# COMMON GRAIN FOOD PRODUCTS

Minimum Serving Sizes

# Crackers

# Barnum’s Animal Crackers

**Nutrition Facts**

about 7 servings per container

**Serving size 17 crackers (31g)**

Amount per serving

**Calories 140**

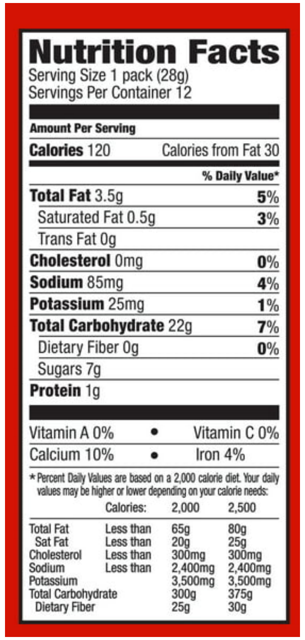
| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 90mg | **4%** |
| **Total Carbohydrate** 24g | **9%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 7g | |
| Includes 7g Added Sugars | **14%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 130mg | 10% |
| Iron 0.9mg | 6% |
| Potassium 20mg | 0% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| 8 crackers | 15 crackers |

# Barnum’s Animal Crackers

## Single Serving Packages (28g packages)



**Nutrition Facts**
Serving Size 1 pack (28g)
Servings Per Container 12

**Amount Per Serving**

| | |
|---|---|
| **Calories** 120 | Calories from Fat 30 |
| | **% Daily Value*** |
| **Total Fat** 3.5g | **5%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 85mg | **4%** |
| **Potassium** 25mg | **1%** |
| **Total Carbohydrate** 22g | **7%** |
| Dietary Fiber 0g | **0%** |
| Sugars 7g | |
| **Protein** 1g | |

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

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

| Age 1-5 | Age 6-12 |
|---|---|
| ½ package | 1 package |

# Cheez-It Crackers

**Nutrition Facts**

About 12 servings per container
**Serving size 27 Crackers (30g)**

| Amount per serving | |
|---|---|
| **Calories** | **150** |
| | **% Daily Value*** |
| **Total Fat** 8g | **10%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| Polyunsaturated Fat 4g | |
| Monounsaturated Fat 2g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 230mg | **10%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber <1g | **2%** |
| Total Sugars 0g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg 0% • Calcium 30mg 2% | |
| Iron 1mg 4% • Potassium 30mg 0% | |

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

| Age 1-5 | Age 6-12 |
|---|---|
| 10 crackers | 20 crackers |

# Cheez-It Crackers

## Single Serving Packages

Cheddar Jack-29g packages
Original- 28g packages
White Cheddar- 29g packages

| Age 1-5 | Age 6-12 |
|---|---|
| ½ package | 1 package |

VARIETY

| Nutrition Facts | Cheez-It® Cheddar Jack | | Cheez-It® Original | | Cheez-It® White Cheddar | |
|---|---|---|---|---|---|---|
| Servings per container | 4 | | 4 | | 4 | |
| **Serving size** **1 Pouch** | (29g) | | (28g) | | (29g) | |
| Amount per serving **Calories** | **150** | | **140** | | **150** | |
| | | % Daily Value* | | % Daily Value* | | % Daily Value* |
| **Total Fat** | 7g | **9%** | 7g | **9%** | 7g | **9%** |
| Saturated Fat | 1.5g | **8%** | 1.5g | **8%** | 1.5g | **8%** |
| Trans Fat | 0g | | 0g | | 0g | |
| Polyunsaturated Fat | 3.5g | | 3.5g | | 3.5g | |
| Monounsaturated Fat | 2g | | 2g | | 1.5g | |
| **Cholesterol** | 0mg | **0%** | 0mg | **0%** | 0mg | **0%** |
| **Sodium** | 220mg | **10%** | 210mg | **9%** | 200mg | **9%** |
| **Total Carbohydrate** | 18g | **7%** | 16g | **6%** | 18g | **7%** |
| Dietary Fiber | <1g | **2%** | <1g | **2%** | <1g | **2%** |
| Total Sugars | 0g | | 0g | | 0g | |
| Includes Added Sugars | 0g | **0%** | 0g | **0%** | 0g | **0%** |
| **Protein** | 2g | | 3g | | 3g | |
| Vitamin D | 0mcg | 0% | 0mcg | 0% | 0mcg | 0% |
| Calcium | 20mg | 0% | 30mg | 2% | 15mg | 0% |
| Iron | 1mg | 4% | 0.9mg | 4% | 1.1mg | 6% |
| Potassium | 40mg | 0% | 30mg | 0% | 30mg | 0% |

