

The A-List

"A-acceptable" Vending Items Listed by Product and Manufacturer

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT</i> <i>(g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
100% Fruit Juice						
<i>4U2U Brands, LLC</i>						
Fruit 66 (Fruit Punch, Apple Berry, Orange Tangerine, Strawberry Kiwi)	8	0 / 0%	0	23-24	94-95	Sysco Boston LLC
<i>Al's Beverage Company</i>						
Orchard Frost Slush (Blue Raspberry, Fruit Punch, Strawberry-Banana-Kiwi, Orange, Peach/Mango, Sour Green Apple, Red Cherry, White Lemonade)	8	0 / 0%	0	29	110	Western Mass: Al's Beverage Co.; Central and Eastern Mass: E. B. Thomsen Foodservice Inc.
<i>American Soy Products</i>						
Vruit Juice (Tropical Blend, Berry Veggie, Orange Veggie, Apple Carrot)	8.45	0 / 0%	0	26-29	110-120	United Natural Foods, Inc., Snack Essentials
<i>Apple & Eve</i>						
Fizz ed. (Pomegranet Cherry, Orange Mango, Green Apple, Red Raspberry)	8.4	0 / 0%	0	22-25	90-100	Thurston Foods, Inc., United Natural Foods, Inc., Costa Fruit & Produce
Fruit Juice 100% (Apple, Apple Grape, Cranberry Apple, Fruit Punch)	8.5	0 / 0%	0	26-32	110-130	PFG Springfield, United Natural Foods, Inc.
Fruit Juice 100% (Apple, Orange)	10	0 / 0%	0	33-34	138	Thurston Foods, Inc., New England Ice Cream Corp.
Fruit Juice 100% (Apple, White Grape Raspberry, Strawberry Kiwi, Very Berry, Fruit Punch, Cranberry Raspberry, Naturally Cranberry, Grape, Cranberry Apple)	6.8	0 / 0%	0	21-24	88-100	PFG Springfield
Fruit Juice 100% (Berry Medley, Fruit Punch)	10	0 / 0%	0	34-36	140-150	Thurston Foods, Inc.
Fruit Juice 100% (Elmo's Punch, Grovers White Grape, Big Birds Apple, Bert & Ernie's Berry)	4.2	0 / 0%	0	14-20	60-80	Thurston Foods, Inc., PFG Springfield, United Natural Foods, Inc.
Power Pouch 100% Juice (White Grape Strawberry, Fruit Punch)	6.8	0 / 0%	0	21	90	Thurston Foods, Inc., PFG Springfield
<i>Campbell Soup Company</i>						
Campbell's 100% Tomato Juice	11.5	0 / 0%	0	13.5	67	Contact local distributor (Available through Coca Cola Bottling Co., Vistar/VSA of Hartford, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Campbell's 100% Tomato Juice	5.5	0 / 0%	0	6.5	32	Contact local distributor (Available through Coca Cola Bottling Co., Sysco Boston LLC, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
V8 Juice	11.5	0 / 0%	0	14	60	Vistar/VSA of Hartford, Coca Cola Bottling Co. Info available through Pinnacle Food Brokers
V8 Juice	5.5	0 / 0%	0	7	30	Vistar/VSA of Hartford, Coca Cola Bottling Co., Sysco Boston LLC, Shaheen Brothers. Info available through Pinnacle Food
V8 V.Fusion (Strawberry Banana, Peach Mango)	12	0 / 0%	0	42	170-180	Contact local distributor. Available through Coca Cola Bottling Co., Sysco Boston LLC. Info available through Pinnacle Food
V8 V.Fusion (Tropical Orange)	12	0 / 0%	0	42	170-180	Contact local distributor. Available through Coca Cola Bottling Co. Info available through Pinnacle Food Brokers

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Coca-Cola Company

Minute Maid 100% Juice (Apple, Orange, Mixed Berry Blend, Grape, Fruit Medley)	10	0 / 0%	0	34-40	138-150	Contact local distributor
Minute Maid 100% Juice Boxes (Apple, Orange, Mixed Berry Blend, Grape Blend, Fruit Medley)	6.75 (1 box)	0 / 0%	0	23-27	93-101	Contact local distributor (Also available through Coca Cola Bottling Co.)
Minute Maid 100% Juices (Grape, Orange Tropical, Fruit Medley, Mixed Berry)	11.5 (1 can)	0 / 0%	0	42-46	170-190	Contact local distributor (Also available through Coca Cola Bottling Co.)
Minute Maid 100% Pure Juice (Orange, Apple)	12 (1 bottle)	0 / 0%	0	41-42	165	Contact local distributor (Also available through Coca Cola Bottling Co.)

Country Pure Foods, Inc.

Ardmore Farms 100% Juice Cups (Orange, Apple, Grape, Fruit Juice Blend)	6	0 / 0%	0	20-28	80-120	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, New England Ice Cream Corp., Pioneer Dairy, Sysco Boston LLC
Ardmore Farms 100% Juice Cups or K Pak (Orange, Apple, Grape, Pineapple, Orange-Pineapple, Fruit Juice Blend)	4	0 / 0%	0	13-18	50-90	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, New England Ice Cream Corp., Pioneer Dairy, Sysco Boston LLC
Ardmore Farms 100% Juice Eco Cartons (Orange, Apple, Grape, Orange-Pineapple, Fruit Juice Blend)	6	0 / 0%	0	20-28	80-120	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, New England Ice Cream Corp., Pioneer Dairy, Sysco Boston LLC
Ardmore Farms 100% Juice Eco Cartons (Orange, Apple, Grape, Pineapple, Orange-Pineapple, Fruit Juice Blend)	4	0 / 0%	0	13-18	50-80	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, New England Ice Cream Corp., Pioneer Dairy, Sysco Boston LLC

Florida's Natural

Fruit Juice 100% (Orange, Apple, Grape, Kiwi Strawberry, Apple Grape, Fruit Medley)	11.5	0 / 0%	0	41-58	160-230	Vistar/VSA of Hartford, Sultana Super Vend, Anpesil Distributors
Fruit Juice 100% (Orange, Apple, Grape, Orange/Pineapple, Grapefruit)	10	0 / 0%	0	30-50	120-200	Vistar/VSA of Hartford, Sultana Super Vend, Anpesil Distributors

Gregory Packaging Inc.

Suncup 100% Juice Carton (Orange, Apple)	8	0 / 0%	0	29	110-114	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Carton (Orange, Apple, Grape, Fruit Punch, Orange/Pineapple, Apple/Cherry)	6	0 / 0%	0	22-29	83-116	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Carton (Orange, Grapefruit, Apple, Grape, Fruit Punch, Pineapple, Orange/Pineapple)	4	0 / 0%	0	11-19	50-77	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Cup (Orange, Grapefruit, Apple, Grape, Fruit Punch, Pineapple, Orange/Pineapple)	6	0 / 0%	0	17-29	83-116	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Cup (Orange, Grapefruit, Apple, Grape, Fruit Punch, Prune, Pineapple, Tomato, Orange/Grapefruit, Orange/Pineapple)	4	0 / 0%	0	5-24	20-93	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston

Guida's Milk & Ice Cream

Guida's 100% Florida Orange Juice	8	0 / 0%	0	28	120	Contact local distributor
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Hansen Beverage Company

Hansen's Natural Juice Slam (Awesome Apple, Burstin' Berry, Strawberry Banana, Totally Tropical)	4.23	0 / 0%	0	23-29	90-120	United Natural Foods, Inc.
Hansen's Natural Organic Juice Slam (Organic Apple, Organic Fruit Punch)	4.23	0 / 0%	0	24	100	United Natural Foods, Inc.
Hansen's Natural Organic Junior Juice (Organic Apple, Organic Berry Medley)	4.23	0 / 0%	0	15	60	United Natural Foods, Inc.

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Health Fusion Brands, Inc.

Riptide Split (Banzai Berry, Mondo Mango) 12 0 / 0% 0 21 80 Health Fusion Brands, Inc.

Island Slush, Inc.

Island Slush 100% Fruit Juice (Blue Raspberry, Strawberry Kiwi, Fruit Punch, Green Watermelon, Pina Colada) 8 0 / 0% 0 28 132 Island Slush, Inc.

Izze Beverage Company

Izze Sparkling Juice (Sparkling Blackberry) 8 0 / 0% 0 19-25 80-100 Polar Beverages, Snack Essentials, Sysco Boston LLC, New England Ice Cream Corp.
Izze Sparkling Juice (Sparkling Pomegranate) 8 0 / 0% 0 24 100 Polar Beverages, Snack Essentials
Izze Sparkling Juice (Sparkling Apple, Sparkling Clementine) 8 0 / 0% 0 23 90 Polar Beverage, Sysco Boston LLC, New England Ice Cream Corp.
Izze Sparkling Juice (Sparkling Pear, Sparkling Grapefruit) 8 0 / 0% 0 19-25 80-100 Polar Beverages, Snack Essentials

J&J Snack Foods Corp.

Icee Frozen 100% Juice Smoothie (Grape, Cherry, Blue Raspberry, Strawberry Banana) 8 0 / 0% 0 27-28 110 Icee Branch

Juice Bowl Products, Inc.

Juice Bowl (Apple, Orange, Grape, Fruit Punch, Strawberry Kiwi) 4.2 0 / 0% 0 14-18 60-70 Juice Bowl Beverages
Juice Bowl (Apple, Orange, Grape, Fruit Punch, Strawberry Kiwi, Orange Pineapple) 11.5 0 / 0% 0 39-46 140-200 Juice Bowl Beverages
Juice Bowl (Orange, Apple, Grape, Fruit Punch) 6.8 0 / 0% 0 23 90-100 Juice Bowl Beverages

Knouse Foods, Inc

Musselman's Apple Juice with Vitamin C 5.5 (1 can) 0.08 / 2% 0 11 47 Contact local distributor (Available through U.S. Foodservice-Peabody, Sysco Boston LLC, PFG NorthCenter)

Kraft Foodservice

Capri Sun 100% Juice Fruit Waves (Fruit Dive, Apple Splash, Berry Breeze) 6.75 0 / 0% 0 24-25 100 Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
VeryFine 100% Apple Juice 11.5 0 / 0% 0 43 170 Contact local distributor. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.
VeryFine 100% Grape Juice 11.5 0 / 0% 0 54 220 Contact local distributor. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.
VeryFine 100% Juice (Cranberry, White Grapefruit) 10 0 / 0% 0 27-49 110-200 Contact local distributor. (Available through Sysco Boston LLC)
VeryFine 100% Juice (Fruit Punch, Banana Madness, Twisted Cherry, Crazy Kiwi, Apple Strawberry) 11.5 0 / 0% 0 43-46 180-190 Contact local distributor. (Available through Thurston Foods, Inc., Shaheen Brothers)
VeryFine 100% Juice (Orange, Grape, Apple) 10 0 / 0% 0 27-49 110-200 Contact local distributor. Available through Vistar/VSA of Hartford, Sysco Boston LLC
VeryFine 100% Orange Juice 11.5 0 / 0% 0 42 170 Contact local distributor. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.

Libby's

Juicy Juice (Berry, Punch, Grape, Apple) 4.23 0 / 0% 0 15-16 60-70 New England Ice Cream Corp., Cirelli Foods Inc., Costa Fruit & Produce
Juicy Juice (Berry, Punch, Grape, Apple) 6.75 0 / 0% 0 23-25 100-110 New England Ice Cream Corp., Cirelli Foods Inc., Costa Fruit & Produce
Juicy Juice (Kiwi Strawberry, Orange Strawberry, Strawberry Banana) 6.75 0 / 0% 0 24-27 100-110 New England Ice Cream Corp., Cirelli Foods, Inc., Costa Fruit & Produce
Juicy Juice (Kiwi Strawberry, Orange Tangerine) 4.23 0 / 0% 0 15-17 60-70 New England Ice Cream Corp., Cirelli Foods, Inc., Costa Fruit & Produce

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M&B Products, Inc.

Mr. J Premium Pasteurized Orange Juice	10	0 / 0%	0	33	130	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Calcium-fortified Orange, Fruit Blend, Orange/Pineapple, Grape, Apple)	6	0 / 0%	0	21-28	90-120	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Calcium-fortified Orange, Orange/Pineapple, Fruit Blend, Grape, Apple)	4	0 / 0%	0	14-19	60-80	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Florida Orange)	4	0 / 0%	0	15	60	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Florida Orange)	6	0 / 0%	0	22	90	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Fruit Blend, Orange/Pineapple, Grape, Apple)	6	0 / 0%	0	21-28	90-120	New England Ice Cream Corp.
Mr. J. Mini-Sip 100% Juice Pouches (Orange, Pineapple, Tropical Fruit Blend, Orange/Pineapple, Grape, Grapefruit, Apple)	4	0 / 0%	0	12-19	50-80	New England Ice Cream Corp.

Menu Select

Juice Cup (Orange, Apple, Grape, Fruit Punch)	4	0 / 0%	0	13-19	50-60	United Commodity Group
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Odwalla

Pure Juice (Orange, Grapefruit, Apple, Carrot, Tangerine!)	10	0 / 0%	0	18-38	87-150	Odwalla
Smoothies (Blackberry Fruitshake, Strawberry Banana)	10	0 / 0%	0	38-45	162-187	Odwalla
Smoothies (Mango Tango)	10	1 / 6%	0.5	34	150	Odwalla

PepsiCo Beverages & Foods

Dole 100% Juice (Apple, Orange)	11.5	0 / 0%	0	39	158	Contact local distributor
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R. W. Knudsen

100% Juice Boxes (Grape, Lemonade, Organic Pear, Organic Apple, Razzleberry, Tropical Punch)	8	0 / 0%	0	28-32	120-130	United Natural Foods, Inc., Millbrook Distribution
Spritzer (Black Cherry, Boysenberry, Cranberry, Ginger Ale, Grape, Lemon Lime, Mandarin Lime, Peach, Red Raspberry, Strawberry, Tangerine, Vanilla Crème)	12	0 / 0%	0	37-45	160-190	Snack Essentials
Spritzer Sparkling Juice (Jamaican Lemonade, Orange Passionfruit)	12	0 / 0%	0	40-41	160-170	United Natural Foods, Inc.

Ridgefield's

Ridgefield's 100% Fruit Juice Fruit Smoothies (Blue Raspberry, Strawberry, Kiwi-Berry, Sour Apple, Cherry, Lemonade)	8	0 / 0%	0	32	130	Ridgefield's, Costa Fruit & Produce, Thurston Foods, Inc.
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Ronnie's Slush Company

Ronnie's Super-Juiced Slush Cups (Sour Cherry)	4	0 / 0%	0	30	98	New England Ice Cream Corp.
Ronnie's Super-Juiced Slush Cups (Wild Cherry, Lemon, Blue Raspberry)	6	0 / 0%	0	32	150	New England Ice Cream Corp.

Sambazon

Organic Acai Smoothie Supergreens Revolution	10.5	7 / 24%	1	43	260	Cirelli Foods Inc.
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Slush Puppie Brands

Slush Puppie Plus 100% Fruit Juice Slush (Orange, Tropical Fruit Punch, Cherry Lime, Watermelon, Lemon Lime, Cherry, Kiwi Strawberry, Blue Raspberry)	8	0 / 0%	0	30-32	120	Garber Brothers Inc.
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Snapple Beverage Co.

Snapple 100% Juiced (Grape, Fruit Punch, Green Apple, Orange Mango) 11.5 0 / 0% 0 14-15 160-170 Contact local distributor (Available through Atlas Distributing Inc., Polar Beverage, Lesco Distributing, Specialty Beverage)

Swirl Brands, LLC

Swirl Frozen Fruit Juice (Blue Raspberry, Strawberry, Orange Mango, Sour Apple, Strawberry Kiwi, Raspberry Lemonade, Blue Coconut, Banana, Black Cherry, Cherry Limeade, Strawberry Banana, Cherry, Grape, Tropical Blue Punch, Watermelon) 8 0 / 0% 0 29 110 New England Swirl-Western, MA; Swirl Lee-Eastern, MA

Swirl Natural (Orange Papaya, Mixed Berries, Lemonade) 8 0 / 0% 0 29 110 New England Swirl-Western, MA; Swirl Lee-Eastern, MA

Swirl to go! (Strawberry Kiwi, Orange Mango) 4 0 / 0% 0 15 55 New England Swirl-Western, MA; Swirl Lee-Eastern, MA

Swirl to go! (Strawberry Kiwi, Orange Mango) 6 0 / 0% 0 22 85 New England Swirl-Western, MA; Swirl Lee-Eastern, MA

Swirl to go! (Strawberry Kiwi, Orange Mango) 8 0 / 0% 0 29 110 New England Swirl-Western, MA; Swirl Lee-Eastern, MA

The Ceres Fruit Juices Co.

Ceres 100% Pure Fruit Juice Blend (Mango, Medley of Fruits) 6.75 0 / 0% 0 25-26 101-110 United Natural Foods, Inc.

The Switch Beverage Co.

The Switch Carbonated 100% Juice (Black Cherry, Grape, Orange Tangerine) 8.3 0 / 0% 0 33-36 125-140 Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing

The Switch Carbonated 100% Juice (Fruit Punch) 8.3 0 / 0% 0 33-36 125-140 Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing

The Switch Carbonated 100% Juice (Kiwi Berry) 8.3 0 / 0% 0 33 125 Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing, New England Ice Cream Corp.

The Switch Carbonated 100% Juice (Watermelon Strawberry) 8.3 0 / 0% 0 35 130 Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing, New England Ice Cream Corp.

Tropical Paradise Inc.

Cool Tropics 100% Juice Slush (Blue Raspberry, Fruit Punch, Green Watermelon, Kiwi Strawberry, Pina Colada) 8 0 / 0% 0 15 60 Garelick Farms, Costa Fruit & Produce, PFG Springfield or contact Dispenser Services

Rips by Cool Tropics 100% Juice Slush (Kiwi Strawberry Splash, Cool Blue Razz) 5.75 0 / 0% 0 32-33 130-140 Sysco Boston LLC, Garelick Farms, Costa Fruit & Produce, Thurston Foods, Inc., PFG Springfield, PFG North Center,

Tropicana Products, Inc.

Tropicana 100% Juice (Apple, Fruit Punch) 6.75 (pouch) 0 / 0% 0 21-26 90-120 Contact local distributor

Tropicana 100% Juice (Apple, Ruby Red Grapefruit) 10 (1 bottle) 0 / 0% 0 28-33 110-140 Contact local distributor. (Available through Sysco Boston LLC)

Tropicana 100% Juice (Orange) 10 (1 bottle) 0 / 0% 0 28-33 110-140 Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford)

Tropicana 100% Juice (Orange, Apple) 11.5 0 / 0% 0 32-38 127-161 Contact local distributor (Available through Vistar/VSA of Hartford)

Tropicana 100% Juice (Orange, Apple) 8 (bottle) 0 / 0% 0 26-27 110 Contact local distributor

Tropicana 100% Juice (Orange, Apple) 8 (carton) 0 / 0% 0 26-27 110 Contact local distributor

Tropicana Healthy Kids Orange Juice 8 (carton) 0 / 0% 0 26 110 Contact local distributor

Tropicana Pure Premium Juice (Apple) 6 (1 Carton) 0 / 0% 0 20 80 Contact local distributor

Tropicana Pure Premium Juice (Orange) 6 0 / 0% 0 20 80 Contact local distributor. Available through Sysco Boston LLC

Tropicana Smoothie (Mixed Berry, Strawberry Banana, Tropical Fruit) 11 0 / 0% 0 53-54 220 Contact local distributor. Available through Sysco Boston LLC

Waddajuice

WaddaBlast (Lemon, Fruit Punch, Watermelon) 8 0 / 0% 0 14 50 Waddajuice

Waddajuice (Apple, Wildberry, White Grape) 8 0 / 0% 0 14-20 50-80 Waddajuice

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Welch Foods Inc.

