

**Pennington Biomedical Research Center in Cooperation with
the Louisiana Department of Education, Nutrition Support present:**

Louisiana Smart Snacks Meeting Recommended Criteria, 08/20/2019

**200 calories or less
35% of total calories from fat or less
10% of total calories from saturated fat or less
0% trans fat**

**The weight of all sugars must be < 35% of the serving size weight
200 mg of sodium or less per serving**

NOTE: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

ITEM	Serving size (weight)	Category
Apple & Eve 100% Juice (Apple, Fruit Punch, Orange Tangerine, Very Berry)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Apple & Eve 100% Juice (Apple, Fruit Punch, White Grape, Orange Tangerine, Cranberry Raspberry, Mixed Berry, Strawberry Kiwi)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Apple & Eve Fruitables Plus (Fruit & Veggie 100% Juice) Power Punch, Tropical Twist	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Apple & Eve Fruitables Plus (Fruit & Veggie 100% Juice) Power Punch, Tropical Twist, Gold Rush	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Ardmore Farms Apple Juice from Concentrate (100% Fruit Juice) (Product Code #41771)	4 fl oz (118 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Ardmore Farms Fruit Punch (100% Fruit Juice) (Product Code #41776)	4 fl oz (118 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Ardmore Farms Orange Juice from Concentrate (100% Fruit Juice) (Product Code #41770)	4 fl oz (118 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Cherry Apple	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Fruit Punch	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Acai Berry	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fruit Punch	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

ITEM	Serving size (weight)	Category
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fuji Apple	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Strawberry Kiwi	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Tropical Orange	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Fruit 66 100% Juice Non-Carbonated, Mixed Berry	1 can (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Fruit 66 100% Juice Non-Carbonated, Passionfruit Mango	1 can (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Fruit 66 100% Juice Non-Carbonated, Strawberry Melon	1 can (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Fruit 66 100% Juice Non-Carbonated, Tropical Punch	1 can (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Fruit 66 EPIC 100% Sparkling Juice (Black Cherry, Passion Fruit Mango, Strawberry Melon, Lemon Lime)	1 can (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Alive 100% Fruit Juice	8 fl oz (240 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Alive 100% Fruit Juice Pouch, Apple	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Alive 100% Fruit Juice Pouch, Fruit Punch	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Alive 100% Fruit Juice Pouch, Grape	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Alive 100% Juice Smoothie Cup	1 container (4 oz, 118 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange Tangerine)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange, Orange Tangerine, Strawberry Kiwi)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Strawberry Kiwi)	8 fl oz cans	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

ITEM	Serving size (weight)	Category
Juice Bowl 100% Sparkling Juices - Fruit Punch (Product Code #00206), Strawberry Kiwi (Product Code #00207), Orange Tangerine (Product Code #00208), Strawberry Watermelon (Product Code #00209)	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00470)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00471)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
JUICE100, Watermelon Strawberry Concentrate, 100% Juice	0.67 fl oz (diluted to make 1/2 cup)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juicy Juice (100% Juice) Fun Packs, (Flavors: Apple, Berry, Fruit Punch, Grape, Orange Tangerine)	4.23 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juicy Juice (100% Juice) Slim Packs, (Flavors: Apple, Berry, Grape, Kiwi Strawberry, Orange Tangerine, Peach Apple, Strawberry Watermelon)	6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juicy Juice Fruit Punch (100% Juice) (Product Code #79564)	6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kirkland, Hansen's Natural 100% Juice - Crisp Apple	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kirkland, Hansen's Natural 100% Juice - Fruit Punch	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Apple	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Berry	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Fruit Punch	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Grape	6 fl oz pouch (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Lucky Leaf Apple Juice (100% Juice)	5.5 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
M&B Products, Mr. J 100% Apple Juice Pouch (Product Code #2847)	4 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
M&B Products, Mr. J 100% Fruit Blend Juice Pouch (Product Code #2347)	4 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

ITEM	Serving size (weight)	Category
M&B Products, Mr. J 100% Orange Juice Pouch (Product Code #2077/2047)	4 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Milk, low-fat milk, skim milk, flavored fat free milk, and non-dairy milk (low fat or fat-free)	8 fl oz containers	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Apple Juice	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Apple White Grape Juice	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Juice Fruit Punch	6.75 fl oz (1 juice box)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Mott's Fruit Punch (100% Juice)	4.23 fl oz or 6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Nestle Juicy Juice All Natural 100% Juice - All Flavors	4.23 fl oz or 6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Slush Puppie Simple 100% Juice (Fruit Punch, Grape, Sour Apple)	1 Pouch (4 fl oz - 120 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup 100% Juice (Orange, Apple, Natural Fruit Punch)	8 oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup 100% Juices (Apple, Grape, Fruit Punch, Cranberry Raspberry, Orange Tangerine, Very Berry, Strawberry Kiwi, Orange, Orange Blend, Natural Fruit Punch, Pineapple, Orange Pineapple, Apple Grape, Apple Cranberry, Apple Cherry, Prune, Tomato)	4 or 4.23 oz sizes	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup 100% Juices (Apple, Grape, Fruit Punch, Orange Tangerine, Very Berry, Orange, Natural Fruit Punch, Orange Pineapple, Apple Cherry)	6 or 6.75 oz sizes	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup Farm & Orchard (Paradise Punch 100% Vegetable & Fruit Juice)	6.75 oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup Farm & Orchard (Sun Splash 100% Vegetable Juice, Paradise Punch 100% Vegetable & Fruit Juice)	4.23 oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
The Switch 100% Juice w/Filtered Sparkling Water (Fruit Punch, Grape, Black Cherry, Orange Tangerine, Watermelon Strawberry, Kiwi Berry, Hardcore Apple, Tropical Pineapple)	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tree Top, Inc., Fruit Punch (100% Fruit Juice) (Product Code #01223)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tree Top, Inc., Fruit Smoothie 100% Juice, Banana Strawberry	4.54 fl oz (134 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

ITEM	Serving size (weight)	Category
Tropicana Apple Juice	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tropicana Pure Premium Orange Juice	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 Low Sodium 100% Vegetable Juice	5.5 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Pomegranate Blueberry (100% Juice)	8 oz can	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Peach Mango (Product #21192)	8 oz serving	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Strawberry Banana (Product #21231)	8 oz serving	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Tropical Fruit (Product #21356)	8 oz serving	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Watermelon Raspberry (Product #21191)	8 oz serving	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 V-Fusion Strawberry Banana (100% Juice)	8 oz can	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Veryfine 100% Apple Juice	8 fl oz bottle	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Veryfine 100% Fruit Punch Juice	8 fl oz bottle	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Veryfine 100% Grape Juice	8 fl oz bottle	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Veryfine 100% Orange Juice	8 fl oz bottle	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Veryfine 100% Twisted Cherry Juice	8 fl oz bottle	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Water, bottled, plain	All sizes	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Welch's 100% Grape Juice	5.5 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Welch's Protein Smoothie, Mixed Berry Concord Grape	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

