

Lender's White Whole Grain Bagels, Sliced, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 72/Case

Item Number: 217911



Made with 100 percent whole wheat flour, these bagels do not contain any high fructose corn syrup, or artificial colors and flavors.

- Thaw-and-serve convenience eliminates preparation and labor, and ensures consistent results



Case (72/1 Count Package) \$0.27/ea \$19.40

Print

Nutrition

Based On: AP Bagel, WGrain, White, Lenders Rounding: On

Ingredients

For ingredient or allergen information, please contact: Pinnacle Foods, phone: 800-432-3102. Please reference manufacturer number: 75. 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/217911_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 140	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 160mg	7%
Potassium	n/a
Carbohydrates 28g	9%
Fiber 4g	16%
Sugar 4g	
Protein 6g	12%
Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 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	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:	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	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Rich's Whole Grain Biscuit Dough, Frozen, 2.1 Ounce, 216 Ct Each, 1/Case

Item Number: 237390



These hex-shaped, whole grain rich biscuit dough offers a mild, subtle flavor, a golden color, and crispy coating.

- Contains zero grams trans fat



Case (1/216 Count Each)

\$0.15/ea

\$33.07

Print

Nutrition

Based On: AP Dough, Biscuit, Wgrain, Rich Products

Rounding: On

Ingredients

WHOLE WHEAT FLOUR, BUTTERMILK, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, SKIM MILK, MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), WATER, POTASSIUM CHLORIDE, SUGAR, MODIFIED CORNSTARCH, SOYBEAN OIL, ARTIFICIAL FLAVOR, SALT, DATEM, SOY LECITHIN. COMMON ALLERGENS PRESENT: MILK, 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 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 each (59.53g)	
Amount Per Serving	
Calories 170	Calories From Fat 72
% Daily Value *	
Fat 8g	12%
Saturated Fat 4.5g	22%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 380mg	16%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 3g	12%
Sugar 2g	
Protein 4g	8%
Vitamin A IU 0% Vitamin C 0% 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	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	0 IU


Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

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

*Total Creible 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]

				Whole Grain Rich Products	
				Ingredient Statements	Allergens
Item #	UOM	Servings	Description		
BREADS					
1290	Loaf	20+2	20oz. Whole Grain Rich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1292	Loaf	22+2	24 oz. Whole Grain Rich Sandwich Bread	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1294	Loaf	18+2	24 oz. Whole Grain Rich Texas Toast	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Polydextrose, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Dough Conditioners (Monoglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
1448	Loaf	22+2	24oz. 100% Whole Wheat Bread	Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Corn Syrup, Soy Lecithin, Vinegar, Dough Conditioners (Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid, Azodicarbonamide, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative), Vitamin D.	Wheat, Soy
BUNS					
3007	Pkg	12	3.25" Whole Grain Rich Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3212	Pkg	6	Whole Grain Rich Footlong Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3228	Pkg	60	3.5" Whole Grain Rich Hamburger Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3470	Pkg	12	4" 100% Whole Wheat Hamburger Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat, Soy
3474	Pkg	12	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3475	Pkg	60	4" Whole Grain Rich Hamburger Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3736	Pkg	12	Whole Grain Rich Hot Dog Bun	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3709	Pkg	12	6" Whole Grain Rich Hot Dog Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Citric Acid.	Wheat, Soy
3727	Pkg	12	6" 100% Whole Wheat Hot Dog Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
3696	Pkg	18	Whole Grain Rich Coney Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
7511	Pkg	8	100% Whole Wheat Sandwich Slim	Whole Wheat Flour, Water, Cellulose, Wheat Gluten, Sugar, Wheat Bran, Yeast, Contains 2% or less of the following: Polydextrose, Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid), Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).	Wheat

				Ingredient Statements	Allergens
Item #	UOM	Servings	Description		
HOAGIES					
3744	Pkg	8	6" Whole Grain Rich Hoagie Bun	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3737	Pkg	8	5" Whole Grain Rich Hoagie Bun	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrient (Calcium Sulfate), Wheat Starch, Soy Lecithin.	Wheat, Soy
3746	Pkg	8	6" 100% Whole Wheat Hoagie Bun	Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid, Calcium Propionate (Preservative).	Wheat
ROLLS					
3221	Pkg	16	Whole Grain Rich Large Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3920	Pkg	24	Whole Grain Rich Clustered Pan Rolls	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
3939	Pkg	24	Whole Grain Rich Slammer Sliced	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Molasses, Wheat Starch, Soy Lecithin, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.	Wheat, Soy
3699	Pkg	16	Whole Grain Rich Small Breadstick	Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Wheat Starch, Soy Lecithin, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Calcium Propionate (Preservative).	Wheat, Soy
9528	Pkg	12	Whole Grain Rich English Muffins	Water, Whole Wheat Flour, Yeast, Wheat Gluten, Contains 2% or less of: Sugar, DATEM, Citric Acid, Fumaric Acid, Malted Barley Flour, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Salt, Dough Conditioners (Wheat Flour, Sodium Stearoyl Lactylate, Guar Gum, DATEM, Mono-Diglycerides, Enzyme, Calcium Peroxide), Soybean Oil, Vinegar, Calcium Propionate and Potassium Sorbate (preservatives).	Wheat
9537	Pkg	6	100 % Whole Wheat Pita Bread	100% Stone Ground Whole Wheat Flour (Wheat Flour, Malted Barley, Niacin [A "B" Vitamin] Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Yeast, Salt, Calcium Propionate (to preserve freshness).	Wheat

Elfin Banana Bread, Mini Loaf, Frozen, Individually Wrapped, 2 Oz Each, 72/Case

Item Number: 592072

This bread is made from bananas folded in a sweet muffin batter and baked into individually sized loaves for on-the-go convenience.

- Thaw-and-serve for fast preparation and convenience
- Individually wrapped for freshness and portability



Case (72/2 Ounce Each)

\$0.48/ea

\$34.26

Print

Nutrition

Based On: AP Bread, Elfin, Banana, Loaf, 2z, Elfin

Rounding: On

Ingredients

Whole Wheat Flour, Water, Sugar, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean/Canola Oil, Banana Puree (Bananas, Ascorbic Acid), Invert Sugar, Soybean Lecithin, Oats, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Modified Corn Starch, Milk Whey, Vital Wheat Gluten, Sugar, Nonfat Milk, Calcium Acetate, Xanthan Gum, Guar Gum, Soy Flour, Natural & Artificial Vanilla Flavor, Cinnamon. Contains: Wheat, Egg, Soy, 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 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 each (57g)	
Amount Per Serving	
Calories 160	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 30mg	10%
Sodium 140mg	6%
Potassium	n/a
Carbohydrates 27g	9%
Fiber 2g	7%
Sugar 14g	
Protein 3g	6%
Vitamin A IU 0% Vitamin C 2% Calcium 4% 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	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	40 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Elfin Blueberry Bread, Mini Loaf, Frozen, Individually
Wrapped, 2 Oz Each, 72/Case

Item Number: 592048

This bread is made from real whole blueberries folded into sweet muffin batter and baked into individually sized loaves for on-the-go convenience.

- Thaw-and-serve for fast preparation and convenience
- Individually wrapped for freshness and portion control



Case (72/2 Ounce Each)

\$0.47/ea

\$34.06

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Nutrition

Based On: AP Bread, Elfin, Blueberry, Loaf, 2z, EI

Rounding: On

Ingredients

Ingredients: Whole Wheat Flour, Water, Sugar, Eggs, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Blueberries, Soybean/Canola Oil, Oats, Invert Sugar, Modified Corn Starch, Nonfat Milk, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Tricalcium Phosphate, Monocalcium Phosphate), Vital Wheat Gluten, Calcium Acetate, Xanthan Gum, Guar Gum, Soy Flour, Soybean Lecithin, Natural & Artificial Vanilla Flavor, Cinnamon. Contains: Wheat, Egg, Soy, 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 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 each (57g)	
Amount Per Serving	
Calories 160	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	11%
Sodium 120mg	5%
Potassium	n/a
Carbohydrates 26g	9%
Fiber 2g	7%
Sugar 12g	
Protein 3g	6%
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	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	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

Super Bakery Wild Berry Bread, Frozen, Individually
Wrapped, 3.4 Ounce, 1 Ct Bag, 70/Case

Item Number: 523222



This whole grain rich, dairy-free bread offers a unique berry flavor without any artificial flavors or coloring.

- Individually wrapped for convenience and portion control



Case (70/1 Count Bag)

\$0.54/ea

\$37.62

Print

Nutrition

Based On: AP Bread, Wild Bry, Super Bakery

Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, WHOLE EGGS, SOYBEAN OIL, BLUEBERRIES, MODIFIED CORN STARCH, DEFATTED SOY FLOUR, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), MONO-DIGLYCERIDES, VITAL WHEAT GLUTEN, DRY HONEY SOLIDS, DEXTROSE, NATURAL FLAVOR, SALT, XANTHAN GUM, SPICE (CINNAMON). COMMON ALLERGENS PRESENT: Egg, 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/523222_SLE.pdf

Nutrition Facts

Serving Size 1 Pc (96g)	
Amount Per Serving	
Calories 270	Calories From Fat 81
% Daily Value *	
Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 4g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 0mg	n/a
Sodium 190mg	8%
Potassium 105mg	3%
Carbohydrates 43g	14%
Fiber 2g	8%
Sugar 24g	
Protein 6g	12%
Vitamin A 10% Vitamin C 0% Calcium 10% Iron 8%	
Thiamin 6% Riboflavin 6% Niacin B3 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	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.09 mg
Riboflavin	0.102 mg
Niacin B3	0.8 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
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:	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	100 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Super Bakery White Whole Wheat Cinnamon Buns, Frozen, Individually Wrapped, 2.9 Oz Each, 72/Case

Item Number: 865440



These baked cinnamon buns are made with 51 percent white whole wheat flour for a healthful breakfast option.

- Contains zero grams trans fat
- Thaw and serve for convenience
- Individually wrapped for convenience and portion control
- Individually quick frozen to lock in freshness



Case (72/2.9 Ounce Each) \$0.43/ea \$30.81

Print

Nutrition

Based On: AP Bun, Cinnamon, Ultra, Super Bakery Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL, MONO-& DIGLYCERIDES, POLYSORBATE 60, CITRIC ACID ADDED AS A PRESERVATIVE), WHOLE EGGS, YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, SALT, MONOGLYCERIDES, WHEY, SOYBEAN OIL, SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), SPICE (CINNAMON), FLAVOR (NATURAL & ARTIFICIAL), GUAR GUM, CORN STARCH, VITAL WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE (SSL), CALCIUM PROPIONATE, AMMONIUM SULFATE, XANTHAN GUM, WHOLE EGG SOLIDS, CALCIUM SULFATE, COCOA (ALKALI), CORN SYRUP, AGAR, ENZYMES, BETA CAROTENE (COLOR), AZODICARBONAMIDE (ADA), ASCORBIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, 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/865440_SLE.pdf

Nutrition Facts

Serving Size 1 each (82.21g)	
Amount Per Serving	
Calories 240	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat 2g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 20mg	7%
Sodium 300mg	13%
Potassium 135mg	4%
Carbohydrates 38g	13%
Fiber 3g	12%
Sugar 15g	
Protein 5g	10%
Vitamin A 1U 8% Vitamin C 2% Calcium 6% Iron 6%	
Thiamin 2% Riboflavin 2% Niacin B3 0% 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	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	0.034 mg
Niacin B3	0 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
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	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:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
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	60 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Super Bakery Mini Chocolate Donuts, Individually Wrapped, Frozen, 3.3 Oz Package, 72/Case



Item Number: 738181

These Goodyman brand mini chocolate donuts are rich in flavor and made with healthy whole grains.