Welch's 100% Juice (Apple, Grape, Orange, White Grape Cherry)	10	0 / 0%	0	36-53	140-210	Vistar/VSA of Hartford
Welch's 100% Juice (Apple, Orange, White Grape Cherry, White Grape Berry)	11.5	0 / 0%	0	41-51	161-207	Vistar/VSA of Hartford
Welch's 100% Juice Kosher Certified (Apple, Grapefruit, Orange)	5.5	0 / 0%	0	17-20	70-80	Vistar/VSA of Hartford
Welch's 100% Juice Kosher Certified (Apple, Grapefruit, Orange, White Grape Peach, White Grape Cherry, White Grape Berry)	10	0 / 0%	0	32-49	130-200	Vistar/VSA of Hartford
Welch's Naturals (Funky Fruit Punch, Blueberry Grape Groove, Peach Planet, Berry Slide)	10	0 / 0%	0	26	100	Vistar/VSA of Hartford

Wyman's

Wyman's Wild Blueberry Juice	10	0 / 0%	0	35	153	United Natural Foods, Inc.
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Chips and Pretzels

Bachman Company, The

Kidzels Pretzels	0.8	1.5 / 14%	0	19	100	United Commodity Group
Kidzels Pretzels	1	1.5 / 11%	0	23	120	Contact local distributor or The Bachman Company
Lite Popcorn	0.4	0.5 / 10%	0	8	45	Contact local distributor or The Bachman Company
Mini Pretzels	1	0 / 0%	0	24	110	Contact local distributor or The Bachman Company
Natural Pretzel Stix (Cheddar)	1	1 / 8%	0	22	110	Contact local distributor or The Bachman Company
Natural Pretzel Stix (Original, Butter)	1	1 / 9%	0	20	100	Contact local distributor or The Bachman Company
Pita Pretzel Squares	0.9	0.5 / 5%	0	21	100	United Commodity Group
Sour Dough Specials (pretzels)	1	1 / 8%	0	22	110	Contact local distributor or The Bachman Company

Bake Crafters Food Company

Alphabet Pretzels Packs	0.7	1 / 12%	0	15	77	New England Ice Cream Corp., Costa Fruit & Produce
Honi Munchables Snack Mix	0.7	3 / 30%	1	14	90	New England Ice Cream Corp., Costa Fruit & Produce

Barrel O'Fun Snack Food Company

Jonny Rapp Baked Fries (Cheddar & Bacon)	1	4 / 28%	0.5	20	130	New England Ice Cream Corp.
Jonny Rapp Cheese Balls	0.75	4 / 36%	0	15	100	New England Ice Cream Corp., Thurston Foods Inc.
Jonny Rapp Cheesy O's	0.75	4 / 36%	0	15	100	Thurston Foods, Inc.
Jonny Rapp Chips (Bacon Cheddar, Hot)	1	5 / 35%	0.5	19	130	Vistar/VSA of Hartford, Thurston Foods, Inc., New England Ice Cream Corp.
Jonny Rapp Chips (Ketchup)	1	4 / 28%	0.5	20	130	Thurston Foods, Inc.
Jonny Rapp Kettle Corn	1	3.5 / 26%	0	21	120	New England Ice Cream Corp.
Jonny Rapp Lite White Popcorn	1	5 / 35%	0.5	18	130	New England Ice Cream Corp.
Jonny Rapp Stix O'Cheese	1	4 / 26%	0.5	19	140	New England Ice Cream Corp., Thurston Foods, Inc.
Jonny Rapp Stix O'Fire	1	5 / 35%	0.5	19	130	New England Ice Cream Corp., Thurston Foods, Inc.
Rachel's Baked BBQ Potato Thin Crisps	1.1	3.5 / 23%	0.5	24	140	Thurston Foods, Inc.
Rachel's Baked Cheddar & Sour Cream Potato Thin Crisps	0.9	2.5 / 21%	0	19	110	Thurston Foods, Inc.
Rachel's Baked Cheddar & Sour Cream Potato Thin Crisps	1.1	3.5 / 23%	0.5	24	140	Thurston Foods, Inc.
Rachel's Baked Potato Thin Crisps	0.9	2 / 16%	0	20	110	Thurston Foods, Inc.
Rachel's Baked Potato Thin Crisps	1.1	2.5 / 16%	0	26	140	Thurston Foods, Inc.
Rachel's Baked Sour Cream & Onion Potato Thin Crisps	1.1	3.5 / 23%	0.5	24	140	Thurston Foods, Inc.
Rachel's Puffed Multi Grain Crisps (Apple Cinnamon, Caramel, Cheddar)	0.5	2 / 30%	0	10	60	New England Ice Cream Corp.
Rachel's Wavy Multigrain Chips (Plain, Cheddar)	1	4 / 35%	0	19	110	Thurston Food, Inc., New England Ice Cream Corp.

Brothers All Natural

Brothers-All-Natural Potato Crisps (Szechuan Pepper and Fresh Chives)	0.4	0 / 0%	0	8	35	Brothers All Natural
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California Nuggets, Inc.

Roasted Toasted Corn Chompers (Smoke-n BBQ, Xtreme-Ranch, Chile-Xplosion)	0.8	2 / 21%	0.3	17	84	California Nuggets, Inc.
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Campbell Soup Company

Goldfish Pretzels	0.75	2 / 20%	0	15	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, U.S. Foodservice, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
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Classic Foods, Inc.

Baked Classics Potato Crisps (Sour Cream & Onion, Mesquite Barbecue)	0.5	1 / 20%	0	9	45	Classic Foods Incorporated, Thurston Foods, Inc.
Baked Classics Potato Crisps (Sour Cream & Onion, Mesquite Barbecue)	1	1.5 / 15%	0	19	90	Classic Foods Incorporated
California Classics (Hot & Crunchy Cheese Curls, Cheese Balls)	0.75	3.5 / 32%	0.5	15	100	Classic Foods Incorporated
Stoned Classics Blue Tortilla Chips	1.25	7 / 39%	1	23	160	Classic Foods Incorporated
White Cheddar Popcorn	0.67	3 / 34%	0.5	12	80	Classic Foods Incorporated

Cracker Jack

Caramel Popcorn (Original)	0.9	1.5 / 14%	0	21	100	Contact local distributor. Available through Costa Fruit & Produce
Caramel Popcorn (Original)	1.25	2.5 / 15%	0	30	150	Contact local distributor

Dale and Thomas Popcorn

Popcorn, Indiana All Natural Kettlecorn Popcorn	1	5 / 35%	0	21	130	Vistar/VSA of Hartford, New England Ice Cream Corp., Sysco Boston LLC
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Doctor Kracker

Doctor Kracker Klassic 3 Seed Snack Chips	1	5 / 38%	1	13	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Pumpkin Cheddar Snack Chips	1	4.5 / 34%	1.5	12	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Seeded Spelt Snack Chips	1	6 / 45%	0.5	12	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Seedlander Snack Chips	1	4.5 / 34%	2	15	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Spelt Sunflower Seed Cheddar Snack Chips	1	6 / 45%	1.5	12	120	United Natural Foods, Inc., Dr. Kracker

FoodShouldTasteGood

Tortilla Chips (Multigrain, Jalapeno, Olive)	1	7 / 45%	0.5	18-19	140	Sysco Boston LLC
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PORTION SIZE TOTAL FAT (g) / SAT FAT CARB CALS DISTRIBUTOR
(oz) % calories from fat (g) (g)

Frito-Lay

Baked! Cheetos Cheese Flavored Snacks (Crunchy and Crunchy Flamin' Hot)	1	5 / 35%	1	19	130	Contact local distributor (Available through Thurston Foods, Inc.)
Baked! Cheetos Cheese Flavored Snacks (Crunchy)	0.88	4.4 / 35%	0.88	16.7	114	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, Vistar/VSA of Hartford)
Baked! Doritos Flavored Tortilla Chips (Cooler Ranch)	0.75	2.5 / 25%	0	16	90	Contact local distributor (Available through Vistar/VSA of Hartford, Thurston Foods, Inc.)
Baked! Doritos Flavored Tortilla Chips (Nacho Cheese)	0.75	2.5 / 25%	0	16	90	Contact local distributor. Available through Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods, Inc.
Baked! Lay's Flavored Potato Crisps (Sour Cream & Onion, Cheddar & Sour Cream)	1	3 / 23%	0-0.5	21-22	120	Contact local distributor
Baked! Lay's Flavored Potato Crisps (KC Masterpiece BBQ)	1	3 / 23%	0.5	22	120	Contact local distributor. Available through Costa Fruit & Produce
Baked! Lay's Flavored Potato Crisps (KC Masterpiece BBQ)	1.12	3.4 / 23%	0	21-22	134	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford, Thurston Foods, Inc.)
Baked! Lay's Flavored Potato Crisps (Sour Cream & Onion)	1.12	3.4 / 23%	0	21-22	134	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Baked! Lay's Potato Crisps (Original)	1	1.5 / 12%	0	23	110	Contact local distributor.(Available through Costa Fruit & Produce)
Baked! Lay's Potato Crisps (Original)	1.12	1.7 / 12%	0	23	123	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Baked! Ruffles Flavored Potato Crisps (Cheddar & Sour Cream)	1.1	3.4 / 21%	0-1	27-28	146	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods,
Baked! Ruffles Potato Crisps (Original)	1	3 / 23%	0	21	120	Contact local distributor
Baked! Ruffles Potato Crisps (Original)	1.1	3.3 / 23%	0.5	23	132	Contact local distributor (Available through Thurston Foods, Inc.)
Baked! Tostitos	1	1 / 8%	0	24	110	Contact local distributor
Baked! Tostitos Scoops	0.88	2.5 / 20%	0	19	110	Contact local distributor (Available through Costa Fruit & Produce)
Cheetos Cheese Snacks Crunchy Fun Size	0.6	6 / 54%	2	10	100	Contact local distributor
Cheetos Fantastix! (Chili Cheese)	1	5 / 35%	1	19	130	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Cheetos Fantastix! (Original)	1	5 / 35%	1	19	130	Contact local distributor
Doritos Flavored Tortilla Chips Fun Size (Nacho Cheese)	0.6	4.5 / 51%	1	10	80	Contact local distributor. Available through Costa Fruit & Produce
Funyuns Onion Flavored Rings	0.78	5 / 41%	1	14	110	Contact local distributor. Available through Costa Fruit & Produce, Sysco Boston LLC
Lay's Light Potato Chips (Original)	1	0 / 0%	0	18	75	Contact local distributor. Available through Sysco Boston LLC.
Lay's Potato Chips Fun Size (KC Masterpiece BBQ)	0.5	6 / 68%	2	9	80	Contact local distributor
Lay's Potato Chips Fun Size (Regular)	0.5	5 / 56%	2	8	80	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Munchies Kids Snack Mix	1	4.5 / 31%	1	20	130	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Reduced Fat Doritos Flavored Tortilla Chips (Cooler Ranch)	1	5 / 35%	1	18	130	Contact local distributor. Available through Costa Fruit & Produce, Sysco Boston LLC
Reduced Fat Doritos Flavored Tortilla Chips (Nacho	1	5 / 35%	1	18-19	130	Contact local distributor. Available through Costa Fruit & Produce
Rold Gold Heartzels	1	1 / 8%	0	23	110	Contact local distributor
Rold Gold Tiny Twists Pretzels	0.5	0.5 / 8%	0	11.5	55	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.)
Rold Gold Tiny Twists Pretzels	1	1 / 8%	0	23	110	Contact local distributor (Available through Costa Fruit & Produce, Vistar/VSA of Hartford)
Ruffles Light Potato Chips (Original)	1 (bag)	0 / 0%	0	17	75	Contact local distributor
Smart Food Reduced Fat White Cheddar Popcorn	0.5	3.5 / 45%	0.75	8	70	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Sun Chips Flavored Multigrain Snacks (French Onion)	1 (bag)	6 / 39%	1-1.5	18-20	140	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

Sun Chips Flavored Multigrain Snacks (Garden Salsa)	1	6 / 39%	1	19	140	Contact local distributor (Available through Costa Fruit & Produce)
Sun Chips Flavored Multigrain Snacks (Harvest Cheddar, Original)	1 (bag)	6 / 39%	1-1.5	18-20	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods,

Genisoy Food Company

Genisoy Soy Crisps (Rich Cheddar Cheese, Tangy Salt 'N Vinegar)	1	3 / 25%	0	14	110	United Natural Foods, Inc.
Genisoy Soy Crisps (Zesty BBQ, Apple Cinnamon Crunch)	1	3 / 23%	0	17	120	United Natural Foods, Inc.

Handi Foods Ltd.

Pita Chips (Cinnamon)	0.7	2.5 / 25%	0	14	90	Handi Foods Ltd.
Pita Puffs (BBQ)	1	3 / 23%	0	20	120	Handi Foods Ltd.
Pita Puffs (BBQ, Habanero Hot, Cinnamon)	0.6	2 / 23%	0	13	80	Handi Foods Ltd.
Pita Puffs (Cinnamon)	1.25	3.5 / 20%	0	27	160	Handi Foods Ltd.
Pita Puffs (Habanero Hot)	1	3 / 21%	0	21	130	Handi Foods Ltd.
Pita Puffs (Ranch)	0.6	1.5 / 19%	0	13	70	Handi Foods Ltd.
Pita Puffs (Ranch, Pizza)	1	2 / 15%	0	21	120	Handi Foods Ltd.
Pita Puffs (Salsa)	0.6	2 / 26%	0	12	70	Handi Foods Ltd.
Pita Puffs (Salsa)	1	3 / 25%	0	21	110	Handi Foods Ltd.

Island Slush, Inc.

Kettle Korn	1.25	1.9 / 11%	0	29	150	Island Slush, Inc.
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J&J Snack Foods Corp.

Baked Pretzels	1	0 / 0%	0	16	70	Costa Fruit & Produce, PFG Springfield, Thurston Foods, Inc.
Soft Pretzel Rods	1	0 / 0%	0	16	70	Costa Fruit & Produce, PFG Springfield, Thurston Foods, Inc.
SUPERPRETZEL Whole Wheat Soft Pretzel Rods	1	0.5 / 6%	0	14	70	Contact local distributor. (Available through Costa Fruit & Produce)

KLN Enterprises

Vic's Gourmet Lite White Half Salt Popcorn	0.89	4.5 / 37%	0.5	16	110	New England Ice Cream Corp.
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Kraft Foodservice

Handi-Snacks Cheez'n Pretzels	1	3.5 / 32%	1.5	12	100	Contact local distributor
Ritz Chips (Original)	0.75	3.5 / 32%	1	15	100	Contact local distributor

Mars, Inc.

Combos Hot'n Spicy	1.06	5 / 35%	0	23	130	Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Combos Pizza	1.06	5 / 35%	0	23	130	Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Combos Pretzel	1.06	1 / 8%	0	23	110	Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company

Michael Season's Natural Snacks, LLC

Michael Season's Reduced Fat Potato Chips (Lightly Salted, Yogurt & Green Onion)	0.75	5 / 41%	1	13	110	United Natural Foods, Inc.
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New York Pretzel Co.

"Mini" Soft Pretzel	1.4	0 / 0%	0	23	108	New England Ice Cream Corp.
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Oogie's

Oogie's Gourmet Popcorn (Smoked Gouda)	1	7 / 48%	1	14	132	Info available through Market Dynamics Group, LLC
Oogie's Gourmet Popcorn (White Cheddar, Sun-Dried Tomato & Parmesan, Spicy Chipotle & Lime)	1	7 / 44%	1	16-17	142-143	Info available through Market Dynamics Group, LLC

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

PepsiCo Beverages & Foods, Quaker

Quakes Rice Snacks (Caramel Corn)	1	0.5 / 5%	0	23	100	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc. Costa Fruit & Produce)
Quakes Rice Snacks (Cheddar Cheese)	0.7	3 / 30%	0.5	14	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce)

Proctor & Gamble, Pringles

Pringles, Minis (Original, Sour Cream & Onion, Cheddar Cheese)	0.8	7 / 53%	2	12-13	120	Sysco Boston LLC
Pringles, Reduced Fat, Can	0.71	5 / 45%	1.4	14	100	Rhonda Creech

Regenie's All Natural Snacks

All Natural Crunchy Pita Chips (Bare Naked)	1	7 / 45%	1	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich,
All Natural Crunchy Pita Chips (Cinnamon Maple Sugar)	1	7 / 45%	1	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich,
All Natural Crunchy Pita Chips (Salsa Bandito)	1	7 / 45%	1	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich,
All Natural Crunchy Pita Chips (Spicy Thai with Lime, Garlic Parmesan)	1	7 / 45%	1	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich,
All Natural Crunchy Pita Chips (Tomato Basil Parmesan)	1	6 / 40%	0.5	17	135	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich,

Robert's American Gourmet

Pirates Booty (Cheddar)	0.5	3 / 39%	1	10	70	Elizabeth Fisher. (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Pirates Booty (Cheddar)	1	5 / 35%	1	18	130	Elizabeth Fisher, Contact local distributor (Available through New England Ice Cream Corp., Vistar/VSA of Hartford, Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Smart Puffs	0.75	5 / 41%	1	13	110	Elizabeth Fisher (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Veggie Booty	0.5	3 / 39%	0.5	9	70	Elizabeth Fisher (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)

School Time Foods

Xtreme O's Fire 'N Spice Snacks	0.7	2.5 / 25%	0	12	90	School Time Foods
Xtreme O's Nacho Grande Snacks	0.7	2.5 / 25%	0	12	90	School Time Foods

Snikiddy Snacks

Grilled Cheese Puffs	1	5 / 38%	1	17	120	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc.
Pizza Pie Puffs	0.6	3 / 34%	0	12	80	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc.
Rockin' Ranch Puffs	0.6	3 / 34%	0	11	80	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc.

Snyder's of Hanover

Butter Snaps	0.5	0.5 / 8%	0	12	56	Original Pizza of Boston
Mini Pretzels	0.5	0 / 0%	0	12	53	Original Pizza of Boston
Multigrain 100 Calorie Pack Sunflower Chips (French Onion)	0.7	4 / 36%	0.5	14	100	Vistar/VSA of Hartford
Multigrain 100 Calorie Pack Sunflower Chips (Southwestern Cheddar)	0.7	4.5 / 41%	0.5	14	100	Vistar/VSA of Hartford
Sourdough Nibblers	0.5	0 / 0%	0	12	53	Original Pizza of Boston

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Stacy's Pita Chips

Pita Chips (Multigrain)	1	6 / 39%	1	17	140	Contact local distributor
Pita Chips (Parmesan Garlic Herb, Cinnamon and Sugar)	1	5 / 32%	1	19-20	140	Contact local distributor
Pita Chips (Simply Naked)	1	5 / 35%	1	19	130	Contact local distributor
Stacy's Bagel Chips	1	2.5 / 19%	0	20	120	Sysco Boston LLC, US Foodservice-Everett, Costa Fruit & Produce, New England Ice Cream Corp.
Sweet BBQ Thin Crisps (Soy)	1	2 / 16%	0	17	110	Stacy's Pita Chips Co, Inc., Snyder's of Hanover, Peter D'Amico, Don Shapiro Produce, Sysco Boston LLC, Delectable Distributors, Big Sky Naturals, B.N. Soda, Barber Brothers, Jack Smiley, Kindall Confectionary, Costa Fruit & Produce
White Cheddar Cheese Thin Crisps (Soy)	1	2.5 / 21%	0	14	106	Stacy's Pita Chips Co, Inc., Snyder's of Hanover, Peter D'Amico, Don Shapiro Produce, Delectable Distributors, Big Sky Naturals, B.N. Soda, Barber Brothers, Jack Smiley, Kindall Confectionary, Costa Fruit & Produce

Sugar Foods Corporation

Super Snax Pretzel Poppers (Blazin' Hot)	0.75	2.5 / 28%	0	14	80	Thurston Foods, Inc. Info available through Benchmark Sales
Super Snax Pretzel Poppers (Cool Ranch, Cheezy Nacho, Zesty Pizza)	0.75	2.5 / 28%	0	14	80	Thurston Foods, Inc., Sysco Boston LLC. Info available through Benchmark Sales

Terra Chips, The Hain Celestial Group Inc.

Terra Blue Potato Chips	1	6 / 39%	1	17	140	Contact local distributor or Terra Chips
Terra Chips (Mediterranean, Original, Zesty Tomato)	1	7 / 45%	0.5-1	18	140	Contact local distributor or Terra Chips
Terra Red Bliss Potato Chips (Original, Fine Herbs, Sun Dried Tomato & Balsamic Vinegar)	1	7 / 45%	1	18	140	Contact local distributor or Terra Chips
Yukon Gold Potato Chips (Onion & Garlic, Salt & Pepper, Salt & Vinegar)	1	5 / 35%	0.5-1	19-20	130	Contact local distributor or Terra Chips
Yukon Gold Potato Chips (Original)	1	7 / 48%	1.5	18	130	Contact local distributor or Terra Chips

The Cape Cod Potato Chip Co.

Cape Cod Potato Chips (40% Reduced Fat)	0.5	3 / 42%	0.2	9	65	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper, Costa Fruit & Produce
Cape Cod Potato Chips (40% Reduced Fat)	0.75	4.5 / 41%	0.4	14	98	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Costa Fruit & Produce, Vistar/VSA of Hartford, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Beachside BBQ)	0.5	4.5 / 54%	0.2	9	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Classic)	0.5	4 / 48%	0.2	9	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Robust Russet)	0.5	4 / 48%	0.2	8	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Sea Salt & Cracked Pepper-Nantucket Spice)	0.5	3.5 / 45%	0.2	8	70	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper

The Inventure Group, Inc.

Poore Brothers 40% Reduced Fat Original Kettle Chips	1.25	7 / 42%	1	18	150	New England Ice Cream Corp.
T.G.I. Friday's Baked Onion Rings	1.25	7 / 37%	1	24	170	New England Ice Cream Corp.
T.G.I. Friday's Quesadilla Snack Chips (Cheese)	0.75	7 / 56%	1	13	113	New England Ice Cream Corp.

<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

The Snack Factory, Inc.

Pretzel Crisps (Original)

1	0 / 0%	0	21	100	Garber Brothers, Inc., Shattuck Sales Co.
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Tropical Nut & Fruit

Pretzel Balls

1.25	0.5 / 3%	0	29	140	Tropical Nut & Fruit
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Pretzel Twists

1.25	0.5 / 3%	0	29	140	Tropical Nut & Fruit
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Wachusett Potato Chip Co.