ITEM	Serving size (weight)	Category
Welch's Protein Smoothie, Peach Mango	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Welch's Protein Smoothie, Strawberry Banana	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tropicana Apple Juice, 10 fl oz	10 fl oz (296 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Farmstand Pomegranate Blueberry Juice, 12 fl oz	12 fl oz (355 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Farmstand Strawberry Banana Juice, 12 fl oz	12 fl oz (355 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Fruit Medley Plus, 10 fl oz	10 fl oz (296 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Orange Juice, 10 fl oz	10 fl oz (296 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Strawberry Kiwi Juice Plus, 10 fl oz	10 fl oz (296 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Strawberry Orange Juice, 10 fl oz	10 fl oz (296 ml)	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
12 fl oz portions of beverages with ≤ 40 calories per 8 fl oz or ≤ 60 calories per 12 fl oz	12 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
Calorie-free flavored water	20 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
JB's 60 Calorie Iced Tea (Peach Mango, Lemon, and Not Too Sweet)	12 fl oz (355 ml)	Beverages FOR HIGH SCHOOL SALES ONLY!!
Other flavored and/or carbonated beverages that contain ≤ 5 calories per 8 fl oz or ≤ 10 calories per 20 fl oz	between 8 & 20 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
Fruits, all fruits	serving	Fruits and Vegetables - Fresh
Vegetables, all vegetables	serving	Fruits and Vegetables - Fresh
Brothers-All-Natural, Fuji Apple Crisps (Freeze-Dried, Real Sliced Fuji Apples)	.35 oz (10 g)	Fruit, Canned, Dried and Fruit Snacks
Buddy Fruits Original Blended Fruit, Orchard Blend Apple	4.1 oz (116 g)	Fruit, Canned, Dried and Fruit Snacks
Clif Kid Twisted Fruit - All Flavors	1 piece (20 g)	Fruit, Canned, Dried and Fruit Snacks
Dakota Gourmet/Kettle Valley Real Fruit Bars - All Flavors	20 g bar	Fruit, Canned, Dried and Fruit Snacks
Del Monte Diced Peaches in 100% Juice in Pull Top Cans	4 oz	Fruit, Canned, Dried and Fruit Snacks
Del Monte Mixed Fruit in Plastic Cups - juice pack	4 oz	Fruit, Canned, Dried and Fruit Snacks
Del Monte Mixed Fruit No Sugar Added	4 oz cup	Fruit, Canned, Dried and Fruit Snacks
Del Monte Tropical Fruit in Plastic Cups - juice pack	4 oz	Fruit, Canned, Dried and Fruit Snacks

ITEM	Serving size (weight)	Category
Dole Fruit Bowls in 100% Fruit Juice, 4 oz. (Mandarin Oranges, Mixed Fruit)	4 oz	Fruit, Canned, Dried and Fruit Snacks
Materne, GoGo Squeez Organic Appleapple (Applesauce on the Go)	1 pouch (90 g)	Fruit, Canned, Dried and Fruit Snacks
Ocean Spray Craisins (Blueberry, Cherry, Orange, Strawberry, and Watermelon flavors)	1.16 oz pouch (32.9 g)	Fruit, Canned, Dried and Fruit Snacks
Powersnacks Raisins Thompson Seedless	1 oz	Fruit, Canned, Dried and Fruit Snacks
Raisins (all brands)	1.5 oz	Fruit, Canned, Dried and Fruit Snacks
Smucker's Fruit-Fulls Apple Cinnamon	1 pouch (113 g)	Fruit, Canned, Dried and Fruit Snacks
Smucker's Fruit-Fulls Apple Mixed Berry	1 pouch (113 g)	Fruit, Canned, Dried and Fruit Snacks
Smucker's Fruit-Fulls Apple Strawberry	1 pouch (113 g)	Fruit, Canned, Dried and Fruit Snacks
Welch's Fruit Snacks: Mixed Fruit, Berries 'N Cherries, Island Fruits, Strawberry	44 g pouch	Fruit, Canned, Dried and Fruit Snacks
Big Easy Slush Puppie, Simple Frozen Slushy, Made with Juice from Concentrate, No Added Sugar, Blue Raspberry Flavor	6 fl oz (177 ml)	Frozen Products
Big Easy Slush Puppie, Simple Frozen Slushy, Made with Juice from Concentrate, No Added Sugar, Cherry Flavor	6 fl oz (177 ml)	Frozen Products
Big Easy Slush Puppie, Simple Frozen Slushy, Made with Juice from Concentrate, No Added Sugar, Fruit Punch Flavor	6 fl oz (177 ml)	Frozen Products
Big Easy Slush Puppie, Simple Frozen Slushy, Made with Juice from Concentrate, No Added Sugar, Grape Flavor	6 fl oz (177 ml)	Frozen Products
Big Easy Slush Puppie, Simple Frozen Slushy, Made with Juice from Concentrate, No Added Sugar, Strawberry Lemonade Flavor	6 fl oz (177 ml)	Frozen Products
Cool Tropics, RIPS 100% Juice Slush (Kiwi Strawberry, Orange Mango, Dragon Punch, Frozen Lemonade, Sour Apple, Blue Raspberry, Cherry Limeade)	4 oz (120 ml)	Frozen Products
Dippin' Dots® No Sugar Added Fudge Ice Cream	1/2 cup (85 g)	Frozen Products
Dippin' Dots® Sherbet, Redberry	1/2 cup (85 g)	Frozen Products
Dippin' Dots® Yogurt (Strawberry Cheesecake; YoDots: Cookies 'N Cream, Chocolate & Vanilla, Cookie Dough)	1/2 cup (85 g)	Frozen Products
Fruit Pearls® Strawberry - No Sugar Added	1/2 cup (55 g)	Frozen Products
Fruit Pearls® Tropical - No Sugar Added	1/2 cup (55 g)	Frozen Products
Fruit Pearls® Wildberry - No Sugar Added	1/2 cup (55 g)	Frozen Products
Hershey's Ice Cream, Banana Tropi-Kool Fruit Bar	113 g	Frozen Products
Hershey's Ice Cream, Coconut Tropi-Kool Fruit Bar	113 g	Frozen Products
Hershey's Ice Cream, Crazy Cone	64 g	Frozen Products
Hershey's Ice Cream, Lemon Sherbet Cup	96 g	Frozen Products
Hershey's Ice Cream, Low Fat Cookies N' Cream Cone	62 g	Frozen Products

