, SideKicks Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ridgefield's, phone: 800-800-2269. Please reference manufacturer number: 2016. 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 2017. 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/667911_SLE.pdf

Nutrition Facts

Serving Size 1 each (127g)

Amount Per Serving

Calories 90

	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 25mg	1%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 0g	n/a

Vitamin A IU 20% Vitamin C 100% Calcium 8% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Ridgefield's SideKicks 100% Strawberry Kiwi Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fl Oz Portion, 84/Case

Item Number: 863880

These smooth, strawberry and kiwi slushies are made with 100 percent fruit juice and frozen in individual half-cup servings. Each cup has two flavors side-by-side.

Case (84/4.4 Fluid Ounce Portion)	$0.37/ea	**$30.66**	

Print

Nutrition

Based On: AP Slushie, Strwbry/Kiwi, Sidekick, Ridg Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ridgefield's Brand, phone: 800-800-2269/web page: www.ridgefields.com. Please reference manufacturer number: 2014. 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 2017. 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/863880_SLE.pdf

Nutrition Facts

Serving Size 1 each (127g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 35mg	1%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 0g	n/a

Vitamin A IU 20% Vitamin C 100% Calcium 8% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Ridgefield's SideKicks 100% Strawberry Mango Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fl Oz Portion, 84/Case

Item Number: 863890

These smooth, strawberry and mango slushies are made with 100 percent fruit juice and frozen in individual half-cup servings. Each cup has two flavors side-by-side.

Case (84/4.4 Fluid Ounce Portion)	$0.37/ea	**$30.66**	

Print

Nutrition

Based On: AP Slushie, Strwbry/Mango, Sidekick, Rid Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ridgefield's Brand, phone: 800-800-2269/web page: www.ridgefields.com. Please reference manufacturer number: 2015. 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 2017. 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/863890_SLE.pdf

Nutrition Facts

Serving Size 1 each (127g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 35mg	1%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 0g	n/a

Vitamin A IU 35% Vitamin C 100% Vitamin D IU 0% Calcium 8% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

Vitamin D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1750 IU

Sidekicks 100% Sunbelievable Juice Slushie Cup, Frozen, Single-Serve, 4.4 Fluid Ounce, 4.4 Oz Piece, 84/Case

Item Number: 911669

This juice slushie cup is a smooth-frozen 100% fruit juice cup with no added sweeteners. This cup's clear flavors and uniquely smooth texture make it very different from Italian ices and sorbets, and is spoonable so even youngsters can finish easily in a short meal-time.

Case (84/4.4 Ounce Piece)	$0.40/ea	**$33.83**	

Print

Nutrition

Based On: AP Slushie, Sunbelievable, Sidekicks Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ridgefield's Brand, phone: 800-800-2269. Manufacturer number: 2020. 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 2017. 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 (124.74g)

Amount Per Serving	
Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 25mg	1%
Potassium 220mg	6%
Carbohydrates 26g	9%
Fiber	n/a
Sugar 23g	
Protein 0g	n/a

Vitamin A IU 20% Vitamin C 100% Calcium 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	
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	60 mg

Fat Soluble Vitamins:

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



Luigi Frozen Cherry Blue Raspberry Sorbet Cups, 4.4 Fl Oz Each, 96/Case

Item Number: 602382

These frozen sorbet cups feature a flavorful swirl of blue raspberry, and cherry flavors, with no sugar added.

Case (96/4.4 Fluid Ounce Each)	$0.29/ea	**$27.47**	

Print

Nutrition

Based On: AP Sorbet, Cup, Chry/Blue Rasp, Luigi's Rounding: On

Ingredients

Pineapple Juice from Concentrate (Micron Filtered Water and Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron Filtered Water and Concentrated Apple Juice), Inulin (Vegetable Fiber), Natural & Artificial Flavors, Beet Concentrate, Guar and Xanthan Gums, Citric Acid, Calcium Hydroxide, Ascorbic Acid (Vitamin C), Beta Carotene, and FD&C Blue #1. 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 December 2016. 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 (125.87g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 18g	6%
Fiber 3g	12%
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 10% Vitamin C 100% Calcium 8% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	0.36 mg
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	60 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



General Mills Cheddar Snack Mix, Whole Grain, Single Serve, 0.92 Oz Bag, 60/Case

Item Number: 599282

This whole grain snack mix features Chex cereal pieces, coated in a cheddar cheese flavor. This snack offers less fat than traditional potato chips.

- **Individually packaged for convenience and less waste**

Case (60/0.92 Ounce Bag)	$0.32/ea	**$19.40**	

Print

Nutrition

Based On: AP Snack, Mix, Chex, Ched, WGrain, Gener Rounding: On

Ingredients

Whole Wheat, Enriched Corn Meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean and/or rice bran), Sugar, Whey Powder, Buttermilk Powder. Contains 2% or less of: Corn Syrup Solids, Salt, Natural andArtificial Flavor, Sour Cream Powder (cream, nonfat milk, cultures), Distilled Monoglycerides, Onion Powder, Trisodium Phosphate, Calcium Carbonate, Baking Soda, Yellow Corn Flour, Freshness Preserved by BHT. COMMON ALLERGENS PRESENT: Milk, Wheat. MAY CONTAIN: 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 2017. 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/599282_SLE.pdf

Nutrition Facts

Serving Size 1 each (26g)

Amount Per Serving

Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 135mg	6%
Potassium	n/a
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 4g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Simply Chex Strawberry Yogurt Snack Mix, Whole Grain, 1.03 Oz Package, 60/Case

Item Number: 266020

This ready-to-serve snack contrasts the savory taste of Chex cereal with the sweet and tart taste of a strawberries and yogurt coating.

- **Individually wrapped for freshness and portability**

Case (60/1.03 Ounce Package)	$0.32/ea	**$19.40**	

Print

Nutrition

Based On: AP Snack, Mix, Strawb Yog, WGrain, Gener Rounding: On

Ingredients

Whole Wheat, Enriched Corn Meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean and/or rice bran), Yogurt Flavored Coating (sugar, palm kernel oil, maltodextrin, yogurt powder [cultured nonfat milk, whey protein concentrate, yogurt cultures], nonfat milk, soy lecithin, natural flavor), Fructose, Dextrose. Contains 2% or less of: Maltodextrin, Salt, Natural Flavor, Modified Corn Starch, Distilled Monoglycerides, Trisodium Phosphate, Calcium Carbonate, Yellow Corn Flour, Baking Soda, Freshness Preserved by BHT. 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 2017. 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/266020_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (29g)	
Amount Per Serving	
Calories 120	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 55mg	2%
Potassium	n/a
Carbohydrates 23g	8%
Fiber 2g	8%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Quaker Snack Mix, Munchie, Single-Serve, Whole Grain, 0.88 Oz Bag, 104/Case

Item Number: 251670

This snack mix combines miniature Sunchips Harvest Cheddar, Quaker Squares cereal, miniature Rold Gold Heartzels, and Smartfood Delights.

- **Contains zero grams trans fat**
- **Meets the Alliance for a Healthier Generation criteria**
- **Meets the Healthier US School Challenge criteria**
- **Individually wrapped for retail applications**

Case (104/0.88 Ounce Bag)	$0.28/ea	**$29.28**	

Print

Nutrition

Based On: AP Snack, Munchie, Kids Mix, Quaker Rounding: On

Ingredients

Cap'n Crunch Cereal (Original): Corn Flour, Sugar, Oat Flour, Brown Sugar, Coconut Oil, Salt, Niacinamide (Vitamin B3), Reduced Iron, Zinc Oxide, Artificial Color (Yellow 5, Yellow 6), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Folic Acid, and BHT (a Preservative). Rold Gold Brand Classic Tiny Twists Pretzels: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Oil, Corn Syrup, Salt, Ammonium Bicarbonate, Malt Extract and Yeast. Doritos Brand Nacho Cheese Flavored Bite-Size Tortilla Chips: Whole Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Buttermilk, Whey Protein Concentrate, Whey, Monosodium Glutamate, Tomato Powder, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Ascorbic Acid (Vitamin C), Maltodextrin (Made from Corn), Tocopherols (Vitamin E), Natural Flavor, Garlic Powder, Dextrose, Sugar, Potato Starch, Beta Carotene (Vitamin A), Citric Acid, Spices, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Lactic Acid, Niacinamide (Vitamin B3), Artificial Color (Including Yellow 5), Disodium Inosinate, Disodium Guanylate, Pyridoxine Hydrochloride (Vitamin B6), and Riboflavin (Vitamin B2). SmartFood Brand Reduced Fat White Cheddar Cheese Flavored Popcorn: Popcorn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Maltodextrin (Made from Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Salt, Whey, Whey Protein Concentrate, Buttermilk, Potassium Chloride, Natural Flavors, Yeast Extract, Lactic Acid, Rice Flour, Citric Acid, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Potato Starch, Niacinamide (Vitamin B3), Beta Carotene (Vitamin A), Pyridoxine Hydrochloride (Vitamin B6) and Riboflavin (Vitamin B2). Cheetos Brand Asteroids Brand Cheese Flavored Snacks: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt. 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 January 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (24.81g)

Amount Per Serving

Calories 110	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 15%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

GFS Crinkle-Cut Banana Pepper Rings, Mild, Plastic, 1 Gal, 4/Case



Item Number: 466220

These sliced banana peppers feature a mild taste and a crisp texture. These peppers may be used in a variety of applications.

- **Fat-free**
- **Cholesterol-free**
- **5/16 inch slices**
- **800-1000 pieces per gallon**

Case (4/1 Gallon Jar)	$0.05/fl	**$27.89**	

Print

Nutrition

Based On: AP Peppers, Ban, Ring, Mild, 1z=15 each, Rounding: On

Ingredients

Fresh banana peppers, water, vinegar, salt, malic and lactic acid, calcium chloride, sodium benzoate and sodium metabisulfite (preservatives), yellow 5. 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 2017. 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 oz (28.35g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 460mg	19%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 15% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	9 mg

Fat Soluble Vitamins:

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



Westminster Oyster Crackers, Individual Packets, 0.5 Oz Each, 150/Case

Item Number: 555030

These oyster crackers offer a puff shape which floats in soups without absorbing liquid and becoming mushy.

- **Contains zero grams trans fat**

Case (150/0.5 Ounce Each)	$0.10/ea	**$15.36**	

Print

Nutrition

Based On: AP Crackers, Oyster, Ind, Westminster Rounding: On

Ingredients

Unbleached Wheat Flour, Water, Canola Oil, All Natural Evaporated Cane Juice, Salt, Yeast, Baking Soda. 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 February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (14.17g)	
Amount Per Serving	
Calories 70	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 85mg	4%
Potassium	n/a
Carbohydrates 11g	4%
Fiber 0g	n/a
Sugar 0g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Gordon Choice Cole Slaw Dressing, 1 Gal, 4/Case

Item Number: 106992

This coleslaw dressing has a sweet, mayonnaise base. It is neutral in color, ready to mix into shredded or chopped cabbage and serve.

- **Convenient gallon containers provide easy storage and quicker turns for the freshest product**

Case (4/1 Gallon Jar)	$0.05/fl	**$27.80**	

Print

Nutrition

Based On: AP Dressing, Cole Slaw, GFS Rounding: On

Ingredients

SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SUGAR, WATER, DISTILLED VINEGAR, EGG YOLK, CONTAINS LESS THAN 2% SALT, XANTHAN GUM, PROPYLENE GLYCOL ALIGNATE, POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg. 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 2017. 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 (33g)	
Amount Per Serving	
Calories 140	Calories From Fat 90
	% Daily Value *
Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 260mg	11%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Ken's Foods Inc. Fat Free French Dressing, Packets, 1.5 Oz Portion, 60/Case

Item Number: 195715

This Catalina-style dressing features a deep, red color with sweet tomato notes. Combined with a mild vinegar tang and subtle spices, it can be used as a dressing or sandwich spread.