Potato Chips (0.5 oz)

0.5	5 / 64%	1.5	7	70	Wachusett Potato Chip Co., Inc.
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<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Crackers, Cookies, Cereal Bars, Cereal Bowls

Annie's Homegrown

Cheddar Bunnies Snack Crackers	1	7 / 42%	1	19	150	United Natural Foods Inc., Vistar/VSA of Hartford, Associated Buyers, Hillcrest Foods, Dole & Bailey, Snack Essentials
Chocolate Chip Bunny Grahams	1	4.5 / 29%	0	22	140	United Natural Foods, Inc.

Azar Nut Co.

Carnival Crunch	0.75	1.5 / 17%	0	16	80	Azar Nut Co. Info available through Pinnacle Food Brokers
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Bake Crafters Food Company

Alphabet Mini Cookies Pack	1.1	4 / 27%	1	22	132	New England Ice Cream Corp., Costa Fruit & Produce
Animal Cracker Packs	0.9	4 / 28%	1	22	127	New England Ice Cream Corp., Costa Fruit & Produce
Cereal Bar (Apple Cinnamon)	1.3	2.5 / 17%	1	25	130	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Cereal Bar (Strawberry)	1.3	2.5 / 19%	1	24	120	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Oatmeal Cookies	1	4 / 32%	2	19	113	New England Ice Cream Corp., Costa Fruit & Produce
Smarty's Cereal Mix (Apple Cinnamon)	0.9	3 / 30%	1	14	90	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Animal Cracker Packs	0.9	4 / 28%	1	21	130	New England Ice Cream Corp., Costa Fruit & Produce

Bakery on Main

Granola Bar, Gluten Free (Cranberry Maple Nut)	1.2	4 / 26%	0.5	24	140	United Natural Foods, Inc.
Granola Bar, Gluten Free (Peanut Butter Chocolate Chip, Extreme Trail Mix)	1.2	4.5 / 29%	1	23-24	140	United Natural Foods, Inc.

Barbara's Bakery, Inc.

Fig Bars (Raspberry, Whole Wheat, Wheat Free)	0.68	0 / 0%	0	13-14	60	United Natural Foods, Inc.
Fruit & Yogurt Bars (Apple Cinnamon, Blueberry Apple, Cherry Apple, Strawberry Apple)	1.5	3 / 18%	0	28	150	Snack Essentials, United Natural Foods, Inc.
Nature's Choice Cereal Bars (Apple Cinnamon)	1.3	2 / 13%	0	28	140	United Natural Foods, Inc.
Nature's Choice Cereal Bars (Blueberry, Cherry, Raspberry, Strawberry, Triple Berry))	1.3	2 / 12%	0	28-29	150	United Natural Foods, Inc.
Puffins Cereal & Milk Bars (Blueberry Yogurt)	1.3	1.5 / 9%	1	24	140	Snack Essentials
Puffins Cereal & Milk Bars (French Toast, Strawberry Yogurt)	1.3	1.5 / 10%	1	24	130	Snack Essentials
Puffins Cereal & Milk Bars (Peanut Butter Chocolate Chip)	1.3	3.5 / 23%	1.5	23	140	Snack Essentials
Snackimals (Chocolate Chip, Snickerdoodle)	1	4 / 30%	0	19	120	United Natural Foods, Inc.
Snackimals (Vanilla)	1	4 / 33%	0	17	110	United Natural Foods, Inc.
Snackimals (Wheat-Free Oatmeal)	1	5 / 38%	0	17	120	United Natural Foods, Inc.

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Best Maid Cookie Co.

Best Maid Cookie (Chocolate Chip, Chocolate Chip with M&M's)	1	3 / 25%	1	19	110	New England Ice Cream Corp.
Best Maid Cookie (Chocolate Chip, Chocolate Chip with M&M's)	1.3	4 / 25%	1.3	25	143	New England Ice Cream Corp.
Best Maid Cookie (Oatmeal Blueberry)	1	2.5 / 20%	0.5	18	110	New England Ice Cream Corp.
Best Maid Cookie (Oatmeal Blueberry)	1.3	3.3 / 20%	0.7	23	143	New England Ice Cream Corp.
Best Maid Cookie (Oatmeal Chocolate Chip)	1	3 / 27%	1	18	100	New England Ice Cream Corp.
Best Maid Cookie (Oatmeal Chocolate Chip)	1.3	4 / 27%	1.3	23	130	New England Ice Cream Corp.
Best Maid Cookie (Sugar)	1	2 / 18%	0.5	19	100	New England Ice Cream Corp.
Best Maid Cookie (Sugar)	1.3	3 / 18%	0.7	25	130	New England Ice Cream Corp.

Biscomerica Corp.

Basil's Bavarian Bakery Low Fat Animal Snackers	2	2 / 19%	0.5	18	97	Vistar/VSA of Hartford
Basil's Bavarian Bakery Low Fat Ginger Snaps	2	2.5 / 20%	1	20	110	Vistar/VSA of Hartford

Brookside Fruit Co., Inc.

Clodhoppers Crunch (Vanilla)	1.06	4.5 / 30%	1.5	22	135	Info available through Cotton, Cotton & Hill
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Campbell Soup Company

100 Calorie Cheddar Goldfish Crackers made with Whole Grain	0.75	3.5 / 32%	1	14	100	Sysco Boston LLC. Info available through Pinnacle Food Brokers
100 Calorie Chessman	0.71	3.5 / 32%	2	15	100	Costa Fruit & Produce. Info available through Pinnacle Food
100 Calorie Chocolate Chessman	0.74	3.5 / 32%	2	15	100	Costa Fruit & Produce. Info available through Pinnacle Food
100 Calorie Chocolate Chunk	0.74	3.5 / 32%	2	15	100	Costa Fruit & Produce. Info available through Pinnacle Food
100 Calorie Flavor Blasted Ranch Goldfish	0.75	3 / 27%	1	14	100	Costa Fruit & Produce. Info available through Pinnacle Food
100 Calorie Pretzel Goldfish	0.75	1.5 / 14%	0	17	100	Info available through Pinnacle Food Brokers
100 Calorie Soft Baked Oatmeal Raisin Cookie	0.8	3 / 27%	1	16	100	Costa Fruit & Produce. Info available through Pinnacle Food
Giant Goldfish Grahams (Chocolate)	0.9	3.5 / 26%	1	19	120	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Costa Fruit & Produce, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Giant Goldfish Grahams (Cinnamon)	0.9	4.5 / 34%	1	19	120	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Costa Fruit & Produce, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Goldfish Crackers (Cheddar)	0.75	4.5 / 41%	1	13	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, U.S. Foodservice, Thurston Foods, Inc., Shaheen Brothers) Info available through Pinnacle Food Brokers
Goldfish Crackers (Cheddar)	1	4.5 / 31%	1	19	130	Contact local distributor. Info available through Pinnacle Food Brokers
Goldfish Crackers (Parmesan)	0.75	3 / 27%	1	14	100	Contact local distributor (Available through U.S. Foodservice) Info available through Pinnacle Food Brokers
Goldfish PhysEdibles Baked Animal Crackers (Strawberry, Lemon)	0.9	4 / 30%	1	18	120	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Goldfish PhysEdibles Baked Animal Crackers (Vanilla)	0.9	4 / 30%	1	19	120	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce. Info available through Pinnacle Food
Hot & Spicy Cheddar Flavor Blasted Goldfish Crackers	0.75	3 / 27%	1	14	100	Contact local distributor. Available through Costa Fruit & Produce. Info available through Pinnacle Food Brokers
Kickin' Cool Ranch Flavor Blasted Goldfish Crackers	0.75	3 / 27%	1	14	100	Contact local distributor. Available through Costa Fruit & Produce. Info available through Pinnacle Food Brokers

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Clif Bar & Co.

Clif Nectar (Cranberry, Apricot & Almond)	1.6	6 / 32%	0.5	29	170	Snack Essentials
Clif Nectar (Dark Chocolate & Walnut; Lemon, Vanilla & Cashew)	1.6	6 / 33%	1.5	27	160	Snack Essentials
Luna Bar (Dulce de Leche)	1.7	3 / 15%	1	28	180	Snack Essentials
Luna Bar (Toasted Nuts 'n Cranberry)	1.7	4 / 21%	0.5	26	170	Snack Essentials
Z Bar (Chocolate Brownie)	1.3	3 / 23%	1	22	120	Snack Essentials
Z Bar (Chocolate Chip)	1.3	4 / 28%	1.5	24	130	Vistar/VSA of Hartford
Z Bar (Peanut Butter)	1.3	5 / 32%	1	20	140	Snack Essentials, Vistar/VSA of Hartford

Country Home Bakers, Inc.

Readi-Bake BeneFIT Cookies (Golden Sugar, Oatmeal Raisin, Chocolate Chip, Candy)	1	3.7 / 30%	1.2	18-19	111	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT Cookies (Golden Sugar, Oatmeal Raisin, Chocolate Chip, Candy)	1.3	5 / 30%	1.6	24-25	147	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston

D. F. Stauffer Biscuit Co., Inc.

Animal Crackers (Chocolate Graham)	1	3 / 23%	1	21	120	D. F. Stauffer Biscuit Co., Inc.
Fruit Bars (Blueberry, Strawberry)	1.3	3.5 / 23%	0.5	26	140	D. F. Stauffer Biscuit Co., Inc., Costa Fruit & Produce
Fruit Bars (Apple)	1.3	3.5 / 23%	0.5	26	140	D.F. Stauffer Biscuit Co.,Inc.

Darlington Farms

Chocolate Chip Cookies	1.4	7 / 37%	2	26	170	Sysco Boston LLC, PFG Springfield
Oatmeal Cookies	1.1	5 / 32%	1	21	140	Sysco Boston LLC, PFG Springfield
Sugar Cookies	1.1	6 / 39%	1.5	20	140	Sysco Boston LLC, PFG Springfield

enjoy life natural brands

Soft and Chewy Snack Bar (Caramel Apple)	1	2.5 / 20%	0	21	110	Garden Spot Distributors, Tree of Life NE, United Natural Foods,
Soft and Chewy Snack Bar (Cocoa Loco)	1	3.5 / 26%	1	22	120	Garden Spot Distributors, Tree of Life NE, United Natural Foods,
Soft and Chewy Snack Bar (Very Berry)	1	2.5 / 19%	0	22	120	Garden Spot Distributors, Tree of Life NE, United Natural Foods,
Soft Baked Cookies - 2pk (Chewy Chocolate Chip)	1	4.5 / 31%	1	21	130	Garden Spot Distributors, Tree of Life NE, United Natural Foods,
Soft Baked Cookies - 2pk (Snickerdoodle)	1	4.5 / 31%	0	21	130	Garden Spot Distributors, Tree of Life NE, United Natural Foods,

EssenSmart Cookies

Almond Delight Cookie	0.8	2 / 23%	0	12	78	EssenSmart Cookies
Almond Delight Cookie	1.85	4 / 21%	0	26	172	EssenSmart Cookies
Chocolate Chip Cookie	0.8	2 / 24%	0	12	74	EssenSmart Cookies
Chocolate Chip Cookie	1.85	4 / 22%	0	26	163	EssenSmart Cookies
Cinnamon Blast Cookie	1.85	6 / 27%	1	28	198	EssenSmart Cookies
Lemon Poppy Cookie	1.85	6 / 27%	1	28	198	EssenSmart Cookies
Lemon Poppy: Gluten-Free Cookie	0.8	1 / 13%	0	11	69	EssenSmart Cookies
Lemon Poppy: Gluten-Free Cookie	1.85	2 / 12%	0	24	152	EssenSmart Cookies
Oatmeal Raisin Cookie	1.85	6 / 28%	1	28	194	EssenSmart Cookies
Orange & Raisin Cookie	0.8	1 / 12%	0	13	73	EssenSmart Cookies
Sweet Ginger - Vegan Cookie	0.8	2 / 24%	0	11	74	EssenSmart Cookies
Vanilla Cookie	1.85	6 / 27%	1	28	198	EssenSmart Cookies

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Fieldstone Snacks

Apple Delights Cookies	2	5 / 30%	1.5	24	150	United Commodity Group
Fudge Cookies w/ Cream	2	6 / 36%	2	23	150	United Commodity Group
Marshmallow Rice Crisp Bars	2	2.5 / 23%	1.5	19	100	United Commodity Group
Oatmeal Cookies w/ Cream	2	7 / 37%	2	26	170	United Commodity Group
Strawberry Delights Cookies	2	5 / 30%	1.5	25	150	United Commodity Group

Flowers Specialty Breads

Royal Fruit & Cereal Bar (Mixed Fruit, Blueberry, Apple-Cinnamon)	1.3	2.5 / 19%	1	24	120	Info available through Pinnacle Food Brokers
Royal Fruit & Cereal Bar (Strawberry)	1.4	3 / 19%	1.5	27	140	Info available through Pinnacle Food Brokers
Royal Fruit & Pastry Bar (Apple-Cinnamon, Blueberry, Strawberry, Mixed Fruit)	1	2 / 18%	1	19	100	Info available through Pinnacle Food Brokers

Frito-Lay

Cheetos Cracker Trax	0.8	4 / 36%	0.5	15	100	Contact local distributor. Available through Costa Fruit & Produce
Lay's Cracker Crisps (Smooth Cheddar)	0.8	3 / 27%	1	17	100	Contact local distributor

Gak's Snacks

Organic Brownie Chip Cookie (Bulk packed)	1 (1 cookie)	5 / 35%	1	27	130	Gak's Snacks
Organic Brownie Chip Cookie (Individually wrapped)	1.4	7 / 35%	1.5	27	180	Gak's Snacks
Organic Chocolate Chip Cookie (Bulk packed)	1 (1 cookie)	6 / 39%	1	21	140	Gak's Snacks
Organic Oatmeal Cookie (Bulk packed)	1 (1 cookie)	4 / 30%	0	19	120	Gak's Snacks
Organic Oatmeal Cookie (Individually wrapped)	1.4	6 / 32%	0	26	170	Gak's Snacks

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

General Mills Bakeries & Foodservice

25% Less Sugar Cocoa Puffs - Bowlpak	0.86	1 / 10%	0	20	90	Contact local distributor
Apple Cinnamon Cheerios - Single-Serve Bowl	0.93	1.5 / 14%	0	22	100	Contact local distributor (Available through Costa Fruit & Produce)
Berry Berry Kix - Self-Serve Bowl	0.9	1.5 / 15%	0	20	90	Contact local distributor
Cascadian Farm Organic Chocolate Chip Chewy Granola Bar	1.2	3.5 / 23%	1	25	140	Contact local distributor. Available through Sysco Boston LLC
Cheerios - Bowlpak	0.93	1 / 13%	0	14	70	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Shaheen Brothers)
Cheerios Cereal On-the-Go	0.68	1 / 13%	0	14	70	Contact local distributor
Cheerios, Cereal in a Cup	1.38	2.5 / 16%	0.5	29	140	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford)
Cinnamon Toast Crunch - Bowlpak	1	3 / 23%	0.5	22	120	Contact local distributor (Available through Sysco Boston LLC, Shaheen Brothers)
Cinnamon Toast Crunch Cereal Bar	1.4	3.5 / 20%	0	28	160	Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.
Cinnamon Toast Crunch Cereal On-the-Go	1	3 / 23%	0.5	22	120	Contact local distributor
Cinnamon Toast Crunch Crisps	1	3 / 23%	0	22	120	Sysco Boston LLC, Costa Fruit & Produce
Cocoa Puffs - Self-Serve Bowl	0.9	1 / 9%	0	21	100	Contact local distributor
Cocoa Puffs Cereal Bar	1.4	4 / 20%	0.5	29	180	Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.
Cookie Crisps - Self-Serve Bowl	0.8	1 / 11%	0	19	80	Contact local distributor
Country Corn Flakes - Bowlpak	0.7	0 / 0%	0	16	70	Contact local distributor
Frosted Cheerios Bowlpak	1	1 / 8%	0	23	110	Contact local distributor
Fruity Cheerios Bowlpak	0.9	1 / 10%	0	21	90	Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.
Fruity Cheerios On-the-Go	0.86	1 / 10%	0	21	90	Contact local distributor
Golden Grahams Cereal - Bowlpak	1	1 / 8%	0	23	110	Contact local distributor (Available through Costa Fruit & Produce, Shaheen Brothers)
Golden Grahams Cereal On-the-Go	1	1 / 8%	0	23	110	Contact local distributor
Honey Nut Chex - Self-Serve Bowl	1.1	0.5 / 4%	0	27	120	Contact local distributor
Honey-Nut Cheerios - Bowlpak	1	1.5 / 12%	0	22	110	Contact local distributor (Available through Costa Fruit & Produce)
Kix - Bowlpak	0.6	0.5 / 8%	0	14	60	Sysco Boston LLC
Lucky Charms Cereal - Bowlpak	1	1 / 8%	0	23	110	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Shaheen Brothers)
Multi-Grain Cheerios - Bowlpak	0.68	1 / 13%	0	15	70	Contact local distributor (Available through Costa Fruit & Produce)
Nature Valley Chewy Granola Bar (Chocolate Chip)	1 (1 bar)	2.5 / 20%	0.5	21	110	Contact local distributor. Available through Sysco Hallsmith LLC
Nature Valley Chewy Granola Bar (Oatmeal Raisin)	1 (1 bar)	2 / 16%	0	21	110	Contact local distributor. Available through Sysco Hallsmith LLC
Nature Valley Crunchy Granola Bar (Apple Crisp)	1.5 (2 bars)	6 / 30%	0.5	29	180	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Nature Valley Crunchy Granola Bar (Cinnamon)	0.8 (1 bar)	3 / 30%	0	15	90	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc)
Nature Valley Crunchy Granola Bar (Maple Brown Sugar)	1.5 (2 bars)	6 / 30%	0	30	180	Contact local distributor (Available through Vistar/VSA of Hartford)
Nature Valley Crunchy Granola Bar (Oat & Honey)	1.5 (2 bars)	6 / 30%	0	29	180	Contact local distributor (Available through Vistar/VSA of Hartford, Costa Fruit & Produce, Sysco Boston LLC)
Nature Valley Crunchy Granola Bar (Oats 'N Honey)	0.74 (1 bar)	3 / 30%	0	15	90	Cirelli Foods Inc., Hallsmith Sysco, U.S. Foodservice-Peabody, Costa Fruit & Produce
Nature Valley Crunchy Granola Bar (Peanut Butter)	1.6 (2 bars)	7 / 35%	0	30	180	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford)
Nature Valley Fruit & Nut Chewy Trail Mix Bar	1.25 (1 bar)	4 / 26%	0.5	25	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Nature Valley Sweet & Salty Nut Granola Bars (Almond Dipped in Almond Butter Coating)	1.3	7 / 35%	2	22	180	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield
Reduced Sugar Trix - Bowlpak	0.88	1 / 10%	0	20	90	Contact local distributor

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

Reduced-Sugar Cinnamon Toast Crunch Bowlpak	1	3 / 23%	0	22	120	Contact local distributor (Available through Thurston Foods, Inc., Costa Fruit & Produce)
Rice Crunchins - Bowlpak	0.8	0 / 0%	0	18	70	Sysco Boston LLC
Simply Chex Snack (Cheddar)	1.25	3.5 / 24%	1	24	130	Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.
Simply Chex Snack (Chocolate Caramel)	1.2	4.5 / 27%	1.5	26	150	Contact local distributor. Available through Sysco Boston LLC
Simply Chex Snack (Strawberry Yogurt)	1.2	4 / 24%	1.5	24	150	Contact local distributor. Available through Sysco Boston LLC
Team Cheerios Whole Grain Cereal Bar (Strawberry)	1.4	3.5 / 21%	0	28	150	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce, Shaheen Brothers)
Total Raisin Bran - Bowlpak	1.18	0.5 / 5%	0	25	100	Contact local distributor
Trix - Self-Serve Bowl	0.8	1 / 11%	0	18	80	Contact local distributor
Trix Whole Grain Cereal Bar	1.4	4 / 23%	0	30	160	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce, Shaheen Brothers)
Wheaties - Bowlpak	0.93	0.5 / 6%	0	19	80	Contact local distributor (Available through Sysco Boston LLC, Shaheen Brothers)
Whole Grain Total - Bowlpak	0.93	0.5 / 6%	0	17	70	Contact local distributor (Available through Sysco Boston LLC, Shaheen Brothers)

Genisoy Food Company

Genisoy Organic Soy Protein Bar (Apple Cinnamon, Mixed Berry, Rich Chocolate)	1.6	3 / 17%	0.5-1	25-26	160	United Natural Foods, Inc.
Genisoy Ultra Soy Protein Bar (Chocolate Caramel)	1.6	2 / 12%	1	26	150	United Natural Foods, Inc.
Genisoy Ultra Soy Protein Bar (Chocolate Raspberry, Strawberry, Tropical)	1.6	2 / 11%	1	27-28	160	United Natural Foods, Inc.