ITEM	Serving size (weight)	Category
Hershey's Ice Cream, Low Fat Spooky Sundae (vanilla ice cream and chocolate sauce)	3 oz. cup	Frozen Products
Hershey's Ice Cream, Mango Tropi-Kool Fruit Bar	113 g	Frozen Products
Hershey's Ice Cream, No Fat Banana Cream Yogurt Twister Cup	66.5 g	Frozen Products
Hershey's Ice Cream, No Fat Birthday Cake Yogurt Dessert Cup	51 g	Frozen Products
Hershey's Ice Cream, No Fat Birthday Cake Yogurt Twister Cup	66.5 g	Frozen Products
Hershey's Ice Cream, No Fat Cotton Candy Yogurt Twister Cup	66.5 g	Frozen Products
Hershey's Ice Cream, No Fat Raspberry Yogurt Dessert Cup	71 g	Frozen Products
Hershey's Ice Cream, No Fat Sour Apple Twister Cup	87.8 g	Frozen Products
Hershey's Ice Cream, No Fat Sour Blue Raspberry Twister Cup	87.8 g	Frozen Products
Hershey's Ice Cream, No Fat Vanilla Yogurt Dessert Cup	69 g	Frozen Products
Hershey's Ice Cream, Orange Sherbet Dessert Cup	95 g	Frozen Products
Hershey's Ice Cream, Pineapple Tropi-Kool Fruit Bar	113 g	Frozen Products
Hershey's Ice Cream, Polar Blast - Fruit Punch Bar	74 g	Frozen Products
Hershey's Ice Cream, Raspberry Sherbet Dessert Cup	95 g	Frozen Products
Hershey's Ice Cream, Strawberry Mighty Mini Sandwich	40 g	Frozen Products
Hershey's Ice Cream, Strawberry Tropi-Kool Fruit Bar	113 g	Frozen Products
Hershey's Ice Cream, Vanilla Mighty Mini Sandwich	40 g	Frozen Products
Ice Dog by Sunny Sky Products, Fruit Juice Dessert, 100% Juice, No Added Sugar, Shelf Stable, Ready to Freeze. Available in the following flavors: Blue Raspberry (Code #124107), Cherry Limeade (Code #124104), Raspberry Lemonade (Code #124105), Strawberry Kiwi (Code #124003), Watermelon (Code #124106)	4 fl oz pouch	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mango/Strawberry Pom Swirl (Product Code 23060030)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mixed Berry & Lemon Swirl (Product Code 23060025)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple & Cherry Swirl (Product Code 23060020)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple (Product Code 23060010)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Strawberry Pomegranate (Product Code 23060005)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Watermelon (Product Code 23060015)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Wild Cherry (Product Code 23060000)	4.4 fl oz	Frozen Products
Jonny Pops (Triple Berry, Strawberry & Banana)	1 pop (1.55 fl oz)	Frozen Products
Kona Ice, Fruit First, Kiddie Cup (8 oz shaved ice + 1 oz juice blend)	1 oz	Frozen Products
Luigi's Sherbet Cups 4 fl oz. CN Labeled - Lime, Orange, Raspberry	4 oz (90 g)	Frozen Products

ITEM	Serving size (weight)	Category
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	2.25 oz (74 g)	Frozen Products
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	3.1 oz (103 g)	Frozen Products
North Star Chocolate Fudge Bar	2.5 fl oz	Frozen Products
North Star Fat Free, Sugar Free Chocolate Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Fat Free, Sugar Free Strawberry Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Fat Free, Sugar Free Vanilla Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Frog Spit Lemon Lime Bar	2.5 fl oz	Frozen Products
North Star Frog Spit Lemon Lime Push Treat	3.0 fl oz	Frozen Products
North Star Lime Sherbet Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Lowfat Chocolate Ice Cream Cup, Plastic	3.0 fl oz	Frozen Products
North Star Lowfat Strawberry & Cream Swirl	2.5 fl oz	Frozen Products
North Star Lowfat Strawberry Ice Cream Cup, Plastic	3.0 fl oz	Frozen Products
North Star Lowfat Cookies N' Cream Bar	2.5 fl oz	Frozen Products
North Star Lowfat Dream Bar	2.5 fl oz	Frozen Products
North Star Lowfat Mini Ice Cream Cone	2.0 fl oz	Frozen Products
North Star Lowfat Vanilla & Chocolate Swirl	2.5 fl oz	Frozen Products
North Star Lowfat Vanilla Ice Cream Cup, Plastic	3.0 fl oz	Frozen Products
North Star Orange Sherbet Cup, Plastic	3.0 fl oz	Frozen Products
North Star Orange Sherbet Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Raspberry Sherbet Cup, Styrofoam	4.0 fl oz	Frozen Products
North Star Reduced Fat Vanilla Sandwich	3.5 fl oz	Frozen Products
North Star Strawberry Juice Bar	2.5 fl oz	Frozen Products
North Star Totally Tubular Orange Sherbet	3.0 fl oz	Frozen Products
North Star Vanilla Frozen Yogurt, Plastic	3.0 fl oz	Frozen Products
Rich's Ice Cream, Birthday Cake Cone	3 fl oz (70 g)	Frozen Products
Rich's Ice Cream, Chocolate & Vanilla Cone	3 fl oz	Frozen Products
Rich's Ice Cream, Chocolate Lowfat Frozen Dairy Snack	1 cup (50 g)	Frozen Products
Rich's Ice Cream, Chocolate Shortcake Bar - Lowfat	3 fl oz	Frozen Products
Rich's Ice Cream, Chocolate/Vanilla Lowfat Frozen Dairy Snack	1 cup (50 g)	Frozen Products
Rich's Ice Cream, Creamy Cotton Candy Bar	2.5 fl oz	Frozen Products
Rich's Ice Cream, Crumbled Cookie Cone (Cone is 51% whole grain)	3 fl oz (70 g)	Frozen Products
Rich's Ice Cream, Frozen Fruit Punch (Tropical Punch Flavored Juice Pop)	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Fudge Frenzy	2.5 fl oz	Frozen Products
Rich's Ice Cream, Low Fat Vanilla Sandwich	3 fl oz	Frozen Products
Rich's Ice Cream, Orange Cream Bar	2.5 fl oz	Frozen Products