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

*Cheez-It*® **Cheddar Jack Ingredients: Enriched flour** (wheat flour, niacin, reduced iron, vitamin $B_1$ [thiamin mononitrate], vitamin $B_2$ [riboflavin], folic acid), **vegetable oil** (high oleic soybean, soybean, palm, and/or canola with TBHQ for freshness), **cheese made with skim milk** (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color). **Contains 2% or less of** salt, paprika, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), buttermilk, tomato powder, garlic powder, monosodium glutamate, yeast, onion powder, natural and artificial flavors, monterey jack cheese (milk, cheese cultures, salt, enzymes), sugar, malic acid, annatto extract color, disodium inosinate, disodium guanylate, yeast extract, paprika extract color, yellow 5, yellow 6, soy lecithin.
**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

*Cheez-It*® **Original Ingredients: Enriched flour** (wheat flour, niacin, reduced iron, vitamin $B_1$ [thiamin mononitrate], vitamin $B_2$ [riboflavin], folic acid), **vegetable oil** (high oleic soybean, soybean, palm, and/or canola oil with TBHQ for freshness), **cheese made with skim milk** (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color). **Contains 2% or less of** salt, paprika, yeast, paprika extract color, soy lecithin.
**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

*Cheez-It*® **White Cheddar Ingredients: Enriched flour** (wheat flour, niacin, reduced iron, vitamin $B_1$ [thiamin mononitrate], vitamin $B_2$ [riboflavin], folic acid), **vegetable oil** (soybean and palm oil with TBHQ for freshness), **white cheddar cheese** (milk, cheese cultures, salt, enzymes). **Contains 2% or less of** salt, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, whey protein concentrate, butter (cream, salt), baking soda, yeast, natural and artificial flavor, lactic acid, calcium lactate, disodium phosphate, citric acid, turmeric extract color, annatto extract color, soy lecithin.
**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

# Club Crackers Original

## (Each cracker 3.5g)

**Nutrition Facts**
About 28 servings per container
**Serving size** **4 Crackers (14g)**

Amount per serving
**Calories** **70**

| | % Daily Value* |
|---|---|
| **Total Fat** 3g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 0.5g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 125mg | **5%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 1g | |
| Includes 1g Added Sugars | **2%** |
| **Protein** <1g | |

Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0.4mg 2% • Potassium 10mg 0%

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

| Age 1-5 | Age 6-12 |
|---|---|
| 3 crackers | 6 crackers |

# Goldfish Crackers

**Nutrition Facts**

About 28 Servings Per Container

**Serving Size 55 Pieces (30g)**

| Amount per serving | |
|---|---|
| **Calories** | **140** |
| | **% Daily Value*** |
| **Total Fat** 5g | **6%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 2g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 250mg | **11%** |
| **Total Carbohydrate** 20g | **7%** |
| Dietary Fiber <1g | **4%** |
| Total Sugars 0g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |

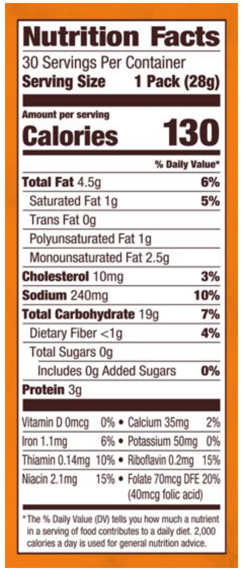
Vitamin D 0mcg 0% • Calcium 40mg 4%
Iron 1.3mg 8% • Potassium 50mg 0%
Thiamin 0.15mg 15% • Riboflavin 0.17mg 15%
Niacin 2.3mg 15% • Folate 75mcg DFE 20% (45mcg folic acid)