- **Individual easy-open packets for health safety, convenience, and portion control**

Case (60/1.5 Ounce Portion)	$0.15/ea	**$8.82**	

Print

Nutrition

Based On: AP Dressing, French, Fat Free, Ken's Rounding: On

Ingredients

Water, Vinegar, Sugar, Corn Syrup, Tomato Paste, Salt, Cellulose Gel and Cellulose Gum, Contains less than 2% of: Potassium Sorbate and Calcium Disodium EDTA as preservatives, Xanthan Gum, Garlic, Propylene Glycol Alginate, Onion, Yellow #6, Lemon Juice Concentrate, Spice, Red #40, Blue #1. 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 2017. 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 (47g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 470mg	20%
Potassium	n/a
Carbohydrates 13g	4%
Fiber 1g	4%
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 2% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	1.2 mg

Fat Soluble Vitamins:

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



Taste Pleasers Gourmet Honey Mustard Dressing, Cups, 1 Fl Oz Each, 100/Case

Item Number: 739590

A blend of sweet honey, tangy mustard and a variety of spices pairs with chicken tenders, nuggets, pretzels, and salads to create a signature application.

- **Wide-mouth cups offer versatility for dipping or pouring, and portion control**

Case (100/1 Fluid Ounce Each)	$0.11/ea	**$11.35**	

Print

Nutrition

Based On: AP Dressing/ Sauce, Honey Mustard, 1flz Rounding: On

Ingredients

For ingredient or allergen information, please contact: Heinz/Portion Pac, 800-547-8924, www.heinzfoodservice.com. Please reference manufacturer number: 78000361. 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 2017. 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 (28.35g)	
Amount Per Serving	
Calories 70	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 220mg	9%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 2g	
Protein 0g	n/a

Vitamin A IU 30% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1500 IU



Litehouse Classic Fat Free Honey Mustard Dressing, No MSG, Packets, 1.5 Oz Each, 60/Case

Item Number: 135632

This dressing is a balance of honey and mustard without any of the fat of regular honey mustard.

- **Individual serving size for portion control**
- **No monosodium glutamate (MSG)**

Case (60/1.5 Ounce Each)	$0.21/ea	**$12.49**	

Print

Nutrition

Based On: AP Dressing, Hny, Mustard, FF, Pkt, Lite Rounding: On

Ingredients

WATER, MALTODEXTRIN, SUGAR, DIJON MUSTARD [WATER, MUSTARD SEED, DISTILLED VINEGAR, SALT, WHITE WINE, CITRIC ACID, TURMERIC (COLOR), TARTARIC ACID, SPICES], WHITE WINE VINEGAR, CIDER VINEGAR, HONEY, BUTTERMILK SOLIDS*, YELLOW MUSTARD [VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC (COLOR), SPICE], MODIFIED CORN STARCH, SALT, XANTHAN GUM, LEMON JUICE CONCENTRATE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES). *ADDS A TRIVIAL AMOUNT OF FAT. COMMON ALLERGENS PRESENT: 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 2016. 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 (43g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 230mg	10%
Potassium	n/a
Carbohydrates 15g	5%
Fiber 0g	n/a
Sugar 8g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Pepper Mill Fat Free Italian Dressing, Packets, 1.5 Oz Piece, 60/Case



Item Number: 824960 (gf)

This light-bodied dressing offers a fat-free option without sacrificing a high-quality taste. Savory cracked peppercorns, red pepper, and generous amounts of Parmesan cheese are blended into a red wine vinegar base to offer a lively, tangy flavor to ideally complement fresh vegetables, sandwiches, pastas, and salads.

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

Case (60/1.5 Ounce Piece)	$0.18/ea	**$10.61**	

Print

Nutrition

Based On: AP Dressing, Italian, FF, Pkt, Pepper Mi Rounding: On

Ingredients

WATER, HIGH FRUCTOSE CORN SYRUP, RED WINE VINEGAR, WHITE WINE VINEGAR, SALT, ROMANO CHEESE* (MILK, CULTURE, SALT, ENZYMES), PARMESAN CHEESE* (PART SKIM MILK, CULTURE, SALT, ENZYMES), XANTHAN GUM, DRIED BELL PEPPER, DRIED ONION, DRIED GARLIC, NATURAL FLAVOR, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), SPICE, PAPRIKA EXTRACT (COLOR), CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). *ADDS A TRIVIAL AMOUNT OF FAT. COMMON ALLERGENS PRESENT: 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 January 2016. 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 (45g)	
Amount Per Serving	
Calories 20	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 440mg	18%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 0g	n/a
Sugar 3g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 6% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
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	3.6 mg

Fat Soluble Vitamins:

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



Litehouse Classic Fat Free Ranch Dressing, No MSG, Packets, 1.5 Oz Each, 60/Case

Item Number: 135641

This dressing has a creamy texture created from the buttermilk and spices for a classic ranch that is fat-free.

- **Individual serving size for portion control**
- **No monosodium glutamate (MSG)**

Case (60/1.5 Ounce Each)	$0.21/ea	**$12.78**	

Print

Nutrition

Based On: AP Dressing, Ranch, FF, Pkt, Litehouse Rounding: On

Ingredients

WATER, DISTILLED VINEGAR, GLUCONIC ACID, BUTTERMILK SOLIDS*, SUGAR, MALTODEXTRIN, MODIFIED CORN STARCH, CIDER VINEGAR, SALT, DRIED GARLIC, XANTHAN GUM, NATURAL FLAVOR, DRIED ONION, DRIED CELERY, SPICES, ARTIFICIAL COLOR, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, DRIED GARLIC, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR), CULTURED DEXTROSE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), MUSTARD FLOUR, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). *ADDS A TRIVIAL AMOUNT OF FAT. COMMON ALLERGENS PRESENT: 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 2016. 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 (43g)

Amount Per Serving	
Calories 30	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 350mg	15%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 3g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 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)	$0.10/ea	**$10.45**	

Print

Nutrition

Based On: AP Ranch, Lt, Dip Cup, Flavor Fresh Rounding: On

Ingredients

For ingredient or allergen information, please contact: Diamond Crystal, phone: 800-654-5115, www.dcbrands.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 March 2017. 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 (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 125mg	5%
Potassium 115mg	3%
Carbohydrates 5g	2%
Fiber	n/a
Sugar 3g	
Protein	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Pioneer Old-Fashioned Biscuit Gravy Mix, 1.5 Lb Package, 6/Case

Item Number: 281719

This mix provides a smooth, creamy white gravy with rich dairy flavors, making it the ideal complement to biscuits, chicken fried steaks, mashed potatoes, and more.

- **Holds up well over extended serving times**

Case (6/1.5 Pound Package)	$0.10/oz	**$14.73**	

Print

Nutrition

Based On: AP Gravy Mix, Biscuit, Old Fashioned, Pi Rounding: On

Ingredients

PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, CORN SYRUP SOLIDS, SALT, SODIUM CASEINATE, CONTAINS LESS THAN 2%: CARRAGEENAN, MONO & DIGLYCERIDES, ARTIFICIAL FLAVOR, COLOR ADDED. COMMON ALLERGENS PRESENT: Milk, Wheat. MAY CONTAIN: Egg, 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 2017. 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 1.33 tbsp (10g)	
Amount Per Serving	
Calories 45	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 1g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%
Thiamin 2% Folic Acid 2%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	8 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

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



Trio Brown Gravy Mix, Low-Sodium, 16 Oz Bag, 8/Case

Item Number: 552050

This hearty, meaty gravy mix features flavors of sweet onions and cracked black pepper, offering a made-from-scratch taste and texture.

- **Contains zero grams trans fat**
- **No added monosodium glutamate (MSG)**
- **Holds up well over extended serving times**

Case (8/16 Ounce Bag)	$0.24/oz	**$30.81**	

Print

Nutrition

Based On: AP Mix, Gravy, Brown, Low Sod, 1T>1/4c p Rounding: On

Ingredients

For ingredient or allergen information, please contact: Nestle Professional, phone: (800) 288-8682 /web page: www.nestleprofessional.com. Please reference manufacturer number: 5000038572. 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 2017. 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 tbsp (7g)	
Amount Per Serving	
Calories 25	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 10mg	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Trio Poultry Gravy Mix, Low-Sodium, 22.6 Oz Bag, 8/Case

Item Number: 552061

This full flavored gravy mix offers rich poultry flavors, enhanced by chopped parsley and a blend of signature seasonings, creating a fresh, natural taste.

- **Contains zero grams trans fat**
- **No added monosodium glutamate (MSG)**
- **Holds up well over extended serving times**

Case (8/22.6 Ounce Bag)	$0.21/oz	**$37.50**	

Print

Nutrition

Based On: AP Mix, Gravy, Poultry, Low Sod, 1.3T>1/ Rounding: On

Ingredients

For ingredient or allergen information, please contact: Nestle Professional, phone: (800) 288-8682 /web page: www.nestleprofessional.com. Please reference manufacturer number: 5000038482. 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 2017. 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 1.33 tbsp (9g)	
Amount Per Serving	
Calories 40	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 130mg	5%
Potassium 30mg	1%
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 1g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Chef-mate Country Sausage Gravy, #10, 10 Can Sz Can, 6/Case

Item Number: 464694

This ready-to-use with a made-from-scratch quality old fashioned sausage gravy features a rich, hearty taste ideal over biscuits, toast, cornbread, and more.

- **Holds up well over extended serving times**
- **Contains zero grams trans fat**

Case (6/10 Industry std CAN)	$0.09/oz	**$57.50**	

Print

Nutrition

Based On: AP Gravy, Country Sausage, Chefmate Rounding: On

Ingredients

For ingredient or allergen information please contact: Nestle Brands Foodservice, phone: 800-288-8682, web page: www.nestleprofessionals.com. Manufacturer number: 5000005228. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (62g)	
Amount Per Serving	
Calories 90	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Heinz Ketchup, Packets, 9 Gm, 1000/Case

Item Number: 255521

This USDA Grade A ketchup is made from the tomato concentrate of red, ripe tomatoes for a full, rich tomato flavor.

- **Individual serving size for portion control**

Case (1000/9 Gram Each)	$0.01/ea	**$14.80**	

Print

Nutrition

Based On: AP Ketchup, 9-Gram Pkt, Heinz Rounding: On

Ingredients

For ingredient or allergen information, please contact: H.J. Heinz Co., phone: (800) 547-8924/web page: www.heinzfoodservice.com. Manufacturer number: 78000108. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (9g)	
Amount Per Serving	
Calories 10	Calories From Fat 0.2
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 85mg	4%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	1%
Sugar 2g	
Protein 0g	n/a

Vitamin A IU 1% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	1.35 mg
Iron	0.03 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.59 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	42.3 IU



Heinz Ketchup, Packets, 11 Gm, 200/Case

Item Number: 109894

This USDA Grade A ketchup is made from the tomato concentrate of red, ripe tomatoes for a full, rich tomato flavor.

- **Individual serving size for portion control**

Case (200/11 Gram Each)	$0.05/ea	**$9.97**	

Print

Nutrition

Based On: AP Ketchup, PC, Heinz Rounding: On

Ingredients

For ingredient or allergen information, please contact: H.J, Heinz Co., phone: (800) 457-5752. webpage: www.heinzfoodservice.com Manufacturer number: 980500. 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 2017. 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 (11g)	
Amount Per Serving	
Calories 10	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 100mg	4%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 3g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Kraft Light Reduced-Fat Premium Mayonnaise, with Olive Oil, Packets, 12.4 Gm, 200/Case

Item Number: 131011

This mayonnaise offers less fat and calories than regular mayonnaise while providing traditional taste. It is made with olive oil blended with soybean and canola oil, providing the same binding, clinging, and holding power of regular mayonnaise.