Case (72/3.3 Ounce Package)	\$0.62/ea	\$44.76	
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Nutrition

Based On: AP Donut, Choc, Mini, WGrain, IW, 3.3z, Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) WATER, SUGAR, PALM OIL, HYDROGENATED PALM KERNEL OIL, COCOA)PROCESSED WITH ALKALI), WHEY, SOY FLOUR, DEXTROSE, SOYBEAN OIL, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CINNAMON, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, MONODIGLYCERIDES, SALT, GLUCONO DELTA LACTONE, WHEAT STARCH, NATURAL FLAVOR, EGGS. COMMON ALLERGENS PRESENT: Egg, Milk, 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.

Nutrition Facts

Serving Size 1 Pkg (93.55g)	
Amount Per Serving	
Calories 320	Calories From Fat 135
% Daily Value *	
Fat 15g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
PolyUnsat. Fat 1.5g	n/a
MonoUnsat Fat 3.5g	n/a
Cholesterol 0mg	n/a
Sodium 270mg	11%
Potassium 250mg	7%
Carbohydrates 41g	14%
Fiber 2g	8%
Sugar 19g	
Protein 5g	10%
Vitamin A IU 0% Vitamin C 0% Calcium 4% Iron 10%	
Thiamin 6% Riboflavin 6% Niacin B3 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	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.09 mg
Riboflavin	0.102 mg
Niacin B3	0.8 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
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	1.8 mg
Manganese	n/a
Iodine	n/a

Goodyman Whole Grain Dunking Donut Sticks, Single-Serve, Frozen, 1.9 Oz Package, 100/Case

Item Number: 726932 

These Goodyman-brand Dunking Donut Sticks are made with whole grains and are packaged as single servings, easy to offer as a breakfast grab-and-go option.



Case (100/1.9 Ounce Package)	\$0.39/ea	\$38.70	<input type="text"/>
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Print

Nutrition

Based On: AP Donut, Dunkin Stix, WGrain, Goodyman Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER PALM OIL, DEFATTED SOY FLOUR, DEXTROSE, SOYBEAN OIL, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, SALT, CINNAMON, DRY HONEY SOLIDS SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, CORNSTARCH, MONO-DIGLYCERIDES, GLUCONO DELTALACTONE, WHEAT STARCH, CALCIUM CARBONATE, AGAR, EGGS. COMMON ALLERGENS PRESENT: Egg, Milk, 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/726932_SLE.pdf

Nutrition Facts

Serving Size 1 each (54g)	
Amount Per Serving	
Calories 180	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium 100mg	3%
Carbohydrates 28g	9%
Fiber 2g	8%
Sugar 14g	
Protein 3g	6%
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 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	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Super Bakery Yeast-Raised Whole Grain Donuts, Fully Baked, Frozen, Individually Wrapped, 2.5 Oz Each, 80/Case

Item Number: 668181    

These yeast raised donuts offer a fully baked bakery item.

- Fully baked eliminating labor and preparation time
- Individually wrapped for convenience and portion control



Case (80/2.5 Ounce Each)

\$0.37/ea

\$29.58

[Print](#)

Nutrition

Based On: AP Donut, Ring, WGrain, Glz, Super Baker

Rounding: On

Ingredients

100% WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (PALM OIL AND SOYBEAN OIL WITH CITRIC ACID ADDED AS A PRESERVATIVE), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, CORN SYRUP SOLIDS, DEXTROSE, VITAL WHEAT GLUTEN, VEGETABLE SHORTENING (PALM OIL W/ LECITHIN), CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR, SWEET WHEY SOLIDS, MONO-DIGLYCERIDES, CALCIUM SULFATE, WHEAT STARCH, NATURAL & ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, AMMONIUM SULFATE, GUAR GUM, XANTHAN GUM, CELLULOSE GUM, AGAR, LOCUST BEAN GUM, WHOLE EGG SOLIDS, SODIUM HEXAMETAPHOSPHATE. COMMON ALLERGENS PRESENT: Egg, Milk, 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/668181_SLE.pdf

Nutrition Facts

Serving Size 1 each (71g)	
Amount Per Serving	
Calories 230	Calories From Fat 99
% Daily Value *	
Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 260mg	11%
Potassium	n/a
Carbohydrates 29g	10%
Fiber 2g	8%
Sugar 6g	
Protein 5g	10%
Vitamin A IU 0% Vitamin C 10% 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	6 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:	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

Super Bakery Mini Powdered Donuts, Individually Wrapped, Frozen, 3 Oz Each, 72/Case

Item Number: 738201



Case (72/3 Ounce Each) \$0.59/ea \$42.31

Print

Nutrition

Based On: AP Donut, Pwdrd, Mini, WGrain, IW, 3z, G Rounding: On

Ingredients

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEXTROSE, SUGAR, PALM OIL, MODIFIED CORN STARCH, SOY FLOUR, HYDROGENATED VEGETABLE SHORTENING (SOYBEAN AND/OR COTTONSEED OIL), SOYBEAN OIL, NONFAT DRY MILK SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CINNAMON, TITANIUM DIOXIDE, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, MONO DIGLYCERIDES, CALCIUM PROPIONATE, SALT, GLUCONO DELTA LACTONE, WHEAT STARCH, NATURAL AND ARTIFICIAL FLAVORS, EGGS. COMMON ALLERGENS PRESENT: Egg, Milk, 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/738201_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (85g)	
Amount Per Serving	
Calories 270	Calories From Fat 99
% Daily Value *	
Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat 1g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 0mg	n/a
Sodium 230mg	10%
Potassium 130mg	4%
Carbohydrates 41g	14%
Fiber 2g	8%
Sugar 21g	
Protein 4g	8%
Vitamin A IU 0% Vitamin C 0% Calcium 6% Iron 4%	
Thiamin 2% Riboflavin 2% Niacin B3 0% 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	1 Package
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	0.034 mg
Niacin B3	0 mg
Pantothenic Acid	n/a
Folic Acid	0 mcg
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:	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	60 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Eggo Whole Grain Mini Chocolate Chip French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case

Item Number: 498492

These miniature french toasts have chocolate chips blended throughout, providing a sweet, whole-grain rich breakfast item.

- Individually wrapped for convenience and portion control



Case (72/3.03 Ounce Bag)	\$0.43/ea	\$31.25	
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Print

Nutrition

Based On: AP French Tst, Mini, Choc Chip, Eggo Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800080801. 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/498492_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (86g)	
Amount Per Serving	
Calories 210	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 260mg	11%
Potassium 170mg	5%
Carbohydrates 35g	12%
Fiber 4g	16%
Sugar 10g	
Protein 5g	10%
Vitamin A IU 10% Vitamin B6 10% Vitamin B12 0%	
Vitamin C 0% Calcium 10% Iron 15% Phosphorous 30%	
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 Package
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	8.6 mcg
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:	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	300 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Farm RICH Whole Grain French Toast Sticks, Frozen, 1.25 Ounce, 2 Lb Bag, 6/Case

Item Number: 652370

These delicious French toast sticks are whole grain, and this item is compliant with K-12 regulations.

- May be baked or fried depending on desired taste and texture



Print

Nutrition

Based On: AP French Toast Sticks, Rich's Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BREAD (WHOLE WHEAT FLOUR, WATER, ENRICHED BLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, YEAST, CALCIUM SULFATE, SOYBEAN OIL, SALT, YEAST NUTRIENTS [MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE], DOUGH CONDITIONERS [MAY CONTAIN ONE OR MORE OF THE FOLLOWING: MONO AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, ASCORBIC ACID, ENZYME, AZODICARBONAMIDE], CORNSTARCH, CALCIUM PROPIONATE [A PRESERVATIVE], NIACIN, PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN, THIAMINE MONONITRATE, VITAMIN A PALMITATE, CALCIUM, REDUCED IRON, VITAMIN D3, WHEAT STARCH, SOY LECITHIN, SOY FLOUR), WATER, SOYBEAN OIL, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST, YELLOW CORN FLOUR. 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/652370_SLE.pdf

Nutrition Facts

Serving Size 2 each (71.44g)	
Amount Per Serving	
Calories 180	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 350mg	15%
Potassium	n/a
Carbohydrates 27g	9%
Fiber 1g	4%
Sugar 4g	
Protein 4g	8%
Vitamin A IU 9% Vitamin C 4% Calcium 8% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9	Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	2 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	2.63 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.75 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	464 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	93 mg
Iron	2 mg
Manganese	n/a
Iodine	n/a

Papetti's Whole Grain French Toast Sticks, Frozen, 0.87 Ounce, 300 Ct Package, 1/Case

Item Number: 646222



Cut into convenient sticks with the look of french toast, these whole grain breakfast sticks are made with real egg.

- Consistent sizing for portion and cost control
- Fully cooked to reduce labor and preparation time



Case (1/300 Count Package)

\$0.12/ea

\$36.82

Print

Nutrition

Based On: AP French, Tst, Stix, WGrain, Papetti's

Rounding: On

Ingredients

BREAD: Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, ethoxylated mono and diglycerides, calcium propionate (preservative), calcium sulfate, monocalcium phosphate, corn starch, soy lecithin, azodicarbonamide. EGG BATTER: Whole eggs, whey (milk), sugar. Contains 2% or less of the following: salt, natural vanilla flavor (water, alcohol, propylene glycol, invert syrup, natural flavors, vanilla extract and caramel color), xanthan gum, citric acid. COMMON ALLERGENS PRESENT: Egg, Milk, 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 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.

Nutrition Facts

Serving Size 3 each (73.71g)	
Amount Per Serving	
Calories 150	Calories From Fat 32.5
% Daily Value *	
Fat 3.5g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 105mg	35%
Sodium 270mg	11%
Potassium 55mg	2%
Carbohydrates 22g	7%
Fiber 2g	9%
Sugar 8g	
Protein 8g	15%
Vitamin A IU 3% Vitamin C 0% Calcium 6% Iron 8%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
Serving Size	3 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	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:	No CN label on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	154.05 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	70.02 mg
Iron	1.37 mg
Manganese	n/a
Iodine	n/a

Aryzta Whole Grain Apple Cinnamon Muffins, Fully Baked, Frozen, Individually Wrapped, 2 Oz Package, 72/Case

Item Number: 558011



Made with an aromatic blend of cinnamon and spices, these muffins are made with 51 percent whole grains.

- Contains zero grams trans fat
- Individually wrapped for convenience and portion control



Case (72/2 Ounce Package) \$0.31/ea \$22.53

Print

Nutrition

Based On: AP Muffin, Appl Cinn, WGrain, Aryzta Rounding: On

Ingredients

WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, APPLES, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, WHEAT GLUTEN, OAT FIBER, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, PROPYLENE GLYCOL MONOSTEARATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL FLAVORS, CARAMEL COLOR, ENZYMES. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy. MAY CONTAIN: Milk, Peanuts, Tree Nuts. 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.

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 190	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 130mg	5%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 2g	8%
Sugar 16g	
Protein 3g	6%
Vitamin A IU 2% Vitamin C 0% 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 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:	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	40 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Chef Pierre Whole Grain Banana Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262362   

Made with real bananas, these whole grain rich muffins may be used as a breakfast or snack item.

- Individually wrapped for convenience and portion control



Case (48/1 Count Package)

\$0.30/ea

\$14.29

[Print](#)

Nutrition

Based On: AP Muffin, Banana, WGrain, Sara Lee

Rounding: On

Ingredients

Wheat Flour (Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Sugar, Water, Bananas, Vegetable Oil (Soybean, Canola), Eggs, Contains 2% Or Less: Maltodextrin, Modified Corn Starch, Medium Chain Triglycerides, Baking Soda, Salt, Potassium Sorbate (Preservative), Baking Powder (Corn Starch, Sodium Aluminum Phosphate, Sodium Bicarbonate And Monocalcium Phosphate), Mono- And Diglycerides, Sodium Stearoyl Lactylate, Natural Flavor. COMMON ALLERGENS PRESENT: Egg, 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 October 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/262362_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 200	Calories From Fat 72
% Daily Value *	
Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 110mg	5%
Potassium	n/a
Carbohydrates 31g	10%
Fiber 1g	4%
Sugar 16g	
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	0.81 mg
Manganese	n/a
Iodine	n/a

Chef Pierre Whole Grain Blueberry Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262370

These whole-grain rich muffins feature sweet, juicy blueberries blended throughout.