Glenny's

Brown Rice Marshmallow Treats (Peanut Caramel, Vanilla, Chocolate)	0.9	2.5 / 23%	1	17-18	100	United Natural Foods, Inc.
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Glutino Food Group

Glutino's Gluten Free Breakfast Bar (Chocolate)	1.4	2.5 / 17%	0	27	130	United Natural Foods, Inc.
Glutino's Gluten Free Breakfast Bars (Apple, Blueberry, Cranberry)	1.4	0.5 / 4%	0	25	120	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Chocolate & Banana)	1	1.5 / 14%	0	21	100	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Chocolate & Peanuts)	1	3 / 25%	0.5	19	110	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Wildberry)	1	1 / 9%	0	21	100	United Natural Foods, Inc.

HoneyBar Products International, Inc.

Natural Apple & Cinnamon Bar	1.4	2 / 13%	0	29	140	Snack Essentials
Natural Granola Bar	1.4	6 / 32%	1	25	170	Snack Essentials

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Hope's Cookies

Hope's Country Fresh Cookies (Select Chocolate Chip, Select Oatmeal Raisin, Select Sugar, Select M&M)	1	3.5 / 29%	1	18-19	110	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Chocolate Chip, Select Sugar)	1.3	5 / 30%	1-1.5	23-24	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Double Fudge)	1	3 / 27%	1	18	100	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Double Fudge)	1.3	4 / 26%	1.5	23	140	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select M&M)	1.3	4.5 / 27%	1.5	24	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Oatmeal Raisin)	1.3	4.5 / 29%	1	24	140	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Peanut Butter)	1	4.5 / 37%	1	17	110	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Peanut Butter, Select White Choc Mac)	1.3	6 / 36%	1.5	22	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select White Choc Mac)	1	4.5 / 34%	1	17	120	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.

Ian's Natural Foods

100 Calorie Organic Cookie Packs (Chocolate Chip Cookie Buttons)	0.8	5 / 45%	1	13	100	Info available through The Market Dynamics Group, LLC
100 Calorie Organic Cookie Packs (Double Chocolate Chip Cookie Buttons)	0.8	4 / 36%	1	14	100	Info available through The Market Dynamics Group, LLC
Wheat Free, Gluten Free Cookie Packs (Chocolate Chip Cookie Buttons)	1.07	5 / 38%	0.4	22	120	Info available through The Market Dynamics Group, LLC
Wheat Free, Gluten Free Cookie Packs (Crunchy Cinnamon Cookie Buttons)	1.07	4.5 / 31%	1.5	21	130	Info available through The Market Dynamics Group, LLC

Immaculate Baking Co.

Choca Doodle Doos	1	4 / 33%	1	17	110	Immaculate Baking Co.
Doohickeys	1	3 / 27%	1	19	100	Immaculate Baking Co.
Hunka Chunka Chocolate	1	4 / 33%	1	16	110	Immaculate Baking Co.

J&J Snack Foods Corp.

Mrs. Goodcookie Jungle Crackers (fruit sweetened)	1.1	3.5 / 23%	0	22	140	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie Jungle Crackers (Vanilla)	1	3 / 23%	1	21	120	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Belly Bears Chocolate Graham Crackers	1	5 / 38%	1.5	18	120	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Belly Bears Graham Crackers (Chocolate Chip)	1.2	6 / 36%	2	23	150	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Belly Bears Graham Crackers (Honey, Cinnamon)	1	4 / 28%	0	19-20	130	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Star Spangled Cookies	1	4 / 28%	1	19	130	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Superstars (Cinnamon)	1	4 / 30%	0	21	120	Contact local distributor. (Available through Costa Fruit & Produce)

Kashi Co.

Kashi GoLean Crunchy! Bar (Chocolate Caramel)	1.6	3 / 18%	2	28	150	United Natural Foods, Inc.
Kashi GoLean Crunchy! Bar (Chocolate Peanut)	1.8	5 / 25%	2	30	180	United Natural Foods, Inc.
Kashi GoLean Roll! Bar (Caramel Peanut)	1.9	5 / 23%	1.5	29	200	United Natural Foods, Inc.
Kashi GoLean Roll! Bar (Fudge Sundae, Oatmeal Walnut, Chocolate Peanut, Chocolate Turtle)	1.9	5 / 24%	1.5-2	27-28	190	United Natural Foods, Inc.
Kashi TLC Crunchy Granola Bars (Honey Toasted 7-Grain, Pumpkin Spice Flax, Roasted Almond Crunch)	1.4	6 / 30%	0.5	25-26	180	United Natural Foods, Inc.

	<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
	<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Kellogg's

Animal Planet Wild Animal Crunch Cereal	0.9	1 / 10%	0	20	90	Contact local distributor
Austin Dolphin & Friends Crackers	0.9	5 / 38%	1	16	120	Contact local distributor (Available through Thurston Foods, Inc.)
Grab 'N Go Cereal Packs (Froot Loops)	0.8	0.5 / 5%	0.5	20	90	Contact local distributor. Available through Vistar/VSA of Hartford
Grab 'N Go Cereal Packs (My Pops)	0.7	0 / 0%	0	17	70	Contact local distributor. Available through Vistar/VSA of Hartford
Grab 'N Go Cereal Packs (Reduced Sugar Apple Jacks)	0.7	0 / 0%	0	18	80	Contact local distributor
Grab 'N Go Cereal Packs (Reduced Sugar Froot Loops)	0.7	0.5 / 6%	0	16	70	Contact local distributor
Grab 'N Go Cereal Packs (Reduced Sugar Frosted Flakes)	1	0 / 0%	0	25	100	Contact local distributor
Kashi GoLean Cereal-in-a-Cup	1.6	1 / 7%	0	26	130	Contact local distributor. Available through Sysco Boston LLC
Kashi Mighty Bites - Honey Crunch Bowl Pack	0.82	1 / 10%	0	16	90	Contact local distributor. Available through Costa Fruit & Produce
Kashi TLC Chewy Granola Bar (Cherry Dark Chocolate)	1.25	2 / 15%	0.5	24	120	Contact local distributor. Available through United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Honey Almond Flax)	1.3	5 / 32%	0.5	19-20	140	Contact local distributor. Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Peanut Peanut Butter)	1.25	5 / 32%	0.5	19	140	Contact local distributor. Available through Sysco Boston LLC, United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Trail Mix)	1.3	5 / 32%	0.5	19	140	Contact local distributor. Available through Costa Fruit & Produce, Sysco Boston LLC, United Natural Foods, Inc.
Keebler Animal Crackers	1	3.5 / 24%	1	22	130	Contact local distributor. Available through Sysco Boston LLC
Keebler Bug Bites Cinnamon Graham Crackers	1.1	4.5 / 29%	1.5	23	140	Contact local distributor. Available through Costa Fruit & Produce
Keebler Chips Deluxe Right Bites-100 Calorie Snack	0.75	3 / 27%	1	17	100	Contact local distributor
Keebler Elf Grahams (Chocolate Chip)	1	5 / 35%	1.5	20	130	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc.)
Keebler Elf Grahams (Chocolate)	1	4.5 / 34%	1	20-21	120	Contact local distributor (Available through Vistar/VSA of Hartford, Thurston Foods, Inc.)
Keebler Elf Grahams (Cinnamon)	1	4.5 / 31%	1	21	130	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Keebler Elf Grahams (Original)	0.5	2 / 30%	0	10	60	Contact local distributor (Available through Thurston Foods, Inc.)
Keebler Elf Grahams (Original)	1	4.5 / 34%	1	20	120	Contact local distributor. Available through Thurston Foods, Inc., Costa Fruit & Produce
Keebler Grahams (Apple Cinnamon)	0.8	2.5 / 25%	0.5	16	90	Contact local distributor
Keebler Grahams (Honey with Calcium)	0.7	2.5 / 25%	0.5	16	90	Contact local distributor
Keebler Grahams (Honey with Fiber, Cinnamon Crisp)	0.8	3 / 27%	0-0.5	16-17	100	Contact local distributor
Keebler Grahams (Honey)	0.75	1.13 / 12%	0	17	83	Contact local distributor. Available through Costa Fruit & Produce
Keebler Grahams (Low Fat French Vanilla)	0.7	1.5 / 15%	0.5	17	90	Contact local distributor
Keebler Grahams (Low Fat)	0.9	1.5 / 15%	0.5	17	90	Contact local distributor
Keebler Grahams (Original with Calcium)	0.7	3 / 27%	0.5	16	100	Contact local distributor
Keebler Gripz Cinnamon Graham Bites	0.9	3 / 27%	1	20	100	Contact local distributor
Keebler Scooby-Doo Cinnamon Graham Sticks	1	4 / 30%	0.5	20	120	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Apple Jacks (1/3 Less Sugar) Bowl Pack	0.7	0 / 0%	0	18	80	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Complete Wheat Bran Flakes Bowl Pack	0.9	0.5 / 6%	0	20	80	Contact local distributor
Kellogg's Corn Flakes Bowl Pack	0.8	0 / 0%	0	18	80	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Kellogg's Crispix Bowl Pack	0.8	0 / 0%	0	18	80	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Cruncheroo's Bowl Pack	0.6	1 / 13%	0	13	70	Contact local distributor
Kellogg's Froot Loops (1/3 Less Sugar) Bowl Pack	0.7	0.5 / 5%	0	16	70	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Frosted Flakes (1/3 Less Sugar) Bowl Pack	1	0 / 0%	0	25	100	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Frosted Flakes Gold	1.1	0.5 / 4%	0	27	110	Contact local distributor

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
Kellogg's Frosted Mini Wheats Bowl Pack	1	0 / 0%	0	23	100	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Frosted Mini Wheats Chocolate Little Bites	1	1 / 9%	0	23	100	Contact local distributor
Kellogg's Original Rice Krispies Treat Squares	1	2 / 20%	0.5	18	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Original Rice Krispies Treat Squares	1.3	3.5 / 20%	1	30	160	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Product 19 Bowl Pack	0.7	0 / 0%	0	18	80	Contact local distributor (Available through Thurston Foods, Inc.)
Kellogg's Raisin Bran Bowl Pack	1.3	1 / 8%	0	27	110	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Kellogg's Rice Krispies Bowl Pack	0.6	0 / 0%	0	16	70	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Special K Bars (Blueberry, Chocolatey Drizzle)	0.8	1.5 / 15%	1	17-18	90	Contact local distributor
Kellogg's Special K Bars (Strawberry)	0.8	1.5 / 15%	1	17		Contact local distributor. Available through Vistar/VSA of Hartford, Sysco Boston LLC
Kellogg's Special K Bars (Vanilla Crisp)	0.8	1.6 / 16%	1	17	90	Contact local distributor
Kellogg's Special K Bowl Pack	0.6	0 / 0%	0	13	70	Contact local distributor
Kellogg's Special K Cereal-in-a-Cup	1.3	0.5 / 3%	0	26	140	Contact local distributor
NutriGrain Cereal Bar (Strawberry)	1.3	3 / 19%	0.5	24	130	Contact local distributor. Available through Costa Fruit & Produce, Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc.
NutriGrain Cereal Bars (Blueberry, Apple Cinnamon)	1.3	3 / 19%	0.5	24	130	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
NutriGrain Cereal Bars (Raspberry)	1.3	3 / 19%	0.5	24	130	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc.)
NutriGrain Yogurt Bar (Strawberry)	1.3	3.5 / 23%	0.5	25	140	Contact local distributor. Available through Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers, Sysco Boston LLC
NutriGrain Yogurt Bar (Vanilla)	1.3	3 / 19%	0.5	26	140	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Pop-Tarts Go Tarts (Chocolate Chip)	1.25	4.5 / 29%	1.5	24	140	Contact local distributor
Pop-Tarts Go Tarts (Frosted Brown Sugar Cinnamon, Frosted Chocolate Fudge)	1.25	4 / 26%	1.5	24	140	Contact local distributor
Pop-Tarts Go Tarts (Frosted Strawberry)	1.25	3.5 / 23%	1	25	140	Contact local distributor
Sunshine Cheez-It Right Bites-100 Calorie Snack	0.79	3 / 27%	1	15	100	Contact local distributor
Sunshine Cheez-It Scrabble Jr. Crackers (Original)	0.8	4 / 36%	1	14	100	Contact local distributor
Sunshine Krispy Saltines	0.2	0.5 / 18%	0	5	25	Contact local distributor
Whole Grain Tiger Power Cereal Bowl Pack	0.8	0 / 0%	0	16	80	Contact local distributor (Available through Thurston Foods, Inc.)
Zesta Saltines	0.2	0.5 / 23%	0	4	20	Contact local distributor
<i>Kids Kookie Company</i>						
Individually Wrapped Kids Kookie (Baseball)	0.8	4 / 38%	0.9	15	96	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Happy Birthday)	0.9	5 / 38%	1.2	18	120	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Holiday Wreath)	0.7	3 / 33%	0.8	12	81	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Jungle Grahams, Mini Purple Dinos, Alpha Grahams)	1.1	5 / 34%	1.3	19-20	132	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Mini Chocolate Chip Animals)	1.1	6 / 42%	1.4	19	130	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Red Apple, Ginger Grahams)	0.7	3 / 32%	0.8	13	85	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Spring Egg Assortment, Green Egg, Jack O'Lantern, Valentine Heart, Shamrock)	0.7	3 / 32%	0.8	13	85	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Turkey Spice)	0.8	3 / 29%	0.8	13	94	New England Ice Cream Corp., Costa Fruit & Produce

	<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
	<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

KidSmart Food Service

KidSmart Got Milk? Vanilla & Chocolate Graham Cookies	1	4 / 28%	0	21	130	Costa Fruit & Produce
KidSmart Honey Grahams	1	4 / 28%	0	20	130	Costa Fruit & Produce
KidSmart Vanilla Grahams	1	4 / 28%	0	21	130	Costa Fruit & Produce

PORTION SIZE TOTAL FAT (g) / SAT FAT CARB CALS DISTRIBUTOR
(oz) % calories from fat (g) (g)

Kraft Foodservice

100 Calorie Packs - Cheese Nips Thin Crisps	0.8	3 / 27%	1	15	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
100 Calorie Packs - Cheese Sportz Crackers	0.75	3 / 27%	1	14	100	Contact local distributor. (Available through Sysco Boston LLC, New England Ice Cream Corp., Vistar/VSA of Hartford)
100 Calorie Packs - Chips Ahoy! Thin Crisps	0.8	3 / 27%	1	18	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
100 Calorie Packs - Honey Maid Cinnamon Thin Crisps	0.8	2 / 18%	0	19	100	Contact local distributor. (Available through Sysco Boston LLC)
100 Calorie Packs - Lorna Doone Shortbread Cookie Crisps	0.75	3 / 27%	1.5	18	100	Contact local distributor
100 Calorie Packs - Oreo Thin Crisps	0.8	3 / 27%	0	20	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
100 Calorie Packs - Planters Peanut Butter Crisps	0.86	3 / 27%	0.5	17	100	Contact local distributor
100 Calorie Packs - Ritz Snack Mix	0.77	3 / 27%	0.5	16	100	Contact local distributor (Available through New England Ice Cream Corp., Vistar/VSA of Hartford)
100 Calorie Packs - Shortbread Sportz Cookies	0.75	3 / 27%	0.5	16	100	Contact local distributor. (Available through Sysco Boston LLC, New England Ice Cream Corp., Vistar/VSA of Hartford)
100 Calorie Packs - Wheat Thins Chips Minis Multi-Grain	0.8	3 / 27%	0	16	100	Contact local distributor
Back to Nature - Crispy Cheddars Crackers	1	4.5 / 31%	0.5	19	130	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Back to Nature - Crispy Wheats Crackers	1	3.5 / 26%	0	20	120	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Back to Nature - Honey Graham Sticks	1	2.5 / 19%	0	23	120	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Cheese Nips & Peanut Butter Crackers (4 count)	1	6 / 42%	1	15	130	Contact local distributor
Fat Free Fig Newton Bars	1.1	0 / 0%	0	22	90	Contact local distributor (Available through Shaheen Brothers)
Fig Newtons Minis	1.38	3 / 21%	0.5	26	130	Contact local distributor (Available through New England Ice Cream Corp.)
Handi-Snacks Cheez'n Breadsticks	1.09	4.5 / 37%	2	13	110	Contact local distributor
Handi-Snacks Ritz Crackers'n Cheez	0.95	6 / 54%	2	10	100	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Lorna Doone Shortbread Cookies (4 count)	1	7 / 45%	1.5	19	140	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Shaheen Brothers)
Nabisco Animal Crackers	1	3.5 / 24%	0.5	21	130	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Nabisco Animal Shaped Crackers	1	3.5 / 24%	0.5	23	130	Contact local distributor (Available through Thurston Foods, Inc.)
Nabisco Graham Cracker 3-pk.	0.8	2 / 20%	0	16	90	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Nabisco Honey Maid Graham Sticks (Cinnamon)	1	2.5 / 19%	0	23	120	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Nabisco Toasted Peanut Butter Crackers (4 count)	1	7 / 48%	1	17	130	Contact local distributor (Available through Thurston Foods, Inc.)
Newtons Fruit Crisps (Apple Cinnamon, Mixed Berry)	1	2 / 18%	0	20	100	Contact local distributor
Nutter Butter Mini Peanut Butter Sandwich Cookies	1.25	7 / 37%	1.5	23	170	Contact local distributor (Available through Costa Fruit & Produce, New England Ice Cream Corp.)
Oreo Chocolate Sandwich Cookies	1.14	7 / 39%	1.5	24	160	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Oreo Chocolate Sandwich Cookies - Mini White Crème	1.25	7 / 39%	2	25	160	New England Ice Cream Corp.
Ritz Dinosaurs Crackers	1	4 / 28%	1	20	130	Contact local distributor (Available through Thurston Foods, Inc.)
Ritz Sticks Crackers	1	5 / 35%	1	19	130	Contact local distributor
Snackwells Devil's Food Cookies (2 count)	1.1	0 / 0%	0	24	110	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Snackwells Vanilla Crème Sandwich Cookies (2 count)	0.85	2.5 / 23%	0.5	19	100	Contact local distributor. Available through Costa Fruit & Produce

PORTION SIZE TOTAL FAT (g) / SAT FAT CARB CALS DISTRIBUTOR
(oz) % calories from fat (g) (g)

Teddy Graham Chocolate Graham Snacks	0.8	3 / 30%	0.5	15	90	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Teddy Graham Cinnamon Graham Snacks	0.8	3 / 30%	0.5	16	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Wheat Thins Snack Crackers	1.25	6 / 34%	1.5	24	160	Contact local distributor
Late July Organic Snacks						
Late July Organic Cheddar Cheese Snack Pack Tray	1	4.5 / 31%	1.5	19	130	United Natural Foods, Inc., Associated Buyers, Snack Essentials
Malt-O-Meal Company						
100 Calorie Pack Snacks (Cinnamon Toasters)	0.8	2.5 / 23%	0.5	18	100	PFG Springfield
All Natural Mom's Best (Natural Honey Nut Toasty O's)	0.9	1 / 10%	0	19	90	PFG Springfield
All Natural Mom's Best (Natural Toasty O's)	0.7	1 / 11%	0	15	80	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Honey-ful Wheat)	0.9	0 / 0%	0	24	110	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Mallow Oats)	1	1 / 8%	0	24	120	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Natural Toasty O's)	1	2 / 15%	0	23	120	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Oats & Honey Blend, Natural Honey Nut Toasty O's)	1	1.5 / 11%	0	25	120	PFG Springfield
Cold Cereal Bowl (Apple Zings, Tootie Fruities)	0.75	0.5 / 6%	0	18-19	80	PFG Springfield
Cold Cereal Bowl (Berry Colossal Crunch)	1	1.5 / 12%	0	24	110	PFG Springfield
Cold Cereal Bowl (Cinnamon Toasters)	1	3.5 / 26%	0.5	23	120	PFG Springfield
Cold Cereal Bowl (Coco-Roos)	0.9	1 / 9%	0	21	100	PFG Springfield
Cold Cereal Bowl (Corn Flakes)	0.75	0 / 0%	0	18	80	PFG Springfield
Cold Cereal Bowl (Crispy Rice)	0.63	0 / 0%	0	16	70	PFG Springfield
Cold Cereal Bowl (Frosted Flakes)	1	0 / 0%	0	25	110	PFG Springfield
Cold Cereal Bowl (Frosted Mini-Spooners)	1	0.5 / 5%	0	23	100	PFG Springfield
Cold Cereal Bowl (Honey Graham Squares, Marshmallow Mateys)	1	1 / 8%	0	24	110	PFG Springfield
Cold Cereal Bowl (Honey Nut Scooters)	0.9	1 / 10%	0	19	90	PFG Springfield
Cold Cereal Bowl (Raisin Bran)	1.3	0.5 / 4%	0	28	130	PFG Springfield
Cold Cereal Bowl (Scooters)	1.4	2.5 / 13%	0	29	180	PFG Springfield
Cold Cereal Bowl (Toasty O's)	0.7	1 / 13%	0	14	70	PFG Springfield
Creamy Hot Wheat (Farina, Natural Farina)	1.2	0 / 0%	0	27	130	PFG Springfield
Good N Hearty Instant Regular Oatmeal	1	2 / 18%	0	19	100	PFG Springfield
Hearty Traditions Oatmeal (Apples & Cinnamon)	1.2	1.5 / 10%	0	27	130	PFG Springfield
Hearty Traditions Oatmeal (Quick, Old Fashioned)	1.4	3 / 18%	0.5	27	150	PFG Springfield
High Fiber Bran Cereal	1	0.5 / 4%	0	24	110	PFG Springfield
Hot Wheat Cereal (Chocolate)	1.2	0 / 0%	0	27	130	PFG Springfield
Hot Wheat Cereal (Original)	1.2	0.5 / 4%	0	27	130	PFG Springfield
Vend Pack Snacks (Cinnamon Toasters)	1	3.5 / 26%	0.5	23	120	PFG Springfield
Vend Pack Snacks (Honey Graham Squares, Marshmallow Matey's)	1	1 / 8%	0	24	110	PFG Springfield

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

Mars, Inc.