- **Convenient single-use packets are ideal for on-the-go applications**

Case (200/12.4 Gram Each)	$0.09/ea	**$18.02**	

Print

Nutrition

Based On: AP Mayonnaise, w/ Olive Oil, Red Fat, 12 Rounding: On

Ingredients

WATER, OLIVE OIL, CANOLA OIL, SOYBEAN OIL, VINEGAR MODIFIED FOOD STARCH*, SUGAR, MALTODEXTRIN*, EGGS, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, DRIED ONIONS, DRIED GARLIC, NATURAL FLAVOR, ENZYME MODIFIED EGG YOLK*, BETA CAROTENE* (COLOR), LACTIC ACID*, POTASSIUM SORBATE* AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, PHOSPHORIC ACID* *INGREDIENT NOT NORMALLY FOUND IN MAYONNAISE. COMMON ALLERGENS PRESENT: Egg. 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 2016. 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 (12.4g)	
Amount Per Serving	
Calories 35	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 80mg	3%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Heinz Mustard, Packets, 0.2 Oz Each, 200/Case

Item Number: 109908

This classic yellow mustard is a moderately sharp tasting condiment prepared using ground mustard seed, vinegar, salt, spices, and flavoring. Individual packets offer takeout convenience and are easy to open and dispense.

- **Portioned packets for no waste**

Case (200/0.2 Ounce Each)	$0.02/ea	**$4.33**	

Print

Nutrition

Based On: AP Mustard, Pkt, Heinz Rounding: On

Ingredients

For ingredient or allergen information, please contact: Heinz/Portion Pac, phone: 800-547-8924/web page: www.heinzfoodservice.com. Please reference manufacturer number: 530600. 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 2016. 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 tsp (5.6g)	
Amount Per Serving	
Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 65mg	3%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

GFS Sweet Relish, Packets, 9 Gm, 200/Case



Item Number: 187216

These sweet pickle relish packets may be used for on-the-go meals, table service, or takeout.

Case (200/9 Gram Each)	$0.05/ea	**$9.61**	

Print

Nutrition

Based On: AP Relish, Sweet, PC, GFS Rounding: On

Ingredients

Pickles (Cucumbers, Water, Salt, Vinegar), High Fructose Corn Syrup, Cabbage, Corn Syrup, Distilled Vinegar, Salt, Dextrose, Natural Flavorings, Sodium Benzoate & Potassium Sorbate (preservatives), Xanthan Gum, Alum, Locust Bean and Guar Gums, Red Bell Peppers, Oleoresin Turmeric, Yellow No. 5 & Blue No. 1, Polysorbate 80. 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 2017. 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 (9g)	
Amount Per Serving	
Calories 10	Calories From Fat 0.2
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 60mg	3%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	1%
Sugar 2g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	2.25 mg
Iron	0.04 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.03 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0.9 IU



Heinz Sweet Relish, Packets, 9 Gm, 500/Case

Item Number: 449024

This sweet and tangy relish is made from a blend of pickles and hints of red peppers, creating an ideal condiment for hot dogs, hamburgers, or tuna fish.

Case (500/9 Gram Each)	$0.06/ea	**$29.13**	

Print

Nutrition

Based On: AP Relish, Sweet, Pkt, Heinz Rounding: On

Ingredients

For ingredient or allergen information, please contact: H.J, Heinz Co., phone: (800) 547-8924. Manufacturer number: 531500. 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 2016. 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 (9g)	
Amount Per Serving	
Calories 10	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 50mg	2%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 3g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case

Item Number: 677802

These low-sodium salsa cups are made with natural sugar instead of high fructose corn syrup, making them ideal as a side for school nachos.

- **Single-serve cup with peel off foil lid for food safety and ease of dipping**
- **Contains zero grams trans fat**

Case (84/3 Ounce Each)	$0.33/ea	**$27.99**	

Print

Nutrition

Based On: AP Salsa, Cup, 3z, Red Gold Rounding: On

Ingredients

Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Less Than 2% Of: Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, 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 August 2017. 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/677802_SLE.pdf

Nutrition Facts

Serving Size 0.5 each (43g)

Amount Per Serving

Calories 10

	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 70mg	3%
Potassium 100mg	3%
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 1g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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



Flavor Fresh Low Sodium Barbecue Sauce, Dipping Cups, 1 Oz Each, 100/Case

Item Number: 499402

This versatile, low sodium, dipping and pouring sauce offers a thick and rich tomato based product, enhanced by a smoky barbecue flavor, made with sweet molasses and a blend of signature spices.

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

Case (100/1 Ounce Each)	$0.09/ea	**$9.15**	

Print

Nutrition

Based On: AP Sauce, BBQ, Lo Sod, Dip Cup, Flavor F Rounding: On

Ingredients

For ingredient or allergen information, please contact: Diamond Crystal, phone: (800) 654-5115. Please reference manufacturer number: 70809. 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 2017. 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 (28.34g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 120mg	5%
Potassium 95mg	3%
Carbohydrates 16g	5%
Fiber 0g	n/a
Sugar 9g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 2% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	1.2 mg

Fat Soluble Vitamins:

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

GFS Hot Sauce, Packets, 3 Gm, 200/Case



Item Number: 714590

This very hot and spicy sauce is made from a blend of cayenne pepper, vinegar, and salt with a hint of tomato.

- **Preportioned packets for no waste**

Case (200/3 Gram Each)	$0.02/ea	**$4.50**	

Print

Nutrition

Based On: AP Sauce, Hot, Pkt, GFS Rounding: On

Ingredients

Water, Tomato Paste, Distilled Vinegar, Salt, Red Pepper, Garlic Powder, Xanthan Gum, Sodium Benzoate (preservative). 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 2017. 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 (3g)

Amount Per Serving

Calories 0	Calories From Fat 0.1
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 40mg	2%
Potassium 5mg	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 1% Vitamin B6 0% Vitamin B12 0% Vitamin C 0%
Vitamin D IU 0% Calcium 0% Iron 0% Phosphorous 0%
Magnesium 0% Zinc 0% Thiamin 0% Riboflavin 0%
Niacin B3 0% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	0.3 mg
Zinc	0 mg
Magnesium	0.032 mg
Copper	n/a
Selenium	n/a
Calcium	0.43 mg
Iron	0.02 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0 mg
Riboflavin	0.001 mg
Niacin B3	0.006 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	0 mg
Vitamin B12	0 mcg
Vitamin C	0.14 mg

Fat Soluble Vitamins:

Vitamin D IU	0 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	32.9 IU



Redpack Pizza Sauce, with Basil, #10, 10 Can Sz Can, 6/Case

Item Number: 256013

Made with concentrate from vine-ripened Midwestern tomatoes, this sauce has added salt, citric acid, and basil. Brand may vary.

Case (6/10 Industry std CAN)	$0.03/oz	**$19.24**	

Print

Nutrition

Based On: AP Sauce, Pizza, w/Basil, Redpack Rounding: On

Ingredients

Tomato concentrate (water, tomato paste), salt, citric acid, basil. 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 September 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (61g)

Amount Per Serving

Calories 30	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 90mg	4%
Potassium 290mg	8%
Carbohydrates 6g	2%
Fiber 2g	8%
Sugar 4g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 4% Calcium 0% Iron 6%
Phosphorous 3%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	29.3 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

GFS Tartar Sauce, Packets, 12 Gm, 200/Case



Item Number: 213361

These packets contain a zesty salad dressing based sauce, with pieces of pickle relish dispersed throughout. Each packet is ideal for flavoring fish dishes.

- **Individually portioned condiment packets are ready to use, saving time and labor**

Case (200/12 Gram Each)	$0.04/ea	**$8.15**	

Print

Nutrition

Based On: AP Sauce, Tartar, Pkt, 12gm, GFS Rounding: On

Ingredients

Soybean Oil, Water, High Fructose Corn Syrup, Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Alum, Natural Spice Flavors, Polysorbate 80), Distilled Vinegar, Egg Yolks, Modified Food Starch, Salt, Spice, Xanthan Gum, Onion Powder, Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavor, Calcium Disodium EDTA added to protect flavor. COMMON ALLERGENS PRESENT: Egg. 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 2017. 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 (12g)

Amount Per Serving

Calories 45	Calories From Fat 32.4
	% Daily Value *
Fat 3.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat 2g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 5mg	1%
Sodium 100mg	4%
Potassium 0mg	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin B6 0% Vitamin B12 0% Vitamin C 0%
Vitamin D IU 0% Calcium 0% Iron 0% Phosphorous 0%
Magnesium 0% Zinc 0% Thiamin 0% Riboflavin 0%
Niacin B3 0% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	1.6 mg
Zinc	0 mg
Magnesium	0.084 mg
Copper	n/a
Selenium	n/a
Calcium	1.98 mg
Iron	0.02 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0 mg
Riboflavin	0.001 mg
Niacin B3	0 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
Vitamin B6	0.001 mg
Vitamin B12	0 mcg
Vitamin C	0.02 mg

Fat Soluble Vitamins:

Vitamin D IU	0.454 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	3.96 IU

GFS Sour Cream, Grade A, Single-Serve, Packets, 1 Oz Each, 400/Case



Item Number: 836750

This quality sour cream is made from Grade A pasteurized butterfat and offers a smooth texture. They are portioned in single-serve packets and resist separation under hot and cold applications.

- **Stick pack has high barrier film for added moisture resistance and weeping.**
- **Specially designed to resist separation under a wide variety of applications**

Case (400/1 Ounce Each)	$0.14/ea	**$56.18**	

Print

Nutrition

Based On: AP Sour Cream, 1z GFS Rounding: On

Ingredients

Cultured Nonfat milk, Cream, Contains less than 2% of Whey, Food Starch-Modified (Corn), Sodium Phosphate (Sodium Tripolyphosphate), Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (Preservative). COMMON ALLERGENS PRESENT: 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 July 2017. 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 (28g)	
Amount Per Serving	
Calories 60	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 50mg	2%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 1g	
Protein 1g	2%

Vitamin A IU 4% Vitamin C 0% Calcium 4% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Hearthstone Kettle-Style Baked Beans, with Brown Sugar, #10, 10 Can Sz Can, 6/Case

Item Number: 822477

Prepared with white beans, savory pork, and brown sugar, these beans provide old-fashioned flavor and are ready to serve as a side dish.

Case (6/10 Industry std CAN)	$0.04/oz	**$26.74**	

Print

Nutrition

Based On: AP Beans, Kettle, Brn Sugar, Hearthstone Rounding: On

Ingredients

White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, and sodium nitrate), Caramel Coloring, Liquid Smoke, Calcium Chloride, Natural Flavor. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (131g)

Amount Per Serving

Calories 110	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 340mg	14%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 6g	24%
Sugar 7g	
Protein 5g	10%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

GFS Broccoli Florets, Grade A, IQF, 4 Lb Bag, 6/Case



Item Number: 610902

This quality blend of broccoli florets is ready to use in a variety of applications.

- **Individually quick frozen to ensure freshness and allow for easy separation while frozen**

Case (6/4 Pound Bag)	$0.09/oz	**$32.72**	

Print

Nutrition

Based On: AP Broccoli, Florets-GFS Rounding: On

Ingredients

Broccoli. 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 December 2015. 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 3 each (85g)	
Amount Per Serving	
Calories 30	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 2g	8%
Sugar 2g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 50% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

GFS Broccoli Spears, Grade A, Frozen Brick, 2 Lb Package, 12/Case



Item Number: 119237

Broccoli spears offer multiple menu applications and are popular with health-conscious customers. They are approximately 4 3/4-5 1/4 inches long with a stalk diameter of 1-1 7/8 inches.

