

# OUNCE EQUIVALENTS OF COMMON GRAIN FOOD PRODUCTS

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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



<b>Nutrition Facts</b>	
about 7 servings per container	
<b>Serving size 17 crackers (31g)</b>	
Amount per serving	<b>140</b>
<b>Calories</b>	
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 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	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Potassium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 7g	
<b>Protein</b> 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
1/2 package	1 package

# Cheez-It Crackers



Nutrition Facts	
About 12 servings per container	
Serving size 27 Crackers (30g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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



### VARIETY

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

**Cheez-It<sup>®</sup> Cheddar Jack Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>6</sub> (thiamin mononitrate), vitamin B<sub>2</sub> (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, 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<sup>®</sup> Original Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>6</sub> (thiamin mononitrate), vitamin B<sub>2</sub> (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<sup>®</sup> White Cheddar Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>6</sub> (thiamin mononitrate), vitamin B<sub>2</sub> (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 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

1/2 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	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> <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



<b>Nutrition Facts</b>	
About 28 Servings Per Container	
<b>Serving Size 55 Pieces (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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)	
<small>*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.</small>	

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

# Goldfish Crackers

## Single Serving Packages



Nutrition Facts	
30 Servings Per Container	
Serving Size 1 Pack (28g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	Age 6-12
1/2 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
1/2 package	1 package

Nutrition Facts	Cheddar	Colors	Pretzel
	Goldfish® Crackers	Goldfish® Crackers	Goldfish® Crackers
Servings Per Container	12	10	8
<b>Serving Size</b>	<b>1 Pack (28g)</b>	<b>1 Pack (26g)</b>	<b>1 Pack (28g)</b>
Amount per serving			
<b>Calories</b>	<b>130</b>	<b>120</b>	<b>120</b>
	% DV*	% DV*	% DV*
<b>Total Fat</b>	4.5g 9%	4.5g 9%	2g 4%
Saturated Fat	1g 2%	1g 2%	0g 0%
Trans Fat	0g	0g	0g
Polysaturated Fat	1g	1g	1g
Monounsaturated Fat	2.5g	2.5g	1g
<b>Cholesterol</b>	10mg 2%	<5mg 1%	0mg 0%
<b>Sodium</b>	240mg 10%	190mg 8%	260mg 11%
<b>Total Carbohydrate</b>	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%
<b>Protein</b>	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%	0mcg 0%
Calcium	35mg 2%	30mg 2%	10mg 0%
Iron	1.1mg 0%	1mg 0%	1.2mg 0%
Potassium	50mg 0%	50mg 0%	20mg 0%
Thiamin	0.1mg 10%	0.2mg 15%	0.2mg 15%
Riboflavin	0.2mg 15%	0.2mg 15%	0.2mg 15%
Niacin	2.1mg 15%	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)

# Graham Crackers



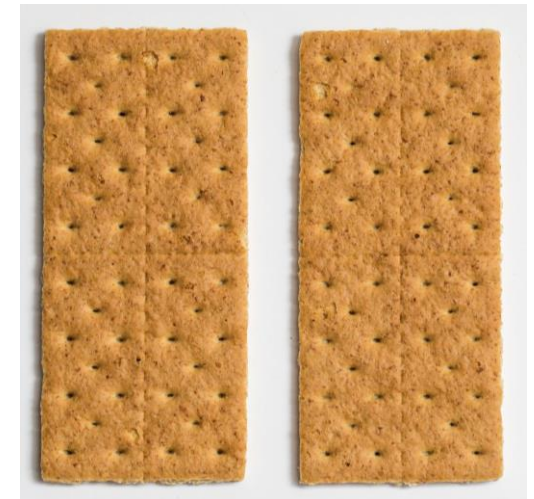
Nutrition Facts	
about 13 servings per container	
<b>Serving size 8 crackers (31g)</b>	
<b>(1 serving = 2 full cracker sheets)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.9mg	<b>6%</b>
Potassium 50mg	<b>0%</b>
<small>* 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.</small>	

Age 1-5

1 sheet of crackers

Age 6-12

2 sheets of crackers



# Ritz Crackers



Nutrition Facts	
about 24 servings per container	
Serving size 5 crackers (16g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% 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



<b>Nutrition Facts</b>	
about 28 servings per container	
<b>Serving size</b>	<b>5 crackers (16g)</b>
<b>Amount per serving</b>	<b>Calories 70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Incl 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 3mg	<b>0%</b>
Iron 0.75mg	<b>4%</b>
Potassium 19mg	<b>0%</b>

Age 1-5

4 crackers

Age 6-12

8 crackers

# Stauffer's Animal Crackers



<b>Nutrition Facts</b>	
about 15 servings per container	
<b>Serving Size 16 crackers (30g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1.1mg	<b>6%</b>
Potassium 30mg	<b>0%</b>

\*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

# Stauffer's Animal Crackers

Single Serving Packages (43g packages)

