



RS Cinnamon Toast Crunch® Cereal Breakfast
MFG# 38095

Breakfast Items

**General Mills® RS
 Cinnamon Toast
 Crunch® Cereal**

**notables® Strawberry Fields
 Grahams**

**100% Orange Tangerine
 Juice**

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	100	60
Cal from Fat	25		0
Total Fat (g)	3	3	0
Sat Fat (g)	0.5	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	50	10
Carbs (g)	22	19	15
Fiber (g)	3	1	0
Sugars (g)	6	8	14
Protein (g)	1	2	0
Vitamin A	8%	0%	30%
Vitamin C	8%	0%	100%
Calcium	20%	0%	10%
Iron	20%	6%	0%

Ingredient lists

Cereal Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.

Strawberry Fields Grahams Whole wheat flour, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, strawberries, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®

notables[®] RS Cocoa Puffs[®] Cereal Kit

MFG# 38096

Breakfast Items

General Mills[®] RS Cocoa Puffs[®] notables[®] Carrot Patch Grahams 100% Apple Juice

Basic Information

Serving Size	1 bowl (30g)	1 ounce (28 g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	110	60
Cal from Fat	15		0
Total Fat (g)	1.5	3	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	50	5
Carbs (g)	25	19	15
Fiber (g)	2	1	0
Sugars (g)	8	8	14
Protein (g)	2	2	0
Vitamin A	10%	0%	0%
Vitamin C	10%	0%	100%
Calcium	10%	0%	10%
Iron	25%	6%	0%

Ingredient lists

Cereal Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Cocoa Processed with Alkali, Rice Bran And/or Canola Oil, Caramel Color, Salt, Natural Flavor, Trisodium Phosphate, Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Carrot Patch Grahams Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
Executive Director, notables[®]



RS Trix® Cereal Breakfast
MFG# 38097

Breakfast Items

**General Mills® Reduced
 Sugar Trix® Cereal**

**notables® Strawberry Fields
 Grahams**

**100% Orange Tangerine
 Juice**

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	100	60
Cal from Fat	10		0
Total Fat (g)	1.5	3	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	140	50	10
Carbs (g)	24	19	15
Fiber (g)	1	1	0
Sugars (g)	7	8	14
Protein (g)	1	2	0
Vitamin A	8%	0%	30%
Vitamin C	8%	0%	100%
Calcium	8%	0%	10%
Iron	25%	6%	0%

Ingredient lists

Cereal Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Rice Bran And/or Canola Oil, Salt, Color (vegetal and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Strawberry Fields Grahams Whole wheat flour, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, strawberries, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®



Honey Nut Cheerios® Cereal Breakfast
MFG# 38098

Breakfast Items

General Mills® Honey Nut Cheerios® **notables® Apple Orchard Grahams** **100% Apple Juice**

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	110	60
Cal from Fat	10		0
Total Fat (g)	1.5	3	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	50	5
Carbs (g)	22	19	15
Fiber (g)	2	1	0
Sugars (g)	9	8	14
Protein (g)	2	2	0
Vitamin A	10%	0%	0%
Vitamin C	10%	0%	100%
Calcium	10%	0%	10%
Iron	25%	6%	0%

Ingredient lists

Cereal Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS ALMOND INGREDIENTS.

Apple Orchard Grahams Whole wheat flour, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®

notables® Cinnamon Chex® Cereal Breakfast
MFG#38099

Breakfast Items

General Mills® Cinnamon Chex® Cereal Bowl	Sunrich Naturals® Honey Roasted Sunflower Seeds	100% Orange Tangerine Juice
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Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1/2 C. Fruit

Nutrition Information

Calories	120	160	60
Cal from Fat	25	120	0
Total Fat (g)	2.5	14	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	170	55	10
Carbs (g)	22	8	15
Fiber (g)	1	2	0
Sugars (g)	6	4	14
Protein (g)	1	5	0
Vitamin A	8%	0%	30%
Vitamin C	8%	0%	100%
Calcium	8%	2%	10%
Iron	40%	6%	0%

Ingredient lists

Cereal Whole Grain Rice, Rice, Sugar, Fructose, Canola Oil, Salt, Rice Fiber, Cinnamon, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), , A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Sunflower Seeds Non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xantham gum.