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

| Age 1-5 | Age 6-12 |
|---|---|
| 21 crackers | 41 crackers |

# Goldfish Crackers

## Single Serving Packages




| Age 1-5 | Age 6-12 |
|---|---|
| ½ package | 1 package |

# Goldfish Crackers (Colors, Cheddar & Pretzel)

## Single Serving Packages

Cheddar- 28g packages
Colors-26g packages
Pretzel-28g packages

| Age 1-5 | Age 6-12 |
|---|---|
| ½ package | 1 package |

| Nutrition Facts | Cheddar Goldfish® Crackers | | Colors Goldfish® Crackers | | Pretzel Goldfish® Crackers | |
|---|---|---|---|---|---|---|
| Servings Per Container | 12 | | 10 | | 8 | |
| Serving Size | 1 Pack (28g) | | 1 Pack (26g) | | 1 Pack (28g) | |
| Amount per serving **Calories** | **130** | | **120** | | **120** | |
| | | % DV* | | % DV* | | % DV* |
| **Total Fat** | 4.5g | 6% | 4.5g | 6% | 2g | 3% |
| Saturated Fat | 1g | 5% | 1g | 5% | 0g | 0% |
| Trans Fat | 0g | | 0g | | 0g | |
| Polyunsaturated Fat | 1g | | 1g | | 1g | |
| Monounsaturated Fat | 2.5g | | 2.5g | | 1g | |
| **Cholesterol** | 10mg | 3% | <5mg | 2% | 0mg | 0% |
| **Sodium** | 240mg | 10% | 190mg | 8% | 260mg | 11% |
| **Total Carbohydrate** | 19g | 7% | 17g | 6% | 22g | 8% |
| Dietary Fiber | <1g | 4% | <1g | 4% | <1g | 4% |
| Total Sugars | 0g | | 0g | | <1g | |
| Includes Added Sugars | 0g | 0% | 0g | 0% | 0g | 0% |
| **Protein** | 3g | | 3g | | 3g | |
| Vitamin D | 0mcg | 0% | 0mcg | 0% | 0mcg | 0% |
| Calcium | 35mg | 2% | 30mg | 2% | 10mg | 0% |
| Iron | 1.1mg | 6% | 1mg | 6% | 1.2mg | 6% |
| Potassium | 50mg | 0% | 50mg | 0% | 20mg | 0% |
| Thiamin | 0.1mg | 10% | 0.2mg | 15% | 0.2mg | 15% |
| Riboflavin | 0.2mg | 15% | | | | |
| Niacin | 2.1mg | 15% | | | 1.7mg | 10% |
| Folate | 70mcg DFE (40mcg folic acid) | 20% | 60mcg DFE (40mcg folic acid) | 15% | 75mcg DFE (40mcg folic acid) | 20% |

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

# Graham Crackers

**Nutrition Facts**

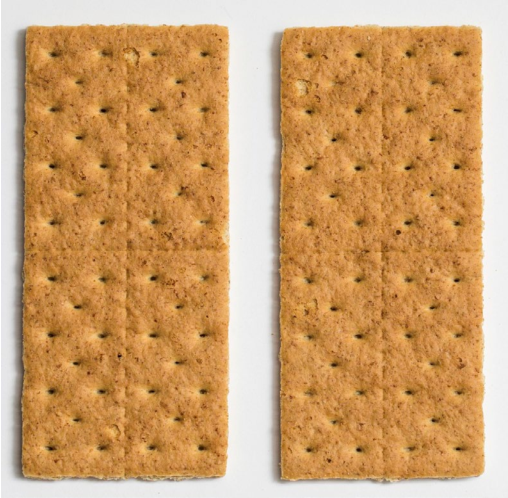
about 13 servings per container
**Serving size 8 crackers (31g)**
**(1 serving = 2 full cracker sheets)**