- Individually wrapped for convenience and portion control



Case (48/1 Count Package)	\$0.30/ea	\$14.30	<input type="text"/>
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Print

Nutrition

Based On: AP Muffin, Blueberry, WGrain, Sara Lee Rounding: On

Ingredients

WHEAT FLOUR (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), SUGAR, WATER, VEGETABLE OIL (SOYBEAN, CANOLA), BLUEBERRIES, EGGS, CONTAINS 2% OR LESS: MALTODEXTRIN, BAKING POWDER (CORN STARCH, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE AND MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, SALT, POTASSIUM SORBATE (PRESERVATIVE), BAKING SODA, MONO- AND DIGLYCERIDES, XANTHAN GUM, MALIC ACID, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS. COMMON ALLERGENS PRESENT: Egg, 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 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/262370_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)			
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 10mg		3%	
Sodium 135mg		6%	
Potassium		n/a	
Carbohydrates 30g		10%	
Fiber 1g		4%	
Sugar 15g			
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	0.12 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	17.95 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	12.27 mg
Iron	0.8 mg
Manganese	n/a
Iodine	n/a

**GFS Whole Grain Cinnamon Muffins,
Fully Baked, Frozen, Individually
Wrapped, 1.94 Ounce, 1 Ct Package,
60/Case**



Item Number: 279991  

These whole grain cinnamon streusel muffins are made from quality ingredients and feature a unique, handmade appearance and texture.

- Thaw-and-serve convenience reduces labor and preparation time
- Fully baked eliminating labor and preparation time
- Individually wrapped for freshness and portability
- Contains zero grams trans fat
- No high fructose corn syrup

Case (60/1 Count Package)

\$0.50/ea

\$29.83

[Print](#)

Nutrition

Based On: **AP Muffin, Cinn, Strusl, WGrain, 1.94z,**

Rounding: **On**

Ingredients

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, WHOLE EGGS, WATER, CINNAMON CHIPS (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, REDUCED MINERAL WHEY POWDER, GROUND CINNAMON, NONFAT DRY MILK SOLIDS, ANHYDROUS DEXTROSE, SOYA LECITHIN (AN EMULSIFIER), SALT, ARTIFICIAL FLAVOR, YELLOW LAKE #5, YELLOW LAKE #6, BLUE LAKE #2), CINNAMON, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SHORTENING AND MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO/TURMERIC, CALCIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE ADDED), BUTTER FLAVOR, BOURBONAISE VANILLA (NATURAL AND ARTIFICIAL FLAVORS, WATER, ETHYL ALCOHOL, CARAMEL COLOR, PARTIALLY INVERTED SUGAR SYRUP, GLYCERIN, CITRIC ACID), MONO -& DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, NATURAL FLAVOR, CITRIC ACID. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk, Egg. 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 (55g)	
Amount Per Serving	
Calories 190	Calories From Fat 81
% Daily Value *	
Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat n/a	
PolyUnsat. Fat 4g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 30mg	10%
Sodium 210mg	9%
Potassium 65mg	2%
Carbohydrates 25g	8%
Fiber 1g	4%
Sugar 11g	
Protein 3g	6%
Vitamin A IU 1% Vitamin B12 0% Vitamin C 0% Calcium 2%	
Iron 4% Phosphorous 2% Magnesium 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	0.55 mcg
Vitamin C	0.09 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	53.84 IU

Minerals:

Phosphorous	15.8 mg
Zinc	n/a
Magnesium	1.15 mg
Copper	n/a
Selenium	n/a
Calcium	17.64 mg
Iron	0.77 mg
Manganese	n/a
Iodine	n/a

Chef Pierre Whole Grain Double Chocolate Muffin, Frozen, Individually Wrapped, 2 Ounce, 1 Ct Package, 48/Case

Item Number: 262343

Loaded with chunks of chocolate, these whole grain rich muffins may be used as a breakfast or snack item.

- Individually wrapped for convenience and portion control



Case (48/1 Count Package)	\$0.30/ea	\$14.30	
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Print

Nutrition

Based On: AP Muffin, Dbl Choc, WGrain, Sara Lee Rounding: On

Ingredients

WHEAT FLOUR (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN, CANOLA), SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), EGGS, COCOA PROCESSED WITH ALKALI, CONTAINS 2% OR LESS: POTASSIUM SORBATE (PRESERVATIVE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, CORN STARCH, LACTYLIC OLEATE, SALT, MONO- AND DIGLYCERIDES, XANTHAN GUM, STEAROYL LACTYLATE, ARTIFICIAL FLAVOR, ENZYME, WHEY. COMMON ALLERGENS PRESENT: Egg, Milk, 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/262343_SLE.pdf

Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
Calories 180	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 3g	n/a
MonoUnsat Fat 2g	n/a
Cholesterol 10mg	3%
Sodium 105mg	4%
Potassium 55mg	2%
Carbohydrates 27g	9%
Fiber 2g	8%
Sugar 14g	
Protein 3g	6%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%	
Phosphorous 5%	
* 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	0.05 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	14.41 IU

Minerals:

Phosphorous	46.4 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	12.76 mg
Iron	1.33 mg
Manganese	n/a
Iodine	n/a

Pillsbury Whole Grain Mini Maple Pancakes, Frozen, Individually Wrapped, 3.17 Oz Bag, 72/Case

Item Number: 269220

These whole grain mini maple pancakes are individually wrapped in heat and serve pouches containing eight mini pancakes with a baked in maple flavor.

- Bake from frozen for reduced labor and quick preparation



Case (72/3.17 Ounce Bag)	\$0.41/ea	\$29.32	
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Print

Nutrition

Based On: AP Pancake, Mini, Mapl, Pillsbury Rounding: On

Ingredients

Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Canola Oil. Contains less than 2% of: Fructose, Glycerin, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Maltodextrin, Egg White, Salt, Hydrogenated CottonseedOil, Cellulose Gum, Natural Flavor, Butter Acids. COMMON ALLERGENS PRESENT: Egg, Milk, 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 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/269220_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (89g)	
Amount Per Serving	
Calories 220	Calories From Fat 54
% Daily Value *	
Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 130mg	5%
Potassium	n/a
Carbohydrates 39g	13%
Fiber 3g	12%
Sugar 12g	
Protein 4g	8%
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	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:	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

Gordon Choice Maple-Battered Pork
Pancake Wrap, Stick, Whole Grain,
2.85 Ounce, Frozen, 56 Ct Bag,
1/Case



Item Number: 497202   

A savory pork sausage link is dipped in a sweet, whole grain maple pancake batter to create a quality breakfast alternative. These corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

Case (1/56 Count Bag)

\$0.37/ea

\$20.64

[Print](#)

Nutrition

Based On: AP Panck, Wrap, WGrain, Maple, 2.85z-GFS

Rounding: On

Ingredients

Ground Pork, Turkey and Textured Vegetable Protein Link: Ground Pork (No More Than 30% Fat), Mechanically Separated Turkey, Water, Contains 2% or Less of Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Salt, Potassium Lactate, Potassium Acetate, Spices, Sodium Phosphate, Potassium Chloride, Sugar, Caramel Color, Sodium Diacetate. Batter: Water, Whole Wheat Flour, Sugar, Soybean Oil, Contains 2% or Less Of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural and Artificial Sweet Maple Flavor (Modified Corn Starch, Acesulfame Potassium, Natural Flavoring, Maple Syrup, Caramel Color), Salt, Egg Yolks, Soy Flour, Artificial Flavor. Fried in Vegetable Oil. **COMMON ALLERGENS PRESENT:** Wheat, Soy, Eggs. 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/497202_SLE.pdf

Nutrition Facts

Serving Size 1 each (80g)	
Amount Per Serving	
Calories 240	Calories From Fat 135
% Daily Value *	
Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 360mg	15%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 4g	
Protein 7g	14%
Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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	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	1.44 mg
Manganese	n/a
Iodine	n/a

Pillsbury Cinnamon Mini Pull-Apart Rolls, Fully Baked, Frozen, Individually Wrapped, 2.29 Ounce, 1 Ct Package, 72/Case



Item Number: 894291   

These miniature cinnamon rolls have cinnamon and icing filling on the inside of the rolls.

- Individually wrapped for retail applications
- No artificial flavors or colors

Case (72/1 Count Package) \$0.43/ea \$30.88

Print

Nutrition

Based On: Rounding:

Ingredients

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean, palm, canola), Nonfat Milk. Contains 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch, Natural Flavor. COMMON ALLERGENS PRESENT: Milk, 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 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/894291_SLE.pdf

Nutrition Facts

Serving Size 1 Pkg (65g)	
Amount Per Serving	
Calories 240	Calories From Fat 63
% Daily Value *	
Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 270mg	11%
Potassium	n/a
Carbohydrates 39g	13%
Fiber 2g	8%
Sugar 15g	
Protein 5g	10%
Vitamin A IU 0% Vitamin C 0% Calcium 4% 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	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:	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	40 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

General Mills Cinnamon Toast Crunch Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 265891  

These cereal bars combine the great taste of cinnamon toast and milk into a handy on-the-go snack. Each serving is a good source of protein, vitamins, and minerals.

- Individually wrapped for freshness and portability
- Child Nutrition labeled



Case (96/1.42 Ounce Each)

\$0.28/ea

\$26.70

[Print](#)

Nutrition

Based On: AP Bar, Cereal, Cinn Tst, WGrain, Genera

Rounding: On

Ingredients

Whole Grain Oats, Corn Syrup, Whole Grain Wheat, Sugar, Fructose, Canola Oil, Brown Rice Flour, Rice Flour, Maltodextrin, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Vegetable Glycerin, Wheat Starch, Calcium Carbonate, Salt, Dextrose, Color (caramel color, annatto extract), Cinnamon, Baking Soda, Trisodium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Natural Flavor, Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic acid). 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 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/265891_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)	
Amount Per Serving	
Calories 150	Calories From Fat 31.5
% Daily Value *	
Fat 3.5g	5%
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 30g	10%
Fiber 3g	12%
Sugar 9g	
Protein 2g	4%
Vitamin A IU 2% Vitamin C 0% Calcium 20% Iron 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	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	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

General Mills Cocoa Puffs Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 265901

These cereal bars provide the benefits of whole grain nutrition and combine the rich taste of cocoa and milk into a handy on-the-go snack. Each serving is a good source of vitamins and minerals.

- Individually wrapped for freshness and portability
- Child Nutrition labeled



Case (96/1.42 Ounce Each) \$0.28/ea \$26.70

Print

Nutrition

Based On: AP Bar, Cereal, Cocoa Puff, WGrain, Gene Rounding: On

Ingredients

Whole Grain Oats, Cereal (whole grain corn, sugar, corn meal, corn syrup, cocoa processed with alkali, fructose, canola oil, salt, caramel color, brown sugar 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), Corn Syrup, Sugar, Whole Wheat Flour, Fructose, Canola Oil, Brown Rice Flour, Chicory Root Extract. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Cocoa Processed with Alkali, Maltodextrin, Corn Flour, Modified Wheat Starch, Salt, Caramel Color, Baking Soda, Natural Flavor, Soy Lecithin. 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 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/265901_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)			
Amount Per Serving			
Calories 150		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 100mg		4%	
Potassium		n/a	
Carbohydrates 30g		10%	
Fiber 3g		12%	
Sugar 9g			
Protein 3g		6%	
Vitamin A IU 2% Vitamin C 2% Vitamin D IU 0% Calcium 20% Iron 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	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	8 IU
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	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

General Mills Trix Cereal Bars, Whole Grain, 1.42 Oz Each, 96/Case

Item Number: 268690

These cereal bars combine the great taste of fruit-flavored Trix cereal into a handy on-the-go snack.