- **Cook from frozen block state**

Case (12/2 Pound Package)	$0.08/oz	**$30.30**	

Print

Nutrition

Based On: AP Broccoli, Spears, Frozen, GFS Rounding: On

Ingredients

Broccoli. 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 January 2016. 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 Pc (89g)	
Amount Per Serving	
Calories 30	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 25mg	1%
Potassium 250mg	7%
Carbohydrates 4g	1%
Fiber 2g	8%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 50% Calcium 4% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0 mg
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	30 mg

Fat Soluble Vitamins:

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

GFS Cut Super Sweet Corn, Grade A, IQF, 30 Lb Bag, 1/Case



Item Number: 358991

This cut, yellow, super sweet corn was harvested at the peak of freshness to ensure tender kernels, bright color, and sweetness.

- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**
- **Fully prepared, simply heat and serve**

Case (1/30 Pound Bag)	$0.06/oz	**$31.00**	

Print

Nutrition

Based On: AP Corn, Super Sweet, GFS Rounding: On

Ingredients

Corn. 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 December 2015. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.67 cup (90g)	
Amount Per Serving	
Calories 100	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 21g	7%
Fiber 2g	8%
Sugar 2g	
Protein 3g	6%

Vitamin A IU 2% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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



Kitchen Essentials Cut Corn, Grade B, IQF, 30 Lb Bag, 1/Case

Item Number: 283730

This cut, yellow, sweet corn was harvested at the peak of freshness to ensure tender kernels, bright color, and sweetness.

- **Individually quick frozen ensures freshness and allows for easy product separation while frozen**
- **Fully prepared, simply heat and serve**

Case (1/30 Pound Bag)	$0.05/oz	**$26.36**	

Print

Nutrition

Based On: AP Cut Corn, Fz, KE Rounding: On

Ingredients

Corn. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.67 cup (89g)	
Amount Per Serving	
Calories 100	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 21g	7%
Fiber 2g	8%
Sugar 2g	
Protein 3g	6%

Vitamin A IU 2% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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



McCain 1/2 Inch Long Fancy Crinkle Cut French Fries, Bakeable, Frozen, 5 Lb Bag, 6/Case

Item Number: 200697

These thick, crinkle-cut fries are specially processed for oven preparation to deliver the crispness and flavor of deep-fried french fries.

- **Make from frozen for quick preparation**
- **Unique processing delivers ideal outer crispness designed for oven baking**
- **Consistent quality and uniform size for easy portion control**
- **Contains zero grams trans fat**

Case (6/5 Pound Bag)	$0.04/oz	**$20.49**	

Print

Nutrition

Based On: AP Fries, CC, 1/2", McCain Rounding: On

Ingredients

For ingredient or allergen information please contact: McCain Foods, phone: (800) 767-7377/web page: www.mccainusafoodservice.com. Please reference manufacturer number: OIF00055A. 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 2016. 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/200697_SLE.pdf

Nutrition Facts

Serving Size 2.54 oz (72g)

Amount Per Serving

Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 20mg	1%
Potassium 260mg	7%
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 8% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2.54 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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
Calcium	0 mg
Iron	0.36 mg
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	4.8 mg

Fat Soluble Vitamins:

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



Cavendish Farms Coated 3/8 Ince Regular Cut French Fries, Frozen, 4.5 Lb Bag, 6/Case

Item Number: 199910

These golden french fries have a buttery taste while the proprietary recipe ensure crispness and a long hold-time.

Case (6/4.5 Pound Bag)	$0.09/oz	**$39.01**	277

Print

Nutrition

Based On: AP Fries, Reg Cut, Clear Coat, 3/8", 3oz Rounding: On

Ingredients

For ingredient or allergen information, please contact: Cavendish Farms, phone: (800) 561-7945 /web page: www.cavendishfarms.com. Please reference manufacturer number: 5621005301. 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 2016. 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 3 oz (85g)	
Amount Per Serving	
Calories 150	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 400mg	17%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 6% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
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	3.6 mg

Fat Soluble Vitamins:

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



McCain 1/2 Inch Extra Long Straight Cut French Fries, Seasoned, Reduced Sodium, 5 Lb Bag, 6/Case

Item Number: 230962

These crunchy, red-battered fries are ideal for complementing burgers and sandwiches.

Case (6/5 Pound Bag)	$0.06/oz	**$29.02**	

Print

Nutrition

Based On: AP Potato, Stix, Redc Sod, McCain Rounding: On

Ingredients

For ingredient or allergen information, please contact: McCain Foods, phone: 800-767-7377, www.mccainusafoodservice.com. Please reference manufacturer number: MCX04717. 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 2017. 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/230962_SLE.pdf

Nutrition Facts

Serving Size 2.38 oz (68g)	
Amount Per Serving	
Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat 2g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 0mg	n/a
Sodium 135mg	6%
Potassium 260mg	7%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 0g	
Protein 1g	2%

Vitamin A IU 0% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2.38 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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



Sweet Things Long Fancy Rib Cut Sweet Potato Fries, Seasoned & Coated, Bakeable, Frozen, 5 Lb Bag, 3/Case

Item Number: 192381

These specially cut sweet potato fries are coated with a patented coating and savory, red-batter seasoning for a crisp and hearty sweet potato flavor.

- **Make from frozen for quick preparation**
- **Oven bake or fry for more preparation options**
- **Ideal as a second fry for versatility**
- **Excellent source of vitamin A, good source of vitamin C**
- **Contains zero grams trans fat**

Case (3/5 Pound Bag)	$0.11/oz	**$26.51**	

Print

Nutrition

Based On: AP Fries, Swt, Seasoned, Sweet Things Rounding: On

Ingredients

Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Tapioca, Potato), Sugar, Salt, Dextrin, Spices, Corn Starch, Rice Flour, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Oleoresin Paprika, Xanthan Gum, Natural Flavor. 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 July 2017. 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/192381_SLE.pdf

Nutrition Facts

Serving Size 3.26 oz (92g)

Amount Per Serving

Calories 140	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 480mg	20%
Potassium 190mg	5%
Carbohydrates 21g	7%
Fiber 3g	12%
Sugar 5g	
Protein 1g	2%

Vitamin A IU 80% Vitamin C 4% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	3.26 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	0 mg
Iron	0.72 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	4000 IU



Sweet Things Fancy Waffle Cut Sweet Potato Fries, Coated, Bakeable, Frozen, 3 Lb Bag, 5/Case

Item Number: 799700

Coated with a patented transparent coating for a smooth interior texture and crisp exterior, these fries are cut for visual appeal.

- **Make from frozen for quick preparation**
- **Oven bake or fry for more preparation options**
- **Ideal as a second fry for versatility**
- **Excellent source of vitamin A, good source of vitamin C**
- **Contains zero grams trans fat**

Case (5/3 Pound Bag)	$0.10/oz	**$23.63**	

Print

Nutrition

Based On: AP Fries, Swt Potato, CrissCut, Sweet Th Rounding: On

Ingredients

Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Potato, Tapioca), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Oleoresin Paprika, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate). 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 July 2017. 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/799700_SLE.pdf

Nutrition Facts

Serving Size 2.99 oz (84g)	
Amount Per Serving	
Calories 150	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	7%
Potassium 270mg	8%
Carbohydrates 23g	8%
Fiber 2g	8%
Sugar 5g	
Protein 2g	4%

Vitamin A IU 70% Vitamin C 4% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2.99 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	20 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	3500 IU



Packer Label Low Sodium Green Beans, #10, 10 Can Sz Can, 6/Case

Item Number: 221990

Harvested at the peak of freshness, these green beans ensure optimal coloring and processing in a reduced-sodium brine.

Case (6/10 Industry std CAN)	$0.04/oz	**$25.94**	

Print

Nutrition

Based On: AP Beans, Green, Redc Sod, P/L Rounding: On

Ingredients

Green Beans, Water, Salt. 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 February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (120g)	
Amount Per Serving	
Calories 20	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 4g	1%
Fiber 2g	8%
Sugar 2g	
Protein 1g	2%

Vitamin A IU 4% Vitamin C 6% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
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	3.6 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



GFS Crinkle-Cut Kosher Dill Pickle Chips, 320-365 Count, Glass, 1 Gal, 4/Case

Item Number: 107336

These pickles are soaked in salt brine with hints of garlic and dill to create a taste that is ideal for topping burgers or sandwiches.

- **1/4 inch chip thickness**

Case (4/1 Gallon Jar)	$0.02/ct	**$27.68**	

Print

Nutrition

Based On: AP Pickle, Kosher Dill, Slices, CC, GFS Rounding: On

Ingredients

Fresh cucumbers, water, vinegar, salt, calcium chloride, polysorbate 80, natural flavors, yellow 5. 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 February 2017. 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 oz (28.35g)

Amount Per Serving

Calories 0	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 210mg	9%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Potato Pearls Dried Mashed Potatoes, Country-Style, Shelf-Stable, 30.7 Oz Package, 12/Case

Item Number: 325406

These mashed potatoes are made with a homestyle blend of seasonings and have lumps of select potatoes for an extra rich flavor and hearty texture.

Case (12/30.7 Ounce Package)	$0.12/oz	**$45.56**	173

Print

Nutrition

Based On: AP Potato, Prls, Cntry Styl, Potato Pear Rounding: On

Ingredients

POTATO (DRY), SHORTENING POWDER (CANOLA OIL, LACTOSE, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE AND BHT), MALTODEXTRIN, SALT, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, ARTIFICIAL COLOR, SPICE, NATURAL AND ARTIFICIAL FLAVOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: 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 September 2017. 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/325406_SLE.pdf

Nutrition Facts

Serving Size 0.25 cup (27.08g)

Amount Per Serving

Calories 100	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 360mg	15%
Potassium 160mg	5%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 15% Calcium 2% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	3.71 Oz Prpd
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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
Calcium	20 mg
Iron	0.36 mg
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	9 mg

Fat Soluble Vitamins:

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



Stovetop Chicken Flavored Stuffing Mix, Flex Pack, 48 Oz Bag, 6/Case

Item Number: 173582

Offering a homestyle flavor, this chicken stuffing is made with a blended of spices, vegetables, and bread crumbs for easy preparation.

Case (6/48 Ounce Bag)	$0.18/oz	**$52.68**	

Print

Nutrition

Based On: AP Stuffing Mix, Chix, Flex Prep, Stovet Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF HYDROLYZED SOY PROTEIN, YEAST, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, COOKED CHICKEN AND CHICKEN BROTH, ONIONS*, CELERY*, PARSLEY*, MONOSODIUM GLUTAMATE, SPICE, SUGAR, TURMERIC, DISODIUM GUANYLATE, DISODIUM INOSINATE, ASCORBIC ACID, NATURAL FLAVOR, WITH BHA, BHT, CITRIC ACID, AND PROPYL GALLATE AS PRESERVATIVES.DRIED* 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 January 2016. 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 oz (28g)

Amount Per Serving

Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 450mg	19%
Potassium 45mg	1%
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 2g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%
Phosphorous 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	200 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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

Markon First Crop 5 x 6 Tomatoes, Fresh, 5 Lb Box, 1/Case



Item Number: 438197

This is an extra-large tomato variety, round and plump with shiny red skin and firm flesh. This produce is bulk-packed fresh, with a consistent minimum diameter of 2.78 inches.