**Amount per serving**
**Calories 130**

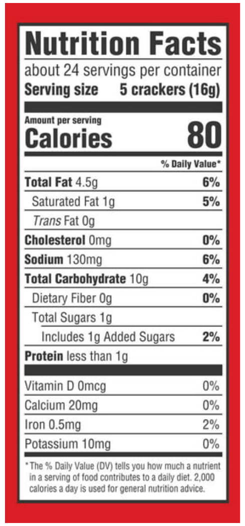
| | % Daily Value* |
|---|---|
| **Total Fat** 3g | **4%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 24g | **9%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 8g | |
| Includes 8g Added Sugars | **16%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 0.9mg | 6% |
| Potassium 50mg | 0% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| 1 sheet of crackers | 2 sheets of crackers |

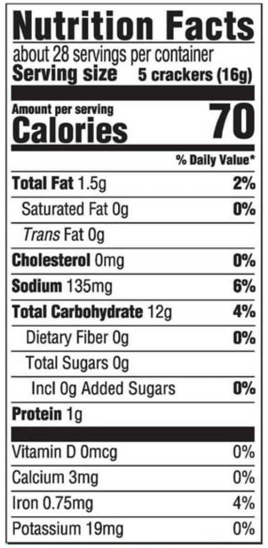


# Ritz Crackers




| Age 1-5 | Age 6-12 |
|---|---|
| 4 crackers | 7 crackers |

# Saltine Crackers



**Nutrition Facts**

about 28 servings per container

**Serving size** 5 crackers (16g)

| Amount per serving | |
| --- | --- |
| **Calories** | **70** |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 135mg | **6%** |
| **Total Carbohydrate** 12g | **4%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 0g | |
| Incl 0g Added Sugars | **0%** |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 3mg | 0% |
| Iron 0.75mg | 4% |
| Potassium 19mg | 0% |

| Age 1-5 | Age 6-12 |
| --- | --- |
| 4 crackers | 8 crackers |

# Stauffer’s Animal Crackers

| Age 1-5 | Age 6-12 |
|---|---|
| 8 crackers | 15 crackers |

# Stauffer’s Animal Crackers

## Single Serving Packages (43g packages)

| Age 1-5 | Age 6-12 |
|---|---|
| ½ package | 1 package |

**Nutrition Facts**

12 servings per container

| Serving Size | 1 Bag (43g) |
|---|---|
| Amount Per Serving | |
| **Calories** | **180** |
| | % Daily Value* |
| **Total Fat** 2.5g | 3% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 150mg | 7% |
| **Total Carbohydrate** 35g | 13% |
| Dietary Fiber 1g | 4% |
| Total Sugars 9g | |
| Includes 9g Added Sugars | 18% |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 1.6mg | 8% |
| Potassium 40mg | 0% |

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

# Teddy Graham Crackers

| Age 1-5 | Age 6-12 |
|---|---|
| 12 crackers | 24 crackers |

# Teddy Graham Crackers

## Single Serving Packages (28g packages)

| Age 1-5 | Age 6-12 |
| --- | --- |
| ½ package | 1 package |

**Nutrition Facts**

12 servings per container

**Serving size** **1 pack**

| Amount per serving | |
| --- | --- |
| **Calories** | **120** |
| | **% Daily Value*** |
| **Total Fat** 4g | **5%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 7g | |
| Includes 7g Added Sugars | **14%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 130mg | 10% |
| Iron 0.8mg | 4% |
| Potassium 50mg | 0% |

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

# Wheat Thins

| Age 1-5 | Age 6-12 |
|---|---|
| 6 crackers | 12 crackers |

# Tortillas

# Guerrero Corn Tortilla (6 inch)

**Nutrition Facts / Datos de Nutrición**

40 Servings per container / Raciones por envase
Serving Size/Tamaño por ración 2 tortillas (47g)

Amount per serving / Cantidad por ración
**Calories / Calorías 100**

| | % Daily Value* / % Valor Diario* |
|---|---|
| **Total Fat / Grasa Total** 1g | 1% |
| Saturated Fat / Grasa Saturada 0g | 0% |
| *Trans* Fat / Grasa *Trans* 0g | |
| Polyunsaturated Fat/Grasa Poliinsaturada 0.5g | |
| Monounsaturated Fat/Grasa Monoinsaturada 0g | |
| **Cholesterol / Colesterol** 0mg | 0% |
| **Sodium / Sodio** 20mg | 1% |
| **Total Carbohydrate / Carbohidratos Totales** 21g | 8% |
| Dietary Fiber / Fibra Dietética 2g | 7% |
| Total Sugars / Azúcares Totales 2g | |
| Includes / Incluye 0g Added Sugars / Azúcares Añadidos | 0% |
| **Protein / Proteínas** 2g | |