- Individually wrapped for freshness and portability



Case (96/1.42 Ounce Each)	\$0.28/ea	\$26.70	
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Nutrition

Based On: AP Bar, Cereal, Trix, WGrain, General Mi Rounding: On

Ingredients

Whole Grain Oats, Corn Syrup, Sugar, Whole Grain Corn, Fructose, Canola And/or Rice Bran Oil, Degermed Yellow Corn Meal, Whole Wheat Flour, Chicory Root Extract, Maltodextrin, Brown Rice Flour. Contains 2% or less of: Glycerin, Calcium Carbonate, Corn Flour, Salt, Wheat Starch, Gelatin, Color (vegetable juice concentrate, fruit juice concentrate, red 40, turmeric extract, annatto extract, blue 1, and yellow 5), Natural and Artificial Flavor, Calcium Phosphate, Baking Soda, Sodium Phosphate, Citric Acid, Zinc and Iron (mineral nutrients), Malic Acid, Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), BHT to Retain Freshness, 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 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/268690_SLE.pdf

Nutrition Facts

Serving Size 1 each (40g)	
Amount Per Serving	
Calories 150	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 100mg	4%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 2g	8%
Sugar 9g	
Protein 2g	4%
Vitamin A IU 2% Vitamin C 2% Calcium 25% Iron 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	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	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	250 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	<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: 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: AP Cereal, Cinn, Chex, General Mills

Rounding: On

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: **AP Cereal, Rice, Chex, WGrain, Gen. Mill**

Rounding: **On**

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: AP Cereal, Cinn Tst Crnch, Red Sugr, Bow Rounding: On

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: AP Cereal, Cocoa Puffs, WGrain, General Rounding: On

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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[Print](#)

Nutrition

Based On: AP Cereal, Frstd Flakes, Bowl, Kellogg's Rounding: On

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: AP Cereal, Frstd, Cinn, Flks, R/S, Kello Rounding: On

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	<input type="text"/>
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Print

Nutrition

Based On: AP Cereal, Froot Loops, R/S, Bwl, Kellog Rounding: On

Ingredients

For ingredient or allergen information, please contact: Kellogg's, 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: AP Cereal, Lucky Charms, WGrain, Gen. Mi Rounding: On

Ingredients

Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellow 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: AP Cereal, Trix, R/S, WGrain, Gen. Mills

Rounding: On

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, 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 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: AP Pop Tart, Whl Grn, Cinn, Kellogg's Rounding: On

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 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 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	
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Nutrition

Based On: AP Pastry, Pop-Tart, WGrain, Fudg, Kello Rounding: On

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	
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Nutrition

Based On: AP Pop-Tart, Whl Grn, Strawb, Kellogg's Rounding: On

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 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 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

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)	\$0.23/ea	\$32.82	<input type="text"/>
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Nutrition

Based On:

AP Cheese, Mozz, 2%

 Rounding:

On

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 Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case



Item Number: 722360



These American cheese slices feature fewer calories and 50 percent less fat than traditional American cheese slices. With ideal melting characteristics, these slices can be used to create grilled cheese sandwiches.

- Presliced for fast preparation time and reduced labor

Case (6/5 Pound Package)

\$0.06/ea

\$59.81

Print

Nutrition

Based On:

AP Cheese, American, Red Fat, Slcd, Comm

Rounding:

On

Ingredients

Cultured Pasteurized Milk and Skim Milk, *Whey Protein Concentrate, Salt, Sodium Citrate, Contains Less than 2% of Lactic Acid, Sorbic Acid (preservative), *Xanthan Gum, *Locust Bean Gum, *Guar Gum, beta-Carotene and apo-Carotenal (colors), *Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend. COMMON ALLERGENS PRESENT: Milk, 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 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 2 Slc (28g)	
Amount Per Serving	
Calories 70	Calories From Fat 36
% Daily Value *	
Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 420mg	18%
Potassium	n/a
Carbohydrates 2g	1%
Fiber 0g	n/a
Sugar 2g	
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	2 Slices
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	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

GFS Low-Moisture Part-Skim
Mozzarella String Cheese,
Individually Wrapped, 1 Oz Each,
160/Case



Item Number: 470732  

This quality, low-moisture string cheese is made from stretched curds of mild, milky mozzarella.

- Individually wrapped for convenience



Case (160/1 Ounce Each)

\$0.26/ea

\$42.27

[Print](#)

Nutrition

Based On: AP Cheese, String, Stix, Wrpd, 1oz-GFS

Rounding: On

Ingredients

Pasteurized Part-Skim Milk, Cheese Cultures, 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 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 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 180mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 1g	4%
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	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	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

Land O'Lakes Light Mozzarella String Cheese, Individually Wrapped, 168/Case

Item Number: 786801



Case (168/1 Each)

\$0.19/ea

\$31.69



[Print](#)

Nutrition

Based On: **AP Cheese, String, Mozzarella, Light, La**

Rounding: **On**

Ingredients

For ingredient or allergen information please contact: Land O Lakes, phone: (800) 328-1322/web page: www.landolakesfoodservice.com. Manufacturer number: 59703. 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/786801_SLE.pdf

Nutrition Facts

Serving Size 1 each (28g)	
Amount Per Serving	
Calories 60	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 7g	14%
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:

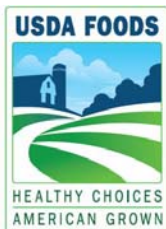
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

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

USDA Foods Product Information Sheet

For Child Nutrition Programs



110396—Cheese, Mozzarella, Part Skim, String

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is a low moisture part skim mozzarella string cheese stick. This product is delivered refrigerated and contains 360 1-ounce packages per case.

CREDITING/YIELD

- One case yields 360 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Serve string cheese as a protein option with salad, fruit and a whole grain roll or crackers for a quick, balanced meal.
- Use this pre-packaged string cheese for breakfast in the classroom, field trip meals, or other grab and go options.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [Team Nutrition](#).

STORAGE GUIDELINES

- Product requires refrigeration. Please note the best-if-used-by date on this product and plan accordingly as this product has a limited shelf life

FOOD SAFETY INFORMATION

- For more information on safe storage and handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1 stick (28 g), low moisture part skim, string cheese

Amount Per Serving

Calories 90

Total Fat 7g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 20mg

Sodium 200mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

Dannon Danimals Nonfat Strawberry Banana Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 869921



This nonfat yogurt is a source of protein, calcium, and vitamin D. It contains no high fructose corn syrup and no artificial flavors or colors.

- Individual serving size for portion control



Case (48/4 Ounce Each)

\$0.22/ea

\$10.47

Print

Nutrition

Based On: AP Yogurt, Strawb-Banana, Danimals, Dann

Rounding: On

Ingredients

Cultured grade a non fat milk, sugar, water, modified corn starch, contains less than 1% of modified corn starch, kosher gelatin, beta carotene and vegetable juice (for color), natural flavors, agar agar, potassium sorbate (to maintain freshness), malic adic, vitamin d3, sodium citrate. Contains active yogurt cultures. 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.

Nutrition Facts

Serving Size 1 each (113g)		
Amount Per Serving		
Calories 70		
		% Daily Value *
Fat 0g		n/a
Saturated Fat 0g		n/a
Trans Fat n/a		
PolyUnsat. Fat		n/a
MonoUnsat Fat		n/a
Cholesterol 0mg		n/a
Sodium 60mg		2%
Potassium 170mg		5%
Carbohydrates 14g		5%
Fiber 0g		n/a
Sugar 10g		
Protein 4g		8%
Vitamin C n/a Vitamin D IU 0% Calcium 15%		
* 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	

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	60 IU
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	150 mg
Iron	
Manganese	n/a
Iodine	n/a

Dannon Danimals Low Fat Strawberry Smash Yogurt, Crush Cup, 4 Oz Each, 48/Case

Item Number: 885750



This lowfat strawberry yogurt offers a source of protein, calcium, and vitamin D and does not contain any artificial colors or flavors, or high fructose corn syrup.

- Individual serving size for portion control



Case (48/4 Ounce Each)

\$0.22/ea

\$10.47

Print

Nutrition

Based On: AP Yogurt, Strawberry, Danimals, Dannon

Rounding: On

Ingredients

Cultured grade a nonfat milk, sugar, water, modified food starch, conatins less than 1% of modified corn starch, kosher gelatin, black carrot juice concentrate and beta carotene (for color), natural flavors, agar agar, malic acid, potassium sorbate (to maintain freshness), sodium citrate, vitamin d3. Contains active yogurt cultures. 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 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 4 oz (113.4g)			
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 5mg		2%	
Sodium 65mg		3%	
Potassium		n/a	
Carbohydrates 16g		5%	
Fiber 0g		n/a	
Sugar 13g			
Protein 4g		8%	
Vitamin A IU 0% 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	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	0 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

Yoplait Parfait Pro Low Fat Strawberry Yogurt, Bulk Pouch with Cap, 4 Lb Bag, 6/Case

Item Number: 811490    

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- No artificial flavors or colors
- Uses 72 percent less plastic than 32 ounce tubs for reduced waste
- Make parfaits with ParfaitPro in half the time

Case (6/4 Pound Bag)

\$0.06/oz

\$23.77

[Print](#)

Nutrition

Based On:

Rounding:

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Citric Acid, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Colored with Carmine, 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/811490_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
% Daily Value *	
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber	n/a
Sugar 28g	
Protein 7g	14%
Vitamin A IU 20% Vitamin C n/a Vitamin D IU 0% Calcium 20% Phosphorous 15%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9	Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	8 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	

Updated For New Final Rule:

Meat/Meat Alternative	2 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	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU

Minerals:

Phosphorous	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	
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: AP Yogurt, Trix, All Fruit Flavors, 4z Y

Rounding: On

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: AP Yogurt, Trix, All Fruit Flavors, 4z Y

Rounding: On

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: AP Yogurt, Trix, All Fruit Flavors, 4z Y

Rounding: On

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

Yoplait Parfait Pro Low Fat Vanilla Yogurt, Bulk Pouch, 4 Lb Bag, 6/Case

Item Number: 811500    

Packaged in a bag with a PrecisionPro tip for easy dispensing, this creamy yogurt provides a good source of nutrients like protein, calcium, vitamins A and D, plus live and active cultures. Simply toss the pouch when empty for less mess and waste.

- No artificial flavors or colors
- Uses 72 percent less plastic than 32 ounce tubs for reduced waste
- Make parfaits with ParfaitPro in half the time

Case (6/4 Pound Bag)

\$0.06/oz

\$23.77

[Print](#)

Nutrition

Based On:

Rounding:

Ingredients

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, 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/811500_SLE.pdf

Nutrition Facts

Serving Size 8 oz (227g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
% Daily Value *	
Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 5mg	2%
Sodium 105mg	4%
Potassium 290mg	8%
Carbohydrates 39g	13%
Fiber 1g	4%
Sugar 28g	
Protein 7g	14%
Vitamin A IU 20% Vitamin C 0% Vitamin D IU 0% Calcium 20%	
Iron 10% Phosphorous 15%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	8 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	2 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:

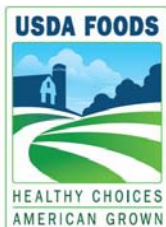
Vitamin D IU	80 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	1000 IU

Minerals:

Phosphorous	150 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	200 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

USDA Foods Product Information Sheet

For Child Nutrition Programs



100522—Apples, Fuji, Fresh

Category: **Fruits**



PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Fuji apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the [Food Buying Guide](#) for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving

Calories 32

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars 6g

Protein 0g

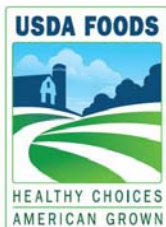
Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



110543—Apples, Granny Smith, Fresh

Category: **Fruits**



PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Granny Smith apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the [Food Buying Guide](#) for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving

Calories 32

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars 6g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100514—Apples, Red Delicious, Fresh

Category: **Fruits**



PRODUCT DESCRIPTION

These are fresh U.S. Fancy Grade Red Delicious apples available in varying sizes. These apples are packed in 40 pound cases in either tray packs (size 100-150) or cell packs (size 96-140).

