



Item #	UOM	Servings	Description	Serving Size (g)	Serving Size (oz)	Whole Grain Flour Per Serving (g)	Enriched Flour per Serving (g)	Total Creble 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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	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%	25.0%	

*Total Creble 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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

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	0 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

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	0 mg
Manganese	n/a
Iodine	n/a

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

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Nutrition

Based On: Rounding:

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	
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 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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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:

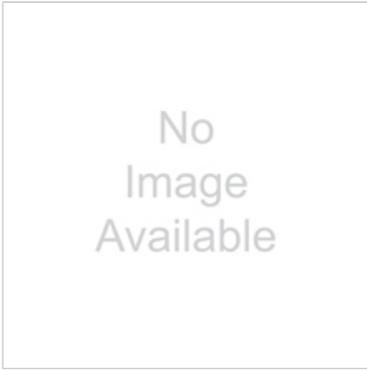
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

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

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

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Nutrition

Based On:

Rounding:

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	
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 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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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:

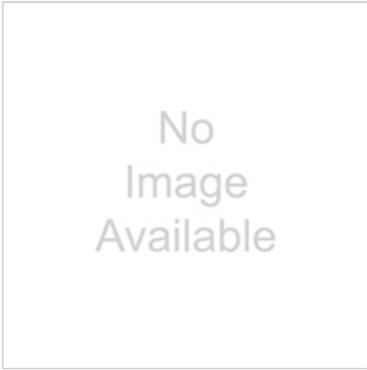
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

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

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



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Nutrition

Based On:

Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

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:

Rounding:

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 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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

Fat Soluble Vitamins:

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

Notes:

1 Each = 1/2c additional veg; No PFS on file

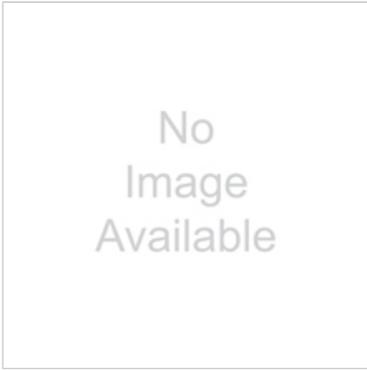
Minerals:

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

Fat Soluble Vitamins:

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

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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	550 IU

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



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.

Farm *fresh* quality...
from our family to yours

Approved Smart Snacks

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

Cost \$ _____

Suggested Retail \$ _____



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



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



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



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



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



*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.

**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: Rounding:

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

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

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	0 IU

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

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: Rounding:

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

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

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

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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:

Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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	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	7.2 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	9 mg
Manganese	n/a
Iodine	n/a

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:

Rounding:

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: Rounding:

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	<input type="text"/>
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Nutrition

Based On: Rounding:

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

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

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	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	0 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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: Rounding:

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: Rounding:

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 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: 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: Rounding:

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: Rounding:

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 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: Rounding:

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: Rounding:

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 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:

Rounding:

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 

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	200 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 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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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:

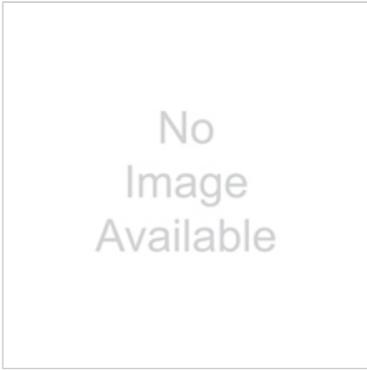
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	284 IU

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	200 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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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	0 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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	0 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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	0 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

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

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	0.319 mg
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

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:

Rounding:

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:

Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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:

Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	1.5 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

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	0.36 mg
Manganese	n/a
Iodine	n/a

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	1.5 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

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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:	No PFS 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	0.36 mg
Manganese	n/a
Iodine	n/a

**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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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	36 mg
Iron	1 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	500 IU

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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	<input type="text"/>
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[Print](#)

Nutrition

Based On: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	200 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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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	200 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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

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: Rounding:

Ingredients

For ingredient or allergen information, please contact: Diamond Crystal, phone: 800-654-5115, www.dcbbrands.com. Please reference manufacturer number: 70808. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated 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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	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	

Minerals:

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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

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

Fat Soluble Vitamins:

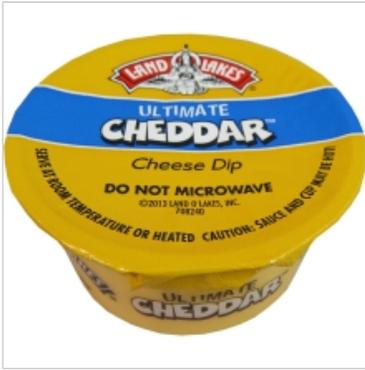
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	100 IU

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

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: Rounding:

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

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	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	300 IU

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