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
Executive Director-notables®



Lucky Charms® Cereal Breakfast
MFG# 38100

Breakfast Items

General Mills® Lucky Charms® Cereal

notables® Apple Orchard Grahams

100% Apple Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	110	60
Cal from Fat	10		0
Total Fat (g)	1	3	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	180	50	5
Carbs (g)	23	19	15
Fiber (g)	2	1	0
Sugars (g)	10	8	14
Protein (g)	2	2	0
Vitamin A	10%	0%	0%
Vitamin C	10%	0%	100%
Calcium	10%	0%	10%
Iron	25%	6%	0%

Ingredient lists

Cereal Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellow 5 & 6, Red 40, Blue 1 and Other Color Added, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Apple Orchard Grahams Whole wheat flour, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
 Executive Director, notables®



Cinnamon Toast Crunch® Cereal Bar Breakfast
MFG#38101

Breakfast Items

**General Mills®
 Cinnamon Toast
 Crunch® Cereal Bar**

**Sunrich Naturals®
 Honey Roasted
 Sunflower Seeds**

**100% Orange Tangerine
 Juice**

Basic Information

Serving Size	1 bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1/2 C. Fruit

Nutrition Information

Calories	150	170	60
Cal from Fat	30	150	0
Total Fat (g)	3.5	16	0
Sat Fat (g)	0	1.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	115	110	10
Carbs (g)	30	4	15
Fiber (g)	3	2	0
Sugars (g)	9	1	14
Protein (g)	2	6	0
Vitamin A	0%	0%	30%
Vitamin C	0%	0%	100%
Calcium	20%	2%	10%
Iron	10%	10%	0%

Ingredient lists

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

Sunflower Seeds non-GMO sunflower kernels, sunflower oil, salt.

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®

notables® Golden Grahams® Cereal Bar Breakfast

MFG# 38102

Breakfast Items

General Mills® Golden Grahams® Cereal Bar

Sunrich Naturals® Honey Roasted Sunflower Seeds

100% Apple Juice

Basic Information

Serving Size	1 Bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1/2 C. Fruit

Nutrition Information

Calories	150	160	60
Cal from Fat	30	120	0
Total Fat (g)	3	14	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	110	55	5
Carbs (g)	30	8	15
Fiber (g)	3	2	0
Sugars (g)	9	4	14
Protein (g)	2	5	0
Vitamin A	2%	0%	0%
Vitamin C	0%	0%	100%
Calcium	20%	2%	10%
Iron	8%	6%	0%

Ingredient lists

Cereal Bar Whole grain oats, corn syrup, whole grain wheat, canola oil, fructose, brown rice flour, marshmallows (sugar, corn syrup, modified corn starch, water, gelatin, natural flavor, sodium phosphate), corn meal, chicory root extract, maltodextrin. Contains 2% or less of: Vegetable glycerin, calcium carbonate, whole corn flour, wheat starch, corn flour, salt, brown sugar syrup, dextrose, modified wheat starch, baking soda, cocoa processed with alkali, caramel color, natural flavor, zinc and iron (mineral nutrients), Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], soy lecithin, Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.

Sunflower Seeds non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum.

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
Executive Director-notables®

notables® Cocoa Puffs® Cereal Bar Breakfast
MFG#38103

Breakfast Items

General Mills® Cocoa Puffs® Cereal Bar

Pepperidge Farm® Pretzel Goldfish

100% Orange Tangerine Juice

Basic Information

Serving Size	1 ounce (28g)	.75 ounce (21g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	150	110	60
Cal from Fat	30	31.5	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	100	60	10
Carbs (g)	30	20	15
Fiber (g)	3	2	0
Sugars (g)	9	3	14
Protein (g)	3	2	0
Vitamin A	2%	0%	30%
Vitamin C	2%	0%	100%
Calcium	20%	0%	10%
Iron	10%	4%	0%

Ingredient lists

Cereal Bar Whole Grain Oats, Cereal (whole grain corn, sugar, corn meal, corn syrup, canola oil, salt, cocoa processed with alkali, caramel color, brown sugar syrup, baking soda, natural flavor, Vitamins and Minerals: tricalcium phosphate, calcium carbonate, zinc and iron [mineral nutrients], Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3, Corn Syrup, Sugar, Whole Wheat Flour, Fructose, Canola Oil, Brown Rice Flour, Chicory Root Extract. Contains 2% or less of: Cocoa Processed with Alkali, Vegetable Glycerin, Calcium Carbonate, Maltodextrin, Modified Wheat Starch, Corn Flour, Salt, Caramel Color, Baking Soda, Natural Flavor, Soy Lecithin.
CONTAINS WHEAT AND SOY INGREDIENTS.

Pretzels Whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oils (canola, sunflower and/or soybean oil), contains 2% or less of: salt, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, enzymes, nonfat dry milk*. *adds a trivial amount of cholesterol.
CONTAINS WHEAT AND MILK. MAY CONTAIN SOY.