CREDITING/YIELD

- One case raw, unpeeled apples provides about 296 ½-cup servings.
- CN Crediting: ½ cup apples credit as ½ cup fruit. Refer to the [Food Buying Guide](#) for specific information about crediting for the various apple sizes.

CULINARY TIPS AND RECIPES

- Serve apples whole or sliced. Apples may also be served with cheese, peanut butter, sunflower seed butter, or yogurt.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (55 g) apples, fresh

Amount Per Serving

Calories 32

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars 6g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

GFS Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case



Item Number: 122200    

This apple sauce is pre-portioned into single serving cups for use as a side dish or healthy snack.

- Individual serving size for portion control

Case (72/4 Ounce Each)

\$0.25/ea

\$17.76

[Print](#)

Nutrition

Based On: Rounding:

Ingredients

Apples, Water, Salt. 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 2015. 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 (113g)			
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 20mg		1%	
Potassium		n/a	
Carbohydrates 12g		4%	
Fiber 2g		8%	
Sugar 8g			
Protein 0g		n/a	
Vitamin A IU 0%	Vitamin C 0%	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	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	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

Lucky Leaf Light Strawberry Applesauce, Fancy, Plastic Cup, 4 Oz Each, 72/Case

Item Number: 105546

This strawberry flavored applesauce has no added sugar.

- Easy-to-peel foil lids reduce the risk of spills
- Individual serving size for portion control



Case (72/4 Ounce Each)	\$0.27/ea	\$19.43	
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Print

Nutrition

Based On: AP Applesauce, Lite, Strawberry, Knouse Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor. Red 40 color and sucralose (Splenda Brand) a non nutritive sweetener. Ascorbic acid to maintain color. 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.

Nutrition Facts

Serving Size 1 each (113g)			
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 25g		8%	
Fiber 2g		8%	
Sugar 21g			
Protein 0g		n/a	
Vitamin A IU 0%	Vitamin C 0%	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	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	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

USDA Foods Product Information Sheet

For Child Nutrition Programs



110541—Applesauce, Unsweetened, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A regular canned applesauce with no added sweetener. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or with toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving

Calories 51

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 11g

Protein 0g

Source: [USDA National Nutrient Database](#)

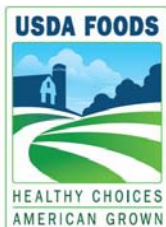
Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

April 2015

USDA Foods Product Information Sheet

For Child Nutrition Programs



110361—Applesauce, Unsweetened, Cups

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A regular applesauce with no added sweetener. This product is available in cases containing 96 4.5-oz individual portion plastic cups.

CREDITING/YIELD

- One case of applesauce cups provides 96 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or provide toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use individual portion applesauce cups for field trips, snacks, or breakfast in the classroom.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving

Calories 51

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 11g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

Musselman's Unsweetened Cinnamon Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699180



This Musselman's branded, unsweetened applesauce is made from 100% American grown apples. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.



Case (96/4.5 Ounce Each)	\$0.23/ea	\$21.93	
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Print

Nutrition

Based On: AP Applesauce, Cinn, Unswt, Musselman's Rounding: On

Ingredients

Apples, water, cinnamon,, ascorbic acid(vitamin C) and natural flavor. 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.

Nutrition Facts

Serving Size 1 each (127.57g)	
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 15g	5%
Fiber 2g	8%
Sugar 12g	
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	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	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Musselman's Unsweetened Strawberry Applesauce, Plastic Cup, 4.5 Oz Each, 96/Case

Item Number: 699211



This Musselman's branded, unsweetened applesauce is made from 100% American grown apples with an added natural strawberry flavor. Packaged for the perfect snack in schools, healthcare, or to-go style kids' meals.



Case (96/4.5 Ounce Each)	\$0.23/ea	\$21.93	
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Print

Nutrition

Based On: AP Applesauce, Strawb, Unswt, Musselman' Rounding: On

Ingredients

Apples, water, strawberry puree, natural flavor, ascorbic acid(vitamin C), malic acid, fruit and vegetable juice for color and color added. 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.

Nutrition Facts

Serving Size 1 each (127.57g)	
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 15g	5%
Fiber 2g	8%
Sugar 12g	
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	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:

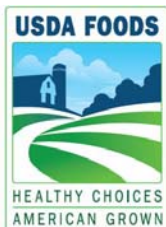
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

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

USDA Foods Product Information Sheet

For Child Nutrition Programs



100261— Apricots, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced apricots packed in a light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of apricot cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of apricots credits as 1/2 cup fruit.

CULINARY TIPS AND RECIPES

- Apricot cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced apricot cup

Amount Per Serving

Calories 110

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 25g

Dietary Fiber 2g

Sugars 23g

Protein 1g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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: Bananas raw Rounding: On

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:

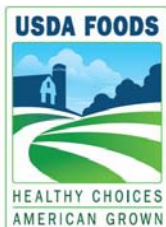
Vitamin D IU	n/a
Vitamin E mg	0.319 mg
Vitamin K	0.59 mcg
Vitamin A IU	75.52 IU

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

USDA Foods Product Information Sheet

For Child Nutrition Programs


110624— Blueberries, Frozen
Category: Fruits


PRODUCT DESCRIPTION

This item is U.S. Grade B or better frozen blueberries. This product is the whole, highbush variety and is unsweetened. The item is delivered frozen in a 30-pound case.

CREDITING/YIELD

- One case of blueberries provides about 179 ½-cup servings of thawed fruit.
- CN Crediting: ½ cup blueberries credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve thawed blueberries in fruit salads, yogurt or cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- Drain thawed blueberries before serving.
- Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (78 g) blueberries, frozen, unsweetened

Amount Per Serving

Calories 40

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 10g

Dietary Fiber 2g

Sugars 7g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

**Packer Label Diced Fruit Cocktail, in Extra Light Syrup, #10,
10 Can Sz Can, 6/Case**

Item Number: 258362 

These fruit cocktails are a blend of sliced and diced ripe peaches, pears, grapes, pineapple, and cherries, packed in an extra light syrup with no added preservatives.



Case (6/10 Industry std CAN)

\$0.05/oz

\$35.07

[Print](#)

Nutrition

Based On:

Rounding:

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116330. 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 January 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 0.5 cup (123g)	
Amount Per Serving	
Calories 60	Calories From Fat 0.8
% Daily Value *	
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat n/a	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 130mg	4%
Carbohydrates 14g	5%
Fiber 1g	5%
Sugar n/a	
Protein 1g	1%
Vitamin A IU 6% Vitamin B6 3% Vitamin B12 0% Vitamin C 6%	
Calcium 0% Iron 2% Phosphorous 1% Magnesium 2%	
Zinc 1% Copper 6% Manganese 0% Thiamin 2%	
Riboflavin 1% Niacin B3 3% Pantothenic Acid 1% 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	0.012 mg
Niacin B3	0.615 mg
Pantothenic Acid	0.076 mg
Folic Acid	0 mcg
Vitamin B6	0.063 mg
Vitamin B12	0 mcg
Vitamin C	3.69 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	286.59 IU

Minerals:

Phosphorous	14.8 mg
Zinc	0.1 mg
Magnesium	7.38 mg
Copper	0.123 mg
Selenium	n/a
Calcium	9.84 mg
Iron	0.37 mg
Manganese	0.181 mg
Iodine	n/a

Ocean Spray Craisins Cherry Cranberries, Dried, 1.16 Oz Each, 200/Case

Item Number: 636402



These craisins are infused with cherry juice for a fresh, sweet taste.



Case (200/1.16 Ounce Each)	\$0.21/ea	\$41.06	
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Print

Nutrition

Based On: AP Cranberry, Dried, All Flavors, Ocean Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23444. 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 Pkg (32.9g)	
Amount Per Serving	
Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	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	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	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	

Minerals:

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

Ocean Spray Craisins Strawberry Cranberries, Dried, 1.16 Oz Bag, 200/Case

Item Number: 531681

These craisins are infused with strawberry juice for a fresh, sweet taste.



Case (200/1.16 Ounce Bag)

\$0.22/ea

\$43.19

Print

Nutrition

Based On: AP Cranberry, Dried, All Flavors, Ocean

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Ocean Spray, phone: 800-662-3263. Please reference manufacturer number: 23445. 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 Pkg (32.9g)	
Amount Per Serving	
Calories 110	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 28g	9%
Fiber 3g	12%
Sugar 24g	
Protein 0g	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	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	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	

Minerals:

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

USDA Foods Product Information Sheet

For Child Nutrition Programs



100212— Mixed Fruit, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions: 40-60% diced peaches, 20-45% diced pears, and 15-25% whole seedless grapes. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- To find culinary techniques and recipe ideas, visit NFSMI or [Team Nutrition](http://TeamNutrition).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (126 g) mixed fruit, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 15g

Dietary Fiber 1g

Sugars 12g

Protein 0g

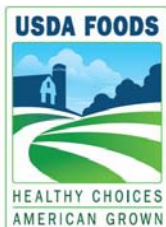
Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs


100283 — Oranges, Fresh
Category: Fruit


PRODUCT DESCRIPTION

This item is U.S. Grade 1 or better fresh oranges. It can include Navel, Valencia, Pineapple or Hamlin varieties, but the varieties must be consistent within each pallet. The oranges can range in size from 100-138 and the total case weights can range from 34-39 pounds.

CREDITING/YIELD

- One case of fruit yields about 95-137 ½-cup servings of fruit.
- CN Crediting: ½ cup peeled oranges credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve fresh oranges whole, quartered, or sectioned for meals or snacks. Cut fruit into sections to maximize consumption in younger children.
- Orange sections can be used on salad bars or premade salads to add color and flavor.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup orange sections without peel or membrane (93 g)

Amount Per Serving

Calories 43

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 11g

Dietary Fiber 2g

Sugars 8g

Protein 1g

 Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

GFS Broken Mandarin Orange Segments, in Light Syrup, #10, 10 Can Sz Can, 6/Case



Item Number: 152811  

Ready-to-eat broken mandarin segments packed in a light syrup.

Case (6/10 Industry std CAN)

\$0.05/oz

\$33.89



[Print](#)

Nutrition

Based On: **AP Oranges, Mand, Brkn, L/S, GFS**

Rounding: **On**

Ingredients

Broken mandarin orange segments, water, sugar. 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 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 0.5 cup (140g)	
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 10mg	n/a
Potassium	n/a
Carbohydrates 20g	7%
Fiber 0g	n/a
Sugar 19g	
Protein 1g	2%
Vitamin A IU 8% Vitamin C 30% Calcium 2% 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	18 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	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

USDA Foods Product Information Sheet

For Child Nutrition Programs



100220—Peaches, Diced, Extra Light Syrup, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 106 ½ -cup servings of drained, diced peaches.
- CN Crediting: ½ cup diced peaches credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (126 g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 13g

Protein 0g

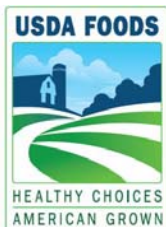
Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100241— Peaches, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced peaches. This item is packed in an extra light syrup and is delivered frozen in cases containing 96 4.4-ounce cups.

CREDITING/YIELD

- One case of peach cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.4-ounce cup of peaches credits as 1/2 cup fruit.

CULINARY TIPS AND RECIPES

- Peach cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 4.4 ounce (125 g) diced peach cup

Amount Per Serving

Calories 80

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 19g

Dietary Fiber 1g

Sugars 16g

Protein 1g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

Packer Label Diced Peaches, in Extra Light Syrup, #10, 10 Can Sz Can, 6/Case

Item Number: 256760

These diced peaches are harvested at the peak of freshness and packed in a light syrup with no added preservatives. Brand may vary.