ITEM	Serving size (weight)	Category
Rich's Ice Cream, Orange Polar Pole	2.75 fl oz	Frozen Products
Rich's Ice Cream, Rainbow Polar Pole	2.75 fl oz	Frozen Products
Rich's Ice Cream, Sour Cyclone - Blue Raspberry	3.75 fl oz	Frozen Products
Rich's Ice Cream, Sour Swell	2.5 fl oz	Frozen Products
Rich's Ice Cream, Strawberry Lowfat Frozen Dairy Snack	1 cup (50 g)	Frozen Products
Rich's Ice Cream, Strawberry Shortcake Bar - Lowfat	3 fl oz	Frozen Products
Rich's Ice Cream, Vanilla Lowfat Frozen Dairy Snack	1 cup (50 g)	Frozen Products
Ridgefield's Sidekicks 100 % Fruit Juice (Kiwi-Strawberry Mfr. # 2014; Strawberry-Mango Mfr. # 2015; SourCherry-Lemon Mfr. # 2016; BlueRaspberry-Lemon Mfr. # 2009)	4.4 fl oz (127 g) (130 ml)	Frozen Products
Slush Puppie, Juice 100, concentrate for smoothies or slushy drinks (Approved flavors: Tangerine Lime, Watermelon Strawberry, Mango, Strawberry Lemonade, Kiwi Strawberry, Blue Raspberry, and Cherry) diluted to 9 oz portion	9 oz portion	Frozen Products
Smoothie King, 10 oz Smart Snack Smoothies (only approved for the following flavors: Angel Food, Berry Punch, Caribbean Way, Island Impact, Lemon Twist - Strawberry, Strawberry Kiwi Breeze, and Strawberry X-Treme)	10 oz	Frozen Products
Snowie Smart Syrup	2 oz (57 g)	Frozen Products
Wells Food Service, Blue Bunny, Banana Fudge Bomb Pop Jr. (Item #1099364; UPC #70640-01537)	1 pop (44 g)	Frozen Products
Wells Food Service, Blue Bunny, FrozFruit Chunky Pineapple (Item #1050488; UPC #70640-01383)	1 bar (124 g)	Frozen Products
Wells Food Service, Blue Bunny, FrozFruit Chunky Strawberry (Item #1050495; UPC #70640-01384)	1 bar (121 g)	Frozen Products
Wells Food Service, Blue Bunny, Fudge Bar (Item #1027703; UPC #70640-30009)	1 bar (92 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Chocolate & Vanilla Ice Cream Cup (Item #1097064; UPC #70640-01393)	1 unit (51 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Vanilla Fudge Swirl Ice Cream Cone (Item #1098045; UPC #70640-01528)	1 cone (49 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Vanilla Ice Cream Sandwich (Item #1097801; UPC #70640-01445)	1 sandwich (55 g)	Frozen Products
Wells Food Service, Blue Bunny, Orange Dream Bar (Item #1027728; UPC #70640-30069)	1 bar (73 g)	Frozen Products
Wells Food Service, Blue Bunny, Strawberry Sundae Crunch Bar (Item #1097993; UPC #70640-01446)	1 bar (67 g)	Frozen Products
Dannon Activia (all flavors)	4 oz cup (113 g)	Dairy Products
Dannon DanActive (all flavors)	3.1 fl oz (1 bottle)	Dairy Products
Dannon Danimals Smoothies (all flavors)	3.1 fl oz (100 g)	Dairy Products
Dannon Danimals, Nonfat Yogurt (all flavors)	4 oz (113 g)	Dairy Products
Dannon Light 'n Fit Nonfat (all flavors)	6 oz (170 g)	Dairy Products

ITEM	Serving size (weight)	Category
Flavored milk, chocolate, strawberry, etc. (fat free)	8 fl oz containers	Dairy Products
Low-fat milk, skim milk, and non-dairy milk (low-fat or fat free)	8 fl oz containers	Dairy Products
Yoplait GoGurt Portable Yogurt -- Strawberry Splash and Berry Blue Blast	1 tube (64 g)	Dairy Products
Yoplait Light Nonfat Yogurt -- Strawberry	170 g container	Dairy Products
Yoplait Lowfat Yogurt -- Trix (all flavors)	113 g container	Dairy Products
Yoplait Whips! Low Fat Yogurt -- (Cherry Cheesecake, Key Lime Pie, Lemon Burst, Mango, Orange Crème, Peaches 'n Cream, Raspberry Mousse, Strawberry Mist)	113 g container	Dairy Products
Yoplait, Go Big Yogurt, Strawberry	1 package (113 g)	Dairy Products
Beanitos - The Original Bean Puff - Hot Chili Lime (Product Code #9708)	0.7 oz	Chips/Pretzels/Other Snacks
Beanitos - The Original Bean Puff - Real Cheesy (Product Code #9707)	0.7 oz	Chips/Pretzels/Other Snacks
Beanitos - The Original Bean Puff - White Cheddar (Product Code #9709)	0.7 oz	Chips/Pretzels/Other Snacks
Boulder Canyon - Baked Hot Fries	1 oz (28.4 g)	Chips/Pretzels/Other Snacks
Boulder Canyon, Baked Cheese Fries	1 oz (28.4 g)	Chips/Pretzels/Other Snacks
Cheetos, Reduced Fat Flamin' Hot Puffs (Product Code #21912)	0.7 oz (19.8 g)	Chips/Pretzels/Other Snacks
Cheetos, Whole Grain Rich Flamin' Hot Cheese Flavored Snacks	0.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
Eagle, Popped Crisps, BBQ Flavor	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
Eagle, Popped Crisps, Sour Cream & Onion Flavor	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
Fresh Kids, All Natural Pretzel Stix - Whole Grain & Honey Kissed	1 oz (28.3 g)	Chips/Pretzels/Other Snacks
Frito Lay, Cheetos Fantastix® Chili Cheese Corn and Potato Snacks	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Cheetos Fantastix® Flamin' Hot Corn and Potato Snacks	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Cheetos Puffs Flamin' Hot	0.7 oz	Chips/Pretzels/Other Snacks
Frito Lay, Cheetos Trax Crackers	0.87 oz	Chips/Pretzels/Other Snacks
Frito Lay, Cheetos, Baked, Whole Grain - (White Cheddar, Flamin' Hot, Crunchy varieties)	0.875 oz	Chips/Pretzels/Other Snacks
Frito Lay, Doritos Flamas Tortilla Chips, Reduced Fat	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Doritos Wild White Nacho Tortilla Chips, Reduced Fat	1 oz	Chips/Pretzels/Other Snacks
Frito Lay, Munchies, Munch Mix Snack Mix	0.875 oz	Chips/Pretzels/Other Snacks
Frito Lay, Oven Baked Lay's Barbecue	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Oven Baked Lay's Original	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Oven Baked Lay's Sour Cream & Onion	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Oven Baked Ruffles® Cheddar & Sour Cream Ridged Potato Crisps	0.8 oz (22.7 g)	Chips/Pretzels/Other Snacks