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
Executive Director-notables®



Trix® Cereal Bar Breakfast
MFG# 38104

Breakfast Items

**General Mills® Trix®
Cereal Bar**

**Pepperidge Farms® Whole
Grain Cheddar Goldfish
Crackers**

100% Apple Juice

Basic Information

Serving Size	1 Bar (40g)	0.75 ounces (21g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	150	100	60
Cal from Fat	30	30	0
Total Fat (g)	3.5	3.5	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	<5	0
Sodium (mg)	100	170	5
Carbs (g)	30	14	15
Fiber (g)	2	1	0
Sugars (g)	9	0	14
Protein (g)	2	3	0
Vitamin A	2%	0%	0%
Vitamin C	2%	0%	100%
Calcium	20%	2%	10%
Iron	10%	2%	0%

Ingredient lists

Cereal Bar Whole Grain Oats, corn syrup, sugar, whole grain corn, fructose, canola oil, degermed yellow corn meal, whole wheat flour, chicory root extract, maltodextrin, Contains 2% or less of: brown rice flour, vegetable glycerin, calcium carbonate, corn flour, wheat starch, salt, color (vegetable juice, fruit juice, turmeric extract, annatto extract), natural flavor, calcium phosphate, baking soda, trisodium phosphate, zinc and iron [mineral nutrients], citric acid, malic acid, Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.

Goldfish Crackers Whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), contains 2 percent or less of: salt, yeast, autolyzed yeast, spices, leavening (baking soda, monocalcium phosphate) and onion powder.
CONTAINS WHEAT AND MILK. MAY CONTAIN SOY.

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®

notables® Team Cheerios® Cereal Bar Breakfast
MFG#38105

Breakfast Items

**General Mills® Team
 Cheerios® Cereal Bar**

**notables® Carrot
 Patch Grahams**

**100% Orange Tangerine
 Juice**

Basic Information

Serving Size	1 Bar (40g)	1 ounce (28 g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	150	110	60
Cal from Fat	30		0
Total Fat (g)	3.5	3	0
Sat Fat (g)	0.5	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	85	50	10
Carbs (g)	30	19	15
Fiber (g)	3	1	0
Sugars (g)	9	8	14
Protein (g)	2	2	0
Vitamin A	2%	0%	30%
Vitamin C	2%	0%	100%
Calcium	20%	0%	10%
Iron	25%	6%	0%

Ingredient lists

Cereal Bar Whole Grain Oats, Cereal (whole grain oats, whole grain corn, sugar, corn starch, corn bran, whole grain millet, whole grain rice, whole sorghum, brown sugar syrup, salt, tripotassium phosphate, color (caramel color and annatto extract), vitamin E (mixed tocopherols) added to preserve freshness; Vitamins and Minerals: calcium carbonate iron and zinc [mineral nutrients], Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3. Corn Syrup, Fructose, Rice Bran And/or Canola Oil, Sugar, Sweetened Cranberries (sugar, cranberries), Chicory Root Extract, Whole Wheat Flour, Maltodextrin, Whole Grain Rice. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Corn Flour, Wheat Starch, Whole Grain Corn Flour, Salt, Natural Flavor, Vegetable Juice Color, Baking Soda, Soy Lecithin, BHT Added to Retain Freshness.
CONTAINS WHEAT AND SOY.

Carrot Patch Graham Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®



Cinnamon Toast Crunch® Cereal Breakfast

MFG# S20201

Breakfast Items

General Mills® RS Cinnamon Toast Crunch® Cereal	notables® Apple Orchard Grahams	100% Orange Tangerine Juice	Applesauce
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Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce	4.5 ounces
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit	1/2 C. Fruit

Nutrition Information

Calories	110	110	60	50
Cal from Fat	25		0	0
Total Fat (g)	3	3	0	0
Sat Fat (g)	0.5	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	160	50	10	15
Carbs (g)	22	19	15	14
Fiber (g)	3	1	0	1
Sugars (g)	6	8	14	12
Protein (g)	1	2	0	0
Vitamin A	8%	0%	30%	0%
Vitamin C	8%	0%	100%	100%
Calcium	20%	0%	10%	0%
Iron	20%	6%	0%	0%

Ingredient lists

Cereal Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.