Vitamin/Vitamina D 0mcg 0% • Calcium/Calcio 20mg 2%
Iron/Hierro 0.3mg 2% • Potassium/Potasio 80mg 2%

| Age 1-5 | Age 6-12 |
|---|---|
| ¾ tortilla | 1 ¼ tortilla |

# Guerrero Wheat Tortilla (8 inch)

**Nutrition Facts / Datos de Nutrición**

24 Servings per container / Raciones por envase
Serving Size / Tamaño por ración 1 tortilla (41g)

Amount per serving / Cantidad por ración
**Calories / Calorías 110**

| | % Daily Value* / % Valor Diario* |
|---|---|
| **Total Fat / Grasa Total** 3.5g | 4% |
| Saturated Fat / Grasa Saturada 1.5g | 8% |
| *Trans* Fat / Grasa *Trans* 0g | |
| **Cholesterol / Colesterol** 0mg | 0% |
| **Sodium / Sodio** 280mg | 12% |
| **Total Carbohydrate / Carbohidratos Totales** 19g | 7% |
| Dietary Fiber / Fibra Dietética 1g | 4% |
| Total Sugars / Azúcares Totales 1g | |
| Includes / Incluye 0g Added Sugars / Azúcares Añadidos | 0% |
| **Protein / Proteínas** 4g | |
| Vitamin D / Vitamina D 0mcg | 0% |
| Calcium / Calcio 80mg | 6% |
| Iron / Hierro 0.8mg | 4% |
| Potassium / Potasio 100mg | 2% |

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

*El porcentaje de Valor Diario (VD) indica la cantidad que un nutriente contribuye en una porción de alimento considerando una dieta diaria. El % de Valor Diario está basado en una dieta de 2000 calorías.

| Age 1-5 | Age 6-12 |
|---|---|
| ¼ tortilla | ½ tortilla |

# La Banderita Corn Tortilla (6 inch)

| Age 1-5 | Age 6-12 |
|---|---|
| ¾ tortilla | 1 ¼ tortilla |

# La Banderita Flour Tortilla (8 inch)

**Nutrition Facts**

10 servings per container
**Serving size**
**1 Tortilla (45g)**

**Calories** per serving **140**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 4g | **6%** | **Total Carbohydrate** 22g | **7%** |
| Saturated Fat 2g | **10%** | Dietary Fiber 1g | **5%** |
| *Trans Fat* 0g | | Total Sugars 0g | |
| **Cholesterol** 0mg | **0%** | Includes 0g of Added Sugars | **0%** |
| **Sodium** 230mg | **10%** | **Protein** 3g | |

Vitamin D 0mcg 0% • Calcium 60mg 7% • Iron 1mg 6% • Potassium 0mcg 0%

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

| Age 1-5 | Age 6-12 |
|---|---|
| 1/4 | 1/2 |

# Mission Corn Tortilla (6 inch)

**Nutrition Facts**

15 Servings per container
**Serving Size** 2 tortillas (47g)

**Amount per serving**
**Calories 100**

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | **1%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 20mg | **1%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 20mg | 2% |
| Iron 0.3mg | 2% |
| Potassium 80mg | 2% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ¾ tortilla | 1 ¼ tortilla |

# Mission Flour Tortilla, Soft Taco (8 inch)

**Nutrition Facts**

10 servings per container
**Serving Size** **1 tortilla (49g)**

| Amount per serving | |
|---|---|
| **Calories** | **140** |
| | **% Daily Value*** |
| **Total Fat** 3g | **4%** |
| Saturated Fat 1g | **5%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 410mg | **18%** |
| **Total Carbohydrate** 24g | **9%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 2g | |
| Includes 1g Added Sugars | **2%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 6% |
| Iron 2mg | 10% |
| Potassium 50mg | 2% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ¼ tortilla | ½ tortilla |