- **First Crop is whole fruits and vegetables packed to detailed specifications for quality and yield**
- **Sourced from growers who utilize sustainable crop practices**
- **Backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points**

Case (1/5 Pound Box)	$0.88/ct	**$10.54**	

Print

Nutrition

Based On: Tomatoes red ripe raw year round average Rounding: On

Ingredients

Tomato. 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 July 2017. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 cup (180g)	
Amount Per Serving	
Calories 30	Calories From Fat 3.2
	% Daily Value *
Fat 0g	1%
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium 430mg	12%
Carbohydrates 7g	2%
Fiber 2g	9%
Sugar 5g	
Protein 2g	3%

Vitamin A IU 30% Vitamin B6 7% Vitamin B12 0%
Vitamin C 40% Vitamin E mg 0% Vitamin K 0% Calcium 2%
Iron 2% Phosphorous 4% Magnesium 5% Zinc 2% Copper 5%
Selenium 0% Manganese 0% Thiamin 4% Riboflavin 2%
Niacin B3 5% Pantothenic Acid 2% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	43.2 mg
Zinc	0.3 mg
Magnesium	19.8 mg
Copper	0.106 mg
Selenium	0 mg
Calcium	18 mg
Iron	0.49 mg
Manganese	0.205 mg
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.067 mg
Riboflavin	0.034 mg
Niacin B3	1.069 mg
Pantothenic Acid	0.16 mg
Folic Acid	0 mcg
Vitamin B6	0.144 mg
Vitamin B12	0 mcg
Vitamin C	22.86 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	0.684 mg
Vitamin K	14.22 mcg
Vitamin A IU	1499.4 IU

Item #	UOM	Servings	Description	Serving Size (g)	Serving Size (oz)	Whole Grain Flour Per Serving (g)	Enriched Flour per Serving (g)	Total Credible Grains (g)*	Grain Equivalent**	Kosher / Pareve	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Sugar (g)	Calcium(%DV)	Thiamin (%DV)	Niacin (%DV)	Iron (%DV)	Riboflavin (%DV)	Folic Acid (%DV)
BREADS																									
1290	Loaf	20+2	24oz. Whole Grain Rich Bread	31.0	1.11	9.0	8.0	17.0	1.00	Y	70	10	1.0	0	85	14.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	28.0	1.00	8.0	8.0	16.0	1.00	Y	70	10	1.0	0	80	12.0	1.0	3.0	1.0	4.0%	8.0%	4.0%	4.0%	4.0%	4.0%
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	34.0	1.21	10.0	9.0	19.0	1.00	Y	80	10	1.0	0	95	15.0	1.0	3.0	1.0	4.0%	8.0%	6.0%	4.0%	4.0%	6.0%
1448	Loaf	20+2	24oz. 100% Whole Wheat Bread	31.0	1.11	15.0	0.0	15.0	1.00	Y	70	10	1.0	0	130	14.0	3.0	3.0	2.0	2.0%	6.0%	4.0%	4.0%	2.0%	2.0%
BUNS																									
3007	Pkg	12	3.25" Whole Grain Rich Bun	40.0	1.43	13.0	9.0	22.0	1.25	Y	100	10	1.5	0	160	18.0	2.0	4.0	2.0	4.0%	10.0%	8.0%	6.0%	4.0%	6.0%
3212	Pkg	6	Whole Grain Rich Footlong Bun	79.0	2.82	23.0	20.0	43.0	2.75	Y	200	25	3.0	0	330	36.0	3.0	7.0	5.0	8.0%	20.0%	15.0%	10.0%	10.0%	10.0%
3227	Pkg	12	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	45.0	1.61	14.0	10.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	6.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	56.0	2.00	31.0	0.0	31.0	2.00	Y	140	20	2.0	0	260	27.0	3.0	6.0	4.0	6.0%	15.0%	8.0%	6.0%	4.0%	4.0%
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	56.0	2.00	17.0	13.0	30.0	2.00	Y	140	15	2.0	0	230	25.0	2.0	5.0	3.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	56.0	2.00	17.0	14.0	31.0	2.00	Y	140	20	2.0	0	230	25.0	2.0	5.0	4.0	6.0%	15.0%	10.0%	8.0%	6.0%	8.0%
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	45.0	1.61	13.0	11.0	24.0	1.50	Y	110	15	1.5	0	190	20.0	2.0	4.0	3.0	4.0%	10.0%	8.0%	6.0%	6.0%	6.0%
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	45.0	1.61	24.0	0.0	24.0	1.50	Y	110	15	2.0	0	210	20.0	2.0	5.0	3.0	4.0%	10.0%	6.0%	6.0%	4.0%	2.0%
3698	Pkg	18	Whole Grain Rich Coney Bun	37.0	1.32	11.0	9.0	20.0	1.25	Y	90	10	1.5	0	150	17.0	2.0	3.0	2.0	4.0%	10.0%	6.0%	6.0%	4.0%	4.0%
7511	Pkg	8	100% Whole Wheat Sandwich Slim	43.0	1.54	20.0	0.0	20.0	1.50	N	90	10	1.0	0	135	19.0	5.0	4.0	2.0	8.0%	10.0%	8.0%	6.0%	4.0%	2.0%
HOAGIES																									
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	66.0	2.36	19.0	16.0	35.0	2.25	Y	170	20	2.5	0	280	30.0	3.0	6.0	4.0	6.0%	20.0%	10.0%	10.0%	8.0%	8.0%
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	62.0	2.21	17.0	16.0	33.0	2.00	Y	160	20	2.0	0	260	28.0	2.0	6.0	4.0	6.0%	15.0%	10.0%	10.0%	6.0%	8.0%
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	66.0	2.36	34.0	0.0	34.0	2.25	Y	160	25	2.5	0	300	29.0	4.0	7.0	4.0	6.0%	15.0%	10.0%	8.0%	4.0%	4.0%
ROLLS																									
3221	Pkg	16	Whole Grain Rich Large Breadstick	39.0	1.39	14.0	9.0	23.0	1.25	Y	90	5	0.5	0	180	17.0	2.0	3.0	1.0	4.0%	10.0%	6.0%	6.0%	6.0%	6.0%
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	32.0	1.14	10.0	7.0	17.0	1.00	Y	80	10	1.0	0	135	15.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	4.0%	4.0%	4.0%
3939	Pkg	24	Whole Grain Rich Slammer Sliced	34.0	1.21	11.0	8.0	19.0	1.00	Y	90	10	1.0	0	150	16.0	1.0	3.0	2.0	4.0%	8.0%	6.0%	6.0%	4.0%	4.0%
3699	Pkg	16	Whole Grain Rich Small Breadstick	31.0	1.11	11.0	7.0	18.0	1.00	Y	70	5	0.5	0	140	14.0	2.0	3.0	0.0	2.0%	8.0%	6.0%	4.0%	4.0%	4.0%
9528	Pkg	12	100% Whole Wheat English Muffins	57.0	2.04	26.0	8.0	34.0	2.00	Y	130	10	1.5	0	250	23.0	3.0	7.0	1.0	4.0%	20.0%	8.0%	8.0%	6.0%	4.0%
9537	Pkg	6	100 % Whole Wheat Pita Bread	57.0	2.04	29	0	29.0	2.00	N	100	0	0.0	0	170	20.0	5.0	6.0	1.0	10.0%	30.0%	18.0%	10.0%	16.0%	25.0%

*Total Creible Grains = Whole Grain Flour per Serving + Enriched Flour per Serving

**Grain Equivalent = Portion/Serving Size of Product as Purchased in grams/28 (Rounded down to the nearest quarter ounce) [Source Citation: USDA Whole Grain Resource for the National School Lunch and Breakfast Programs: A Guide to Meeting the Whole Grain Rich Criteria]



Totally Juice 100% Apple Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698744

Case (40/4.23 Fluid Ounce Carton)	$0.16/ea	**$6.25**	

Print

Nutrition

Based On: AP Juice, Box, Appl, 100%, Totally Juice Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: 973-465-1113. Manufacturer number: 400305. 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 2017. 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 (119.92g)	
Amount Per Serving	
Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Totally Juice 100% Fruit Punch Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698240

Case (40/4.23 Fluid Ounce Carton)	$0.16/ea	**$6.25**	

Print

Nutrition

Based On: AP Juice, Box, Frt Pnch, Totally Juice Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: (973) 465-1113/email: greg@suncupjuice.com/web page: www.suncupjuice.com Manufacturer number: 400805 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 2017. 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 (119.92g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 15g	5%
Fiber	n/a
Sugar 14g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Totally Juice 100% Grape Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698211

Case (40/4.23 Fluid Ounce Carton)	$0.14/ea	**$5.57**	

Print

Nutrition

Based On: AP Juice, Box, Grp, 100%, Totally Juice Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: (973) 465-1113/email: greg@suncupjuice.com/web page: www.suncupjuice.com Manufacturer number: 400505 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 2017. 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 (119.92g)

Amount Per Serving

	% Daily Value *
Calories 80	
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 20g	7%
Fiber	n/a
Sugar 19g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

Totally Juice 100% Orange Tangerine Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698251

Case (40/4.23 Fluid Ounce Carton)	$0.16/ea	**$6.25**	

Print

Nutrition

Based On: AP Juice, Box, Orng, Tangr, Totally Juic Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: (973) 465-1113 /email: greg@suncupjuice.com /web page: www.suncupjuice.com Manufacturer number: 402405 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 2017. 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 (119.92g)

Amount Per Serving

	% Daily Value *
Calories 60	
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium 250mg	7%
Carbohydrates 15g	5%
Fiber	n/a
Sugar 13g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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

Totally Juice 100% Very Berry Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698391

Case (40/4.23 Fluid Ounce Carton)	$0.16/ea	**$6.25**	

Print

Nutrition

Based On: AP Juice, Box, Very Berry, 4.23flz, Tota Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: 973-465-1113. Manufacturer number: 402505. 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 2017. 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 (119.92g)

Amount Per Serving

Calories 60	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 17g	6%
Fiber	n/a
Sugar 15g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Juice 4U 100% Fruit Vegetable Juice Blend Dragon Punch Juice Carton, Frozen, Single-Serve, 4 Fl Oz Carton, 70/Case

Item Number: 510571

These juices offer a blend of vegetable and fruit juices, such as sweet potato juice concentrate, kale, spinach, and celery, with the flavor of pear and apple juices. Fortified with vitamins A, C, and E, these 100 percent juices are ideal for on-the-go applications.

Case (70/4 Fluid Ounce Carton)	$0.16/ea	**$11.33**	

Print

Nutrition

Based On: AP Juice, Dragon Punch, Eco, 4flz, Juice Rounding: On

Ingredients

Water, Sweet Potato, Jujube, Apple and Pear juice concentrate. Less than 2% of Dragon fruit, carrot and aronia juice concentrates, natural flavors, ascorbic acid (Vitamin C), malic acid, celery, Beta Carotene (Color), Kale, Broccoli, Lettuce and Spinach juice concentrates, d-alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate. 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 December 2016. 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 (113.4g)

Amount Per Serving

Calories 50

	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 35mg	1%
Potassium 90mg	3%
Carbohydrates 13g	4%
Fiber 0g	n/a
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 10% Vitamin C 50% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 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:
1 Each = 1/2c additional veg; No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	30 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Farm & Orchard 100% Vegetable & Fruit Paradise Punch Juice Box, Shelf-Stable, Single-Serve, 4.23 Fl Oz Carton, 40/Case

Item Number: 698261

This is a Farm & Orchard branded, 100% vegetable and fruit tropical juice box. These juice boxes are the perfect size for grab-and-go food carts or food service establishments that offer a to-go option for kids meals.

Case (40/4.23 Fluid Ounce Carton)	$0.19/ea	**$7.73**	

Print

Nutrition

Based On: AP Juice, Box, Paradise Punch, 4.23flz, Rounding: On

Ingredients

For ingredient or allergen information, please contact: Gregory Packaging, phone: 973-465-1113. Manufacturer number: 402800. 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 2016. 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 (119.92g)

Amount Per Serving

Calories 40	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	n/a
Potassium	n/a
Carbohydrates 9g	3%
Fiber 0g	n/a
Sugar 8g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 100% Calcium 0% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 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	0.5 cup
Notes:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
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	60 mg

Fat Soluble Vitamins:

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



Juice 4U 100% Fruit Vegetable Juice Blend Wango Mango Juice Carton, Frozen, Single-Serve, 4 Fl Oz Carton, 70/Case

Item Number: 510562

These juices offer a blend of vegetable and fruit juices, such as sweet potato juice concentrate, kale, spinach, and celery, with the flavor of pear and apple juices. Fortified with vitamins A, C, and E, these 100 percent juices are ideal for on-the-go applications.

