

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments** such as butter and sugar, e.g., oatmeal with brown sugar. Some listed products are more nutrient-rich than others. For example, 100 percent whole grain cereals provide more nutrition than whole grain-rich cereals. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
				General Standards	Nutrient Standards																				
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine			No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain	
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review				
Bakecrafters Food Company	Granola, Cinnamon, 1 oz pouch	1 oz	28	WGR	110	4.0	32.7%	0.0	0.0%	0	yes	60	2	4.0	14.1%	yes	yes	yes		Code 2264; UPC 007-37410-02265-9	11/8/18	X	X		X
Bakecrafters Food Company	Granola, Cinnamon, 1 oz serving from bulk	1 oz	28	WGR	110	4.0	32.7%	0.0	0.0%	0	yes	60	2	4.0	14.1%	yes	yes	yes		Code 2265; Case (6/5 lb) UPC 007-37410-02264-2. Bulk Item: Approval is only for 1 ounce portion.	121/18/18	X	X		X
Crazy Monkey Baking	Granola Cookie Crunch, Cranberry Almond, 1.25 oz	1.25 oz	35	WGR	180	7.0	35.0%	0.5	2.5%	0	yes	60	3	9	25.4%	yes	yes	yes	Berkshire Foods	UPC 8-59621-00338-5; Case (24 count) UPC 8-59621-00338-5	1/8/19	X	X	X	X

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS

General Standards	Nutrient Standards														
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Crazy Monkey Baking	Granola Cookie Crunch, Dark Chocolate Chip, 1.25 oz	1.25 oz	35	WGR	180	7.0	35.0%	1.0	5.0%	0	yes	65	3	9	25.4%	yes	yes	yes	Berkshire Foods	UPC 8-59621-00337-8; Case (24 count) UPC 8-59621-00337-8	1/8/19	X	X	X	X
Crazy Monkey Baking	Granola Cookie Crunch, Peanut Butter Chocolate Chip, 1.25 oz	1.25 oz	35	WGR	180	7.0	35.0%	1.5	7.5%	0	yes	105	3	9	25.4%	yes	yes	yes	Berkshire Foods	UPC 8-59621-00339-2; Case (24 count) UPC 8-59621-00339-2	1/8/19	X	X	X	X
CrossRoad LLC dba Kelly's Four Plus Granola	Kelly's Four Plus Granola, Apple Cinnamon, 1/4 cup (1.05 oz)	1.05 oz	30	WGR	140	5.0	32.1%	0.5	3.2%	0	yes	0	3	4.0	13.4%	yes	yes	yes	Kelly's Four Plus Granola	12-ounce Bag UPC 8-51755-00400-9; 12-ounce Bag Case (6 count) UPC 108-51755-00400-6; 10-pound bulk case UPC 008-51755-00429-0; Bulk Item: Approval is only for 1/4 cup portion.	3/22/18	X	X	X	X
CrossRoad LLC dba Kelly's Four Plus Granola	Kelly's Four Plus Granola, Chocolate Cherry, 1/4 cup (1.05 oz)	1.05 oz	30	WGR	130	5.0	34.6%	0.0	0.0%	0	yes	0	2	5.0	16.8%	yes	yes	yes	Kelly's Four Plus Granola	12 oz. Bag UPC 8-51755-00402-3; 12-ounce Bag Case (6 count) UPC 108-51755-00402-0; 10-pound bulk case UPC 008-51755-00430-6; Bulk Item: Approval is only for 1/4 cup portion.	3/22/18	X	X		X

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
CrossRoad LLC dba Kelly's Four Plus Granola	Kelly's Four Plus Granola, Honey Maple, 1/4 cup (1.05 oz)	1.05 oz	30	WGR	140	5.0	32.1%	0.5	3.2%	0	yes	0	3	4.0	13.4%	yes	yes	yes	Kelly's Four Plus Granola	12-ounce Bag UPC 8-51755-00406-1; 12-ounce Bag Case (6 count) UPC 108-51755-00406-8; 10-pound bulk case UPC 008-51755-00432-0; Bulk Item: Approval is only for 1/4 cup portion.	3/22/18	X	X	X	X
ES Foods	Crunchy Granola, 1.25 oz	1.25 oz	35	WGR	140	3.0	19.3%	1.0	6.4%	0	yes	110	2	9	25.4%	yes	yes	yes	Food for Thought	Code 16195; Case UPC 106-93392-00042-9	8/1/13	X	X		
ES Foods	Granola, Apple Cinnamon, 1 oz	1 oz	28	WGR	110	2.5	20.5%	0.0	0.0%	0	yes	0	2	7	24.7%	yes	yes	yes		Code ESF-16198; Case (350 count) UPC 108-19716-01024-4	5/4/17	X	X		X
ES Foods	Granola, Blueberry, 1 oz	1 oz	28	WGR	110	2.5	20.5%	0.0	0.0%	0	yes	0	2	8	28.2%	yes	yes	yes		Code ESF-16201; Case (350 count) UPC 108-19716-01024-4	5/4/17	X	X		X
General Mills	Berry Berry Kix, Bowpak, 11/16 oz	0.6875 oz	19	WGR	70	1.0	12.9%	0.0	0.0%	0	yes	100	1	4	20.5%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 43056000; UPC 0-16000-43056-3; Case UPC 100-16000-43056-0	7/25/13	X	X		