ITEM	Serving size (weight)	Category
Frito Lay, Reduced Fat Cheetos® Mellow Puffs	0.7 oz (19.8 g)	Chips/Pretzels/Other Snacks
Frito Lay, Reduced Fat Doritos® Cool Ranch	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Reduced Fat Doritos® Nacho Cheese	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Reduced Fat Doritos® Spicy Sweet Chili Flavored Tortilla Chips	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito Lay, Reduced Fat Tostitos® Crispy Rounds	.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
Frito Lay, Smartfood Delight Popcorn - White Cheddar	0.5 oz (14.2 g)	Chips/Pretzels/Other Snacks
Frito Lay, SunChips Garden Salsa Snack Mix	.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
Frito Lay, Tostitos® Oven Baked Scoops	1 oz (28 g)	Chips/Pretzels/Other Snacks
Frito-Lay, Inc., Funyuns, Onion Flavored Rings, Baked Not Fried	3/4 oz (21.2 g)	Chips/Pretzels/Other Snacks
General Mills Cinnamon Toast Crunch Cereal Crisps	1 oz (28 g)	Chips/Pretzels/Other Snacks
General Mills Hot & Spicy Chex	0.92 oz	Chips/Pretzels/Other Snacks
General Mills Simply Chex Cheddar	0.92 oz	Chips/Pretzels/Other Snacks
General Mills Simply Chex Chocolate Caramel	1.03 oz	Chips/Pretzels/Other Snacks
General Mills Simply Chex Strawberry Yogurt	1.03 oz	Chips/Pretzels/Other Snacks
Good Natured Selects - Baked Vegetable Crisps - Ranch Flavored	1 oz (28.4 g) bag	Chips/Pretzels/Other Snacks
J&J Snack Foods-SuperPretzel® 51% Whole Wheat Pretzel Rods (Product Code #31012)	1 oz (28 g)	Chips/Pretzels/Other Snacks
Kettle Brand Bakes Potato Chips (Sea Salt and Sea Salt & Vinegar flavors)	0.8 oz (23 g)	Chips/Pretzels/Other Snacks
Pepperidge Farm Goldfish Made with Whole Grain Pretzel	0.75 oz pouch	Chips/Pretzels/Other Snacks
Pirate's Booty - Baked Rice and Corn Puffs, Aged White Cheddar - B&G Foods, Inc.	0.7 oz (21 g)	Chips/Pretzels/Other Snacks
Pirate's Booty - Baked Rice and Corn Puffs, Aged White Cheddar - B&G Foods, Inc.	1 oz (28 g)	Chips/Pretzels/Other Snacks
Popchips, Barbeque Potato	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popchips, Crazy Hot	.7 oz (20 g)	Chips/Pretzels/Other Snacks
Popchips, Sea Salt & Vinegar Potato	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popchips, Sour Cream & Onion Potato	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popcorn Indiana - Kettlecorn, Sweet & Salty	1 oz (28 g)	Chips/Pretzels/Other Snacks
Popcorners - Cheesy Jalapeno	1.1 oz pkg (32 g)	Chips/Pretzels/Other Snacks
Popcorners - Kettle flavor	1.1 oz pkg (32 g)	Chips/Pretzels/Other Snacks
Quaker® - Kid's Mix Snack Mix	.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
Rold Gold® Hartzels Pretzels	0.7 oz	Chips/Pretzels/Other Snacks
Salvéo Cheddar & Bacon Fries	1 bag (28 g)	Chips/Pretzels/Other Snacks

ITEM	Serving size (weight)	Category
Salvéo Cheese Balls	1 bag (21 g)	Chips/Pretzels/Other Snacks
Salvéo Hot & Spicy Fries	1 bag (28 g)	Chips/Pretzels/Other Snacks
Salvéo Tater Pops, Cinnamon & Sugar Sweet Potato	1 bag (23 g)	Chips/Pretzels/Other Snacks
Salvéo Tater Pops, Peppercorn Ranch Tater Pops	1 bag (23 g)	Chips/Pretzels/Other Snacks
Salvéo Tater Pops, Sea Salt Sweet Potato	1 bag (23 g)	Chips/Pretzels/Other Snacks
Salvéo Tater Pops, Sea Salt Tater Pops	1 bag (23 g)	Chips/Pretzels/Other Snacks
Salvéo Tater Pops, Sweet Thai Chili Tater Pops	1 bag (23 g)	Chips/Pretzels/Other Snacks
Smartfood Delight Sea Salted Caramel Popcorn	0.5 oz (14.17g)	Chips/Pretzels/Other Snacks
Snikiddy Baked Fries - Barbeque, Bold Buffalo, Cheddar Cheese, Hot & Spicy	1 oz (28 g)	Chips/Pretzels/Other Snacks
Snikiddy Baked Puffs - Grilled Cheese, Mac n' Cheese	1 oz (28 g)	Chips/Pretzels/Other Snacks
Snyder's of Hanover - Whole Grain Mini Pretzels - Fat Free	0.92 oz bag	Chips/Pretzels/Other Snacks
Sunchips Harvest Cheddar Snack Mix (Product #30820)	0.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Applewood Barbeque Flavored Pops (Item #274297)	0.88 oz (25 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Cheesy Cheese Flavored Puffs (Item #240183)	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Jalapeno Cheddar Flavored Puffs (Item #240184)	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Original with Sea Salt Waves (Item #274231)	0.67 oz (19 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Sweet & Salty Kettle Corn	1 oz bag (28 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Sweet Cinnamon Flavored Waves (Item #274295)	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
The Whole Earth - Zesty Ranch Flavored Waves (Item #274296)	0.78 oz (22 g)	Chips/Pretzels/Other Snacks
Vic's Corn Popper - White Cheddar Popcorn	5/8 oz (17 g)	Chips/Pretzels/Other Snacks
Appleways Soft Oatmeal Bars - Apple , Blueberry Pomegranate, Chocolate, Strawberry	1.2 oz size only	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Betty Crocker Butterscotch Oatmeal Bar	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Betty Crocker Chocolate Chip Oatmeal Bar	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Buena Vista Foods, Whole Grain Muffins (Apple Cinnamon, Banana, Blueberry, Double Chocolate Chip, Cherry, Orange, Sweet Potato Chip varieties only)	1.8 oz muffin	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Clif Kid "Z" Bar - Chocolate Brownie, Chocolate Chip, or Honey Graham	1.27 oz (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Cornmeal Super Star, Whole Grain (Product Code #150 WG)	1.65 oz (47 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Apple Cinnamon Mini Muffin (Product Code #WG382)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Banana Mini Muffin (Product Code #WG381)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Blueberry Mini Muffin (Product Code #WG380)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products