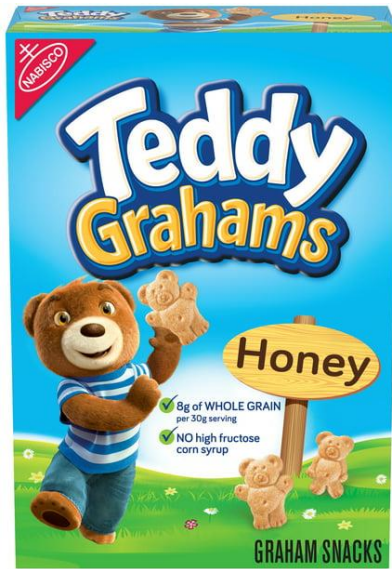
Age 1-5	Age 6-12
1/2 package	1 package



Nutrition Facts	
12 servings per container	
Serving Size	1 Bag (43g)
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 40mg	0%
<small>*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.</small>	



# Teddy Graham Crackers

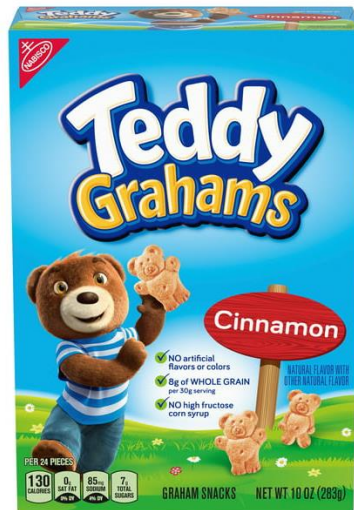


Nutrition Facts	
about 9 servings per container	
Serving size 24 pieces (30g)	
Amount per serving	
<b>Calories 130</b>	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein 2g</b>	
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.

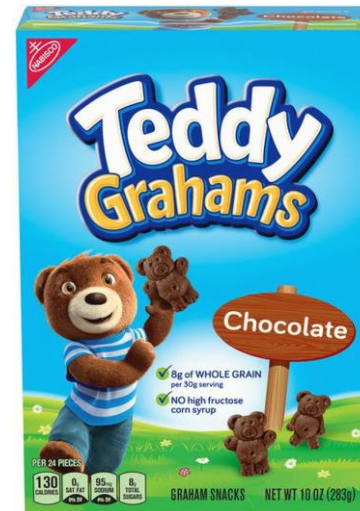
Age 1-5  
12 crackers

Age 6-12  
24 crackers



Nutrition Facts	
about 9 servings per container	
Serving size 24 pieces (30g)	
Amount per serving	
<b>Calories 130</b>	
% 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%
<b>Protein 2g</b>	
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	
<b>Calories 130</b>	
% 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%
<b>Protein 2g</b>	
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.

# Teddy Graham Crackers

Single Serving Packages (28g packages)



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 pack</b>
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 130mg	<b>10%</b>
Iron 0.8mg	<b>4%</b>
Potassium 50mg	<b>0%</b>

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

# Wheat Thins



Nutrition Facts	
about 8 servings per container	
<b>Serving size</b>	<b>16 pieces (31g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.9mg	<b>6%</b>
Potassium 90mg	<b>0%</b>

\* 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
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	
<b>Calories / Calorías 100</b>	
% Daily Value* / % Valor Diario*	
<b>Total Fat / Grasa Total</b> 1g	1%
Saturated Fat / Grasa Saturada 0g	0%
Trans Fat / Grasa Trans 0g	
Polyunsaturated Fat/Grasa Polinsaturada 0.5g	
Monounsaturated Fat/Grasa Monoinsaturada 0g	
<b>Cholesterol / Colesterol</b> 0mg	0%
<b>Sodium / Sodio</b> 20mg	1%
<b>Total Carbohydrate / Carbohidratos Totales</b> 21g	8%
Dietary Fiber / Fibra Dietética 2g	7%
Total Sugars / Azúcares Totales 2g	
Includes / Incluye 0g Added Sugars / Azúcares Añadidos	0%
<b>Protein / Proteínas</b> 2g	
Vitamin/Vitamina D 0mg 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)



<b>Nutrition Facts / Datos de Nutrición</b>	
24 Servings per container / Raciones por envase	
Serving Size / Tamaño por ración 1 tortilla (41g)	
<b>Amount per serving / Cantidad por ración</b>	
<b>Calories / Calorías 110</b>	
% Daily Value* / % Valor Diario*	
<b>Total Fat / Grasa Total</b> 3.5g	<b>4%</b>
Saturated Fat / Grasa Saturada 1.5g	<b>8%</b>
Trans Fat / Grasa Trans 0g	
<b>Cholesterol / Colesterol</b> 0mg	<b>0%</b>
<b>Sodium / Sodio</b> 280mg	<b>12%</b>
<b>Total Carbohydrate / Carbohidratos Totales</b> 19g	<b>7%</b>
Dietary Fiber / Fibra Dietética 1g	<b>4%</b>
Total Sugars / Azúcares Totales 1g	
Includes / Incluye 0g Added Sugars / Azúcares Añadidos	<b>0%</b>
<b>Protein / Proteínas</b> 4g	
Vitamin D / Vitamina D 0mcg	<b>0%</b>
Calcium / Calcio 80mg	<b>6%</b>
Iron / Hierro 0.8mg	<b>4%</b>
Potassium / Potasio 100mg	<b>2%</b>
*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
1/4 tortilla	1/2 tortilla

# La Banderita Corn Tortilla (6 inch)



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

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 1g	1%	<b>Total Carbohydrate</b> 21g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%	
Trans Fat 0g		Total Sugars 1g		
<b>Cholesterol</b> 0mg	0%	Includes 0g Added Sugars	0%	
<b>Sodium</b> 20mg	1%	<b>Protein</b> 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.				