Generation Max M&M Cookies	1.15	5 / 30%	1	22	150	Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Generation Max Snickers Cereal Clusters	1.06	4.5 / 29%	1.5	19	140	Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Generation Max Snickers Cookies	1.15	5 / 30%	1	22	150	Vistar/VSA of Hartford, Sysco Boston, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Generation Max Twix Cereal Clusters	1.06	4 / 26%	1.5	20	140	Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
M&M's Cookies	1.25	6 / 34%	1.5	24	158	Vistar/VSA of Hartford
M&M's Granola Snack Bar	1.25	4 / 27%	1.5	22	132	Vistar/VSA of Hartford
Snickers Cereal Clusters	1.25	5.5 / 37%	1.5	19	134	Vistar/VSA of Hartford
Snickers Granola Snack Bar	1.25	4 / 27%	1.5	22	132	Vistar/VSA of Hartford
Snickers Marathon Energy Bar (Chewy Chocolate Peanut)	2	7 / 29%	1.5	26	220	Snack Essentials, New England Ice Cream Corp.
Twix Cereal Clusters	1.25	5.5 / 37%	1.5	19	134	Vistar/VSA of Hartford
Twix Granola Snack Bar	1.25	4 / 27%	1.5	22	132	Vistar/VSA of Hartford

Menu Select

Animal Crackers, Individually Wrapped	0.9	1.5 / 12%	0	21	110	United Commodity Group
Apple Nutrition Bar	1.3	5 / 29%	0	26	156	United Commodity Group
Cherry Nutrition Bar	1.3	5 / 29%	0	26	156	United Commodity Group

MJM Marketing, Inc.

All-Sports Bites (Vanilla)	1	3 / 25%	0.5	20	113	MJM Marketing, Inc.
Apple-Cinnamon Bear Grahams	0.9	3 / 26%	0.5	18	104	MJM Marketing, Inc.
Bear Grahams (Chocolate)	0.9	2.8 / 24%	0.8	19	106	MJM Marketing, Inc., Costa Fruit & Produce
Cinnamon Grahams-Whole Grain	0.9	3 / 26%	0.4	18	104	MJM Marketing, Inc.
Honey Graham Crackers with Fiber	0.9	3 / 28%	0.5	18	98	MJM Marketing, Inc.
Lemon Bear Grahams-Whole Grain	0.9	3.0 / 26%	0.5	18	103	MJM Marketing, Inc.
Lemon Dinosaur Grahams	0.9	3 / 25%	0.5	18	105	MJM Marketing, Inc.
Low-Fat Honey Graham Cracker	0.9	3 / 26%	0.4	18	104	MJM Marketing, Inc.
Strawberry Dinosaur Grahams	0.9	3 / 25%	0.5	18	104	MJM Marketing, Inc., Sysco Boston LLC
Tropical Treats (Orange Cream)	1	3 / 24%	0.5	19	112	New England Ice Cream Corp., Sysco Boston LLC, Thurston Foods, Inc.
Vanilla Bear Grahams	0.9	3 / 25%	0.5	18	106	MJM Marketing, Inc.
Vanilla Dinosaur Bites	1	3 / 24%	0.5	20	111	MJM Marketing, Inc.
Waffle Grahams (Apple Cinnamon, Strawberry, Blueberry)	0.9	3 / 25%	0.5	18	104	MJM Marketing, Inc.

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT</i> <i>(g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Nature's Path Foods

Amazon Frosted Flakes Snack Bag	1	0 / 0%	0	25	110	United Natural Foods, Inc., Costa Fruit & Produce
Envirokidz Crispy Rice Bars (Chocolate-Koala, Peanut Butter-Panda, Berry-Cheetah)	1	3 / 25%	0	20-21	110	United Natural Foods, Inc., US Foodservice-Everett, Costa Fruit & Produce, Snack Essentials
FlaxPlus Granola Snack Bag	1	4.5 / 31%	0.5	20	130	United Natural Foods, Inc., Costa Fruit & Produce
FlaxPlus Raisin Bran Snack Bag	1	1 / 10%	0.2	22	90	United Natural Foods, Inc., Costa Fruit & Produce
Fruit Juice Corn Flakes Snack Bag	1	0 / 0%	0	23	110	United Natural Foods, Inc., Costa Fruit & Produce
Gorilla Munch Cereal Snack Bag	1	0 / 0%	0	25	110	United Natural Foods, Inc., US Foodservice-Everett, Costa Fruit & Produce
Granola Bar (Apricot & Nut, Peanut Butter)	1.4	5 / 28%	1-1.5	25-26	160	United Natural Foods, Inc., Costa Fruit & Produce
Granola Bar (FlaxPlus, Cranberry)	1.4	3.5 / 21%	0.5-1.5	27	150-160	United Natural Foods, Inc., Costa Fruit & Produce
Granola Bar (HempPlus)	1.4	3 / 21%	0.5	28	130	United Natural Foods, Inc., Costa Fruit & Produce
Oaty Bites Snack Bag	1	1 / 8%	0	25	120	United Natural Foods, Inc., Costa Fruit & Produce
Synergy 8 Grain Snack Bag	1	1 / 9%	0	22	100	United Natural Foods, Inc., Costa Fruit & Produce

New England Natural Bakers

Save The Forest Organic Cereal Bar (Cinnamon Raisin)	1	4.5 / 34%	1	19	120	United Natural Foods, Inc.
Save The Forest Organic Cereal Bar (Raspberry)	1	4.5 / 31%	1	19	130	United Natural Foods, Inc.
Save The Forest Organic Trail Mix Bar (Banana Chocolate Nut)	1	4 / 33%	1	19	110	United Natural Foods, Inc.
Save The Forest Organic Trail Mix Bar (Cranberry Crunch)	1	7 / 49%	1	14	130	United Natural Foods, Inc.

nSpired Natural Foods, Inc.

O'Coco's Organic Baked Chocolate Crisps (Original, Cinnamon, Mocha)	0.7	2 / 20%	0	16	90	Gourmet Award Foods NE, Millbrook Distribution, Tree of Life NE, United Natural Foods, Inc.
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NuGo Nutrition

NuGo Family Bars (Chocolate)	1	3 / 15%	1.5	26	180	NuGo Nutrition
NuGo Family Bars (Coffee Break, Peanut Butter Pleaser)	1.8	3 / 15%	1.5	26	180	NuGo Nutrition
NuGo Family Bars (Really Vanilla)	1.8	2.5 / 13%	1.5	26	180	NuGo Nutrition

Odwalla

Nourishing Food Bar (Berries GoMega, Carrot Raisin)	1.1	2.5 / 20%	0.5-1.0	21	110	Odwalla, United Natural Foods, Inc.
Nourishing Food Bar (Chocolate Chip Peanut, Peanut)	1.1	3.5 / 26%	0.5-1.0	19	120	Odwalla, United Natural Foods, Inc.

Organic Healthy Handfuls

Organic Cheddar Cheese Lucky Duckies Crackers	0.8	4 / 36%	0.5	14	100	Snack Essentials
Organic Oatmeal Raisin Crocodile Cookies	1	5 / 35%	0	20	130	Snack Essentials

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Otis Spunkmeyer, Inc.

Delicious Essentials Reduced Fat Cookies (Carnival, Butter Sugar, Chocolate Chip, Oatmeal Raisin)	1	3.5 / 29%	1	18-19	110	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, New England Ice Cream Corp.
Delicious Essentials Reduced Fat Cookies (Chocolate Chip, Carnival, Butter Sugar)	1.33	5 / 30%	1.5	25	150	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, New England Ice Cream Corp.
Delicious Essentials Reduced Fat Cookies (Oatmeal Raisin)	1.33	4.5 / 27%	1.5	24	150	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, New England Ice Cream Corp.
Sweet Discovery Reduced-fat Carnival Cookie	1.3	4.5 / 29%	1.5	25	140	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Sweet Discovery Reduced-fat Chocolate Chip Cookie	1.3	4.5 / 29%	1.5	26	140	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Sweet Discovery Reduced-fat Oatmeal Raisin Cookie	1.3	4.5 / 29%	1.5	25	140	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Sweet Discovery Reduced-fat Sugar Cookie	1.3	4 / 26%	1.5	25	140	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Carnival Cookie	1	6 / 45%	1.5	18	120	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Chocolate Chip Cookie	1	6 / 42%	2	17	130	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Oatmeal Raisin Cookie	1	5 / 38%	2	17	120	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Reduced-fat Carnival Cookie	1	3.5 / 29%	1	19	110	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Reduced-fat Chocolate Chip Cookie	1	3.5 / 29%	1	19	110	Contact local distributor (Available through Original Pizza of Boston, Costa Fruit & Produce, PFG Springfield, PFG NorthCenter, Sysco Boston LLC, U.S. Foodservice-Everett &
Value Zone Reduced-fat Oatmeal Raisin Cookie	1	3.5 / 29%	1	18	110	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Reduced-fat Sugar Cookie	1	3.5 / 29%	1	19	110	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton
Value Zone Sugar Cookie	1	5 / 38%	1	18	120	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service-Everett & Peabody, Otis Spunkmeyer Inc.-South Easton

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

PepsiCo Beverages & Foods, Quaker

Chewy Granola Bars (Chocolate Chip)	1 (1 bar)	4 / 30%	1.5	21	120	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Shaheen Brothers)
Chewy Granola Bars (Low-Fat Chocolate Chunk)	1 (1 bar)	2 / 16%	0.5	22	110	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Chewy Granola Bars (Nestle Butterfinger)	1 (1 bar)	3 / 23%	1	22	120	Contact local distributor (Available through Thurston Foods, Inc.)
Chewy Granola Bars (Peanut Butter Chocolate Chip, Nestle Crunch)	1 (1 bar)	3.5 / 26%	1-1.5	20-21	120	Contact local distributor (Available through Thurston Foods, Inc.)
Flat Earth Baked Veggie Crisps (Farmland Cheddar)	1	5 / 35%	1	19	130	Contact local distributor (Available through Sysco Boston LLC)
Flat Earth Baked Veggie Crisps (Farmland Cheddar)	1.25	6.3 / 35%	1.3	24	163	Contact local distributor
Flat Earth Baked Veggie Crisps (Tangy Tomato Ranch)	1	5 / 35%	1	19	130	Contact local distributor
Flat Earth Baked Veggie Crisps (Tangy Tomato Ranch)	1.25	6.3 / 35%	1.3	24	163	Contact local distributor
Flat Earth Fruit Crisps (Apple Cinnamon)	1	4.5 / 31%	1	21	130	Contact local distributor (Available through Sysco Boston LLC)
Flat Earth Fruit Crisps (Apple Cinnamon)	1.25	5.6 / 31%	1.3	26	163	Contact local distributor
Quaker Breakfast Bars (Apple Crisp, Strawberry)	1.3	2.5 / 17%	0	27	130	Contact local distributor
Quaker Oatmeal Breakfast Squares (Oatmeal Raisin)	1.4	2.5 / 16%	0.5	29	140	Contact local distributor

Quaker Hill Farms, Inc.

Chortles Mini-Mini Chocolate Chip Cookies (Original, Chocolate)	1	3 / 22%	0.5	23	125	Quaker Hill Farms, Inc., Handi Foods Ltd.
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Rich Products Corp.

Richlife School Choco Chip Cookie	0.9	3.5 / 29%	1	17	110	Info available through Battle Green Food Service
Richlife School Oatmeal Raisin Cookie	0.9	3.5 / 29%	0.5	17	110	Info available through Battle Green Food Service
Richlife School Sugar Cookie	0.9	3.5 / 32%	0.5	17	100	Info available through Battle Green Food Service

School Time Foods

Crumble Crunch	1	2 / 16%	1	18	110	School Time Foods
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Small Planet Foods, Inc.

Cascadian Farm Chewy Granola Bar (Chocolate Chip)	1.3	3 / 19%	1	25	140	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Fruit & Nut)	1.3	4 / 26%	1	24	140	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Harvest Berry, Multi Grain)	1.3	2 / 14%	0	27	130	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Peanut Butter Chip)	1.3	4 / 26%	1	25	140	United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Vanilla Chip)	1.3	3 / 19%	2	26	140	United Natural Foods, Inc.

Snikiddy Snacks

Banana Nibbles Coolies	0.86	2 / 20%	1	17	90	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc.
Cherry Oaties Coolies	0.86	3.5 / 29%	1	17	110	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc.
Chocolate Chip Bites	0.85	4.5 / 37%	2	16	110	Snikiddy Snacks

Sugar Foods Corporation

Super Snax Cinnamon Toast Bites	0.75	3 / 30%	0	15	90	Thurston Foods, Inc. Info available through Benchmark Sales
Super Snax Cookie Minis	1	4 / 30%	0.5	21	120	Thurston Foods, Inc. Info available through Benchmark Sales

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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The Hain Celestial Group, Inc.

Health Valley Café Creations Vanilla Crème Sandwich Bars	1.4	2 / 14%	0	28	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Berry Parfait Yogurt, French Vanilla Yogurt)	1.3	3 / 21%	1-1.5	24	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Fig Cobbler)	1.4	2.5 / 17%	0	26	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Strawberry Cobbler, Blueberry Cobbler, Apple Cobbler)	1.3	2 / 14%	0	27	130	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Dutch Apple, Chocolate Chip)	1	1.5 / 14%	0.5	20-32	100	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Peanut Crunch)	1	2.5 / 20%	1	21	110	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Strawberry, Raspberry)	1	1.5 / 12%	1	22	110	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Wild Berry)	1	1.5 / 12%	1	22	110	Snack Essentials, United Natural Foods, Inc.
Health Valley Peanut Butter bar/Chocolate filling	1.3	2.5 / 17%	0	26	130	Snack Essentials, United Natural Foods, Inc.
Health Valley Peanut Butter bar/Grape filling	1.3	2.5 / 17%	0	26	130	Snack Essentials
Health Valley Peanut Butter bar/Strawberry filling	1.3	2.5 / 17%	0	26	130	Snack Essentials
Health Valley Trail Mix Granola Bars (Cranberries/Nuts/Yogurt Chips)	1.3	4 / 26%	1	23	140	United Natural Foods, Inc.
Health Valley Trail Mix Granola Bars (Raisins/Nuts/Yogurt Chips)	1.3	4 / 26%	1	23	140	United Natural Foods, Inc.

Tropical Nut & Fruit

Cheese Smackers	1.25	7 / 58%	2	23	108	Tropical Nut & Fruit
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U.S. Mills, Inc.

Uncle Sam Cereal Bar (Apple Berry)	1.76	3 / 15%	1	28	180	Snack Essentials
Uncle Sam Cereal Bar (Oatmeal Raisin)	1.76	3 / 15%	1	28	180	Snack Essentials, United Natural Foods, Inc.

Undercover Vegetable Company

Yotta Bars (Apple Cinnamon, Cherry, Orange)	1.2	1 / 8%	0	25-26	120	United Natural Foods, Inc.
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Zoe Foods

Zoe's Bars (Heavenly Apple)	1.7	5 / 25%	0.5	28	180	Snack Essentials, United Natural Foods, Inc.
Zoe's Bars (Peanut Butter Paradise)	1.7	6 / 28%	1	27	190	Snack Essentials, United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT</i> (g)	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Frozen Desserts

Emilee's Italian Ice

Emilee's Italian Ice (Lipsmakin' Lemon, Watch Hill Watermelon)	3	0 / 0%	0	12-13	53	Cronin's Ice Cream, Sysco Boston LLC, Sysco Food Services of CT
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Good Humor - Breyers

Good Humor Low Fat Ice Cream Bar (Strawberry & Cream)	2.7	0.5 / 6%	0	15	70	Contact local distributor. Available through Garelick Farms, Cirelli Foods, Inc., PFG Springfield, New England Ice Cream Corp., Dari Farms, Guida Milk & Ice Cream
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Good Humor Low Fat Ice Cream Bar (Vanilla & Chocolate)	2.7	1 / 13%	0.5	15	70	Contact local distributor. Available through Garelick Farms, Cirelli Foods, Inc., PFG Springfield, New England Ice Cream Corp., Dari Farms, Guida Milk & Ice Cream
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Low Fat Cookies & Cream Bar	2.7	2 / 16%	1	23	110	Garelick Farms, Dari Farms, New England Ice Cream Corp.
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Low Fat Ice Cream Sandwich	3	2 / 14%	1	26	130	Garelick Farms, Dari Farms
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Good Humor - Breyers - Popsicle

Creamsicle	2.7	3 / 25%	2	20	110	Garelick Farms, Dari Farms
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Fudgsicle Bar	2.7	2.5 / 23%	2	19	100	Garelick Farms, Dari Farms
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Peel A Pop (Raspberry & Orange with Lime)	2.7	0 / 0%	0	19	80	New England Ice Cream Corp.
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Pop Ups (Orange Burst)	2.8	1 / 11%	0	19	80	New England Ice Cream Corp., Garelick Farms, Dari Farms
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Pop Ups (Reckless Rainbow)	2.8	1 / 10%	0	19	90	New England Ice Cream Corp., Garelick Farms, Dari Farms
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Popsicle Firecracker Jr.	1.6	0 / 0%	0	8	35	Garelick Farms, New England Ice Cream Corp., Dari Farms
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Popsicle Scribblers	2.1	0 / 0%	0	15	60	Garelick Farms, New England Ice Cream Corp., Dari Farms
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H.P. Hood

Fudge Bar	3	0.5 / 4%	0	25	120	New England Ice Cream Corp.
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Hood Nonfat Frozen Yogurt Cup (Raspberry, Vanilla, Chocolate)	4	0 / 0%	0	22-23	100-110	New England Ice Cream Corp.
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Orange Creamsicle	3	2 / 16%	1.5	22	110	New England Ice Cream Corp.
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Haagen-Dazs

Fat Free Sorbet & Yogurt Bar (Raspberry Sorbet & Vanilla Yogurt)	2.5	0 / 0%	0	21	90	Garelick Farms
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Hershey Ice Cream

Fudjo Fudge Bar	2	1.5 / 15%	1	16	90	Hershey Ice Cream
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Mighty Mini Ice Cream Sandwich	2.3	2 / 16%	1	19	110	Hershey Ice Cream
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Orange Blossom	2	2 / 30%	1	10	60	Hershey Ice Cream
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Polar Blast	2.3	0 / 0%	0	16	70	Hershey Ice Cream
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Strawberries and Cream Bar	2	1.5 / 23%	1	10	60	Hershey Ice Cream
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Strawberry Mighty Mini Ice Cream Sandwich	2.3	2.5 / 23%	1	18	100	Hershey Ice Cream
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	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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J&J Snack Foods Corp.

California Natural Premium Juice Bar (Orange, Cherry)	3	0 / 0%	0	13	50	Costa Fruit & Produce, Original Pizza of Boston, Thurston Foods,
California Natural Sorbet and Low Fat Ice Cream Swirl Tubes (Pomegranate Citrus Ice/Tangerine Ice)	3	1 / 12%	0.5	15-16	70-80	Thurston Foods, Inc.
California Natural Sorbet and Low Fat Ice Cream Swirl Tubes (Pomegranate Tropical Ice/Mango Ice)	3	1 / 12%	0.5	15-16	70-80	Thurston Foods, Inc.
Frostar Juice Cup (Cherry, Orange, Grape)	3	0 / 0%	0	13	60	Contact local distributor. (Available through Costa Fruit & Produce)
Frostar Juice-on-a-stick (Cherry)	1.8	0 / 0%	0	11	45	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Cirelli Foods, Thurston Foods, Inc., Original Pizza of Boston, Costa Fruit & Produce, PFG Springfield)
Frostar Pudding On-A-Stick (Chocolate)	1.8	3 / 26%	1	19	110	Contact local distributor
Frostar Pudding On-A-Stick (Swirl)	1.8	3 / 27%	0.5	17	100	Contact local distributor
Luigi's Sherbet Cups (Grape, Lime, Raspberry, Orange)	4	1.5 / 11%	1	27	120	New England Ice Cream Corp.
Luigi's Sour Juice Bars (Sour Watermelon, Sour Cherry)	2.3	0 / 0%	0	17	60	Contact local distributor (Available through New England Ice Cream Corp., Sysco Boston LLC, Thurston Foods, Inc.)
Minute Maid Juice Bars (Cherry, Orange, Grape, Fruit Punch)	2.3	0 / 0%	0	15	60	Contact local distributor (Available through Garelick Farms, New England Ice Cream Corp., Sysco Boston LLC, U.S. Foodservice, Cirelli Foods, Thurston Foods, Inc., Original Pizza of Boston, Costa Fruit & Produce, PFG Springfield)
Shape Ups Frozen Juice Cup Holiday Cups (Halloween, Winter Wonderland, Shamrock, American Flag, Heart)	3	0 / 0%	0	18	70	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Cirelli Foods, Thurston Foods, Inc., Original Pizza of Boston, Costa Fruit & Produce, PFG Springfield)
WholeFruit Premium Juice Bar (Outrageous Orange, Wild Cherry, Very Berry, Sour Apple-Licious)	2	0 / 0%	0	8-10	40	Thurston Foods, Inc.
WholeFruit Premium Juice Bar (Outrageous Orange, Wild Cherry, Very Berry, Sour Apple-Licious)	3	0 / 0%	0	13-15	50-60	Thurston Foods, Inc.