Case (70/4 Fluid Ounce Carton)	$0.16/ea	**$11.33**	

Print

Nutrition

Based On: AP Juice, Wango Mango, Eco, 4flz, Juice Rounding: On

Ingredients

For ingredient or allergen information, please contact: Country Pure Foods, phone: (330)753- 2293/web page: www.juice4u.com. Please reference manufacturer number: 45711. 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 2016. 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 (113.4g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat	n/a
Trans Fat n/a	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 30mg	1%
Potassium 100mg	3%
Carbohydrates 13g	4%
Fiber	n/a
Sugar 12g	
Protein 0g	n/a

Vitamin A IU 10% Vitamin C 50% Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 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:
1 Each = 1/2c additional veg; No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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	30 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Suncup 100% Tomato Juice Cup, Frozen, Single-Serve, 4 Fl Oz Each, 72/Case

Item Number: 119000

This juice drink is 100 percent real juice from concentrate, and comes in convenient foil-covered cups. The low-profile, stable design is unlikely to tip over on serving trays, making them ideal for healthcare and schools.

- **No added sugar, preservatives, flavoring, or dyes**

Case (72/4 Fluid Ounce Each)	$0.17/ea	**$12.48**	

Print

Nutrition

Based On: AP Juice, Tomato, 100%, Suncup Rounding: On

Ingredients

Water, Tomato Juice Concentrate. 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 February 2016. 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 (120.8g)

Amount Per Serving

Calories 20	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 10mg	1%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 4g	
Protein 2g	4%

Vitamin A IU 11% Vitamin C 35% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	10 mg
Iron	0.54 mg
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	22.2 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	550 IU

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Introducing a **NEW LOOK** for Prairie Farms **Half Pint Milks.**

Healthy drink choices during the school day gives kids lasting nutrition to fuel growing bodies.

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- Flavored and Unflavored Fat Free Milks
- 8oz Serving Size for Elementary School Kids

Cost $_____

Suggested Retail $_____

OUR FARMERS Pledge not to treat their cows with artificial growth hormones*



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Chocolate Milk
Product #6926

0 72730 26627 8



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: GRADE A FAT FREE MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Skim Milk
Product #5404

0 72730 23608 0



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	
Sugars 22g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, NATURAL AND ARTIFICIAL FLAVOR AND COLOR, (RED #40, BLUE #1 AND BEET JUICE FOR COLOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Strawberry Milk
Product #17025

0 72730 26626 1



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: FAT FREE MILK, SUGAR, VANILLA BASE (CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR), VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

Fat Free Vanilla Milk
Product #22217

0 72730 26630 8



Nutrition Facts
Serving Size: 1 Container

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 11g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Iron 0% • Vitamin D 25%

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3. **CONTAINS: MILK**

1% Low Fat Milk
Product #4752

0 72730 23602 8

*The FDA has determined that no significant difference has been shown between milk derived from artificial growth hormone treated and non-artificial growth hormone treated cows.

10/14

Prairie Farms Dairy, Inc. • 1100 Broadway, Carlinville, IL 62626 • Phone: 217.854.2547 • prairiefarms.com



Kellogg's Marshmallow Treats, Whole Grain, Single-Serve, 1.41 Ounce, 1 Ct Package, 80/Case

Item Number: 618862

These Rice Krispie treats offer a crispy marshmallow square made from puffed, oven-roasted, whole grain cereal.

- **Individually wrapped for convenience and portion control**

Case (80/1 Count Package)	$0.44/ea	**$35.53**	

Print

Nutrition

Based On: AP Treat, Rice, Krispie, WGrain, 1.41z-K Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg, phone: 877-511-5777/web page: www.fafh.com Please reference manufacturer number: 38000-11052 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 2017. 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/618862_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)

Amount Per Serving

Calories 160	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 0g	n/a
Sugar 11g	
Protein 2g	4%

Vitamin A IU 0% Vitamin B6 25% Vitamin C 0%
Vitamin D IU 0% Calcium 0% Iron 10% Thiamin 25%
Riboflavin 15% Niacin B3 8%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.375 mg
Riboflavin	0.255 mg
Niacin B3	1.6 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.5 mg
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU



Kellogg's Apple Jacks Cereal, Bowl, 0.63 Oz Each, 96/Case

Item Number: 232882

This crunchy, sweetened, apple and cinnamon cereal is made with whole grains and is low in fat.

- **Individual serving size for portion control**

Case (96/0.63 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Apple Jacks, Bowl, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800002996. 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 2017. 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 (18g)	
Amount Per Serving	
Calories 70	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 6% Vitamin B6 15% Vitamin B12 0%
Vitamin C 15% Vitamin D IU 0% Calcium 0% Iron 15%
Zinc 6% Thiamin 15% Riboflavin 15% Niacin B3 15%
Folic Acid 15%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	0.9 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.225 mg
Riboflavin	0.255 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	60 mcg
Vitamin B6	0.3 mg
Vitamin B12	2.7 mcg
Vitamin C	9 mg

Fat Soluble Vitamins:

Vitamin D IU	24 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU



General Mills Cheerios Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 264702

These individually sized, whole grain cereal bowls feature oat flavored, ring-shaped cereal pieces.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cheerios, WGrain, Bwl, Gen. M Rounding: On

Ingredients

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), 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 December 2016. 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/264702_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 100	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 180mg	5%
Carbohydrates 20g	7%
Fiber 3g	12%
Sugar 1g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 45% Phosphorous 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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	100 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	8.1 mg
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	6 mg

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



General Mills Cinnamon Chex Cereal, Bowl, 1 Oz Each, 96/Case

Item Number: 453143

This whole grain cereal offers a cinnamon flavor.

- **Individually packaged bowls offer portion control and serving convenience**
- **Gluten-free**
- **Contains zero grams trans fat**

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cinn, Chex, General Mills Rounding: On

Ingredients

Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin(niacinamide),Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.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 October 2016. 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 (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 18
	% Daily Value *
Fat 2g	3%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium 40mg	1%
Carbohydrates 23g	8%
Fiber 1g	4%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 8% Iron 40%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	7.2 mg
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	4.8 mg

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



General Mills Rice Chex Cereal, Whole Grain, Bowl, 1 Ct Each, 96/Case

Item Number: 268711

This whole grain cereal is made with whole grain corn and offer a puffed, sweetened texture with an assortment of flavors such as Reese's peanut butter and Hershey's chocolate.

Case (96/1 Count Each)	$0.22/ea	**$21.48**	

Print

Nutrition

Based On: AP Cereal, Rice, Chex, WGrain, Gen. Mill Rounding: On

Ingredients

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxinehydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), 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 December 2016. 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/268711_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 250mg	10%
Potassium 50mg	1%
Carbohydrates 24g	8%
Fiber 1g	4%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 50%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	9 mg
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	6 mg

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



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

Item Number: 365790

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

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cinn Tst Crnch, Red Sugr, Bow Rounding: On

Ingredients

Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 2017. 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/365790_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium 45mg	1%
Carbohydrates 22g	7%
Fiber 3g	12%
Sugar 6g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 20% Iron 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	4.8 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a



General Mills Cocoa Puffs Cereal, Whole Grain, Reduced Sugar, Bowl, 1.06 Oz Each, 96/Case

Item Number: 270401

These whole grain rich cereal bowls offer the chocolate flavor of Coco Puffs cereal.

Case (96/1.06 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Cocoa Puffs, WGrain, General Rounding: On

Ingredients

Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Fructose, Canola Oil, Salt, Caramel Color, Refiner's Syrup, Baking Soda, Natural Flavor. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 December 2016. 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/270401_SLE.pdf

Nutrition Facts

Serving Size 1 each (30g)	
Amount Per Serving	
Calories 110	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 120mg	5%
Potassium 95mg	3%
Carbohydrates 25g	8%
Fiber 2g	8%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



Kellogg's Frosted Flakes Cereal, Fat Free, Bowl, 1 Oz Each, 96/Case

Item Number: 233021

Kellogg's Frosted Flakes is a fat-free cereal made with sweetened flakes of milled corn and is a source of iron and seven essential vitamins and minerals.

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Frstd Flakes, Bowl, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800001596. 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 2017. 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 (28g)

Amount Per Serving

Calories 100	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 25g	8%
Fiber 1g	4%
Sugar 10g	
Protein 1g	2%

Vitamin A IU 8% Vitamin B6 20% Vitamin B12 0% Vitamin C 8%
Vitamin D IU 0% Calcium 0% Iron 20% Thiamin 20%
Riboflavin 20% Niacin B3 20% Folic Acid 20%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.3 mg
Riboflavin	0.34 mg
Niacin B3	4 mg
Pantothenic Acid	n/a
Folic Acid	80 mcg
Vitamin B6	0.4 mg
Vitamin B12	5.6 mcg
Vitamin C	4.8 mg

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU



Kellogg's Cinnamon Frosted Flakes Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 498190

These individual servings of Kellogg's Cinnamon Flakes multigrain cereal bowls feature whole grain rich cinnamon coated flakes.

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

Based On: AP Cereal, Frstd, Cinn, Flks, R/S, Kello Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800078786. 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 2016. 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/498190_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 100	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 3g	12%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 25% Vitamin B12 0%
Vitamin C 25% Vitamin D IU 0% Calcium 0% Iron 25%
Thiamin 25% Riboflavin 25% Niacin B3 25% Folic Acid 25%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.375 mg
Riboflavin	0.425 mg
Niacin B3	5 mg
Pantothenic Acid	n/a
Folic Acid	100 mcg
Vitamin B6	0.5 mg
Vitamin B12	7 mcg
Vitamin C	15 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



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

Item Number: 283620

Kellogg's Froot Loops is a crunchy fruit flavored and round shaped cereal made with whole grain. It is low in fat and provides a source of eight essential vitamins and minerals.

- **Individual serving size for portion control**

Case (96/1 Ounce Each)	$0.40/ea	**$38.60**	

Print

Nutrition

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

Ingredients

For ingredient or allergen information, please contact: Kelloggs, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800078788. 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 2016. 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/283620_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 110	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 3g	12%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 25% Vitamin B12 0%
Vitamin C 25% Vitamin D IU 0% Calcium 0% Iron 25%
Zinc 10% Thiamin 25% Riboflavin 25% Niacin B3 25%
Folic Acid 25%

* Based on a 2000 calorie diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.375 mg
Riboflavin	0.425 mg
Niacin B3	5 mg
Pantothenic Acid	n/a
Folic Acid	100 mcg
Vitamin B6	0.5 mg
Vitamin B12	7 mcg
Vitamin C	15 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	1.5 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



General Mills Lucky Charms Cereal, Whole Grain, Bowl, 1 Oz Each, 96/Case

Item Number: 265811

These individually sized, whole grain cereal bowls feature sweet marshmallow pieces.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Lucky Charms, WGrain, Gen. Mi Rounding: On

Ingredients

Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellows 5 & 6, Red 40, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins andMinerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. 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 May 2017. 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/265811_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	7%
Potassium 55mg	2%
Carbohydrates 23g	8%
Fiber 2g	8%
Sugar 10g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 10% Vitamin D IU 0% Calcium 10% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	6 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



General Mills Trix Cereal, Whole Grain, Reduced Sugar, Bowl, 1 Oz Each, 96/Case

Item Number: 265782

These individually sized, whole grain cereal bowls feature bright colors and fruity flavors, with a reduced amount of sugar.