- Fat-free



Case (6/10 Industry std CAN)	\$0.05/oz	\$32.53	
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Print

Nutrition

Based On: AP Peach, Dcd, L/S, P/L Rounding: On

Ingredients

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116300. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. NC 17. 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 0.5 cup (126g)			
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 5mg			n/a
Potassium			n/a
Carbohydrates 14g			5%
Fiber 1g			4%
Sugar 13g			
Protein 0g			n/a
Vitamin A IU 6% Vitamin C 6% 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	3.6 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	300 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

USDA Foods Product Information Sheet

For Child Nutrition Programs



100282— Pears, Bartlett, Fresh

Category: **Fruit**



PRODUCT DESCRIPTION

This product is U.S. Grade 2 or better fresh Bartlett pears in size 90-165. These can be in a tray pack or wrapped pack with variable counts depending on product size. This item is available in 45 pound cases.

CREDITING/YIELD

- One case yields about 178 ½-cup servings of raw, sliced pears.
- CN Crediting: ½ cup fresh pears credit as ½ cup fruit. Please see the food buying guide for more information about how whole pears credit in the meal pattern according to size.

CULINARY TIPS AND RECIPES

- Serve fresh pears whole, sliced in salads, dice and cook as a fruit chutney for meat, or bake with cinnamon for a healthy dessert.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (70g) Bartlett pears

Amount Per Serving

Calories 44

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 11g

Dietary Fiber 2g

Sugars 7g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

**GFS Diced Bartlett Pears, in Juice,
Fancy, #10, 105 Oz Can, 6/Case**



Item Number: 610364    

Pacific Northwest Bartlett pears are peeled, pitted, and diced before being packed in pear juice, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)

\$0.08/oz

\$49.09

[Print](#)

Nutrition

Based On: **AP Pears, Cnd, in Juice, GFS**

Rounding: **On**

Ingredients

Pears, Water, Pear Juice From 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 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 0.5 cup (125g)			
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 14g		5%	
Fiber 2g		8%	
Sugar 12g			
Protein 0g		n/a	
Vitamin A IU 0% Vitamin C 0% 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	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:

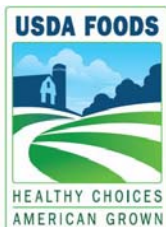
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

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

USDA Foods Product Information Sheet

For Child Nutrition Programs



100224— Pears, Sliced, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned sliced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 89 ½ -cup servings drained, sliced pears.
- CN Crediting: ½ cup sliced pears credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve sliced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, sliced, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 15g

Dietary Fiber 2g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

GFS Sliced Bartlett Pears, in Extra Light Syrup, Choice, #10, 105 Oz Can, 6/Case



Item Number: 262706



Pacific Northwest Bartlett pears are peeled, pitted, and sliced before being packed in an extra light syrup, creating an ideal ingredient for specialty salads, salad bars, desserts, and more.

Case (6/105 Ounce Can)

\$0.06/oz

\$39.44

[Print](#)

Nutrition

Based On:

AP Pears, in Lt Syrup, GFS

Rounding:

On

Ingredients

Pears, Water, Sugar. 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 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 0.5 cup (124g)	
Amount Per Serving	
Calories 70	
	% 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 1g	4%
Sugar 15g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 0% 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	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	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

Dole Chunked Pineapple, in Juice, Fancy, #10, 10 Can Sz Can, 6/Case

Item Number: 116300 



Case (6/10 Industry std CAN)	\$0.06/oz	\$40.05	<input type="text"/>
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[Print](#)

Nutrition

Based On:

AP Pineapple Chunks in Juice, Dole

 Rounding:

On

Ingredients

PINEAPPLE, PINEAPPLE JUICE, AND CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE(WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), AND 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.

Nutrition Facts

Serving Size 0.5 cup (122g)			
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 16g		5%	
Fiber 1g		4%	
Sugar 15g			
Protein 1g		2%	
Vitamin A IU 0% Vitamin C 30% 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	18 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	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

**GFS Pineapple Tidbits, in
Unsweetened Juice, Choice, #10, 10
Can Sz Can, 6/Case**



Item Number: 189979    

These ready-to-eat pineapple tidbits are packed in juice.

Case (6/10 Industry std CAN)

\$0.05/oz

\$31.65



[Print](#)

Nutrition

Based On: **AP Pineapple, Tidbits, Cnd in Jc, GFS**

Rounding: **On**

Ingredients

Pineapple, unsweetened pineapple juice. 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 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 0.5 cup (124.99g)	
Amount Per Serving	
Calories 70	
	% 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 18g	6%
Fiber 1g	4%
Sugar 15g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 15% 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	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	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

Boghosian Raisins, Select-Size, 1.5 Ounce, 6 Ct Box, 24/Case

Item Number: 544426



These raisins are ideal for use as an on-the-go snack and more. Brand may vary.

- Individual serving size for portion control
- Contains zero grams trans fat



Case (24/6 Count Box)

\$0.20/ea

\$29.49

Print

Nutrition

Based On: AP Raisin, Seedless, Select, 1.5z Boghos

Rounding: On

Ingredients

Raisins. 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 0.25 cup (40g)	
Amount Per Serving	
Calories 130	Calories From Fat 2.5
% 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 310mg	9%
Carbohydrates 31g	10%
Fiber 2g	9%
Sugar 29g	
Protein 1g	2%
Vitamin A IU 0% Vitamin C 0% Calcium 2% 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	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	0.1 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:

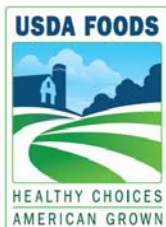
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	3.7 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	15.9 mg
Iron	1.17 mg
Manganese	n/a
Iodine	n/a

USDA Foods Product Information Sheet

For Child Nutrition Programs



100293— Raisins, Unsweetened

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U. S. Grade B or better seedless raisins with no added sweetener. This item is available in cases containing 144 1.33-ounce boxes.

CREDITING/YIELD

- One case of raisins yields 144 ¼-cup servings.
- CN Crediting: One 1.33 ounce box of raisins credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Raisins in individual boxes can be used for snacks, field trips, breakfast in the classroom, or grab-and-go lunches.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD STORAGE INFORMATION

- For best results, store raisins at 70° F or cooler. Optimal storage for raisins involves cold storage, such as refrigerator or freezer temperatures.
- For best results, do not store raisins near other grain-based foods, such as cereals, rice, flour, or baking mixes.

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.33 oz box (38 g) raisins, seedless

Amount Per Serving

Calories 114

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 4mg

Total Carbohydrate 30g

Dietary Fiber 1g

Sugars 23g

Protein 1g

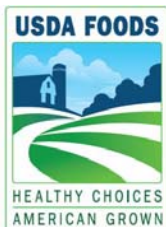
Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100256— Strawberries, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 18g

Protein 1g




Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

GFS Sliced Strawberries, in Sugar, Grade A, Frozen, 6.5 Lb Tub, 6/Case



Item Number: 293393    

A lightly sweetened syrup highlights the naturally sweet flavors of these presliced strawberries.

- Four parts fruit to one part of sugar
- Slices are 7/8 inches to 1-1/2 inches in diameter and 1/2 inch in thickness

Case (6/6.5 Pound Tub)

\$0.09/oz

\$57.87



[Print](#)

Nutrition

Based On: AP Strawberry, Slcd, 4+1, Fz, GFS

Rounding: On

Ingredients

Strawberries, sugar. 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 April 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 0.67 cup (140g)	
Amount Per Serving	
Calories 150	
	% 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 38g	13%
Fiber 2g	8%
Sugar 33g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 80% 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	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	48 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	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

**GFS Smoked Laid-Out Bacon, 22-26
Per Pound Equivalent, Precooked,
Fresh, 100 Ct Bag, 3/Case**



Item Number: 874124  

This precooked, naturally hickory-smoked, brown sugar-cured bacon offers old-fashioned, smokehouse flavor. Sliced fresh from only center cuts, this quality bacon has a high lean content for minimal shrinking.

- Similar to a raw 22-26ct, but sliced to a thickness spec, not a slice count spec

Case (3/100 Count Bag)

\$0.16/ct

\$46.69

[Print](#)

Nutrition

Based On: **AP Bacon, Thin Strips, 22/26, Ckd, GFS**

Rounding: **On**

Ingredients

Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. 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 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 3 Slc (14g)	
Amount Per Serving	
Calories 60	Calories From Fat 45
	% Daily Value *
Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 190mg	8%
Potassium	n/a
Carbohydrates 0g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 5g	10%
Vitamin A IU 0% Vitamin C 0% 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	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	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

Tyson Breaded Whole Grain Boneless Skinless Chicken Breasts, 3.75 Ounce, Cooked, Frozen, 7.5 Lb Bag, 4/Case

Item Number: 525480 

These fully cooked, whole-grain breaded chicken breast patties are made from white meat, whole muscle chicken.

- Fully cooked to save labor, time, and minimize food safety risk from handling
- Consistent serving size for portion and cost control
- Child Nutrition labeled



Case (4/7.5 Pound Bag) \$0.13/oz \$60.74

[Print](#)

Nutrition

Based On: Rounding:

Ingredients

Chicken breasts with rib meat, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid], sodium phosphates, seasoning (potassium chloride, rice flour). BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dried onion, dried garlic, sugar, wheat gluten, torula yeast, dextrose, spice, dried yeast, paprika extract (color), tumeric extract (color). Breeding set in vegetable oil. 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 April 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/525480_SLE.pdf

Nutrition Facts

Serving Size 1 each (105g)	
Amount Per Serving	
Calories 200	Calories From Fat 81
% Daily Value *	
Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat 5g	n/a
MonoUnsat Fat 3g	n/a
Cholesterol 45mg	15%
Sodium 290mg	12%
Potassium	n/a
Carbohydrates 9g	3%
Fiber 3g	12%
Sugar 0g	
Protein 19g	38%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 6%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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	2 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	1.08 mg
Manganese	n/a
Iodine	n/a

Tyson Crispy Whole Grain Chicken Sticks, Breaded, CN Labeled, Cooked, Frozen, Frozen, 0.43 Ounce, 5 Lb Bag, 6/Case



Item Number: 283562   

Made from a blend of chopped dark and white meat chicken, these stick-shaped fritters feature a 51 percent, whole grain breading.

- Child Nutrition labeled

Case (6/5 Pound Bag)	\$0.04/ct	\$41.64	<input type="text"/>
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Nutrition

Based On:

AP Chix, Stix, WGrain, FC, Tyson

 Rounding:

On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. COMMON ALLERGENS PRESENT: N/A. 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/283562_SLE.pdf

Nutrition Facts

Serving Size 7 each (84g)			
Amount Per Serving			
Calories 230		Calories From Fat 117	
			% Daily Value *
Fat 13g		20%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
PolyUnsat. Fat 6g		n/a	
MonoUnsat Fat 4g		n/a	
Cholesterol 20mg		7%	
Sodium 340mg		14%	
Potassium		n/a	
Carbohydrates 14g		5%	
Fiber 2g		8%	
Sugar 1g			
Protein 13g		26%	
Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%			
* Based on a 2000 calorie diet			
Calories Per Gram:			
Fat: 9 Carbohydrates: 4 Protein: 4			

School Equivalents:

Child Nutrition Label	Yes
Serving Size	8 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	2 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	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Tyson Whole Grain Breaded Chicken Patty, Cooked, Frozen,
3.54 Ounce, 5.5 Lb Bag, 6/Case

Item Number: 281622



These chopped and formed patties are made from a blend of white and dark meat, coated in a 51 percent, whole grain breading.