Lafayette Foods

FruitStix (Strawberry, Watermelon)	4	0 / 0%	0	18	70	Garelick Farms
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M&B Products, Inc.

Mr. J Frozen Dessert Bars (Blue Raspberry)	2.25	0.2 / 3%	0	12	50	New England Ice Cream Corp.
Mr. J Frozen Dessert Bars (Orange, Fruit Punch, Grape, Cherry Apple, Strawberry)	2.25	0.2 / 3%	0	12	50	New England Ice Cream Corp.

Mister Cookie Face

Yoo-hoo Chocolate Fudge Bar	3	1 / 13%	0.5	15	70	New England Ice Cream Corp.
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MolliCoolz LLC

MolliCoolz Strawberry & Vanilla Yogurt Rocks	2.5	0.5 / 9%	0	12	50	New England Ice Cream Corp.
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Nestle USA, Inc.

Edy's Fruit Bars (Strawberry)	4	0 / 0%	0	30	120	New England Ice Cream Corp.
Eskimo Pie Soft Serve Non-Fat Yogurt (Chocolate, French Vanilla, Classic Vanilla)	3	0 / 0%	0	16-17	75-83	New England Ice Cream Corp.

Rich's Ice Cream Co., Inc.

Big Banana	3	1.5 / 15%	1	17	89	New England Ice Cream Corp.
Crazy Coconut	3	1.5 / 15%	1	17	89	New England Ice Cream Corp.
Crumbled Cookie Cone	3	3.5 / 19%	1.5	31	170	New England Ice Cream Corp.
Low Fat IC Sandwich	4	3 / 17%	1	30	160	New England Ice Cream Corp.
Orange Cream Bar	3	2 / 20%	0	17	90	New England Ice Cream Corp.

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

S.R. Rosati, Inc.

Casper The Friendly Ghost Seasonal Ice Cup	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Charms Blow Pop Blue Razz Italian Ice Cup with Fruit Juice	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Crybaby Sour Apple Italian Ice Cup with Fruit Juice	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Crybaby Sour Cherry Italian Ice Cup with Fruit Juice	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Dubble Bubble Bubble Gum Italian Ice Cup with Fruit Juice (no gum included!)	4	0 / 0%	0	30	118	New England Ice Cream Corp.
North Pole Seasonal Ice Cup	4	0 / 0%	0	25	98	New England Ice Cream Corp.
Peter Cottontail Seasonal Ice Cup	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Sno' Joe Seasonal Ice Cup	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Swee' Heart Seasonal Ice Cup	4	0 / 0%	0	25	96	New England Ice Cream Corp.
Typhoon Blue Raz/Lemonade Italian Ice Cup with Fruit Juice	4	0 / 0%	0	25	96	New England Ice Cream Corp.

Turtle Mountain, LLC

Sweet Nothings Non-Dairy Fudge Bar	2.5	0 / 0%	0	23	100	United Natural Foods, Inc.
Sweet Nothings Non-Dairy Mango Raspberry Bar	2.5	0 / 0%	0	23	100	United Natural Foods, Inc.

Washburn's Dairy, Inc.

All Star Natural Sherbet Cups (Lemon, Orange, Raspberry)	4	1 / 7%	0.5	28	130	New England Ice Cream Corp.
Reduced Fat Chocolate Cone	3	3.4 / 21%	1.5	14	148	Dari Farms, Guida Milk & Ice Cream, Garelick Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Chocolate/Vanilla Cup	3	2.5 / 30%	1	14	75	Dari Farms, Guida Milk & Ice Cream, Garelick Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Ice Cream Sandwich	3	4 / 23%	1.5	28	160	Dari Farms, Guida Milk & Ice Cream, Garelick Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Vanilla Cone	3	3.4 / 21%	1.5	14	148	Dari Farms, Guida Milk & Ice Cream, Garelick Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Sauce Cup (Chocolate)	3	3 / 22%	2	22	124	New England Ice Cream Corp.
Sauce Cup (Strawberry)	3	3 / 22%	2	22	124	New England Ice Cream Corp.

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

Wells' Dairy Inc.

Blue Bunny Fudge Bar	3	1.5 / 10%	1	25	130	New England Ice Cream Corp.
Blue Bunny Cool Daze Chocolate Sundae Crunch Bar	3	5 / 28%	1.5	25	160	New England Ice Cream Corp.
Blue Bunny Cool Daze Freezy Fruit Punch Pop	2	0 / 0%	0	10	45	New England Ice Cream Corp.
Blue Bunny Cool Daze Fudge Dream Bar	2.5	1.5 / 15%	1	16	90	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Cup (Birthday Cake)	3	1 / 13%	0.5	13	70	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Cup (Cotton Candy)	3	1 / 13%	0.5	12	70	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Sandwich	3	2.5 / 17%	1.5	25	130	New England Ice Cream Corp.
Blue Bunny Cool Daze Strawberry Sundae Crunch Bar	3	5 / 28%	1	26	160	New England Ice Cream Corp.
Blue Bunny Freezy Fruit Punch Cool Daze Juice Bar	1.9	0 / 0%	0	10	45	Vistar/VSA of Hartford
Blue Bunny FrozFruit (Chunky Mango, Chunky Pineapple, Chunky Strawberry, Double Lime)	4	0 / 0%	0	21-26	80-100	New England Ice Cream Corp.
Blue Bunny Orange Dream Bar	3	2 / 18%	1	20	100	New England Ice Cream Corp.
Blue Bunny Orange Sherbet Cool Tubes	3	1 / 11%	0.5	18	80	New England Ice Cream Corp.
Blue Bunny Rainbow Sherbet Cool Tubes	3	1 / 11%	0.5	18	80	New England Ice Cream Corp.
Blue Bunny Sweet Freedom Fat Free No Sugar Added Vanilla Fudge Bar	3.5	0 / 0%	0	20	80	New England Ice Cream Corp.
Blue Bunny Twists Choc-Van Pudding Pop	1.8	2.5 / 23%	0.5	17	100	New England Ice Cream Corp.
Weight Watchers' Giant Cookies & Cream Ice Cream Bar	4	5 / 32%	1.5	25	140	New England Ice Cream Corp.

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT</i> <i>(g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Fruit, Dried Fruit, Fruit Cups

Azar Nut Co.

Raisins	1	0 / 0%	0	22	90	Azar Nut Co. Info available through Pinnacle Food Brokers
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Bare Fruit LLC

Organic Cinnamon Apple Crisps	0.6	0 / 0%	0	12	44	Vistar/VSA of Hartford
Organic Dried Banana/Cherry	1	0 / 0%	0	12	54	Vistar/VSA of Hartford
Organic Dried Pears	0.6	0 / 0%	0	12	47	Vistar/VSA of Hartford
Organic Dried Pineapple/Mango	1	1 / 15%	0	14	59	Vistar/VSA of Hartford

Brothers All Natural

Brothers-All-Natural Apple Crisps	0.4	0 / 0%	0	9	39	Brothers All Natural
Brothers-All-Natural Banana Crisps	0.6	0 / 0%	0	16	66	Brothers All Natural
Brothers-All-Natural Pear Crisps	0.4	0 / 0%	0	9	40	Brothers All Natural
Brothers-All-Natural Pineapple Crisps	0.5	0 / 0%	0	14	60	Brothers All Natural
Brothers-All-Natural Strawberry Banana Crisps	0.4	0 / 0%	0	11	46	Brothers All Natural
Brothers-All-Natural Strawberry Crisps	0.3	0 / 0%	0	6	30	Brothers All Natural
Brothers-All-Natural White & Yellow Peach Crisps	0.2	0 / 0%	0	7	32	Brothers All Natural

Crunch Pak

Crunch Pak Sliced Apples (Sweet, Tart)	6	0 / 0%	0	21	90	Crunch Pak
Crunch Pak Snak Pak Sliced Apples (Sweet, Tart)	2	0 / 0%	0	7	30	Crunch Pak

Dakota Gourmet

Fruit Jerky (Sour Apple)	0.7	0 / 0%	0	16	70	New England Ice Cream Corp.
Fruit Jerky (Strawberry-Kiwi)	0.7	0 / 0%	0	16	70	Dakota Gourmet, New England Ice Cream Corp.

Dole Fresh Fruit Co.

Dole Fruit Bowls Diced Peaches in Light Syrup	4	0 / 0%	0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Diced Pears in Light Syrup	4	0 / 0%	0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Mixed Fruit in Light Syrup	4	0 / 0%	0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Pineapple Tidbits in Pineapple Juice	4	0 / 0%	0	16	60	Contact local distributor. Available through Sysco Boston LLC. Info available through Benchmark Sales
Dole Fruit Bowls Tropical Fruit Salad in Juice	4	0 / 0%	0	19	80	Contact local distributor. Available through Sysco Boston LLC. Info. available through Benchmark Sales

Eden Foods, Inc.

Organic Applesauce Cups (Cherry, Cinnamon, Just Apple, Strawberry)	4	0 / 0%	0	13-17	60-70	United Natural Foods, Inc.
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Fruiticana, LLC

Fruiticana (Apple, Apricot, Banana, Cantaloupe, Grapefruit, Lemonade, Mango, Orange, Raisin)	4	0 / 0%	0	20-30	80-120	Fruiticana, LLC
Fruiticana (Blueberry, Pineapple)	3.5	0 / 0%	0	28-29	114-123	Fruiticana, LLC
Fruiticana (Strawberry)	3.75	0 / 0%	0	30	122	Fruiticana, LLC

Funky Monkey Snacks

Funky Monkey Fruit That Crunches! (Bananamon,	1	0 / 0%	0	27	110	United Natural Foods, Inc.
Funky Monkey Fruit That Crunches! (Purple Funk)	1	1 / 8%	0	26	120	United Natural Foods, Inc.

Kar Nut Products Co.

Raisins	1	0 / 0%	0	22	90	Kar Nut Products Co.
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	<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
	<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Kellogg's

FruitaBu Smooshed Grape Fruit Flats	0.4	0 / 0%	0	10	40	Contact local distributor
FruitaBu Smooshed Strawberry Fruit Flats	0.4	0 / 0%	0	10	40	Contact local distributor

Kettle Valley Dried Fruit

Dried Fruit - Frunola	1.8	0.5 / 3%	0	29	130	Dakota Gourmet, Snack Essentials, New England Ice Cream Corp.
Dried Fruit Fruit Bars (Raspberry, Tropical Fruit, Grape)	0.7	0.3 / 4%	0	16	68	Dakota Gourmet, Snack Essentials
Dried Fruit Fruit Bars (Wildberry, Strawberry, Sour Apple, Watermelon)	0.7	0.3 / 4%	0	16	68	Dakota Gourmet, Snack Essentials, New England Ice Cream Corp.
Organic Fruit Snacks (Cherry, Blueberry, Strawberry, Cranberry, Berry Blend, Orchard Blend)	0.7	0.3 / 4%	0	16	68	Snack Essentials

Knouse Foods, Inc.

Musselman's Cinnamon Apple Sauce	4	0 / 0%	0	20	80	Contact local distributor (Available through U.S. Foodservice-Peabody, Sysco Boston LLC, PFG NorthCenter, Thurston Foods,
Musselman's Light "No Sugar Added" Fruit 'N' Sauce (Cherry, Mango, Peach & Raspberry)	4	0 / 0%	0	7-14	70	Contact local distributor (Available through U.S. Foodservice-Peabody, Sysco Boston LLC, PFG NorthCenter, Thurston Foods,
Musselman's Natural Apple Sauce	4	0 / 0%	0	12	50	Contact local distributor (Available through U.S. Foodservice-Peabody, Sysco Boston LLC, PFG NorthCenter, Thurston Foods,

Menu Select

Applesauce Cup (Plain, Cherry, Cinnamon, Strawberry, Strawberry Banana)	4	0 / 0%	0	22-30	90-120	United Commodity Group
Diced Mixed Fruit Cup (Apple/Apricots)	4	0 / 0%	0	21	80	United Commodity Group
Diced Mixed Fruit Cup (Peaches/Pears/Pineapple)	4	0 / 0%	0	13	50	United Commodity Group
Diced Peach Cup	4	0 / 0%	0	11	45	United Commodity Group
Diced Peaches in Strawberry Gel	4	0 / 0%	0	21	80	United Commodity Group
Diced Pear Cup	4	0 / 0%	0	11	45	United Commodity Group
Fruit Salsa	3	0 / 0%	0	16	70	United Commodity Group
Mixed Fruit in Cherry Gel (Apples/Apricots)	4	0 / 0%	0	21	80	United Commodity Group

Peak Harvest Foods

Crunchy Apple Stix	0.7	0 / 0%	0	12	46	Peak Harvest Foods
Crunchy Apple Stix	1.6	0.2 / 0%	0	28	104	Peak Harvest Foods

Peterson Farms Fresh, Inc.

Apple Slices	2	0 / 0%	0	7	30	Peterson Farms Fresh, Inc.
Grapes	2	0 / 0%	0	10	40	Peterson Farms Fresh, Inc.
Orange Wedges	3	0 / 0%	0	7	50	Peterson Farms Fresh, Inc.
Organic Apple Slices	2	0 / 0%	0	7	30	Peterson Farms Fresh, Inc.

Santa Cruz Organic

Organic Apple Sauce Cups (Apple, Apple Apricot, Apple Blackberry, Apple Blueberry, Apple Cinnamon, Apple Raspberry)	4	0 / 0%	0	13-19	60-70	United Natural Foods, Inc.
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Seneca Foods Corp.

Caramel Apple Chips	0.7	5 / 45%	1	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC
Cinnamon Apple Chips	0.7	5 / 45%	1	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC
Original Red Delicious Apple Chips	0.7	5 / 45%	1	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Sun Rich Fresh Foods, Inc.

Fresh Apple Slice Wedges	2.5	0 / 0%	0	8	30	Sysco Boston LLC
Fruit in a Flash Apple Slices	2	0 / 0%	0	8	30	Sysco Boston LLC
Fruit in a Flash Apple Slices & Grapes	4	0 / 0%	0	18	67	Sysco Boston LLC

Sunkist Growers, Inc.

Sunkist Fun Fruit (Apple Grins, Grape Giggles, Orange Smiles, Pineapple Spears)	2-3.5	0 / 0%	0	9-12	35-45	Sunkist Growers, Inc.
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Sysco Corp.

Imperial California Sun-Dried Raisins	1.5	0 / 0%	0	31	130	Contact local Sysco distributor
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The Power of Fruit, Inc.

The Power of Fruit Original All Fruit Bar (Natural Choice Organic-Raspberry)	1.75	0 / 0%	0	10	38	The Power of Fruit, Inc.
The Power of Fruit Original All Fruit Bar (Power of Fruit-Original)	1.75	0.1 / 3%	0	7	28	The Power of Fruit, Inc.

Vermont Village Cannery

Organic Apple Sauce (Peach)	4	0 / 0%	0	19	80	United Natural Foods, Inc.
Organic Apple Sauce (Strawberry Banana, Mixed Berry, Cinnamon Apple, Unsweetened Apple)	4	0 / 0%	0	19	80	Associated Buyers, United Natural Foods, Inc.

Walnut Acres, The Hain Celestial Group, Inc.

Fruit Squeezies (Berry Wild, Wild Apple)	2	0 / 0%	0	9-10	35-40	Snack Essentials
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Woodstock Farms

Organic Applesauce (Plain, Apricot, Blueberry, Cinnamon, Mango, Raspberry)	4	0 / 0%	0	13-17	50-70	United Natural Foods, Inc.
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Yo Bites

Yo Bites Apple Slices	2	0 / 0%	0	8	20	Available through Yo Bites
Yo Bites Apple Slices	4	0 / 0%	0	16	40	Available through Yo Bites

<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Muffins, Bagels, Pastries

Aesops Bagels

Bagel Stuffers (Cheese Pizza)	2.5	2.5 / 14%	1.5	28	160	Original Pizza of Boston
Cinnamon Raisin Bagel	2.5	1 / 5%	0	21	183	Available through Costa Fruit & Produce, Thurston Foods, Inc.

Bake Crafters Food Company

Bagel Half (Honey Wheat)	1	0.5 / 5%	0	20	94	New England Ice Cream Corp., Costa Fruit & Produce
Bagel Half (Plain)	1	0 / 0%	0	15	73	New England Ice Cream Corp., Costa Fruit & Produce
Bagel, Sliced (Cinnamon Raisin, Plain)	2	1 / 6%	0	29-30	145	New England Ice Cream Corp., Costa Fruit & Produce
Bagel, Unsliced (Cinnamon Raisin)	2	1 / 6%	0	30	145	New England Ice Cream Corp., Costa Fruit & Produce
Low Fat Muffin (Banana, Apple Blossom)	2	0.5 / 4%	0	30	130	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Low Fat Muffin (Blueberry)	2	0.5 / 4%	0	29	120	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Low Fat Muffin (Corn)	2	2.5 / 15%	0	26	150	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Party Time Cup Cakes (Chocolate)	1.5	5 / 27%	2	29	170	Info available through Venture Sales Group
Party Time Cup Cakes (White)	1.5	3.5 / 23%	1	28	140	Info available through Venture Sales Group
Whole Grain Bagel, Sliced	2	1 / 6%	0	23	140	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Breakfast Buns	2	4.5 / 24%	1	29	170	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Fortified Muffin (Apple Cinnamon)	2	6 / 34%	1	25	160	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Fortified Muffin (Blueberry, Banana)	2	5 / 30%	1	24-25	150	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Mini Loaf (Apple Cinnamon)	2	5 / 28%	1	25	160	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Mini Loaf (Banana)	2	5 / 30%	1	24	150	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Mini Loaf (Blueberry)	2	6 / 30%	1	24	180	New England Ice Cream Corp., Costa Fruit & Produce

Bosco's Pizza Co.

Higher Fiber Reduced Fat 4" Bosco Stick	3	4 / 19%	2	25	190	Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce
Higher Fiber Reduced Fat 7" Bosco Stick	3	4 / 19%	2	26	190	Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce

Flowers Foods Specialty Group, LLC

Mrs. Freshley's 100 Calorie Pack Mini Blueberry Muffins	1.3	3 / 27%	1	22	100	New England Ice Cream Corp., Vistar/VSA of Hartford
Mrs. Freshley's 100 Calorie Pack Mini Crème Filled Chocolate Cupcakes	1.3	3 / 27%	1	23	100	New England Ice Cream Corp., Vistar/VSA of Hartford

Horizon Snack Foods

Horizon Snack Foods Individually Wrapped Fruit Turnovers (Apple)	2	5 / 29%	1.4	27	157	New England Ice Cream Corp.
Horizon Snack Foods Individually Wrapped Fruit Turnovers (Cherry, Peach)	2	5 / 28%	1.4	28	159	New England Ice Cream Corp.

J&J Snack Foods Corp.