Apple Orchard Grahams Whole wheat flour, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

Applesauce Apples, Water, Ascorbic Acid (Vitamin C)

1-Jul-17



Cocoa Puffs® Cereal Breakfast
MFG# S20202

Breakfast Items

General Mills® RS Cocoa Puffs®	notables® Carrot Patch Grahams	100% Orange Tangerine Juice	Applesauce
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Basic Information

Serving Size	1 bowl (30g)	1 ounce (28 g)	4.23 fl. ounce	4.5 ounces
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit	1/2 C. Fruit

Nutrition Information

Calories	110	110	60	50
Cal from Fat	15		0	0
Total Fat (g)	1.5	3	0	0
Sat Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	160	50	10	15
Carbs (g)	25	19	15	14
Fiber (g)	2	1	0	1
Sugars (g)	8	8	14	12
Protein (g)	2	2	0	0
Vitamin A	10%	0%	30%	0%
Vitamin C	10%	0%	100%	100%
Calcium	10%	0%	10%	0%
Iron	25%	6%	0%	0%

Ingredient lists

- Cereal Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Cocoa Processed with Alkali, Rice Bran And/or Canola Oil, Caramel Color, Salt, Natural Flavor, Trisodium Phosphate. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
- Carrot Patch Grahams Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK
- 100% Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).
- Applesauce Apples, Water, Ascorbic Acid (Vitamin C)

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®



Trix® Cereal Breakfast Cereal Breakfast
MFG# S20203

Breakfast Items

	General Mills® Reduced Sugar Trix® Cereal	notables® Carrot Patch Grahams	100% Apple Juice	Applesauce
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Basic Information

Serving Size	1 ounce (28g)	1 ounce (28 g)	4.23 fl. ounce	4.5 ounces
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit	1/2 C. Fruit

Nutrition Information

Calories	110	110	60	50
Cal from Fat	10		0	0
Total Fat (g)	1.5	3	0	0
Sat Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	140	50	5	15
Carbs (g)	24	19	15	14
Fiber (g)	1	1	0	1
Sugars (g)	7	8	14	12
Protein (g)	1	2	0	0
Vitamin A	8%	0%	0%	0%
Vitamin C	8%	0%	100%	100%
Calcium	8%	0%	10%	0%
Iron	25%	6%	0%	0%

Ingredient lists

Cereal Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Rice Bran And/or Canola Oil, Salt, Color (vegetal and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12. Vitamin D3.

Carrot Patch Grahams Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, leavening (baking soda), soy lecithin, caramel color, eggs, milk.
CONTAINS WHEAT, EGG, SOY AND MILK

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

Applesauce Apples, Water, Ascorbic Acid (Vitamin C)

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®

Breakfast Items

**General Mills® RS
 Cinnamon Toast
 Crunch® Cereal**

**Pepperidge Farms® Whole
 Grain Cheddar Goldfish
 Crackers**

100% Apple Juice

Basic Information

Serving Size	1 ounce (28g)	0.75 ounces (21g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	110	100	60
Cal from Fat	25	30	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	<5	0
Sodium (mg)	160	170	5
Carbs (g)	22	14	15
Fiber (g)	3	1	0
Sugars (g)	6	0	14
Protein (g)	1	3	0
Vitamin A	8%	0%	0%
Vitamin C	8%	0%	100%
Calcium	20%	2%	10%
Iron	20%	2%	0%

Ingredient lists

Cereal Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.

Goldfish Crackers Whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), contains 2 percent or less of: salt, yeast, autolyzed yeast, spices, leavening (baking soda, monocalcium phosphate) and onion powder.
CONTAINS WHEAT AND MILK. MAY CONTAIN SOY.

100% Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

1-Jul-17

Sarah Lindberg, SNS
 Executive Director-notables®



Cinnamon Chex® Cereal Breakfast
MFG#S73018 (CACFP Compliant)

Breakfast Items

General Mills®
Cinnamon Chex®
Cereal Bowl

Pepperidge Farm®
Pretzel Goldfish

100% Applesauce

Basic Information

Serving Size	1 ounce (28g)	.75 ounce (21g)	4.5 ounces
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1/2 C. Fruit

Nutrition Information

Calories	120	110	50
Cal from Fat	25	31.5	0
Total Fat (g)	2.5	3.5	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	170	60	15
Carbs (g)	22	20	14
Fiber (g)	1	2	1
Sugars (g)	6	3	12
Protein (g)	1	2	0
Vitamin A	8%	0%	0%
Vitamin C	8%	0%	100%
Calcium	8%	0%	0%
Iron	40%	4%	0%

Ingredient lists

Cereal Whole Grain Rice, Rice, Sugar, Fructose, Canola Oil, Salt, Rice Fiber, Cinnamon, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), , A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Pretzels Whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oils (canola, sunflower and/or soybean oil), contains 2% or less of: salt, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, enzymes, nonfat dry milk*. *adds a trivial amount of cholesterol. **CONTAINS WHEAT AND MILK. MAY CONTAIN SOY.**

100% Applesauce Apples, Water, Ascorbic Acid (Vitamin C)