- Child Nutrition labeled
- Fully cooked to save labor, time, and minimize food safety risk from handling



Case (6/5.5 Pound Bag) \$0.28/ct \$41.66

Print

Nutrition

Based On: AP Chix, Pty, WGrain, FC, Tyson Rounding: On

Ingredients

Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil. 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 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/281622_SLE.pdf

Nutrition Facts

Serving Size 1 each (99g)	
Amount Per Serving	
Calories 270	Calories From Fat 135
% Daily Value *	
Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
PolyUnsat. Fat 7g	n/a
MonoUnsat Fat 5g	n/a
Cholesterol 25mg	8%
Sodium 400mg	17%
Potassium	n/a
Carbohydrates 16g	5%
Fiber 3g	12%
Sugar 1g	
Protein 16g	32%
Vitamin A IU 2% Vitamin C 0% Calcium 4% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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	2 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	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Scrambled Selections Scrambled Liquid Egg Blend, Frozen, 5 Lb Bag, 6/Case

Item Number: 728470



Case (6/5 Pound Bag)

\$0.10/oz

\$48.63



Print

Nutrition

Based On: AP Egg, Scrmdbd, Blnd, Bag, Scrambled Sel

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Cargill Kitchen Solutions, phone: 800-872-3447 / website: www.cargill.com. Please reference manufacturer number: 10165. 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 April 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 0.5 cup (120g)	
Amount Per Serving	
Calories 130	Calories From Fat 72
% Daily Value *	
Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 360mg	120%
Sodium 320mg	13%
Potassium	n/a
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 12g	24%
Vitamin A IU 10% Vitamin C 0% Calcium 8% 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	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	80 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

GFS Scrambled Mix Precooked Eggs, Frozen, 5 Lb Bag, 4/Case



Item Number: 584584     

These quality, precooked scrambled-egg curds are made from whole eggs and egg whites and have the appearance and flavor of scrambled eggs.

- Precooked for reduced labor and quick preparation
- Individually quick frozen ensures freshness and allows for easy product separation while frozen

Case (4/5 Pound Bag)

\$0.12/oz

\$37.47

[Print](#)

Nutrition

Based On:

AP Egg, Scrambled, Ckd, GFS

Rounding:

On

Ingredients

Whole eggs, egg whites, reconstituted nonfat dried milk, soybean oil, salt, xanthan gum, citric acid, natural flavor. COMMON ALLERGENS PRESENT: Egg, 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 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.

Nutrition Facts

Serving Size 0.33 cup (56g)	
Amount Per Serving	
Calories 70	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 125mg	42%
Sodium 220mg	9%
Potassium 95mg	3%
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 6g	12%
Vitamin A IU 4% Vitamin C 0% Calcium 4% Iron 4%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
Serving Size	16 Oz Cooked
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	9.75 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 CN label on file

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	40 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

GFS Scrambled Mix Liquid Eggs,
with Milk & Seasoning, Pasteurized,
Boil-in-Bag, Frozen, 5 Lb Bag,
6/Case



Item Number: 465798     

This quality scrambled-egg blend is made with pasteurized whole eggs and egg whites.

- Boil-in-bags provide the ease of making large quantities with reduced labor
- Child Nutrition labeled



Case (6/5 Pound Bag)

\$0.09/oz

\$42.42

[Print](#)

Nutrition

Based On:

AP Egg, Scrambled, Blend, GFS

Rounding:

On

Ingredients

Whole Eggs, Egg Whites, Whey, Skim Milk, Soybean Oil, Salt, Xanthan Gum, Citric Acid, 0.15% water added as a carrier for citric acid, Natural Flavors. COMMON ALLERGENS PRESENT: Egg, 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 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.

Nutrition Facts

Serving Size 0.5 cup (120g)	
Amount Per Serving	
Calories 120	Calories From Fat 60.5
% Daily Value *	
Fat 7g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 185mg	61%
Sodium 440mg	18%
Potassium 200mg	6%
Carbohydrates 3g	1%
Fiber 0g	n/a
Sugar 2g	
Protein 12g	24%
Vitamin A IU 5% Vitamin C 0% Calcium 4% Iron 4%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
Serving Size	16 Oz Ckd
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	7.38 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 CN label on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	266.4 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	52.8 mg
Iron	0.91 mg
Manganese	n/a
Iodine	n/a

GFS 3.5 Inch Scrambled Precooked
Round Egg Patties, Frozen, 1.25
Ounce, 165 Ct Package, 1/Case



Item Number: 592625



These quality, precooked round egg patties are made from real whole eggs and feature irregular edges with a medium browning color.

- Precooked for reduced labor and quick preparation
- Child Nutrition labeled

Case (1/165 Count Package)

\$0.17/ea

\$27.29

[Print](#)

Nutrition

Based On: AP Egg, Patty, Scrambled, GFS

Rounding: On

Ingredients

Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dry Milk and Citric Acid. COMMON ALLERGENS PRESENT: Egg, 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 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.

Nutrition Facts

Serving Size 1 each (35g)	
Amount Per Serving	
Calories 60	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 95mg	32%
Sodium 110mg	5%
Potassium 45mg	1%
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 3g	6%
Vitamin A IU 2% Vitamin C 0% Calcium 2% Iron 2%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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 CN label 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	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Tony's Turkey Sausage Breakfast Pizza, 50/50 Cheese Blend, Whole Grain, 3 x 5 Inch, Frozen, 16 Ct Package, 8/Case

Item Number: 160432



Savory turkey sausage and mozzarella cheese top these whole grain pizzas.

- Sliced for fast and easy preparation reducing labor and eliminating knife use



Case (8/16 Count Package)

\$0.32/ea

\$41.45

Print

Nutrition

Based On: AP Pizza, WGrain, Bkfst, Tky Saus, Tony'

Rounding: On

Ingredients

CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES (CONTAINS WHEAT). TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE])). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE. COMMON ALLERGENS PRESENT: Milk, 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/160432_SLE.pdf

Nutrition Facts

Serving Size 1 each (100.07g)	
Amount Per Serving	
Calories 220	Calories From Fat 67.1
% Daily Value *	
Fat 8g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 500mg	21%
Potassium 310mg	9%
Carbohydrates 28g	9%
Fiber 2g	9%
Sugar 6g	
Protein 11g	21%
Vitamin A IU 4% Vitamin C 0% Calcium 15% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9	Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	Yes
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	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:	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	160 mg
Iron	1.98 mg
Manganese	n/a
Iodine	n/a

Tony's Turkey Sausage Breakfast Pizza, Whole Grain, 3.2 x 5 Inch, 3.67 Ounce, Cooked, Frozen, 3.67 Oz Each, 100/Case

Item Number: 659981   

This whole-grain crust breakfast pizza is made with savory turkey sausage and topped with mozzarella cheese.

- Bake from frozen for quick preparation
- Individually wrapped for retail applications



Case (100/3.67 Ounce Each)

\$0.48/ea

\$47.84

[Print](#)

Nutrition

Based On: AP Pizza, Bkfst, Tky Saus, WGrain, Tony'

Rounding: On

Ingredients

CRUST: FLOUR BLEND [WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID [DOUGH CONDITIONER], NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, YEAST, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SUGAR, SALT, CALCIUM PROPIONATE. TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]), SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SPICE, SALT, DRIED ONION, ROMANO CHEESE (PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), DRIED GARLIC, PAPRIKA, CITRIC ACID, BEET POWDER. COMMON ALLERGENS PRESENT: Milk, 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 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. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/659981_SLE.pdf

Nutrition Facts

Serving Size 1 each (104g)	
Amount Per Serving	
Calories 240	Calories From Fat 63
% Daily Value *	
Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 15mg	5%
Sodium 490mg	20%
Potassium 90mg	3%
Carbohydrates 31g	10%
Fiber 3g	12%
Sugar 5g	
Protein 11g	22%
Vitamin A IU 4% Vitamin C 4% Calcium 15% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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	1 oz
Grain/Breads	1.75 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	150 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Gordon Choice Maple-Battered Pork
Pancake Wrap, Stick, Whole Grain,
2.85 Ounce, Frozen, 56 Ct Bag,
1/Case



Item Number: 497202   

A savory pork sausage link is dipped in a sweet, whole grain maple pancake batter to create a quality breakfast alternative. These corn dogs are fried in vegetable oil and may be baked, fried, microwaved, or roller grilled for added versatility.

Case (1/56 Count Bag)

\$0.37/ea

\$20.64

[Print](#)

Nutrition

Based On: AP Panck, Wrap, WGrain, Maple, 2.85z-GFS

Rounding: On

Ingredients

Ground Pork, Turkey and Textured Vegetable Protein Link: Ground Pork (No More Than 30% Fat), Mechanically Separated Turkey, Water, Contains 2% or Less of Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Salt, Potassium Lactate, Potassium Acetate, Spices, Sodium Phosphate, Potassium Chloride, Sugar, Caramel Color, Sodium Diacetate. Batter: Water, Whole Wheat Flour, Sugar, Soybean Oil, Contains 2% or Less Of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural and Artificial Sweet Maple Flavor (Modified Corn Starch, Acesulfame Potassium, Natural Flavoring, Maple Syrup, Caramel Color), Salt, Egg Yolks, Soy Flour, Artificial Flavor. Fried in Vegetable Oil. **COMMON ALLERGENS PRESENT:** Wheat, Soy, Eggs. 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/497202_SLE.pdf

Nutrition Facts

Serving Size 1 each (80g)	
Amount Per Serving	
Calories 240	Calories From Fat 135
% Daily Value *	
Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 360mg	15%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 4g	
Protein 7g	14%
Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 8%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
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	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	1.44 mg
Manganese	n/a
Iodine	n/a

Jones Dairy Farm Pork Breakfast Sausage, Patties, 1.5 Ounce, Cooked, Frozen, 10 Lb Bag, 1/Case

Item Number: 466891  

Made from natural pork sausage, these patties feature no additives or preservatives, offering a fresh tasting product, ideal for breakfast dishes, and more.

- Fully cooked to reduce labor and preparation time
- Sealed bag packaging offers food safety, ensuring no contamination
- Contains zero grams trans fat
- Child Nutrition labeled



Case (1/10 Pound Bag)

\$0.20/ea

\$21.68

[Print](#)

Nutrition

Based On: AP Sausage, Pty, Ckd, JDF

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Jones Dairy Farms, phone: 800-563-1004. Manufacturer number: 018753. 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 (42g)			
Amount Per Serving			
Calories 180		Calories From Fat 153	
			% Daily Value *
Fat 17g		26%	
Saturated Fat 6g		30%	
Trans Fat 0g			
PolyUnsat. Fat		n/a	
MonoUnsat Fat		n/a	
Cholesterol 30mg		10%	
Sodium 280mg		12%	
Potassium		n/a	
Carbohydrates 1g		n/a	
Fiber 0g		n/a	
Sugar 0g			
Protein 6g		12%	
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	Yes
Serving Size	2 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	1.5 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 CN label 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

Jones Dairy Farm Lower Sodium Pork Breakfast Sausage, Patties, 2 Ounce, Cooked , Frozen, 80 Ct Bag, 1/Case

Item Number: 277722



This is a low sodium pork sausage patty.

- Child Nutrition labeled



Case (1/80 Count Bag)

\$0.27/ea

\$21.68

Print

Nutrition

Based On: AP Sausage, Pty, Lo Sod, Ckd, 2z, Jones

Rounding: On

Ingredients

For ingredient or allergen information, please contact: Jones Dairy Farm, phone: (800) 563-1004/ website: www.jonesdairyfarmfoodservice.com. Please reference manufacturer number: 18717. 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 (56g)	
Amount Per Serving	
Calories 230	Calories From Fat 198
% Daily Value *	
Fat 22g	34%
Saturated Fat 7g	35%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 0g	
Protein 7g	14%
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	Yes
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 CN label 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	0.72 mg
Manganese	n/a
Iodine	n/a

Beacon Street Cafe Sausage, Egg & Cheese Breakfast Slider Sandwiches, Frozen Individually Wrapped, 2 Ct Bag, 72/Case

Item Number: 523710



These breakfast sliders are made with 51 percent whole grain and are topped with savory turkey sausage, egg, and cheese.