Tio Pepe's Fruit Filled Churros (Apple)	1.8	4 / 24%	1	27	150	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield, Roma Foods of Hartford, Shaheen Brothers
Tio Pepe's Fruit Filled Churros (Raspberry)	1.8	4 / 23%	1	28	160	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield, Roma Foods of Hartford, Shaheen Brothers

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

JSB Industries Muffintown

Banana Fortified Muffin	2	7 / 37%	1	26	170	Costa Fruit & Produce, Thurston Foods Inc.
Blueberry Fortified Muffin	2	6 / 34%	1	24	160	Costa Fruit & Produce, Thurston Foods Inc.
Blueberry Muffin	2	6 / 32%	1	25	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Carrot-Pineapple Fortified Snack'n Loaf	2	6 / 34%	1	25	160	PFG Springfield
Corn Muffin	2	4 / 23%	0.5	28	160	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Cranberry Muffin	2	7 / 37%	1	24	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Lemon-Blueberry Fortified Snack'n Loaf	2	6 / 32%	1	24	170	PFG Springfield
Muffin (Apple Cinnamon, Cranberry)	2	7 / 37%	1	24-26	170	Costa Fruit & Produce, PFG Springfield, Thurston Foods Inc.
Muffin (Blueberry)	2	6 / 32%	1	25	170	Costa Fruit & Produce, PFG Springfield, Thurston Foods Inc.
Raisin Bran Fortified Snack'n Loaf	2	4 / 24%	0.5	29	150	PFG Springfield
Snack'n Loaf (Apple Cinnamon, Cherry)	2	7 / 35%	1	28	180	PFG Springfield, Original Pizza of Boston
Snack'n Loaf (Carrot)	2	6 / 34%	1	26	160	PFG Springfield, Original Pizza of Boston

Kellogg's

Blueberry Muffin Tops	1.7	5 / 32%	1.5	22	140	Contact local distributor
Chocolate Chip Muffin Tops	1.7	5 / 30%	1.5	22	150	Contact local distributor
Eggo Nutri-Grain Pancake with Whole Grain	1.3	2 / 23%	0	13	80	Contact local distributor
Eggo Nutri-Grain Waffle with Whole Grain	1.3	3 / 34%	0.5	13	80	Contact local distributor
French Toast Waffles	1.6	5 / 32%	2	20	140	Contact local distributor

Malt-O-Meal Company

100 Calorie Pack Snacks (Blueberry Muffin Tops)	0.8	2.5 / 23%	0.5	18	100	PFG Springfield
Vend Pack Snacks (Blueberry Muffin Tops)	1	3 / 23%	0.5	23	120	PFG Springfield

Menu Select

Muffin (Apple Spice, Blueberry)	2	6 / 34%	1	24	160	United Commodity Group
Muffin (Chocolate Chip)	2	7 / 35%	2	27	180	United Commodity Group

Nadja Foods

Brownie	1.8	3.3 / 20%	1	27	145	Sysco Boston LLC
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Nestle USA, Inc.

Belgian Chef Whole Grain Waffle Stix (Cinnamon)	2.2	2 / 13%	0.5	28	140	Thurston Foods, Inc., Sysco Boston LLC
Belgian Chef Whole Grain Waffle Stix (Plain)	2.2	2 / 13%	0.5	29	140	Thurston Foods, Inc., Sysco Boston LLC

Otis Spunkmeyer, Inc.

Otis Spunkmeyer Delicious Essentials Muffin (Banana)	1.8	5 / 26%	1	26	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service Everett & Peabody, New England Ice Cream Corp.
Otis Spunkmeyer Delicious Essentials Muffin (Chocolate Chocolate Chip, Apple Cinnamon)	1.8	6 / 32%	1.0-1.5	28-29	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service Everett & Peabody, New England Ice Cream Corp.
Otis Spunkmeyer Delicious Essentials Muffin (Wild Blueberry)	1.8	5 / 28%	1	27	160	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, Sysco Boston LLC, US Food Service Everett & Peabody, New England Ice Cream Corp.

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Signature Breads

Baby Breadstick	0.75	1 / 15%	0	11	60	U.S. Foodservice-Everett, Norwich, Peabody
Soft Breadstick	1.5	2 / 15%	0	23	120	U.S. Foodservice-Everett, Norwich, Peabody

Sky Blue Bakery

Mini Honey Wheat Breakfast Bar	1.25	2 / 14%	0.3	26	133	New England Ice Cream Corp., Sysco Boston LLC
Mini Whole Wheat Breakfast Bun	1.6	3.5 / 22%	1	23	144	New England Ice Cream Corp.

Super Bakery, Inc.

30-10-30 Cupcake (Chocolate)	1.5	3.5 / 24%	1.5	28	130	Info available through Battle Green Food Service
30-10-30 Cupcake (White)	1.5	3.5 / 23%	1	28	140	Info available through Battle Green Food Service
Snack & Smile Mini Loaf (Blueberry)	2	6 / 28%	1	30	190	Info available through Battle Green Food Service
Snack & Smile Mini Loaf (Carrot)	2	7 / 33%	1	30	190	Info available through Battle Green Food Service
The MVP Breakfast Baked Bun	1.8	4.5 / 21%	1.5	28	190	Info available through Battle Green Food Service
Ultra 100% Whole Wheat Mini Loaf (Dreamy Orange)	2	7 / 35%	1	28	180	Info available through Battle Green Food Service
Ultra 100% Whole Wheat Mini Loaf (Very Berry)	2	6 / 30%	1	30	180	Info available through Battle Green Food Service
Ultra 100% Whole Wheat Muffin (Dreamy Orange)	2	7 / 35%	1	28	180	Info available through Battle Green Food Service
Ultra 100% Whole Wheat Muffin (Very Berry)	2	6 / 30%	1	30	180	Info available through Battle Green Food Service
Ultra Muffin (Banana)	1.8	3.5 / 21%	1	29	150	Info available through Battle Green Food Service
Ultra Muffin (Blueberry)	1.8	3.5 / 20%	1	29	160	Info available through Battle Green Food Service
Ultra Whole Wheat Mini Loaf (Apple Cinnamon)	2	7 / 33%	1	30	190	Info available through Battle Green Food Service
Ultra Whole Wheat Mini Loaf (Banana)	2	6 / 30%	1	30	180	Info available through Battle Green Food Service
Ultra Whole Wheat Mini Loaf (Blueberry)	2	6 / 32%	1	29	170	Info available through Battle Green Food Service

The Hain Celestial Group, Inc.

Health Valley Café Creations Cinnamon Danish	1.4	2.5 / 17%	0	27	130	United Natural Foods, Inc.
Health Valley Lowfat Tart (Strawberry, Raspberry, Blueberry, Baked Apple, Red Cherry, Chocolate)	1.4	2 / 14%	0	28	130	Snack Essentials

Vitalicious, Inc.

VitaBrownie	2	2 / 15%	0.5	23	100	United Natural Foods, Inc.
VitaMuffin (Apple Berry Bran, BlueBran, CranBran)	2	0 / 0%	0	20-23	100	United Natural Foods, Inc.
VitaMuffin (Deep Chocolate)	2	1.5 / 14%	1	21	100	United Natural Foods, Inc.

<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Nuts, Seeds and Meats

Azar Nut Co.

Peanuts (Roasted, Salted)	1	14 / 79%	2	5	160	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Barbeque)	1	16 / 80%	1.5	5	180	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Honey Roasted)	1	14 / 79%	1.5	6	160	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Roasted, Salted)	1	16 / 85%	1.5	4	170	Azar Nut Co. Info available through Pinnacle Food Brokers

ConAgra Foods, Inc.

Pemmican Beef Jerky (Original)	1	2 / 23%	1	3	80	Vistar/VSA of Hartford
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Dakota Gourmet

Amazing Corn Cool Ranch Corn Nuts	1	2.5 / 21%	0.4	21	105	Dakota Gourmet, New England Ice Cream Corp.
Blaze-In' Hot Sunflower Kernels	1	16 / 85%	1.5	5	170	Dakota Gourmet, New England Ice Cream Corp.
Honey Roasted Soy Nuts	1	6 / 40%	1	11	135	Dakota Gourmet
Honey Roasted Sunflower Kernel	1	12 / 68%	1.5	8	158	Dakota Gourmet, New England Ice Cream Corp.
Lightly Salted Pepitas Pumpkin Seeds	1	12 / 72%	2	4	150	Dakota Gourmet, New England Ice Cream Corp.
Lightly Salted Sunflower Kernel	1	14 / 75%	1.5	5	168	Dakota Gourmet, New England Ice Cream Corp.
S'more Mix	1.25	4.6 / 30%	1.1	20	140	Dakota Gourmet, New England Ice Cream Corp.

Dr. Soy Nutrition

Chocolate Covered Soy Nuts	1	5 / 35%	2	17	130	Snack Essentials
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Eat Your Heart Out!

Freeze-Dried Salsa Green Soybeans	0.74	3 / 30%	0.5	8	90	Eat Your Heart Out!, Tree of Life NE, C&S Wholesale Grocers
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Frito-Lay

Oh Boy! Oberto 100 Calorie Jerky Bites (Original Beef)	1.2	1 / 9%	0.5	10	100	Contact local distributor
Oh Boy! Oberto 100 Calorie Jerky Bites (Teriyaki Turkey)	1.2	1 / 9%	0	10	100	Contact local distributor
Oh Boy! Oberto Beef Jerky (Hickory)	0.9	0.5 / 6%	0	6	70	Contact local distributor

Humm Foods, Inc. Creators of LaraBar

LaraBar (Apple Pie)	1	6 / 45%	0	14	120	Humm Foods, Inc., Creators of LaraBar, Snack Essentials
LaraBar (Banana Cookie)	1	6 / 42%	0	14	130	Humm Foods, Inc., Creators of LaraBar, Snack Essentials
LaraBar (Cherry Pie)	1	5 / 38%	0	15	120	Humm Foods, Inc., Creators of LaraBar, Snack Essentials
LaraBar (Chocolate Coconut Chew)	1	7 / 53%	1	13	120	Humm Foods, Inc., Creators of LaraBar, Snack Essentials
LaraBar (Cocoa Mole)	1	5 / 41%	0	15	110	Humm Foods, Inc., Creators of LaraBar, Snack Essentials

Jones Dairy Farm

Sausage and Rice Light Link	0.7	4 / 72%	1.3	1	50	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, PFG Springfield, Thurston Foods, Inc.)
Turkey Link	0.6	1.5 / 45%	0.4	1	30	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, PFG Springfield, Thurston Foods, Inc.)
Turkey Patty	1.3	3 / 45%	0.9	1	60	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, PFG Springfield, Thurston Foods, Inc.)

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Kar Nut Products Co.

PB&J Mix	0.5	4.5 / 58%	0.5	6	70	Kar Nut Products Co.
Salted Almonds	1	16 / 85%	1	5	170	Kar Nut Products Co.
Salted Mixed Nuts	1	15 / 84%	2	7	160	Kar Nut Products Co.
Sunflower Kernels	1	15 / 80%	2	5	170	Kar Nut Products Co.
Sweet 'N Salty Mix	0.5	4.5 / 58%	1.5	7	70	Kar Nut Products Co.
Yogurt, Apple, Nut Mix	0.5	4.5 / 58%	1.5	7	70	Kar Nut Products Co.

KidSmart Food Service

KidSmart Lightly Salted Pumpkin Seeds	1	12 / 72%	2	4	150	Costa Fruit & Produce
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Kraft Foodservice

Planters Honey Roasted Peanuts	1	13 / 73%	2	8	160	Contact local distributor (Available through Vistar/VSA of Hartford)
Planters Peanuts, Salted	1	15 / 79%	2	4	170	Contact local distributor (Available through Vistar/VSA of Hartford)

Link Snacks, Inc.

Jack Link's Barbecue Pork Tender Cuts	1	1 / 13%	0	7	70	New England Ice Cream Corp.
Jack Link's Beef Jerky (Original, Teriyaki, Peppered)	0.8	0.5 / 8%	0	2-4	60	Garber Brothers, Inc., New England Ice Cream Corp.
Jack Link's Beef Jerky (Sweet & Hot)	0.8	0.5 / 8%	0	2-4	60	Garber Brothers, Inc.
Jack Link's Beef Steak Nuggets (Teriyaki, Original)	1	1 / 13%	0.5	5	70	Vistar/VSA of Hartford, New England Ice Cream Corp.
Jack Link's Chicken Fajita Tender Cuts	1	2.5 / 32%	0.5	4	70	Vistar/VSA of Hartford, New England Ice Cream Corp.
Jack Link's KC Masterpiece Pork Tender Cuts	1	1 / 13%	0	7	70	Vistar/VSA of Hartford
Jack Link's Kippered Beef Steaks (Black Peppered)	1	0.5 / 8%	0.5	2	60	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Hickory Smoked)	1	0.5 / 6%	0.5	2-3	70	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Kickin' Cajun, Hot)	1	1 / 13%	0.5	2	70	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Original)	1	0.5 / 6%	0.5	2-3	70	Garber Brothers, Inc., New England Ice Cream Corp., Vistar/VSA of Hartford
Jack Link's Kippered Beef Steaks (Sweet & Hot)	1	0.5 / 6%	0.5	5	80	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Teriyaki, K.C. Masterpiece Barbecue)	1	1 / 11%	0.5	5-7	80	Garber Brothers, Inc.
Jack Link's Kippered Turkey Steak	1	2 / 23%	1	2	80	Garber Brothers, Inc.
Jack Link's Maple and Brown Sugar Tender Cuts	1	1.5 / 17%	1	7	80	New England Ice Cream Corp., Vistar/VSA of Hartford
Jack Link's Prime Rib Tender Cuts	1	1 / 15%	0.5	3	60	Vistar/VSA of Hartford, New England Ice Cream Corp.

Maisie Jane's California Sunshine Products, Inc.

Maisie Jane's Almond Snack Packs (Honey Glazed)	1.25	14 / 79%	1	12	160	Maisie Jane's California Sunshine Products Inc.
Maisie Jane's Almond Snack Packs (Oven-roasted, Tamari)	1.25	14 / 79%	1	7	160	Maisie Jane's California Sunshine Products Inc.

Mighty Mo Munchies

Mighty Mo Munchies Soy Nuts	1	4 / 30%	0.5	11	120	Mighty Mo Munchies
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Shelton's Poultry, Inc.

Shelton's Turkey Jerky	0.5	0.5 / 9%	0	0	50	United Natural Foods, Inc.
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Sungold Foods

Sunbutter (Creamy) in plastic cup	1.5 (3 Tbsp)	21 / 71%	3	9	266	Info available through Pinnacle Food Brokers
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The SoyNut Butter Co

SoyNut Butter with Pretzel Sticks Individual Snak Pak	0.9	5 / 32%	0.5	16	140	The SoyNut Butter Co., Thurston Foods, Inc.
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Trail's Best Snacks

Trail's Best Jerky (Original, Teriyaki)	1	1 / 13%	0	4-6	70	Vistar/VSA of Hartford
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	<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
	<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Tribe Mediterranean Foods

Tribe All Natural Sweet Roasted Red Pepper Hummus & Crackers	2.7	6 / 48%	0.1	12	113	Sysco Boston LLC
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Tropical Nut & Fruit

Hi Energy Mix	1.25	6 / 39%	1	21	140	Tropical Nut & Fruit
Honey Roasted Peanuts	1.25	15 / 64%	2.5	11	210	Tropical Nut & Fruit
Pistachios-In Shell	1.25	16 / 72%	2	9	200	Tropical Nut & Fruit
Sunflower Seeds	1.25	18 / 77%	2.5	8	210	Tropical Nut & Fruit
Whole Natural Almonds (Roasted/Salted, Roasted/No Salt, Roasted)	1.25	18 / 81%	1.5	6-7	200-210	Tropical Nut & Fruit

<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Vegetables

Bolthouse Farms, Inc.

Baby Carrots	1.3	0 / 0%	0	4	15	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Shaheen Brothers
Baby Carrots	1.5	0 / 0%	0	5	18	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Costa Fruit & Produce
Baby Carrots	2	0 / 0%	0	6	23	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Thurston Foods, Inc.
Baby Carrots	2.6	0 / 0%	0	8	30	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting

Grimmway Farms

Grimmway Farms Baby Carrots	1.6	0 / 0%	0	5	20	Contact local distributor. (Available through Costa Fruit & Produce, Sysco Food Services of CT, US Foodservice-Everett, Norwich and Peabody)
Grimmway Farms Baby Carrots	3	0 / 0%	0	9	40	Contact local distributor. (Available through Sysco Food Services of CT, US Foodservice-Everett, Norwich and Peabody, Costa Fruit & Produce)

Reichel Foods, LLC

Dippin' Stix Carrots w/ fat free ranch dip	4	0 / 0%	0	15	70	Sysco Boston LLC
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Salsa Del Sol

Mild Salsa Cup	2	0 / 0%	0	4	20	Costa Fruit & Produce
Picante Sauce Cup	1	0 / 0%	0	1	5	Costa Fruit & Produce

Sysco Corp.

Sysco Natural Peeled Baby Carrots	1.6	0 / 0%	0	5	17	Sysco Boston LLC
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT</i> (g)	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Water, Bottled

any brand

Bottled Water (without added sugar, artificial sweeteners, and/or caffeine)

Any Size	0 / 0%	0	0	0	0	Contact local distributor
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Coca-Cola Company

Dasani Non-Carbonated Water

12 or 20 or 24	0 / 0%	0	0	0	0	Contact local distributor
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Country Pure Foods, Inc.

Glacier Valley Natural Spring Water Bottle

16.9	0 / 0%	0	0	0	0	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, New England Ice Cream Corp., Pioneer Dairy, Sysco Boston LLC
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Glacier Valley Natural Spring Water Bottle

8.4	0 / 0%	0	0	0	0
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Glacier Valley Natural Spring Water Cup

3	0 / 0%	0	0	0	0
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Glacier Valley Natural Spring Water Cup

4	0 / 0%	0	0	0	0
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Fiji Water Co., LLC

Fiji Natural Artesian Water

16 or 32	0 / 0%	0	0	0	0	Snack Essentials, Polar Beverages
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Glaceau

SmartWater

20	0 / 0%	0	0	0	0	Contact local distributor. Available through Coca Cola Bottling
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Guida's Milk & Ice Cream

Guida's Pure Spring Water

8	0 / 0%	0	0	0	0	Contact local distributor
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Hint, Inc.

Hint Essence Water (Mango Grapefruit, Pomegranate-Tangerine, Lime, Raspberry-Lime, Peppermint, Pear, Tropical Punch, Strawberry Kiwi, Cucumber)

16	0 / 0%	0	0	0	0	United Natural Foods, Inc.
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M&B Products, Inc.

Mr. J Klear Splash Mini-Sip Pouch

8	0 / 0%	0	0	0	0	New England Ice Cream Corp.
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Nestle USA, Inc.

Nestle Pure Life Purified Water (Plain)

8 or 16.9 or 24	0 / 0%	0	0	0	0	Cirelli Foods, Inc., Costa Fruit & Produce, New England Ice Cream Corp., PFG North Center, PFG Springfield, US Foodservice-Everett, Norwich, Peabody, Sysco Boston LLC
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Poland Springs Natural Spring Water

16.9	0 / 0%	0	0	0	0
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Poland Springs Natural Spring Water

8 or 24	0 / 0%	0	0	0	0
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O Beverages

O Beverages (Ultra premium water, Lemon Lime, Mandarin Orange, Wild Berry, Peach, Mango Orange)

20	0 / 0%	0	0	0	0	Polar Beverages
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TalkingRain Beverage Co.

airwater (Non-carbonated, oxygen enhanced water)

33.8	0 / 0%	0	0	0	0	TalkingRain Beverage Co., Snack Essentials
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<i>PORTION SIZE</i>	<i>TOTAL FAT (g) /</i>	<i>SAT FAT</i>	<i>CARB</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
<i>(oz)</i>	<i>% calories from fat</i>	<i>(g)</i>	<i>(g)</i>		

Yogurt, Milk, Cheese, Pudding

Brown Cow Farm

Low Fat Yogurt (Black Cherry, Blueberry, Strawberry, Lemon Twist, Vanilla Bean)	6	2 / 12%	1	26-27	150	Snack Essentials, United Natural Foods, Inc.
Low Fat Yogurt (Blueberry, Boysenberry, Peach)	6	2 / 12%	1-1.5	26-27	150	United Natural Foods, Inc.
Low Fat Yogurt (Maple)	6	2.5 / 17%	1.5	20	130	United Natural Foods, Inc.
Nonfat Yogurt (Raspberry, Apricot Mango, Blueberry, Chocolate, Strawberry, Vanilla)	6	0 / 0%	0	25-29	130-150	Snack Essentials, United Natural Foods, Inc.

Cascade Fresh, Inc.

Fat Free Yogurt (Orange Cream, Apricot Mango, Blueberry, Boysenberry, Cherry Vanilla, Green Apple Pie, Key Lime, Lemon Chiffon, Marionberry, Peach, Raspberry, Strawberry, Vanilla)	6	0 / 0%	0	20	110	Snack Essentials, United Natural Foods, Inc.
Low Fat Yogurt (Boysenberry, Cherry, Peach, Raspberry, Strawberry)	6	2 / 13%	1	23	140	Snack Essentials

Dahlicious, LLC

Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (BanaNana, PeachEee)	8	2.5 / 19%	1.5	21-23	120	Albert's Organics New England
Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (BWild)	8	2.5 / 17%	1.5	22	130	Albert's Organics New England
Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (MangoGo)	8	2 / 14%	1	28	130	Albert's Organics New England

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Dannon Co, Inc.