ITEM	Serving size (weight)	Category
Dave's Baking Company, Whole Grain Brownie Cup (Product Code #126 WG)	1.7 oz (48 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Chocolate Chip Mini Muffin (Product Code #WG385)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Double Chocolate Mini Muffin (Product Code #WG370)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Orange Mini Muffin (Product Code #WG340)	1.9 oz (54 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
E S Foods, Apple Cinnamon Granola (ESF-16198)	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
E S Foods, Blueberry Granola (ESF-16201)	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
E S Foods, Crunchy Granola (Code #16195)	1.25 oz (35.4 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fiber One Chewy Bars, Oats & Chocolate	1.4 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fieldstone Bakery, Totally Multigrain Baked Apple Cinnamon Bar	1.21 oz (35 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fieldstone Bakery, Totally Multigrain Baked Banana Bread Bar	1.21 oz (35 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fieldstone Bakery, Totally Multigrain Baked Brown Sugar Cinnamon Bar	1.21 oz (35 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Cinnamon Toast Crunch Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Cocoa Puffs Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Golden Graham Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Team Cheerios Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Trix Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Great Value (Wal-Mart Brand) Chocolate Chunk Chewy Granola Bar	1 bar (24 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Apple Flip (No Icing), A la carte only (#1052)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Apple Flip, A la carte only (#1062)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Apple Flip, A la carte only, Individually wrapped (#1052IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Cinnamon Roll (No Icing), A la carte only (#0675)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Cinnamon Roll (No Icing), A la carte only, Indiv wrap (#0670IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only (#1675)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products

ITEM	Serving size (weight)	Category
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1670IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1674IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Guava Strawberry Flip (No Icing), A la carte only (#1050)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Guava Strawberry Flip, A la carte only, Indiv wrap (#1050IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Mango Flip (No Icing), A la carte only (#1053)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Mango Flip, A la carte only, Individually wrapped (#1053IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Sweet Potato Swirl Roll (No Icing), A la carte only, Indiv wrap (#0370IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, 100% Whole Grain Sweet Potato Swirl Roll, A la carte only, Indiv wrap (#1370IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Horizon Snack Foods, Lowfat Fruit Pockets, Apple	1.87 oz (53 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Horizon Snack Foods, Lowfat Fruit Pockets, Cherry	1.87 oz (53 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
I.M. Healthy Granola	1 package (32 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
I.M. Healthy Granola with Fruit	1 package (32 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Cranberry Orange #40450	1 bar/1.25 oz (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Maple Brown Sugar #40452	1 bar/1.25 oz (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Oatmeal Spice #40451	1 bar/1.25 oz (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® TLC® Chewy Granola Bars - Honey Almond Flax	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® TLC® Chewy Granola Bars - Peanut Peanut Butter	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® TLC® Chewy Granola Bars - Trail Mix	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Krave S'Mores - Whole Grain Cereal	1 pouch (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Apple Cinnamon	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Blueberry	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Cherry	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Mixed Berry	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products

ITEM	Serving size (weight)	Category
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Raspberry	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Strawberry	37 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Reduced Sugar Cereal, Apple Jacks	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Reduced Sugar Cereal, Froot Loops	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's Reduced Sugar Cereal, Frosted Flakes Multigrain	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Cocoa Krispies Chewy Cereal Bar	38 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Rice Krispies Chewy Cereal Bar - Apple Cinnamon	36 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Rice Krispies Chewy Granola Bar - Berry	1.27 oz (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Dark Chocolate Chunk	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Maple Pumpkin Seeds with Sea Salt	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Oats & Honey with Toasted Coconut	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Peanut Butter Dark Chocolate	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Vanilla Blueberry	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kirkland - Soft & Chewy Granola Bars, Chocolate Chip	0.85 oz (24 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Backpacker Chewy Oatmeal Bites Chocolate Chip (Product Code 47295000)	35 g pouch	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Backpacker Chewy Oatmeal Bites S'mores (Product Code 47296000)	35 g pouch	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Crisps - Chocolate Chip	1.2 oz (34 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Crisps, Cinnamon	1.2 oz pkg (34 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Trail Mix Bars - Cranberry & Pomegranate	1 bar (32 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Trail Mix Bars - Dark Chocolate & Nut	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Trail Mix Bars - Fruit & Nut	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker 25% Less Sugar Chewy Granola Bars - all flavors	24 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker Chewy 90 Calorie Granola Bars - all flavors	1 bar (24 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products

ITEM	Serving size (weight)	Category
Quaker Chewy Granola Bar - Maple Brown Sugar (Product Code # 31441)	36 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker Chewy Granola Bar, Cookies N Cream	1.37 oz (39 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker Chewy Granola Bars - all flavors	24 g	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker® Soft Baked Bars - Banana Bread	1 bar (42 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker® Soft Baked Bars - Cinnamon Pecan Bread	1 bar (42 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Cinnamon Swirl (Code Number: WCSW1160)	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Corn Mini Muffin (Code Number: CBLD196)	1.5 oz (42.5 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Fortified Mini Donut (Code Number: FWD1120)	1.4 oz (39.68 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Jalapeno Corn Bread Muffin (Code Number: JCBLD196)	1.5 oz (42.5 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Breakfast Bar (Code Number: HWB12596)	1.4 oz (39.69 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Breakfast Bun (Code Number: MWB5180)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Cinnamon Roll (Code Number: WNCW150)	1.5 oz (43 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Pan Dolce/Concha, Assorted Topping (Code Number: WPDC196)	1.1 oz (31 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Apple Mini Muffin (Product Code: WMAPL196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Banana Mini Muffin (Product Code: WMBAN196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Blueberry Mini Muffin (Product Code: WMBLU196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Chocolate Chip Mini Muffin (Code Number: WMCHCH196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Cranberry Orange Mini Muffin (Code Number: WMCRO196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Strawberry Mini Muffin (Code Number: WMSTW196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Zucchini Carrot Mini Muffin (Code Number: ZBLA1.7 oz196)	1.7 oz (48 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Super Bakery 0.8 oz Goodyman Whole Grain Crispy Rice (SBI Code # 9430)	0.8 oz (23 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Annie's Honey Bunny Grahams Whole Grain Snack Pack	1 oz snack pack	Cookies/Crackers/Breads
Appleways Blueberry Lemon Bites	1 oz	Cookies/Crackers/Breads
Appleways Cinnamon Bites	1 oz	Cookies/Crackers/Breads