Case (96/1 Ounce Each)	$0.20/ea	**$19.05**	

Print

Nutrition

Based On: AP Cereal, Trix, R/S, WGrain, Gen. Mills Rounding: On

Ingredients

Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid.Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, VitaminD3. 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 September 2017. 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/265782_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 140mg	6%
Potassium 50mg	1%
Carbohydrates 24g	8%
Fiber 1g	4%
Sugar 7g	
Protein 1g	2%

Vitamin A IU 8% Vitamin C 8% Vitamin D IU 0% Calcium 8% Iron 25%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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	4.8 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	32 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	80 mg
Iron	4.5 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Cinnamon Pastry, Whole Grain, 1 Individually Wrapped, 1 Ct Each, 120/Case

Item Number: 695880

Whole grain is the first ingredient in these pastries filled with brown sugar and cinnamon and topped with a drizzle of sweet frosting. Each serving is a good source of whole grains, fiber, vitamins, and minerals.

- **Microwave-safe packaging for heating convenience**
- **Individually wrapped for convenience**

Case (120/1 Count Each)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pop Tart, Whl Grn, Cinn, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800055122. 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 2017. 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/695880_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (50g)

Amount Per Serving

Calories 180	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 37g	12%
Fiber 3g	12%
Sugar 15g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10% Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Fudge Pastry, Whole Grain, 1 Individually Wrapped, 1.76 Oz Package, 120/Case

Item Number: 452062

These whole-grain frosted fudge Pop Tarts meet the USDA regulations for a 1-grain ounce equivalent and are a great option for breakfast, lunch, or a la carte service.

- **Individual packets for portion control**

Case (120/1.76 Ounce Package)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pastry, Pop-Tart, WGrain, Fudg, Kello Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 38000-12070. 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 2016. 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/452062_SLE.pdf

Nutrition Facts

Serving Size 1 each (50g)

Amount Per Serving

Calories 180	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 16g	
Protein 3g	6%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10%
Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Kellogg's Pop-Tart Strawberry Pastry, Whole Grain, 1 Individually Wrapped, 1 Ct Each, 120/Case

Item Number: 695890

Whole grain is the first ingredient in these pastries filled with real fruit filling and topped with a drizzle of sweet frosting. Each serving is a good source of whole grains, fiber, vitamins, and minerals.

- **Microwave-safe packaging for heating convenience**
- **Individually wrapped for convenience**

Case (120/1 Count Each)	$0.33/ea	**$39.07**	

Print

Nutrition

Based On: AP Pop-Tart, Whl Grn, Strawb, Kellogg's Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: (877) 511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800055130. 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 2017. 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/695890_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (50g)

Amount Per Serving

Calories 180	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 1g	n/a
Cholesterol 0mg	n/a
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 15g	
Protein 2g	4%

Vitamin A IU 10% Vitamin B6 10% Vitamin C 0% Calcium 10% Iron 10% Thiamin 10% Riboflavin 10% Niacin B3 10%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	0.17 mg
Niacin B3	2 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.2 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a



Land O'Lakes Colby Jack Cheese, Cubed, Reduced Fat, Individually Wrapped, 1 Oz Bag, 200/Case

Item Number: 680130

This Land O'Lakes Colby Jack Cubed Cheese is a blended, natural cheese which conforms to the standards for both Colby cheese and Monterey Jack cheese except that it contains at least 25% less fat than standard Colby and Monterey Jack cheese blend. Bundle with breads, vegetables, and or fruit for breakfast, lunch or afterschool snack. Serve on self-serve bars such as salad bar or baked potato bar.

- **Ready to eat snack cheese**

Case (200/1 Ounce Bag)	$0.29/ea	**$57.28**	

Print

Nutrition

Based On: AP Cheese, Colby, Jk, Cube, Land O Lakes Rounding: On

Ingredients

For ingredient or allergen information, please contact: Land O Lakes Foodservice, phone: 800-328-1322/web page: www.landolakesfoodservice.com. Please reference manufacturer number: 44115. 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 2016. 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 oz (28.35g)	
Amount Per Serving	
Calories 90	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 180mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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:	No PFS on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a



Great Lakes Cheese Part-Skim Mozzarella Cheese, Sliced, 12 Count, 1.33 Ounce, 1 Lb Package, 12/Case

Item Number: 538736 (gf)

Mild and creamy, this low moisture, part skim mozzarella cheese is sliced, ideal for sandwiches, burgers, party trays, and a variety of other applications. It melts evenly.

- **Consistent portion sizing for cost control and uniform serving size**

Case (12/1 Pound Package)	$0.24/ea	**$34.02**	

Print

Nutrition

Based On: AP Cheese, Mozz, 2% Rounding: On

Ingredients

Pasteurized part-skim milk, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: 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 September 2016. 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 oz (28g)	
Amount Per Serving	
Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 8g	16%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Land O'Lakes Reduced Fat Colby Jack Cheese Sticks, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 786510

This Land O'Lakes brand of reduced fat, colby jack cheese sticks are individually wrapped for easy service as part of a K-12 lunch program or snack.

Case (168/1 Ounce Each)	$0.22/ea	**$37.67**	

Print

Nutrition

Based On: AP Cheese, CoJack, Stix, LOL Rounding: On

Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color) Vitamin A Palmitate. COMMON ALLERGENS PRESENT: 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 September 2017. 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 (28g)	
Amount Per Serving	
Calories 90	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 10% Vitamin C 0% Calcium 15% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Land O'Lakes Reduced Fat Mild Cheddar Cheese Sticks, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 786830

Case (168/1 Ounce Each)	$0.22/ea	**$37.67**	

Print

Nutrition

Based On: AP Cheese, Cheddar, Stix, Land O' Lakes Rounding: On

Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color), *Vitamin A Palmitate. COMMON ALLERGENS PRESENT: 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 September 2017. 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/786830_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 90	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%

Vitamin A IU 6% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	204 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	284 IU

Land O'Lakes Mozzarella String Cheese, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 786580

Case (168/1 Ounce Each)	$0.19/ea	**$31.11**	

Print

Nutrition

Based On: AP Cheese, Mozzarella. String, Land O' L Rounding: On

Ingredients

For ingredient or allergen information please contact: Land O Lakes, phone: (800) 328-1322/web page: www.landolakesfoodservice.com. Manufacturer number: 59701. 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 2017. 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/786580_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 80	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 6g	12%

Vitamin A IU 4% Vitamin C 0% Calcium 20% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	200 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Yoplait Trix Low Fat Raspberry Rainbow Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551770

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and is a good source of calcium, vitamins A and D, and protein in every serving.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains Less Than 1% Of: Kosher Gelatin, Citric Acid, Vegetable Juice, Fruit Juice and Beta Carotene (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551770_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)	
Amount Per Serving	
Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Strawberry Banana Bash Yogurt, Cup, 4 Oz Each, 48/Case

Item Number: 551760

This yogurt features two bright colors in each cup plus appealing, fruity, child-pleasing flavors and provides a good source of nutrients like protein, calcium, vitamins A and D.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Each)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice, Beta Carotene and Turmeric Extract (for color), Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/551760_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Yoplait Trix Low Fat Triple Cherry Yogurt, Cup, 4 Oz Package, 48/Case

Item Number: 186911

This creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures.

- **No artificial flavors or colors**
- **Convenient size for children and patient care feeding**

Case (48/4 Ounce Package)	$0.22/ea	**$10.46**	

Print

Nutrition

Based On: AP Yogurt, Trix, All Fruit Flavors, 4z Y Rounding: On

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Kosher Gelatin, Citric Acid, Potassium Sorbate Added to Maintain Freshness, Vegetable Juice and Beta Carotene (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: 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 2017. 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/186911_SLE.pdf

Nutrition Facts

Serving Size 1 each (113g)

Amount Per Serving

Calories 100	Calories From Fat 4.5
	% Daily Value *
Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 50mg	2%
Potassium 150mg	4%
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 13g	
Protein 3g	6%

Vitamin A IU 10% Vitamin C 0% Vitamin D IU 0% Calcium 10% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	40 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Packer Label Single Stage 3 - 5 Bananas, Fresh, 1 Ea, 150/Case

Item Number: 197769

These bulk-packed bananas are shipped more yellow than green to all yellow with green tips. The fruit is sweet, creamy, and on the firmer side. Brand may vary.

Case (150/1 Each Box)	$0.14/ea	**$20.42**	

Print

Nutrition

Based On: Bananas raw Rounding: On

Ingredients

For ingredient or allergen information, please contact: Caito Foods, phone: 800-652-8165. Please reference manufacturer number: 385310. 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 2016. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (118g)

Amount Per Serving

Calories 110	Calories From Fat 3.5
	% Daily Value *
Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 420mg	12%
Carbohydrates 27g	9%
Fiber 3g	12%
Sugar 14g	
Protein 1g	3%

Vitamin A IU 2% Vitamin B6 22% Vitamin B12 0%
Vitamin C 15% Vitamin E mg 0% Vitamin K 0% Calcium 0%
Iron 2% Phosphorous 3% Magnesium 8% Zinc 1% Copper 5%
Selenium 0% Manganese 0% Thiamin 2% Riboflavin 5%
Niacin B3 4% Pantothenic Acid 4% Folic Acid 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	5.9 mg
Iron	0.31 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 D IU	n/a
Vitamin E mg	0.319 mg
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU



Markon First Crop Lunch Bunch Red Seedless Grapes, Fresh, 3 Ounce, 21 Lb Avg Package, 1/Case

Item Number: 280895

These small, oval-shaped grapes have thin, firm skins and smooth flesh with flavors ranging from mildly sweet to very sweet. These grapes will consist of well-developed, seedless varieties such as ruby, crimson, sweet scarlet, perlon, or flame, sourced throughout the year to provide consistently superior quality.

- **Lunch bunch grapes offer rinse and serve convenience**
- **First Crop is whole fruits and vegetables packed to detailed specifications for quality and yield**
- **Sourced from growers who utilize sustainable crop practices**
- **Backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points**

Case (1/21 Pound average Package)	$0.22/ea	**$32.75**	

Print

Nutrition

Based On: AP Grapes, Red, Markon Rounding: On

Ingredients

Red Grapes. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated March 2017. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.75 cup (126g)	
Amount Per Serving	
Calories 90	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 15mg	1%
Potassium	n/a
Carbohydrates 23g	8%
Fiber 1g	4%
Sugar 20g	
Protein 0g	n/a

Vitamin A IU 0% Vitamin C 2% Calcium 2% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
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	1.2 mg

Fat Soluble Vitamins:

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



Sun Chips Low-Sodium Whole Grain Garden Salsa Chips, Single-Serve, 1 Oz Bag, 104/Case

Item Number: 696900

These chips offer hearty whole grains, zesty salsa seasonings, 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)**
- **Single serve for retail applications**

Case (104/1 Ounce Bag)	$0.28/ea	**$29.28**	

Print

Nutrition

Based On: AP Chip, Garden Salsa, Sun Chips Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477. Manufacturer number: 36445. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (28.35g)

Amount Per Serving

Calories 140	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3.5g	n/a
Cholesterol 0mg	n/a
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 2g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	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

Updated For New Final Rule:

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:	No PFS on file

Fat Soluble Vitamins:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a



Sun Chips Harvest Cheddar Multigrain Chips, Single-Serve, 0.9 Oz Bag, 104/Case

Item Number: 660962

These multigrain chips offer a harvest cheddar flavor.

Case (104/0.9 Ounce Bag)	$0.28/ea	**$29.28**	

Print

Nutrition

Based On: AP Snack, Mix, WGrain, Ched, Harv, .9z-S Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: (800) 352-4477/web page: www.fritolay.com. Please reference manufacturer number: 30820. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (24.8g)	
Amount Per Serving	
Calories 110	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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:	No PFS on file

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Doritos Cool Ranch Tortilla Chips, Reduced-Fat, Whole Grain, Single-Serve, 1 Oz Bag, 72/Case

Item Number: 541502

These corn chips have the same substantial crunch and cool ranch flavor as the regular chips, with a lower fat content.

