

OUNCE EQUIVALENTS OF COMMON GRAIN FOOD PRODUCTS

Minimum Serving Sizes

The products listed in the following pages will inform you the minimum quantities that need to be served in order to meet the Child and Adult Care Food Program minimum serving size requirements in ounce equivalents.

Ages 1-5: ½ ounce equivalent of grains

Ages 6-12: 1 ounce equivalent of grains

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

1/2 package

Age 6-12

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

10 crackers

Age 6-12

20 crackers

Cheez-It Crackers

Single Serving Packages

Cheddar Jack-29g packages

Original- 28g packages

White Cheddar- 29g packages



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	7g	7g
	9%	9%	9%
Saturated Fat	1.5g	1.5g	1.5g
	8%	8%	8%
Trans Fat	0g	0g	0g
Polyunsaturated Fat	3.5g	3.5g	3.5g
Monounsaturated Fat	2g	2g	1.5g
Cholesterol	0mg	0mg	0mg
	0%	0%	0%
Sodium	220mg	210mg	200mg
	10%	9%	9%
Total Carbohydrate	18g	16g	18g
	7%	6%	7%
Dietary Fiber	<1g	<1g	<1g
	2%	2%	2%
Total Sugars	0g	0g	0g
Includes Added Sugars	0g	0g	0g
	0%	0%	0%
Protein	2g	3g	3g
Vitamin D	0mcg	0%	0mcg
	0%	0%	0%
Calcium	20mg	0%	30mg
	0%	0%	2%
Iron	1mg	4%	0.9mg
	4%	4%	11mg
Potassium	40mg	0%	30mg
	0%	0%	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 as a basis for general nutrition advice.

Cheez-It® Cheddar Jack Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B₆ (thiamin mononitrate), vitamin B₁₂ (cobalamin), 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, 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 pyruvate, 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 B₆ (thiamin mononitrate), vitamin B₁₂ (cobalamin), 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 B₆ (thiamin mononitrate), vitamin B₁₂ (cobalamin), 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 flavors, lactic acid, calcium lactate, disodium phosphate, citric acid, turmeric extract color, annatto extract color, soy lecithin.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Age 1-5

½ package

Age 6-12

1 package

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

21 crackers

Age 6-12

41 crackers

Goldfish Crackers

Single Serving Packages



Nutrition Facts	
30 Servings Per Container	
Serving Size	1 Pack (28g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0% • Calcium 35mg 2%
Iron 1.1mg	6% • Potassium 50mg 0%
Thiamin 0.14mg	10% • Riboflavin 0.2mg 15%
Niacin 2.1mg	15% • Folate 70mcg DFE 20%
(40mcg 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

½ package

Age 6-12

1 package

Goldfish Crackers (Colors, Cheddar & Pretzel)

Single Serving Packages

Cheddar- 28g packages

Colors-26g packages

Pretzel-28g packages



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 9%	4.5g 9%	2g 3%
Saturated Fat	1g 2%	1g 2%	0g 0%
Trans Fat	0g	0g	0g
Polyunsaturated Fat	1g	1g	1g
Monounsaturated Fat	2.5g	2.5g	1g
Cholesterol	10mg 2%	<5mg 0%	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
*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.			
	Vitamin D	0mcg 0%	0mcg 0%
	Calcium	35mg 2%	30mg 2%
	Iron	1.1mg 6%	1mg 5%
	Potassium	50mg 0%	50mg 0%
	Thiamin	0.1mg 10%	0.2mg 15%
	Riboflavin	0.2mg 15%	0.2mg 15%
	Niacin	2.1mg 15%	1.7mg 10%
	Folate	70mcg DFE 20% (40mcg folic acid)	60mcg DFE 15% (40mcg folic acid)
			75mcg DFE 20% (40mcg folic acid)

Age 1-5

½ package

Age 6-12

1 package

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



Nutrition Facts	
about 24 servings per container	
Serving size	5 crackers (16g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	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
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

4 crackers

Age 6-12

8 crackers

Stauffer's Animal Crackers



Nutrition Facts	
about 15 servings per container	
Serving Size 16 crackers (30g)	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	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

8 crackers

Age 6-12

15 crackers

Stauffer's Animal Crackers

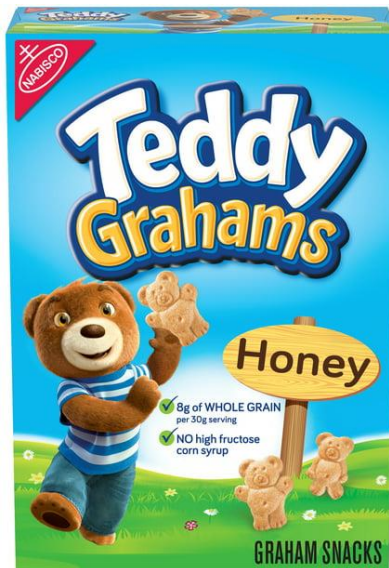
Single Serving Packages (43g packages)

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



Nutrition Facts	
about 9 servings per container	
Serving size 24 pieces (30g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.82mg	4%
Potassium 49mg	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.	