ITEM	Serving size (weight)	Category
Appleways Vanilla Wafer	1 oz	Cookies/Crackers/Breads
Appleways Waffle Snaps, Whole Grain Apple Cinnamon	1.0 oz (28 g)	Cookies/Crackers/Breads
Appleways Waffle Snaps, Whole Grain Strawberry	1.0 oz (28 g)	Cookies/Crackers/Breads
Bake Crafters - Mini Treats, Alphabet, Whole Grain, Packs (Manufacturer's Code: 525)	1.1 oz (31 g) pack	Cookies/Crackers/Breads
Biscomerica, Basil's Animal Snackers, Whole Grain (Biscomerica Corporation) Item #20012	1 package (28 g)	Cookies/Crackers/Breads
Biscomerica, Basil's Cinnamon Toast Bites, Whole Grain (Biscomerica Corporation) Item #20044	1 package (28 g)	Cookies/Crackers/Breads
Biscomerica, Basil's Li'l Sports Snackers Whole Wheat (Biscomerica Corporation) Item #20045	1 package (23 g)	Cookies/Crackers/Breads
Biscomerica, Basil's Mini Chocolate Chip Kookies, Whole Grain (Biscomerica Corporation) Item #20020	1 package (31 g)	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Cookies (Chocolate Chip, Double Fudge Varieties)	1 oz cookie	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Cookies (Christmas Tree, Holiday Star, Green Egg, Sugar Star, Party, Patriotic Star, Pumpkin, Shamrock, Turkey, Valentines, Yellow Star Varieties)	1.2 oz cookie	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Low Fat Brownie Bite	1.3 oz	Cookies/Crackers/Breads
Crave-n-Rave, Spikerz, Spicy Cracker Bites, Nacho Cheese	0.9 oz (26 g)	Cookies/Crackers/Breads
Crave-n-Rave, Spikerz, Spicy Cracker Bites, Ranch	0.9 oz (26 g)	Cookies/Crackers/Breads
Dick & Jane Smart Cookies (Presidents, States & Capitals, English & Spanish)	0.88 oz (25 g)	Cookies/Crackers/Breads
E S Foods, Cinnamon Mini Animal Grahams (Code #16192)	1 oz	Cookies/Crackers/Breads
E S Foods, Wheat Crackers (Code #16199)	1 oz	Cookies/Crackers/Breads
E S Foods, Whole Grain Animal Crackers, Original (Code #16190)	1 oz	Cookies/Crackers/Breads
Epic Harvest LLC, Whole Grain Equivalent Chocolate Chip Cookie (Code 22508FIW)	1.5 oz	Cookies/Crackers/Breads
Epic Harvest LLC, Whole Grain Equivalent Chocolate Chocolate Chip Cookie (Code 22501FIW)	1.5 oz	Cookies/Crackers/Breads
Epic Harvest LLC, Whole Grain Equivalent Festive Chip Cookie (Code 22526FIW)	1.5 oz	Cookies/Crackers/Breads
Epic Harvest LLC, Whole Grain Equivalent Snickerdoodle Cookie (Code 22509FIW)	1.5 oz	Cookies/Crackers/Breads
Epic Harvest LLC, Whole Grain Equivalent Sugar Cookie (Code 22510FIW)	1.5 oz	Cookies/Crackers/Breads
Grandma's Mini Chocolate Chip Cookies (Whole Grain)	1.22 oz pkg (34.5 g)	Cookies/Crackers/Breads
J&J Snack Foods - Readi-Bake Benefit WG Chocolate Chip Cookies (Reduced Fat) (#04911)	1 oz cookie	Cookies/Crackers/Breads
J&J Snack Foods - Readi-Bake Benefit WG Sugar Cookies (Reduced Fat) (#04915)	1 oz cookie	Cookies/Crackers/Breads
J&J Snack Foods - Readi-Bake, Chocolate Graham 51% Whole Grain Pre-Packaged Belly Bears (Product Code #016070)	1 oz package	Cookies/Crackers/Breads

ITEM	Serving size (weight)	Category
J&J Snack Foods - Whole Grain Jungle Crackers (Product Code # 039085)	1 package (28 g)	Cookies/Crackers/Breads
JSB Industries, Smart Choice Chocolate Chip Cookies (Item # 56191)	1 oz	Cookies/Crackers/Breads
JSB Industries, Smart Choice Sugar Cookies (Item #56192)	1 oz	Cookies/Crackers/Breads
Keebler® Animal Cracker Crackers (NLI #12336)	1 oz (28 g)	Cookies/Crackers/Breads
Keebler® Bug Bites® Cinnamon Graham Crackers (NLI #07621)	1 package (28 g)	Cookies/Crackers/Breads
Keebler® Elf® Grahams - Chocolate (NLI #07628)	1 package (28 g)	Cookies/Crackers/Breads
Keebler® Elf® Grahams - Cinnamon (NLI #07626)	1 package (28 g)	Cookies/Crackers/Breads
Keebler® Elf® Grahams - Original (NLI #07627)	1 package (28 g)	Cookies/Crackers/Breads
Keebler® Gripz™ - Cinnamon Graham Crackers (NLI #07629)	0.9 oz (25 g)	Cookies/Crackers/Breads
Keebler® Scooby-Doo!™ Graham Cracker Sticks - Cinnamon (NLI #10594)	1 package (28 g)	Cookies/Crackers/Breads
Keebler® Zesta - Mini Saltine Crackers (NLI #12314)	1 pouch-0.39 oz (11g)	Cookies/Crackers/Breads
Kellogg's Rice Krispies Treats, Chocolatey Chip (Whole Grain)	1 bar, 1.59 oz (45 g)	Cookies/Crackers/Breads
Kellogg's Rice Krispies Treats, Original (Whole Grain)	1 bar, 1.4 oz (40 g)	Cookies/Crackers/Breads
Kellogg's Special K Cracker Chips, Cheddar	25 g pkg only	Cookies/Crackers/Breads
Kellogg's Special K Cracker Chips, Sea Salt	25 g pkg only	Cookies/Crackers/Breads
Kellogg's Special K Cracker Chips, Sour Cream and Onion	25 g pkg only	Cookies/Crackers/Breads
Kellogg's Special K Popcorn Chips, Sweet and Salty	28 g	Cookies/Crackers/Breads
Linden's Smart Snacks Cookies (Chocolate Chip, Butter Crunch, Fudge Chip, Oatmeal Raisin, Mini Chocolate Chippers, Mini Butter Crunchers)	1.1 oz (31.2 g)	Cookies/Crackers/Breads
MJM Lava Bites-Whole Grain Smoked Chile Savory Crackers (MJM #881155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Tomato Basil Whole Grain Crackers (MJM #802155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Herb Crackers (MJM #803155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Pizza Crackers (MJM #804155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Wheat Crackers (MJM #801155)	22 g	Cookies/Crackers/Breads
MJM Super Wholesome All-Sports Bites - Vanilla or Chocolate Grahams	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Apple Cinnamon Bear Grahams (MJM #403001)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Apple Cinnamon Waffle Grahams (MJM #423001), Whole Grain	28 g package	Cookies/Crackers/Breads
MJM Super Wholesome Chocolate Bear Grahams (MJM #402001)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Cinnamon Grahams (MJM #308151)	28 g	Cookies/Crackers/Breads