- **Contains zero grams trans fat**
- **Meets the Alliance for a Healthier Generation criteria**
- **Meets the Healthier US School Challenge criteria**
- **Individually wrapped for retail applications**

Case (72/1 Ounce Bag)	$0.28/ea	**$20.09**	

Print

Nutrition

Based On: AP Chips, Cool Rnch, Red Fat, 1z Doritos Rounding: On

Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Buttermilk, Salt, Corn Dextrin, Tomato Powder, Corn Starch, Whey, Corn Syrup Solids, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Skim Milk, Sugar, Dextrose, Malic Acid, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Disodium Phosphate, Spice, Natural and Artificial Flavors, Disodium Inosinate, and Disodium Guanylate. COMMON ALLERGENS PRESENT: 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 January 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (28g)	
Amount Per Serving	
Calories 130	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 2g	8%
Sugar 1g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.5 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Doritos Nacho Cheese Tortilla Chips, Reduced-Fat, Whole Grain, Single-Serve, 1 Oz Bag, 72/Case

Item Number: 456090

These corn chips have the same substantial crunch, zesty seasoning, and cheddar cheese flavor as the regular chips, with a lower fat content.

- **Contains zero grams trans fat**
- **Meets the Alliance for a Healthier Generation criteria**
- **Meets the Healthier US School Challenge criteria**
- **Individually wrapped for retail applications**

Case (72/1 Ounce Bag)	$0.28/ea	**$20.09**	

Print

Nutrition

Based On: AP Chips, Nacho Cheese, Red Fat, 1z Dori Rounding: On

Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrin, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk), Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate. COMMON ALLERGENS PRESENT: 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 January 2017. 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 oz (28g)	
Amount Per Serving	
Calories 130	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 2% Vitamin C 0% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.5 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Doritos Top N Go single serve Nacho Cheese Chips, 1.4 Oz Bag, 21/Case

Item Number: 865611

Case (21/1.4 Ounce Bag)	$0.44/ea	**$9.28**	

Print

Nutrition

Based On: AP Chip, Nacho Chs, Top n Go, Doritos Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477. Manufacturer number: 66007. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (39.69g)	
Amount Per Serving	
Calories 190	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 280mg	12%
Potassium 70mg	2%
Carbohydrates 27g	9%
Fiber 2g	8%
Sugar 0g	
Protein 3g	6%

Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Tostitos Top N Go Whole Grain Tortilla Chips, single serve, 1.4 Oz Bag, 21/Case

Item Number: 865622

Case (21/1.4 Ounce Bag)	$0.44/ea	**$9.28**	

Print

Nutrition

Based On: AP Chip, Tortl, Top n Go, WGrain, Tostit Rounding: On

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477. Manufacturer number: 66006. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (39.69g)	
Amount Per Serving	
Calories 190	Calories From Fat 63
	% Daily Value *
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 160mg	7%
Potassium 65mg	2%
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 0g	
Protein 3g	6%

Vitamin C n/a Calcium 4% Iron 6%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	36 mg
Iron	1 mg
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Sunshine Cheez-It Crackers, Whole Grain, Individual Packets, 0.75 Oz Bag, 175/Case

Item Number: 282422

These baked snack crackers are made with whole grain and offers a real cheddar cheese taste.

- **Individually wrapped for freshness and portability**

Case (175/0.75 Ounce Bag)	$0.18/ea	**$32.29**	

Print

Nutrition

Based On: AP Cracker, Cheez-It, WGrain, Sunshine Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kelloggs, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 24100-79263. 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 2016. 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/282422_SLE.pdf

Nutrition Facts

Serving Size 0.75 oz (21.26g)	
Amount Per Serving	
Calories 100	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat 1.5g	n/a
MonoUnsat Fat 0.5g	n/a
Cholesterol 0mg	n/a
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 1g	6%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 10% Vitamin C 0% Calcium 10% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	0.75 Oz Serving
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	500 IU



Pepperidge Farms Goldfish Whole Grain Crackers, Colors Cheddar, Individual Packets, 0.75 Oz Bag, 300/Case

Item Number: 112702

These goldfish crackers can be used in kids' meals, school lunch programs and boxed lunches. The product is made with whole grains, colored with plant-derived dye, baked and portion controlled.

Case (300/0.75 Ounce Bag)	$0.17/ea	**$49.72**	

Print

Nutrition

Based On: AP Cracker, Goldfish, WGrain, .75z, Pepp Rounding: On

Ingredients

For ingredient or allergen information, please contact: Campbell Foodservice, phone: 800-879-7687, www.campbellfoodservice.com. Manufacturer number: 4788. 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 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 Pkg (21g)

Amount Per Serving

Calories 100	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Pepperidge Farm Goldfish Cheddar Crackers, Whole Grain, 100 Calorie, Individual Packets, 0.75 Oz Bag, 300/Case

Item Number: 736280

These baked cheddar goldfish shaped-crackers are made with whole grains and are in single-serve portions of 100 calories.

- **Individually wrapped for freshness and portability**

Case (300/0.75 Ounce Bag)	$0.16/ea	**$49.19**	

Print

Nutrition

Based On: AP Cracker, Goldfish, Cheddar, Whl Grn, Rounding: On

Ingredients

For ingredient or allergen information, please contact: Campbell Foodservice, phone: (800) 879-7687/web page: www.campbellfoodservice.com. Please reference manufacturer number: 18105. 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 2017. 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/736280_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (21g)	
Amount Per Serving	
Calories 100	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 0g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

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



Pepperidge Farm Goldfish Cinnamon Graham Crackers, Fun Shape, Individual Packets, 2 Ct Package, 300/Case

Item Number: 194510

These giant goldfish-shaped crackers are cinnamon flavored and are made with whole grains.

- **Contains zero grams trans fat**
- **Cholesterol-free**

Case (300/2 Count Package)	$0.14/ea	**$42.78**	

Print

Nutrition

Based On: AP Cracker, Goldfish, Cinn, Giant Graham Rounding: On

Ingredients

For ingredient or allergen information please contact: Campbells Foodservice, phone: 800-879-7687/web page: www.campbellfoodservice.com. Manufacturer number: 15094. 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 November 2016. 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/194510_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (26g)	
Amount Per Serving	
Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 135mg	6%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 2% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	1.2 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Pepperidge Farm Goldfish Honey Oat Graham Crackers, Whole Grain, Individual Packets, 2 Ct Package, 300/Case

Item Number: 770960

These crackers deliver an oat and honey flavor and are ideal when served with yogurt or as a snack.

- **Individually wrapped for freshness and portability**

Case (300/2 Count Package)	$0.14/ea	**$42.78**	

Print

Nutrition

Based On: AP Cracker, Goldfish, Hny Oat, WGrain, C Rounding: On

Ingredients

For ingredient or allergen information, please contact: Campbell Foodservice, phone: (800) 879-7687/web page: www.campbellfoodservice.com. Please reference manufacturer number: 18432. 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 2017. 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/770960_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (25.51g)

Amount Per Serving

Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 70mg	3%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 5g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 2% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	1.2 mg

Fat Soluble Vitamins:

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



Pepperidge Farm Goldfish Graham Crackers, Whole Grain, Individual Packets, 0.9 Oz Package, 300/Case

Item Number: 198472

Giant goldfish-shaped grahams are vanilla-flavored and are a good source of dietary fiber. They're ideal for a lunchtime snack, after dinner treat, or even with yogurt for breakfast.

- **Single-serve two-pack for convenience and portion control**
- **Meets the Alliance for a Healthier Generation criteria**

Case (300/0.9 Ounce Package)	$0.15/ea	**$45.23**	

Print

Nutrition

Based On: AP Cracker, Gldfsh, Gram, Van-Pepp Rounding: On

Ingredients

WHOLE WHEAT FLOUR, WHEAT FLOUR, SUGAR, VEGETABLE OILS (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL), FRUCTOSE, CONTAINS 2 PERCENT OR LESS OF: CALCIUM CARBONATE, SALT, NATURAL FLAVORS, BAKING SODA, VANILLA EXTRACT, ASCORBIC ACID (VITAMIN C), FERRIC ORTHOPHOSPHATE, MALTODEXTRIN, NIACIN, VITAMIN A PALMITATE, RIBOFLAVIN [VITAMIN B2], THIAMINE MONONITRATE [VITAMIN B1], REDUCED IRON, FOLIC ACID AND SOY LECITHIN. 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 November 2016. 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/198472_SLE.pdf

Nutrition Facts

Serving Size 1 each (25.51g)

Amount Per Serving	
Calories 120	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 6g	
Protein 2g	4%

Vitamin A IU 4% Vitamin C 4% Calcium 10% Iron 8%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	100 mg
Iron	1.44 mg
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	2.4 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU



Nabisco Lil' Squares Honey Graham Cracker, Whole Grain, Individual Packets, 1.06 Oz Bag, 72/Case

Item Number: 503370

These bite-sized graham cracker squares are made with honey and whole grain.

- **Contains zero grams trans fat**

Case (72/1.06 Ounce Bag)	$0.20/ea	**$14.36**	

Print

Nutrition

Based On: AP Cracker, Grhm, Hny Maid, Lil Sq, Nabi Rounding: On

Ingredients

GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT. 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 January 2017. 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/503370_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (30g)	
Amount Per Serving	
Calories 130	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 2g	8%
Sugar 8g	
Protein 2g	4%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 4%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 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)	$0.10/ea	**$10.45**	

Print

Nutrition

Based On: AP Ranch, Lt, Dip Cup, Flavor Fresh Rounding: On

Ingredients

For ingredient or allergen information, please contact: Diamond Crystal, phone: 800-654-5115, www.dcbrands.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 March 2017. 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 (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 54
	% Daily Value *
Fat 6g	9%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 125mg	5%
Potassium 115mg	3%
Carbohydrates 5g	2%
Fiber	n/a
Sugar 3g	
Protein	n/a

Vitamin C n/a Calcium n/a

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	
Iron	
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 D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	



Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case

Item Number: 677802

These low-sodium salsa cups are made with natural sugar instead of high fructose corn syrup, making them ideal as a side for school nachos.

- **Single-serve cup with peel off foil lid for food safety and ease of dipping**
- **Contains zero grams trans fat**

Case (84/3 Ounce Each)	$0.33/ea	**$27.99**	

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Nutrition

Based On: AP Salsa, Cup, 3z, Red Gold Rounding: On

Ingredients

Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Less Than 2% Of: Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, 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 August 2017. 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/677802_SLE.pdf

Nutrition Facts

Serving Size 0.5 each (43g)

Amount Per Serving

Calories 10

	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 70mg	3%
Potassium 100mg	3%
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 1g	
Protein 0g	n/a

Vitamin A IU 2% Vitamin C 4% Calcium 0% Iron 2%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0.5 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
Calcium	0 mg
Iron	0.36 mg
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	2.4 mg

Fat Soluble Vitamins:

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

Land O'Lakes Cheddar Cheese Sauce, 3 Oz Each, 140/Case

Item Number: 528690



Case (140/3 Ounce Each)	$0.49/ea	**$68.02**	

Print

Nutrition

Based On: AP Sauce, Chs, Ched, Dip Cup, Land O Lak Rounding: On

Ingredients

Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Skim Milk, Reduced Fat Cheddar Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Potassium and Sodium Phosphates, Maltodextrin, Contains Less than 2% of: Glucono-Delta-Lactone, Natural Flavors, Carrageenan, Lactic Acid, Mono and Diglycerides, Sorbic Acid (Preservative), Salt, apo-Carotenal (color). COMMON ALLERGENS PRESENT: 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 September 2017. 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/528690_SLE.pdf

Nutrition Facts

Serving Size 1 each (85g)

Amount Per Serving

Calories 190	Calories From Fat 90
	% Daily Value *
Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	10%
Sodium 570mg	24%
Potassium	n/a
Carbohydrates 14g	5%
Fiber 0g	n/a
Sugar 10g	
Protein 10g	20%

Vitamin A IU 6% Vitamin C 0% Calcium 35% Iron 0%

* Based on a 2000 calorie diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

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
Calcium	350 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

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

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	300 IU