

EMPOWERING MINDS THROUGH HEALTHY SCHOOL MEALS

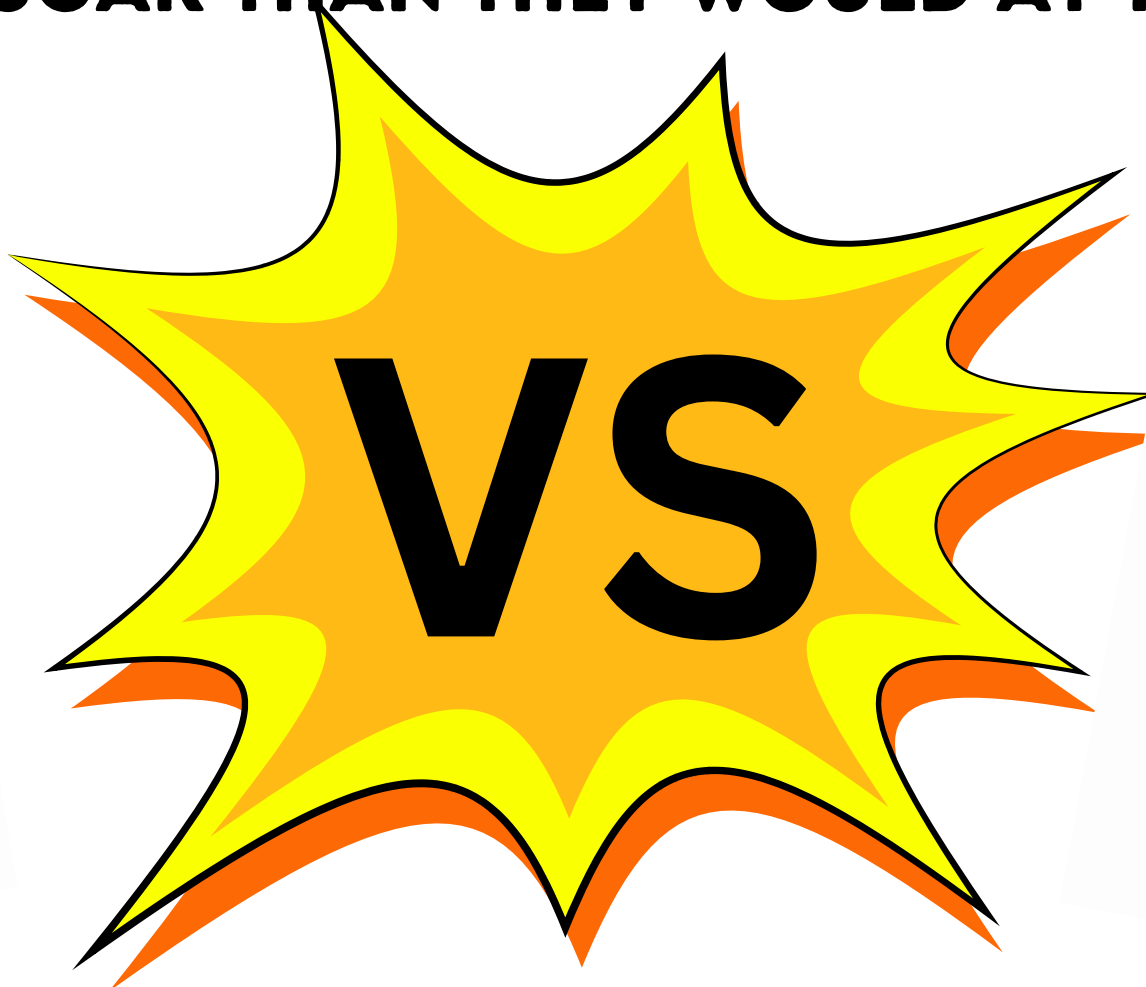
THE SCHOOL BREAKFAST PROGRAM:

- REQUIRES EVERYONE TO HAVE 1 SERVING OF FRUIT OR 100 % FRUIT JUICE
- GRAIN OPTIONS ARE FORMULATED TO INCLUDE WHOLE GRAINS SPECIFICALLY FOR SCHOOL NUTRITION PROGRAMS
- FAT-FREE & LOW-FAT MILK OFFERED WITH EVERY MEAL

OUR FOODS ARE SPECIALLY FORMULATED TO HAVE MORE FIBER & WHOLE GRAINS AS WELL AS 25% LESS SUGAR THAN THEY WOULD AT THE GROCERY STORE!



**SCHOOL - GOODY MAN
SUPER STIK**



**GROCERY STORE LITTLE DEBBIE
DONUT STICKS**

Nutrition Facts		
Serving Size	1 Stick (54g) As Packaged	
Calories	170	
		%DV
Total Fat	4.5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	29g	11%
Dietary Fiber	2g	
Total Sugars	14g	
Incl. Added Sugars	13g	26%
Protein	3g	

Nutrition Facts		
Serving Size	1 Stick (48g) As Packaged	
Calories	220	
		%DV
Total Fat	13g	17%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	160mg	7%
Total Carbohydrate	25g	9%
Dietary Fiber	0g	
Total Sugars	16g	
Incl. Added Sugars	15g	30%
Protein	1g	

QUESTIONS?

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OPPORTUNITY EMPLOYER &
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