**Calories per serving 100**  
 9 servings per container  
**Serving size 2 Tortillas (50g)**  
 Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 55mg 2%

# 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*
	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carbohydrate</b> 22g	<b>7%</b>
Saturated Fat 2g	10%	Dietary Fiber 1g	5%	
Trans Fat 0g		Total Sugars 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g of Added Sugars	<b>0%</b>	
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 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.

10 servings per container  
**Serving size**  
**1 Tortilla (45g)**  
**Calories**  
**per serving 140**



# Mission Corn Tortilla (6 inch)



Nutrition Facts	
15 Servings per container	
Serving Size	2 tortillas (47g)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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)



<b>Nutrition Facts</b>	
20 servings per container	
<b>Serving Size</b> 1 tortilla (32g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 30mg	<b>0%</b>
<small>* 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.</small>	

Age 1-5	Age 6-12
½ 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*
	<b>Total Fat</b> 2g	<b>3%</b>	<b>Sodium</b> 290mg	<b>13%</b>
Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 28g	<b>10%</b>	
<i>Trans</i> Fat 0g		Dietary Fiber <1g	<b>3%</b>	
Polyunsaturated Fat 1g		Total Sugars 2g		
Monounsaturated Fat 0g		Includes 2g Added Sugars	<b>4%</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4g		

10 Servings Per Container  
**Serving Size**  
 2 slices (57g)  
**Calories Per Serving** **150**

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	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 2g	8%
Total Sugars <1g	
Includes <1g Added Sugars	1%
<b>Protein</b> 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 Serving size <b>1 Slice (26g/0.9oz)</b> Calories per serving <b>60</b>	<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Sodium</b> 110mg	<b>5%</b>	
	Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 11g	<b>4%</b>	
	Trans Fat 0g		Dietary Fiber 2g	<b>8%</b>	
	Polyunsaturated Fat 0g		Total Sugars <1g		
	Monounsaturated Fat 0g		Includes <1g Added Sugars	<b>1%</b>	
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 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)				

HEE (0) 2013 10/13

# Wonder Bread (28.5 grams per slice)



<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size 2 Slices (57g/2.0oz)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>11%</b>
<b>Protein</b> 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



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 Servings Per Container		<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Sodium</b> 390mg	<b>17%</b>
<b>Serving Size</b> 1 bagel (95g)		Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 45g	<b>16%</b>
<b>Calories</b> per serving <b>230</b>		Trans Fat 0g		Dietary Fiber 2g	<b>7%</b>
		Polyunsaturated Fat 0g		Total Sugars 5g	
		Monounsaturated Fat 0g		Includes 5g Added Sugars	<b>10%</b>
		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 8g	
<small>*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.</small>					
<small>Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 2.5mg 15% • Potassium 80mg 0%</small>					

Age 1-5	Age 6-12
¼ bagel	½ bagel

# Thomas Plain Mini Bagels



<b>Nutrition Facts</b>	
5 Servings Per Container	
Serving Size 2 bagels (86g)	
Amount Per Serving	<b>250</b>
<b>Calories</b>	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg 0%	Calcium 10mg 0%
Iron 2.7mg 15%	Potassium 80mg 0%
<small>* 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.</small>	

Age 1-5	Age 6-12
½ bagel	1 bagel

# Cereals

# Round Cereals



Age 1-5	Age 6-12
½ cup	1 cup



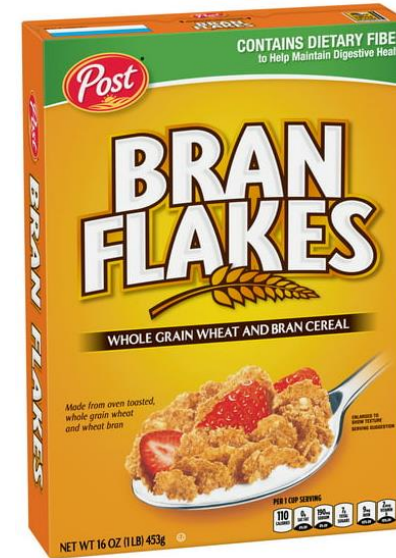
# Puffed Cereals

Age 1-5	Age 6-12
¾ cup	1 ¼ cup



# Flakes Cereals

Age 1-5	Age 6-12
1/2 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 <b>or</b> 14g dry	½ cup cooked <b>or</b> 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 <b>or</b> 14g dry	½ cup cooked <b>or</b> 28g dry

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