- Individually wrapped for convenience



Case (72/2 Count Bag)	\$0.44/ea	\$31.87	
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Print

Nutrition

Based On: AP Sand, Saus, Egg & Chs, Sliders, Beaco Rounding: On

Ingredients

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ISOLATED SOY PROTEIN, SUGAR, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SALT, DOUGH CONDITIONER (DISTILLED MONO-GLYCERIDES, BHT, CITRIC ACID), ENZYMES (CONTAINS WHEAT), ASCORBIC ACID. WHITE SAUCE: WATER, SPICE BLEND (NONFAT DRY MILK, MODIFIED FOOD STARCH, CREAM, BUTTER [CREAM, SALT], SALT, SPICE, SOY LECITHIN, HICKORY SMOKE POWDER [MALTODEXTRIN POWDER, NATURAL HICKORY SMOKE FLAVOR). TOPPINGS: SCRAMBLED EGG (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID), COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING {SALT, NATURAL FLAVOR, DEXTROSE, SUGAR, CITRIC ACID, BHA, BHT}, WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES], SUBSTITUTE MOZZARELLA CHEESE [WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR]. COMMON ALLERGENS PRESENT: Egg, Milk, 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 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:

Nutrition Facts

Serving Size 2 each (72g)			
Amount Per Serving			
Calories 150		Calories From Fat 40.5	
		% Daily Value *	
Fat 4.5g		7%	
Saturated Fat 1.5g		7%	
Trans Fat 0g			
PolyUnsat. Fat		n/a	
MonoUnsat Fat		n/a	
Cholesterol 25mg		8%	
Sodium 280mg		12%	
Potassium 160mg		5%	
Carbohydrates 21g		7%	
Fiber 2g		8%	
Sugar 8g			
Protein 8g		16%	
Vitamin A IU 2%		Vitamin C 0%	Calcium 10% Iron 10%
* Based on a 2000 calorie diet			
Calories Per Gram:			
Fat: 9		Carbohydrates: 4	Protein: 4

https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/523710_SLE.pdf

School Equivalents:

Child Nutrition Label	Yes
Serving Size	2 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	0.75 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	100 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

Promise Low-Fat Spread, Cups, 5 Gm, 600/Case

Item Number: 462608   

This spread offers a rich, buttery taste and is easy to spread. It is a good source of omega-3, a-Linolenic acid (ALA), omega-6, and vitamin E.

- Individual easy-open cups for safety, convenience, and portion control
- Cholesterol-free
- No hydrogenated oils
- Contains zero grams trans fat



Case (600/5 Gram Portion)	\$0.04/ea	\$23.57	<input type="text"/>
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[Print](#)

Nutrition

Based On: AP Margarine, Cup, Spread, Promise Rounding: On

Ingredients

VEGETABLE OIL BLEND (LIQUID SOYBEAN, CANOLA, PALM, PALM KERNEL), WATER, WHEY (FROM MILK), SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, VITAMIN E, CITRIC ACID, CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR), VITAMIN D3. COMMON ALLERGENS PRESENT: Milk, 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 April 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 (5g)			
Amount Per Serving			
Calories 25		Calories From Fat 27	
		% Daily Value *	
Fat 3g		5%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
PolyUnsat. Fat		n/a	
MonoUnsat Fat		n/a	
Cholesterol 0mg		n/a	
Sodium 30mg		1%	
Potassium		n/a	
Carbohydrates 0g		n/a	
Fiber 0g		n/a	
Sugar 0g			
Protein 0g		n/a	
Vitamin A IU 2%		Vitamin C 0%	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	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	100 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

GFS Cream Cheese, Single-Serve,
Cup, 1 Oz Each, 100/Case



Item Number: 228427

This quality cream cheese blends fresh grade A milk and cream to create a smooth, creamy dairy product. A full-fat texture and consistency lends itself to creating signature cheesecakes, frosting, dips, and a variety of other applications.

- Individually portioned to maintain portion and cost control

Case (100/1 Ounce Each)

\$0.21/ea

\$21.30

[Print](#)

Nutrition

Based On: AP Cheese, Cream, Cup, GFS

Rounding: On

Ingredients

Pasteurized cultured milk and cream, salt, stabilizers (xanthan, carob bean, and/or guar gums). 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 each (28.35g)	
Amount Per Serving	
Calories 100	Calories From Fat 81
% Daily Value *	
Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 95mg	4%
Potassium	n/a
Carbohydrates 1g	n/a
Fiber 0g	n/a
Sugar 1g	
Protein 2g	4%
Vitamin A IU 6% Vitamin C 0% 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	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	300 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

GFS Strawberry Cream Cheese,
Single-Serve, Cup, 1 Oz Each,
100/Case



Item Number: 863106

This quality cream cheese blends fresh grade A milk and cream with real strawberries to create a smooth, creamy dairy product. A tangy, fruit-forward flavor lends itself for use on breakfast items such as bagels and muffins, as well as a variety of other applications.

- Individually portioned to maintain portion and cost control

Case (100/1 Ounce Each)	\$0.25/ea	\$25.48	<input type="text"/>
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[Print](#)

Nutrition

Based On: Rounding:

Ingredients

Pasteurized cultured milk and cream, strawberries, sugar, natural flavor, stabilizers (xanthan and/or carob bean and/or guar gums), modified food starch, strawberry and elderberry juice concentrate, citric acid, salt, FD&C red #40, #3 and blue #1. 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 each (28.35g)			
Amount Per Serving			
Calories 90		Calories From Fat 63	
		% Daily Value *	
Fat 7g		11%	
Saturated Fat 5g		25%	
Trans Fat 0g			
PolyUnsat. Fat		n/a	
MonoUnsat Fat		n/a	
Cholesterol 20mg		7%	
Sodium 90mg		4%	
Potassium		n/a	
Carbohydrates 4g		1%	
Fiber 0g		n/a	
Sugar 2g			
Protein 1g		2%	
Vitamin A IU 6% 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	300 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

Trio Country Gravy Mix, 22 Oz Package, 8/Case

Item Number: 478377  

This savory, off-white gravy features a creamy texture and visible pepper specks, with a rich sausage aroma. Ideal for breakfast applications, this gravy can be used to highlight a variety of signature dishes.

- Contains zero grams trans fat
- No added monosodium glutamate (MSG)
- Holds up well over extended serving times



Case (8/22 Ounce Package)

\$0.20/oz

\$35.05

[Print](#)

Nutrition

Based On:

Rounding:

Ingredients

For ingredient or allergen information please contact: Nestle Brands Foodservice, phone: 800-288-8682/web page: www.nestleprofessional.com. Manufacturer number: 38422. 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 tbsp (9g)	
Amount Per Serving	
Calories 35	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 180mg	8%
Potassium	n/a
Carbohydrates 6g	2%
Fiber 0g	n/a
Sugar 2g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 0% 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	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	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

Chef-mate Country Sausage Gravy, #10, 10 Can Sz Can, 6/Case



Item Number: 464694   

This ready-to-use with a made-from-scratch quality old fashioned sausage gravy features a rich, hearty taste ideal over biscuits, toast, cornbread, and more.

- Holds up well over extended serving times
- Contains zero grams trans fat

Case (6/10 Industry std CAN)

\$0.09/oz

\$57.50

[Print](#)

Nutrition

Based On: AP Gravy, Country Sausage, Chefmate

Rounding: On

Ingredients

For ingredient or allergen information please contact: Nestle Brands Foodservice, phone: 800-288-8682, web page: www.nestleprofessionals.com. Manufacturer number: 5000005228. 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 0.25 cup (62g)			
Amount Per Serving			
Calories 90		Calories From Fat 72	
		% Daily Value *	
Fat 8g		12%	
Saturated Fat 2g		10%	
Trans Fat 0g			
PolyUnsat. Fat		n/a	
MonoUnsat Fat		n/a	
Cholesterol 15mg		5%	
Sodium 240mg		10%	
Potassium		n/a	
Carbohydrates 2g		1%	
Fiber 0g		n/a	
Sugar 0g			
Protein 2g		4%	
Vitamin A IU 0% Vitamin C 0% 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	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	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

Smucker's Grape Jelly, Cups, 0.5 Oz Each, 200/Case

Item Number: 254975   

These individual portions of grape jelly are packaged in rectangular, plastic cups, ideal for the table or on-the-go applications.

- Easily stackable cups are ideal for tabletop caddies



Case (200/0.5 Ounce Each)	\$0.06/ea	\$11.45	<input type="text"/>
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[Print](#)

Nutrition

Based On: AP Jelly, Asst, Grape/Strawb, Smucker's Rounding: On

Ingredients

CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE.
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.

Nutrition Facts

Serving Size 1 each (14g)			
Amount Per Serving			
Calories 35			
		% 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 9g		3%	
Fiber 0g		n/a	
Sugar 8g			
Protein 0g		n/a	
Vitamin A 0% Vitamin C 0% 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	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	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

GFS Maple-Flavored Syrup, Cup, 1.5 Oz Each, 200/Case



Item Number: 160090    

This sweet, full bodied syrup has a rich, maple flavor and a deep amber color, and makes a quality topping for pancakes and waffles.

- Individual serving size for portion control

Case (200/1.5 Ounce Each)

\$0.08/ea

\$16.02

[Print](#)

Nutrition

Based On: AP Syrup, Pancake, GFS

Rounding: On

Ingredients

CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, POTASSIUM SORBATE AS A PRESERVATIVE, CITRIC ACID, NATURAL AND ARTIFICIAL MAPLE FLAVOR. 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 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 (43g)			
Amount Per Serving			
Calories 120			
		% 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 31g		10%	
Fiber 0g		n/a	
Sugar 19g			
Protein 0g		n/a	
Vitamin A IU 0% Vitamin C 0% 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	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	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

Lamb's Supreme Patty Hash Browns, Seasoned, IQF, 3.5 Lb Package, 6/Case

Item Number: 242241



Specially created for superior oven preparation, these seasoned hashbrowns bake fast and crispy for maximum cooking convenience.

- Lightly seasoned for consistent taste profile and reliable results
- Individually quick frozen ensures freshness and allows for easy product separation while frozen
- Contains zero grams trans fat



Case (6/3.5 Pound Package)

\$0.17/ea

\$22.88

Print

Nutrition

Based On: AP Hasbrown, Patty, Fast, Lamb Weston

Rounding: On

Ingredients

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil), Salt, Dehydrated Potato, Onion Powder, Natural Flavor, Dextrose, Disodium Dihydrogen Pyrophosphate (to promote color retention). 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 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. Click here for K12 spec sheet: https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/242241_SLE.pdf

Nutrition Facts

Serving Size 2 each (128g)	
Amount Per Serving	
Calories 250	Calories From Fat 117
% Daily Value *	
Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 490mg	20%
Potassium 510mg	15%
Carbohydrates 29g	10%
Fiber 4g	16%
Sugar 0g	
Protein 4g	8%
Vitamin A IU 0% Vitamin C 8% 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	2 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	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0.5 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

Lamb's Supreme Potato Round Coins, Frozen, 5 Lb Package, 6/Case

Item Number: 265632



These crispy golden rounds are packed with potato flavor and are specially seasoned.

- Prepare from frozen for easy preparation
- Retains taste and texture after cooking for an extended period of time
- Oven bake or fry for multiple preparation options
- Contains zero grams trans fat



Case (6/5 Pound Package)

\$0.02/ct

\$25.83

[Print](#)

Nutrition

Based On: AP Potato, Rounds, Coin, Lamb Weston

Rounding: On

Ingredients

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil) Dehydrated Potato, Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. 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 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. Click here for K12 spec sheet:

https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/265632_SLE.pdf

Nutrition Facts

Serving Size 2.54 oz (72g)	
Amount Per Serving	
Calories 150	Calories From Fat 72
% Daily Value *	
Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 280mg	12%
Potassium 300mg	9%
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%
Vitamin A IU 0% Vitamin C 6% 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	2.54 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	3.6 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	0.5 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