ITEM	Serving size (weight)	Category
MJM Super Wholesome Dino Bites - Vanilla (MJM #524150)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Honey Grahams - 2g Fiber (MJM #300151)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Lemon Dinosaur Grahams (MJM #409001)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Maple Waffle Grahams (MJM #408001), Whole Grain	28 g package	Cookies/Crackers/Breads
MJM Super Wholesome Sound Bites - Vanilla or Chocolate Raspberry Grahams	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Strawberry Dinosaur Grahams (MJM #407001)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Strawberry Waffle Grahams (MJM #405001), Whole Grain	28 g package	Cookies/Crackers/Breads
MJM Super Wholesome Sunrise Bites-Maple (MJM #570150)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Tropical Treats-Orange (MJM #551150)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Vanilla Bear Grahams (MJM #404001)	28 g	Cookies/Crackers/Breads
Nabisco Honey Maid Lil Squares	30 g	Cookies/Crackers/Breads
Nabisco Teddy Grahams Chocolate	28 g	Cookies/Crackers/Breads
Nabisco Teddy Grahams Cinnamon	28 g	Cookies/Crackers/Breads
Nutritional Choices, 100% Whole Grain Animal Crackers	1.1 oz (31 g) pack	Cookies/Crackers/Breads
Otis Spunkmeyer/Aryzta, Cookie Dough, Chocolate Chip, Whole Wheat, Reduced Fat (Code #55670)	1 oz cookie	Cookies/Crackers/Breads
Pepperidge Farm Cheddar Goldfish made with Whole Grain	0.75 oz (21 g)	Cookies/Crackers/Breads
Pepperidge Farm Flavor Blasted Goldfish - Hot 'N Spicy Cheddar Made With Whole Grain	0.75 (21 g) pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Baked with Whole Grain French Toast	1.0 oz pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Baked with Whole Grain Honey Bun	1.0 oz pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Colors Cheddar Baked with Whole Grain	0.75 oz (21 g) pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Giant Grahams made with Whole Grain	0.9 oz (26 g)	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Grahams - Giant Cinnamon Goldfish Grahams Made with Whole Grain	0.9 oz (26 g) pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Grahams - Giant Oats and Honey Goldfish Grahams Made with Whole Grain	0.9 oz pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Grahams - Giant Vanilla Goldfish Grahams Made with Whole Grain	0.9 oz (26 g) pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Physedibles Baked Animal Crackers - Vanilla	0.75 oz (21 g)	Cookies/Crackers/Breads
Pepperidge Farm Goldfish Puffs - Mega Cheese	0.9 oz pouch	Cookies/Crackers/Breads
Pepperidge Farm Goldfish XTRA Cheddar Baked with Whole Grain Snack Crackers	0.75 oz (21 g) package	Cookies/Crackers/Breads
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Chocolate (UPC # 0-09535-00004-2)	1.02 oz (29 g) bag	Cookies/Crackers/Breads

ITEM	Serving size (weight)	Category
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Chocolate Chip (UPC # 0-09535-00003-5)	0.92 oz (26 g) bag	Cookies/Crackers/Breads
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Cinnamon (UPC # 0-09535-00005-9)	0.95 oz (27 g) bag	Cookies/Crackers/Breads
Skeeter Nut-Free Chocolate Grahams	1 bag (1.16 oz)	Cookies/Crackers/Breads
Skeeter Nut-Free Cinnamon Blitz	1 bag (28 g)	Cookies/Crackers/Breads
Skeeter Nut-Free Cinnamon Grahams (#03114)	1 bag (28 g)	Cookies/Crackers/Breads
Skeeter Nut-Free Honey Grahams (#03176)	1 bag (28 g)	Cookies/Crackers/Breads
Snackwell's Mini Chocolate Chip Cookie Bites (made with whole grain wheat flour)	1.06 oz (30 g)	Cookies/Crackers/Breads
Sunshine Cheez-It Baked Snack Crackers (12 g of whole grain)	1 oz (28 g)	Cookies/Crackers/Breads
Sunshine Cheez-It Baked Snack Crackers (9 g of whole grain)	0.75 oz (21 g)	Cookies/Crackers/Breads
Wild Mike's Whole Grain Maple Filled Breadsticks (I.W. 10005)	1.4 oz (41 g)	Cookies/Crackers/Breads
Zee Zee's Grahamz, Whole Grain	1 oz bag (28.4 g)	Cookies/Crackers/Breads
Frito-Lay In Shell Pistachios Salted (1 package without shells = about 25 g)	1.75 oz (includes shell)	Nuts/Seeds
Frito-Lay Salted Peanuts	1 oz	Nuts/Seeds
Planters Salted Peanuts	1 oz pkg (28 g)	Nuts/Seeds
Powersnacks Peanuts - Oil Roasted & Salted	1 oz	Nuts/Seeds
Powersnacks Sunflower Kernels - Oil Roasted & Salted	1 oz	Nuts/Seeds
Jack Links, 0.8 oz Original Chicken Strip	1 pkg (22 g)	Meat Snacks
Jack Links, 0.85 oz Beef Jerky (Original, Teriyaki, and Peppered flavors)	1 pkg (24 g)	Meat Snacks
Western's Smokehouse, Smart Stix, Premium Meat Snack Sticks (Original, Jalapeno, Bar-B-Que, Sweet & Sassy, and Hickory Smoked Flavors)	21 g (0.75 oz)	Meat Snacks