Nutrition Facts	
about 9 servings per container	
Serving size 24 pieces (30g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.82mg	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.	



Nutrition Facts	
about 9 servings per container	
Serving size 24 pieces (30g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.4mg	8%
Potassium 110mg	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.	

Age 1-5

12 crackers

Age 6-12

24 crackers

Teddy Graham Crackers

Single Serving Packages (28g packages)



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.	

Age 1-5

½ package

Age 6-12

1 package

Wheat Thins



Age 1-5

6 crackers

Age 6-12

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 Polinsaturada 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

¾ tortilla

Age 6-12

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

¼ tortilla

Age 6-12

½ tortilla

La Banderita Corn Tortilla (6 inch)



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
9 servings per container		Total Fat 1g	1%	Total Carbohydrate 21g	8%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
2 Tortillas (50g)		Trans Fat 0g		Total Sugars 1g	
Calories		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
per serving		Sodium 20mg	1%	Protein 3g	
100		Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 55mg 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.

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

La Banderita Flour Tortilla (8 inch)



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

Nutrition Facts	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.

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

¼ tortilla

Age 6-12

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
1/2 tortilla	1 tortilla

Bread

Bimbo Bread (28.5 grams per slice)



Age 1-5	Age 6-12
½ slice	1 slice

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 2g	3%	Sodium 290mg	13%
10 Servings Per Container	Saturated Fat 0g	0%	Total Carbohydrate 28g	10%
Serving Size	Trans Fat 0g		Dietary Fiber <1g	3%
2 slices (57g)	Polyunsaturated Fat 1g		Total Sugars 2g	
Calories	Monounsaturated Fat 0g		Includes 2g Added Sugars	4%
Per Serving	Cholesterol 0mg	0%	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.

Nature's Own (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.



Nutrition Facts	
22 servings per container	
Serving size 1 Slice (26g/0.9oz)	
Amount per serving	
Calories	60
% Daily Values*	
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		Amount/serving	%Daily Value*	Amount/serving	%Daily Value*
22 servings per container		Total Fat 0.5g	1%	Sodium 110mg	5%
Serving size		Saturated Fat 0g	0%	Total Carbohydrate 11g	4%
1 Slice (26g/0.9oz)		Trans Fat 0g		Dietary Fiber 2g	8%
Calories per serving	60	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
1½ slice	1 slice

Sara Lee Plain Deluxe Bagel



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 Servings Per Container		Total Fat 1.5g	2%	Sodium 390mg	17%
Serving Size		Saturated Fat 0g	0%	Total Carbohydrate 45g	16%
1 bagel (95g)		Trans Fat 0g		Dietary Fiber 2g	7%
		Polyunsaturated Fat 0g		Total Sugars 5g	
		Monounsaturated Fat 0g		Includes 5g Added Sugars	10%
Calories		Cholesterol 0mg	0%	Protein 8g	
per serving 230		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.

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

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

½ bagel

Age 6-12

1 bagel

Cereals

Round Cereals

Age 1-5	Age 6-12
½ cup	1 cup



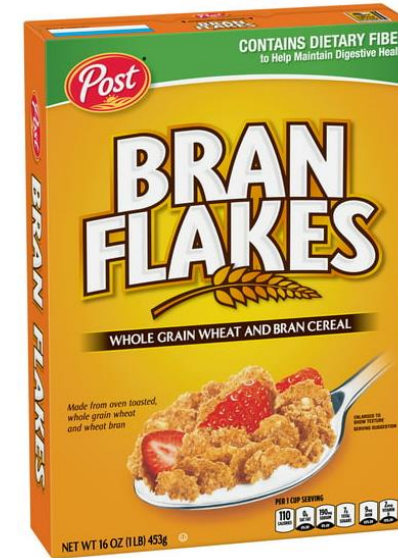
Puffed Cereals

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
$\frac{1}{4}$ cup (cooked) or 14g dry	$\frac{1}{2}$ 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