# Mission Flour Fajita Tortilla (6 inch)

**Nutrition Facts**

20 servings per container
**Serving Size** 1 tortilla (32g)

**Amount per serving**
**Calories 90**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | 3% |
| Saturated Fat 0.5g | 3% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 270mg | 12% |
| **Total Carbohydrate** 16g | 6% |
| Dietary Fiber 0g | 0% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 60mg | 4% |
| Iron 1mg | 6% |
| Potassium 30mg | 0% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ½ tortilla | 1 tortilla |

# Bread

# Bimbo Bread (28.5 grams per slice)

**Nutrition Facts**

10 Servings Per Container
**Serving Size**
**2 slices (57g)**

**Calories** Per Serving **150**

| Amount/serving | % Daily Value* |
|---|---|
| **Total Fat** 2g | 3% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 290mg | 13% |
| **Total Carbohydrate** 28g | 10% |
| Dietary Fiber <1g | 3% |
| Total Sugars 2g | |
| Includes 2g Added Sugars | 4% |
| **Protein** 4g | |

Vitamin D 2.3mcg 10% • Calcium 300mg 25% • Iron 3.0mg 15% • Potassium 45mg 0%
Vitamin A 100mcg 10% • Vitamin E 2.2mg 15% • Thiamin 0.2mg 20% • Riboflavin 0.2mg 15%
Niacin 2.3mg 15% • Folate 100mcg DFE 25% (50mcg folic acid)

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

| Age 1-5 | Age 6-12 |
|---|---|
| ½ slice | 1 slice |

# Nature’s Own (26 grams)

Children 6+ require minimum <u>28 grams</u>
Due to one slice weighing 2 grams below the required weight, we will need to serve more than one slice.

**Nutrition Facts**
22 servings per container
**Serving size 1 Slice (26g/0.9oz)**

Amount per serving
**Calories 60**

| | % Daily Value* |
|---|---|
| **Total Fat** 0.5g | 1% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 110mg | 5% |
| **Total Carbohydrate** 11g | 4% |
| Dietary Fiber 2g | 8% |
| Total Sugars <1g | |
| Includes <1g Added Sugars | 1% |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 0.8mg | 4% |
| Potassium 0mg | 0% |
| Thiamin 0.1mg | 8% |
| Riboflavin 0.04mg | 4% |
| Niacin 0.9mg | 6% |
| Folate 15mcg DFE (0mcg folic acid) | 4% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ¾ slice | 1 ¼ slice |

# Sara Lee (26 grams)

Children 6+ require minimum 28 grams
Due to one slice weighing 2 grams below the required weight, we will need to serve more than one slice.

| Age 1-5 | Age 6-12 |
|---|---|
| ¾ slice | 1 ¼ slice |

**Nutrition Facts**

22 servings per container
**Serving size**
**1 Slice (26g/0.9oz)**

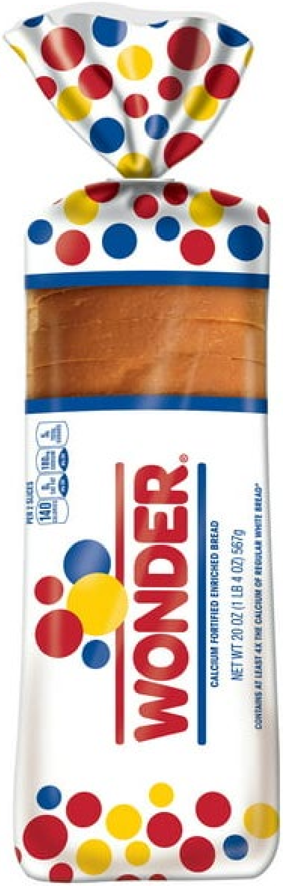
**Calories** per serving **60**

| Amount/serving | %Daily Value* | Amount/serving | %Daily Value* |
|---|---|---|---|
| **Total Fat** 0.5g | 1% | **Sodium** 110mg | 5% |
| Saturated Fat 0g | 0% | **Total Carbohydrate** 11g | 4% |
| *Trans* Fat 0g | | Dietary Fiber 2g | 8% |
| Polyunsaturated Fat 0g | | Total Sugars <1g | |
| Monounsaturated Fat 0g | | Includes <1g Added Sugars | 1% |
| **Cholesterol** 0mg | 0% | **Protein** 4g | |

Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 0.8mg 4% • Potassium 0mg 0%
Thiamin 0.9mg 8% • Riboflavin 0.4mg 4% • Niacin 0.9mg 6% • Folate 17mcg DFE 4% (0mcg folic acid)

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

# Wonder Bread (28.5 grams per slice)




**Nutrition Facts**
10 servings per container
**Serving size 2 Slices (57g/2.0oz)**

| Amount per serving | |
|---|---|
| **Calories** | **140** |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 180mg | **8%** |
| **Total Carbohydrate** 29g | **11%** |
| Dietary Fiber 3g | **10%** |
| Total Sugars 5g | |
| Includes 5g Added Sugars | **11%** |
| **Protein** 5g | |
| Vitamin D 3.7mcg | 20% |
| Calcium 480mg | 35% |
| Iron 1.9mg | 10% |
| Potassium 70mg | 0% |
| Thiamin 0.46mg | 40% |
| Riboflavin 0.19mg | 15% |
| Niacin 2.6mg | 15% |
| Folate 100mcg DFE (60mcg folic acid) | 25% |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ½ slice | 1 slice |

# Sara Lee Plain Deluxe Bagel

| Age 1-5 | Age 6-12 |
|---|---|
| ¼ bagel | ½ bagel |

**Nutrition Facts**
6 Servings Per Container
**Serving Size 1 bagel (95g)**
**Calories per serving 230**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 1.5g | 2% | **Sodium** 390mg | 17% |
| Saturated Fat 0g | 0% | **Total Carbohydrate** 45g | 16% |
| *Trans* Fat 0g | | Dietary Fiber 2g | 7% |
| Polyunsaturated Fat 0g | | Total Sugars 5g | |
| Monounsaturated Fat 0g | | Includes 5g Added Sugars | 10% |
| **Cholesterol** 0mg | 0% | **Protein** 8g | |

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 2.5mg 15% • Potassium 80mg 0%

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

# Thomas Plain Mini Bagels

**Nutrition Facts**

5 Servings Per Container

**Serving Size 2 bagels (86g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **250** |
| | **% Daily Value*** |
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 440mg | **19%** |
| **Total Carbohydrate** 50g | **18%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 5g | |
| Includes 5g Added Sugars | **10%** |
| **Protein** 8g | |
| Vitamin D 0mcg 0% • Calcium 10mg 0% | |
| Iron 2.7mg 15% • Potassium 80mg 0% | |

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

| Age 1-5 | Age 6-12 |
|---|---|
| ½ bagel | 1 bagel |

# Cereals

# Round Cereals

| Age 1-5 | Age 6-12 |
|---|---|
| ½ cup | 1 cup |

# Puffed Cereals

| Age 1-5 | Age 6-12 |
| --- | --- |
| ¾ cup | 1 ¼ cup |

# Flakes Cereals

| Age 1-5 | Age 6-12 |
|---|---|
| ½ cup | 1 cup |

# Grains

# Rice (all types)

| Age 1-5 | Age 6-12 |
| --- | --- |
| ¼ cup (cooked) **or** 14g dry | ½ cup (cooked) **or** 28g dry |

# Bulgur, Barley & Quinoa

| Age 1-5 | Age 6-12 |
|---|---|
| ¼ cup cooked **or** 14g dry | ½ cup cooked **or** 28g dry |

# Pasta

# Pasta

Includes all types of pastas, such as: spaghetti, bowtie, macaroni, etc.

Pastas must be Enriched or Whole Wheat

| Age 1-5 | Age 6-12 |
|---|---|
| ¼ cup cooked or 14g dry | ½ cup cooked or 28g dry |