Classic Low-fat Yogurt (Lemon)	6	2.5 / 15%	1.5	26	150	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc.)
Classic Low-fat Yogurt (Vanilla)	6	2.5 / 15%	1.5	26	150	Contact local distributor (Available through Sysco Boston LLC, US Foodservice-Everett, Marcus Dairy, Thurston Foods, Inc.)
Fruit on the Bottom Low-fat Yogurt (Apple Cinnamon)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Blueberry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Thurston Foods, Inc., Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Boysenberry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, U.S. Foodservice - Peabody, Guida Milk & Ice Cream, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Cherry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, U.S. Foodservice - Peabody, Guida Milk & Ice Cream, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Mixed Berries)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through US Foodservice-Everett, Thurston Foods, Inc., Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Peach)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Guida Milk & Ice Cream, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Raspberry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through US Foodservice-Everett, PFG Springfield, U.S Foodservice-Peabody, Marcus Dairy, Sysco Boston LLC, Guida Milk & Ice Cream.)
Fruit on the Bottom Low-fat Yogurt (Strawberry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through Guida Milk & Ice Cream, Sysco Boston LLC, U.S. Foodservice - Everett)
Fruit on the Bottom Low-fat Yogurt (Strawberry/Peach/Blueberry)	6	1.5 / 9%	1	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Marcus Dairy, Sysco Boston LLC, Guida Milk & Ice Cream, PFG Springfield, U.S. Foodservice-Peabody)
Fruition Smoothie (Banana Berry Blend, Cherry Berry Blend, Peach Passion Fruit Blend, Pina Colada Blend, Strawberry Kiwi Blend, Strawberry Blend)	10	3.5 / 12%	2	49-50	260	Contact local distributor.
Fruition Smoothie (Wild Berry Blend)	10	3.5 / 11%	2	51	280	Contact local distributor.
Light & Fit Smoothie (Mixed Berry)	7	0 / 0%	0	15	80	Contact local distributor (Available through Sysco Boston LLC, PFG Springfield, US Foodservice-Everett, Thurston Foods, Inc.)
Light & Fit Smoothie (Strawberry Banana)	7	0 / 0%	0	15	80	U.S. Foodservice - Everett, Thurston Foods, Inc.
Light & Fit Yogurt (Lemon Chiffon)	6	0 / 0%	0	10-11	60	U.S. Foodservice - Peabody
Light & Fit Yogurt (Peach, Blueberry, Vanilla)	6	0 / 0%	0	10-11	60	Sysco Boston LLC, Thurston Foods, Inc.
Light & Fit Yogurt (Raspberry)	6	0 / 0%	0	10-11	60	Sysco Boston LLC, U.S. Foodservice - Everett
Light & Fit Yogurt (Strawberry)	6	0 / 0%	0	10-11	60	Sysco Boston LLC, Thurston Foods, Inc., U.S. Foodservice -
Light & Fit Yogurt (Strawberry-Banana)	6	0 / 0%	0	10-11	60	Sysco Boston LLC, U.S. Foodservice - Peabody, U.S. Foodservice - Everett
Lowfat Yogurt (Original Plain)	6	2.5 / 23%	1.5	12	100	Sysco Boston LLC, U.S. Foodservice - Peabody, U.S. Foodservice - Everett
Non-fat Yogurt (Blueberry/Peach/Strawberry)	6	0 / 0%	0	15	80	Contact local distributor (Available through Guida Milk & Ice Cream, Thurston Foods, Inc., Sysco Boston LLC)
Non-fat Yogurt (Cherry Vanilla)	6	0 / 0%	0	15	80	Contact local distributor (Available through US Foodservice-Peabody, Thurston Foods, Inc.)
Non-fat Yogurt (Raspberry)	6	0 / 0%	0	15	80	Contact local distributor (Available through Guida Milk & Ice Cream, Thurston Foods, Inc.)
Non-fat Yogurt (Strawberry/Banana/Raspberry)	4	0 / 0%	0	10	53	Contact local distributor (Available through Guida Milk & Ice Cream, Thurston Foods, Inc., US Foodservice-Everett, US Foodservice-Peabody.)
Non-fat Yogurt (Strawberry/Blueberry)	4	0 / 0%	0	10	53	Contact local distributor (Available through Garelick Farms, Guida Milk & Ice Cream, Thurston Foods, Inc., US Foodservice-Everett)
Non-fat Yogurt (Strawberry/Peach)	4	0 / 0%	0	10	53	Contact local distributor (Available through US Foodservice-Everett, Guida Milk & Ice Cream, Thurston Foods, Inc.)
NutriDay Nonfat Yogurt (Strawberry)	4	0 / 0%	0	19	90	Sysco Boston LLC

	PORTION SIZE	TOTAL FAT (g) /	SAT FAT	CARB	CALS	DISTRIBUTOR
	(oz)	% calories from fat	(g)	(g)		

NutriDay Nonfat Yogurt (Strawberry)	4	0 / 0%	0	19	90	Sysco Boston LLC, PFG Springfield
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East Side Entrees

East Side Entrees Mozzarella String Cheese Stick	1	6 / 67%	3.5	1	80	Original Pizza of Boston
Shake 'n Sip UHT Milk (Chocolate)	8	2.5 / 13%	1.5	26	170	Original Pizza of Boston
Shake 'n Sip UHT Milk (Plain)	8	2.5 / 17%	1.5	16	130	Original Pizza of Boston
Shake 'n Sip UHT Milk (Strawberry, Vanilla, Dulce De Leche)	8	2.5 / 15%	1.5	21	150	Original Pizza of Boston

Franklin Foods, Inc.

Hahn's Yogurt and Cream Cheese Spread (Heavenly Plain)	1	3.5 / 45%	2	3	70	Sysco Boston LLC, Sysco Foodservices of Northern New England
Hahn's Yogurt and Cream Cheese Spread (Strawberries and Cream)	1	3.5 / 45%	2	5	70	Sysco Boston LLC, Sysco Foodservices of Northern New England

Frigo

Frigo Cheese Heads String Cheese	1	6 / 68%	3.5	1	80	Costa Fruit & Produce
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Garelick Farms, Inc.

1% Colossal Coffee Milk	10	3 / 15%	2	29	180	Contact local distributor
1% Lowfat Milk	10	3 / 19%	2	16	140	Contact local distributor
1% Lowfat Milk	8	2.5 / 20%	1.5	13	110	Contact local distributor
1% Ultimate Chocolate Milk	10	3 / 14%	2	32	190	Contact local distributor
1% Ultimate Strawberry Milk	10	3 / 13%	2	37	210	Contact local distributor
1% Ultimate Vanilla Milk	10	3 / 12%	2	40	220	Contact local distributor
Colossal Coffee Lowfat Milk Chug	14	4 / 14%	2.5	43	260	Contact local distributor
Nonfat Milk	10	0 / 0%	0	16	110	Contact local distributor
Nonfat Milk	8	0 / 0%	0	13	90	Contact local distributor
Ultimate Chocolate Lowfat Milk Chug	14	4.5 / 14%	2.5	52	300	Contact local distributor
Ultimate Strawberry Lowfat Milk Chug	14	3.5 / 11%	2.7	51	298	Contact local distributor

Gehl's Guernsey Farms, Inc.

Pudding Please! (Milk Chocolate, Vanilla)	4	1 / 7%	0	26-27	130	Costa Fruit & Produce, Sysco Boston LLC, Original Pizza of Boston, Thurston Foods, Inc.
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PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

General Mills Bakeries & Foodservice

Colombo Classic "Fruit on the Bottom" Yogurt	8	2 / 8%	1.5	47	230	Contact local distributor
Colombo Classic "Fruit on the Bottom" Yogurt (Blueberry)	8	2 / 8%	1.5	47	230	Contact local distributor. Available through Sysco Boston LLC
Colombo Classic "Fruit on the Bottom" Yogurt (Strawberry/Blueberry/Peach Assortment)	8	2 / 8%	1.5	47	230	Contact local distributor. Available through Sysco Boston LLC
Colombo Light Yogurt	8	0 / 0%	0	21	120	Contact local distributor (Available through Thurston Foods, Inc.)
Colombo Light Yogurt (Strawberry/Blueberry/Peach Assortment)	8	0 / 0%	0	21	120	Contact local distributor. Available through Sysco Boston LLC
Yoplait Go-Gurt (Strawberry Splash, Berry Blue Blast)	2.25	2 / 23%	1	13	80	Contact local distributor (Available through Sysco Boston LLC)
Yoplait Go-Gurt Fizzix (Blue Raspberry Rage/Strawberry Watermelon Rush Fizzy Lowfat Yogurt Snack)	2.25	0.5 / 6%	0	13	70	Contact local distributor
Yoplait Light Yogurt	6	0 / 0%	0	19	100	Contact local distributor (Available through Thurston Foods, Inc.)
Yoplait Original Lowfat Yogurt Multipack (Red Raspberry and Harvest Peach)	4	2 / 16%	0.5	22	110	Contact local distributor
Yoplait Original Yogurt	6	1.5 / 8%	1	33	170	Contact local distributor (Available through Thurston Foods, Inc.)
Yoplait Smoothie (Strawberry, Mixed Berry)	8	2.5 / 10%	1.5	44	220	Guida Milk & Ice Cream, Sysco Boston LLC, Sysco Food Services of CT
Yoplait Trix Yogurt	4	1.5 / 11%	1	23	120	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)

Guida's Milk & Ice Cream

1% Dutch Chocolate Milk	10	3 / 14%	2	32	200	Contact local distributor
1% Dutch Chocolate Milk	16	5 / 14%	3	54	320	Contact local distributor
1% Lowfat Milk	10	3 / 21%	1.5	16	130	Contact local distributor
1% Strawberry Milk	10	3 / 14%	1.9	34	200	Contact local distributor
1% Strawberry Milk	16	5 / 14%	3	54	320	Contact local distributor
1/2% Chocolate Milk	8	1.5 / 9%	0.5	26	150	Contact local distributor
1/2% Coffee Milk	8	1 / 6%	0.5	28	160	Contact local distributor
Nonfat Milk	10	0 / 0%	0	16	110	Contact local distributor

H.P. Hood

1% Coffee Milk	10	3 / 14%	2	34	200	Contact local distributor
1% Coffee Milk	8	2.5 / 14%	1.5	27	160	Contact local distributor
1% Lowfat Milk	10	3 / 21%	2	16	130	Contact local distributor
1% Lowfat Milk	8	2.5 / 20%	1.5	13	110	Contact local distributor
1/2% Chocolate Milk	10	1.5 / 7%	1	34	190	Contact local distributor
1/2% Chocolate Milk	8	1.5 / 9%	1	27	150	Contact local distributor
Nonfat Milk	10	0 / 0%	0	16	110	Contact local distributor
Nonfat Milk	8	0 / 0%	0	13	80	Contact local distributor

Horizon Organic

Horizon Organic Fat Free Fruit-on-the-Bottom Yogurt (Blueberry, Cherry, Mixed Berry, Peach, Strawberry)	6	0 / 0%	0	26-28	130-140	United Natural Foods, Inc.
Horizon Organic Fat Free Yogurt (Vanilla, Plain)	6	0 / 0%	0	12-25	80	United Natural Foods, Inc.
Horizon Organic Yogurt Smoothies (Strawberry Banana Splash, Wild Berry Blast, Tropical Punch)	6	0 / 0%	0	24-25	120	United Natural Foods Inc., Snack Essentials
Horizon Organic Yogurt Tubes (Strawberry/Blueberry, Strawberry/Orange-Cream)	2	1 / 13%	0.5	12	70	United Natural Foods, Inc.

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Kozy Shack

Poppin' Pudding (Ballistic Banana)	4	1 / 9%	0.5	17	100	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce, Sysco Boston LLC). Info available through Pinnacle Food Brokers
Poppin' Pudding (Crazy Chocolate)	4	1.5 / 11%	0.5	20	120	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce, Sysco Boston LLC). Info available through Pinnacle Food Brokers
Poppin' Pudding (Very Vanilla)	4	1 / 8%	0.5	20	110	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce, Sysco Boston LLC). Info available through Pinnacle Food Brokers

Kraft Foodservice

100 Calorie Packs--Jello-O Pudding Snacks (Devil's Food)	4	0 / 0%	0	22	100	Contact local distributor (Available through New England Ice Cream Corp.)
Jell-O Pudding Snacks (Chocolate & Vanilla Swirls)	4	1.5 / 12%	1.5	24	110	Contact local distributor
Jell-O Pudding Snacks (Chocolate)	4	1.5 / 11%	1.5	25	120	Contact local distributor
Polly-O String-Ums Low Moisture, Part-Skim Mozzarella String Cheese	1	6 / 68%	3.5	0	80	Contact local distributor
Twist-Ums Low Moisture, Part-Skim Mozzarella and Cheddar Cheeses	0.75	4 / 60%	2.5	0	60	Contact local distributor

Land O'Lakes, Inc.

Reduced Fat Colby Jack Cheese	1	7 / 70%	4	0	90	Original Pizza of Boston
Reduced Fat Mild Cheddar Cheese	1	7 / 70%	4.5	0	90	Original Pizza of Boston

Lassi Drinks, LLC

La Yoghi Yogurt Smoothie (Banana, Strawberry, Mango)	8	0 / 0%	0	32	140	Lassi Drinks, LLC
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Liberte Natural Foods

Liberte Yogourt Six Grains (Raspberry)	6	3 / 17%	2	23	160	United Natural Foods, Inc.
Liberte Yogourt Six Grains (Strawberry)	6	3 / 18%	2	23	150	United Natural Foods, Inc.

M&B Products, Inc.

Buffy's Cool Cow Shakes (Vanilla, Chocolate, Strawberry, Cookies and Cream)	8	2.5 / 15%	1.5-2	23-24	150	New England Ice Cream Corp.
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Mac Farms Inc.

e-Moo Carbonated Dairy-Based Beverage (Chocolate Zing, Mooberry, Orange Sparkle)	12	0 / 0%	0	29	165	Mac Farms Inc.
e-Moo Carbonated Dairy-Based Beverage (Chocolate Zing, Mooberry, Orange Sparkle)	8	0 / 0%	0	19	110	Mac Farms Inc.

Marcus Dairy, Inc.

1% Lowfat Milk	8	2.5 / 20%	1.5	11	110	Contact local distributor
1/2% Chocolate Milk	8	1 / 7%	0.5	23	130	Contact local distributor
Nonfat Milk	8	0 / 0%	0	11	100	Contact local distributor

Menu Select

String Cheese (Low-moisture, Part Skim Mozzarella)	1	7 / 70%	5	0	90	United Commodity Group
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PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Nestle USA, Inc.

Nesquik 1% Ready-to-Drink Milk (Chocolate)	14	4.2 / 12%	2.8	56	315	New England Ice Cream Corp.
Nesquik 1% Ready-to-Drink Milk (Chocolate)	8	3 / 16%	2	30	170	Vistar/VSA of Hartford, New England Ice Cream Corp, Sysco Boston LLC
Nesquik 1% Ready-to-Drink Milk (Strawberry)	8	2.5 / 13%	1.5	31	170	Vistar/VSA of Hartford, New England Ice Cream Corp
Nesquik 1% Ready-to-Drink Milk (Strawberry, Double Chocolate)	14	4.2 / 13%	2.8	53	298	New England Ice Cream Corp.
Nesquik 1% Ready-to-Drink Milk (Very Vanilla)	14	4.2 / 14%	2.8	50	280	New England Ice Cream Corp.

Organic Valley

Lactose-Free Lowfat Chocolate Milk	11	3.5 / 18%	2	28	180	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.
Lactose-Free Lowfat Milk	11	3.5 / 18%	2	15	130	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.
Stringles String Cheese	1	6 / 60%	3.5	1	90	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.

Rachel's

Rachel's Essence Yogurt (Refresh-Pink Grapefruit Lychee, Glow-Berry Jasmine, Relax-Vanilla Chai, Calm-Plum Honey Lavendar, Revive-Peach Green Tea)	6	2.5 / 14%	1.5	28	160	United Natural Foods, Inc.
Rachel's Essence Yogurt (Vitality-Pomegranate Acai)	6	2.5 / 13%	1.5	29	170	United Natural Foods, Inc.
Rachel's Exotic Yogurt (Mango Pineapple Passion Fruit, Pomegranate Blueberry)	6	2.5 / 13%	1.5	32	170-180	United Natural Foods, Inc.
Rachel's Exotic Yogurt (Marionberry Guava, Kiwi Passion Fruit Lime, Black Cherry Curreant, Orange Strawberry Mango)	6	2.5 / 14%	1.5	28-29	160	United Natural Foods, Inc.

Schreiber Foods, Inc.

School Choice String Cheese	1	5 / 56%	3	1	80	U.S. Foodservice-Everett, U.S. Foodservice-Peabody
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Springfield Creamery

Nancy's Fruit on Top Nonfat Yogurt (Blackberry, Blueberry, Raspberry, Strawberry)	8	0 / 0%	0	27-32	150-170	United Natural Foods, Inc.
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PORTION SIZE **TOTAL FAT (g) /** **SAT FAT** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **(g)** **(g)**

Stonyfield Farm

Light Yogurt Smoothie (Banana Berry)	10	0 / 0%	0	41	130	Snack Essentials
Screamin' Strawberry & Banilla Burst	4	1 / 9%	0.5	21	100	United Natural Foods, Inc., Snack Essentials
Strawberry Smoothie	6	2 / 12%	1	27	150	United Natural Foods, Inc., Snack Essentials
Yogurt - Low-Fat (Blueberry)	6	1.5 / 8%	0.75	31.5	165	Contact local distributor (Available through Sysco Boston LLC or New England Food Service, Snack Essentials)
Yogurt - Low-fat (Caramel)	6	1.5 / 8%	1	35	180	United Natural Foods, Inc.
Yogurt - Low-fat (Luscious Lemon, Mocha Latte, Maple Vanilla, Peachy, Raspberry)	6	1.5 / 10%	1	23-25	130-140	Snack Essentials, United Natural Foods, Inc.
Yogurt - Low-fat (Plain)	6	1.5 / 15%	1	13	90	Snack Essentials, United Natural Foods, Inc.
Yogurt - Low-fat (Strawberry)	6	1.5 / 8%	0.75	31.5	165	Contact local distributor (Available through United Natural Foods, Inc., Sysco Boston LLC or New England Food Service, Snack Essentials)
Yogurt - Low-fat (Vanilla)	6	1.5 / 8%	0.75	31.5	165	Contact local distributor (Available through United Natural Foods, Inc., New England Food Service, Snack Essentials)
Yogurt - Low-fat Variety Pak (Straw/Blue/Van)	6	1.5 / 8%	0.75	31.5	165	PFG Springfield, Sysco Boston LLC, U.S. Foodservice - Peabody
Yogurt - Organic Fat Free (Black Cherry, Blackberry, Blueberry, French Vanilla, Key Lime, Lotsa Lemon, Peach, Raspberry, Strawberry, Plain, Chocolate Underground)	6	0 / 0%	0	12-37	80-170	United Natural Foods, Inc.
Yogurt Smoothie (Banana Berry, Peach, Strawberry, Vanilla, Wild Berry)	10	3 / 11%	2	46-49	250	United Natural Foods, Inc.
Yogurt Smoothie (Raspberry)	10	3 / 11%	2	45	240	United Natural Foods, Inc.
YoKids Squeezers (Berry Blitz & Chillin' Cherry)	2	1 / 15%	0.5	11	60	United Natural Foods, Inc.
YoKids Squeezers (Screamin' Strawberry)	2	1 / 15%	0.5	11	60	United Natural Foods, Inc.

Sun Valley Dairy

Voskos Greek Style Nonfat Yogurt (Fig, Honey Vanilla, Honey)	5.3	0 / 0%	0	16	120	United Natural Foods, Inc.
Voskos Greek Style Nonfat Yogurt (Plain)	8	0 / 0%	0	5	100	United Natural Foods, Inc.

Tabatchnick Fine Foods

Li'l Milk 1% Lowfat Milk (Regular, Lactose Free)	8	2.5 / 16%	1.5	17	140	New England Ice Cream Corp.
Li'l Milk 1% Lowfat Milk (Strawberry, Vanilla, Banana, Orange Crème)	8	2.5 / 12%	1.5	30	190	New England Ice Cream Corp.
Tabatchnick High Protein Yogurt Tube (Cherry)	2.25	1 / 15%	0.5	9	60	New England Ice Cream Corp.
Tabatchnick High Protein Yogurt Tube (Strawberry, Raspberry, Strawberry/Banana, Tropical)	2.25	1 / 13%	0.5	9-10	70	New England Ice Cream Corp.

Upstate Farms Cooperative, Inc.

Upstate Farms Blended Nonfat Yogurt (Blueberry, Cherry Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana)	4	0 / 0%	0	22	110	Original Pizza of Boston, Costa Fruit & Produce
Upstate Farms Blended Nonfat Yogurt (Blueberry, Cherry Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana)	8	0 / 0%	0	45	210	Original Pizza of Boston, Costa Fruit & Produce

Wallaby Yogurt Company

Wallaby Organic Lowfat Yogurt (Dulce De Leche, Key Lime)	6	2.5 / 15%	1.5	26	150	United Natural Foods, Inc.
Wallaby Organic Lowfat Yogurt (Orange Passion Fruit, Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana, Black Cherry, Banana Vanilla, Blueberry, Lemon, Maple)	6	2.5 / 16%	1.5	23-24	140	United Natural Foods, Inc.
Wallaby Organic Nonfat Yogurt (Vanilla Bean, Bartlett Pear, Blackberry, Mango Lime, Pineapple Coconut, Strawberry Guava)	6	0 / 0%	0	24-26	130-140	United Natural Foods, Inc.