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
General Mills	Cheerios Bowlpak, 1 oz	1 oz	28	WGR	100	2.0	18.0%	0.0	0.0%	0	yes	140	3	1	3.5%	yes	yes	yes	HPC, Jay Bee	Code 32262000; UPC 0-16000-32262-2; Case UPC 100-16000-32262-9	7/25/13	X	X	X	X
General Mills	Cheerios Cereal in a Cup, 1.38 oz	1.38 oz	39	WGR	150	2.5	15.0%	0.5	3.0%	0	yes	190	4	2	5.1%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	UPC 0-16000-14159-9	8/1/13	X	X	X	X
General Mills	Cinnamon Toast Crunch Cereal 25% Less Sugar Bowlpak, 1 oz	1 oz	28	WGR	110	3.0	24.5%	0.0	0.0%	0	yes	160	3	6.0	21.2%	yes	yes	yes	HPC, Jay Bee, Sysco CT Thurston	Code 29444000; UPC 0-16000-29444-8; Case UPC 100-16000-29444-5	7/25/13	X	X	X	
General Mills	Cinnamon Toast Crunch Cereal On-the-Go, 1 oz	1 oz	28	WGR	110	3.0	24.5%	0.5	4.1%	0	yes	160	2	8	28.2%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 17733000; UPC 0-16000-17733-8; Case UPC 16000-17733-5	8/1/13	X	X		
General Mills	Cinnamon Toast Crunch Cereal, Bowlpak, 1 oz (3/4 cup)	1 oz	28	WGR	110	3.0	24.5%	0.5	4.1%	0	yes	160	2	8	28.2%	yes	yes	yes	HPC, Jay Bee	Code 11815000; Case (96 count) UPC 100-16000-11815-4	11/4/19	X	X		

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
General Mills	Cinnamon Toast Crunch Crisps Cereal Snack, 1 oz	1 oz	28	WGR	120	3.0	22.5%	0.0	0.0%	0	yes	200	1	9	31.7%	yes	yes	yes	Berkshire, Jay Bee	Code 17689000; C Ase UPC 0-16000-17689-8; Case UPC 100-16000-17689-5	7/25/13	X	X		
General Mills	Cocoa Puffs, 25% Less Sugar Cereal On-the-Go, 7/8 oz	0.85 oz	24	WGR	90	1.5	15.0%	0.0	0.0%	0	yes	125	1	6	24.9%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 26348000; UPC 0-16000-26348-2; Case UPC 100-16000-26348-9	8/1/13		X		
General Mills	Cocoa Puffs, 25% Less Sugar, Bowlpak, 1 1/16 oz	1.0625 oz	30	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	120	2	8	26.6%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 31888000; UPC 0-16000-31888-5; Case (96 count) UPC 100-16000-31888-2	11/4/19	X	X		
General Mills	Corn Chex Bowlpak, 1 oz	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	200	1	3	10.6%	yes	yes	yes	HPC, Thurston	11866000; UPC 0-16000-11866-9; Case (96 count) UPC 100-16000-11866-6	10/24/16	X	X		
General Mills	Country Corn Flakes Cereal Bowlpak, 1 1/16 oz	0.67 oz	19	WGR	70	0.5	6.4%	0.0	0.0%	0	yes	170	<1	2	10.5%	yes	yes	yes	HPC, Jay Bee	Code 11968000; UPC 0-16000-11968-0; Case UPC 100-16000-11968-7	8/1/13	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
				General Standards	Nutrient Standards																				
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine								
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
General Mills	Frosted Corn Flakes Bowlpak, 1 oz	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	190	1	8	28.2%	yes	yes	yes	Jay Bee, Thurston	Code 11768000; UPC 0-16000 11768-6; Case UPC 100-16000-11768-3	7/25/13		X		
General Mills	Fruity Cheerios Cereal Bowlpak, 1 1/8 oz	1.125 oz	32	WGR	120	1.5	11.3%	0.0	0.0%	0	yes	150	2	10	31.4%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 31916000; UPC 0-16000-31916-5; Case UPC 100-16000-31916-2	7/25/13		X		X
General Mills	Fruity Cheerios Cereal On-the-Go, 7/8 oz	0.85 oz	24	WGR	90	1.0	10.0%	0.0	0.0%	0	yes	120	1	8	33.2%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 41572000; UPC 16000-41572; UPC 0-16000 41572-0; Case UPC 100-16000-41572-7	8/1/13		X		X
General Mills	Honey Kix Lightly Sweetened Crispy Corn Puffs Bowlpak, 11/16 oz	0.6875 oz	19	WGR	70	0.5	6.4%	0.0	0.0%	0	yes	110	2	4	20.5%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 34886000; Case UPC 100-16000-34886-5	7/25/13	X	X		
General Mills	Honey Nut Cheerios, Bowlpak, 1 oz	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	160	2	9.0	31.7%	yes	yes	yes	HPC, Jay Bee, Sysco CT Thurston	Code 11918000; UPC 0-16000-11918-5; Case UPC 100-16000-11918-2	7/25/13	X	X		X

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
General Mills	Honey Nut Chex Bowlpak, 1 1/8 oz	1.125 oz	32	WGR	120	0.5	3.8%	0.0	0.0%	0	yes	190	1	9	28.2%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	11866000; UPC 0-16000-11866-9; Case UPC 100-16000-11866-6	7/25/13	X	X		
General Mills	Kix Crispy Corn Puffs, Bowlpak, 5/8 oz	0.625 oz	17	WGR	60	0.5	7.5%	0.0	0.0%	0	yes	100	2	2	11.8%	yes	yes	yes	HPC, Jay Bee	Code 11942000; Case UPC 100-16000-11942-7	7/25/13	X	X		
General Mills	Lucky Charms Gluten Free Cereal Bowlpak, 1 oz	1 oz	28	WGR	110	1.0	8.2%	0.0	0.0%	0	yes	180	2	9	31.7%	yes	yes	yes	Thurston	UPC 0-16000-31917-2; Case (96 count) UPC 100-16000-31917-9	10/8/20		X		X
General Mills	Multi Grain Cheerios, Bowlpak, 1 oz	1 oz	28	WGR	100	1.0	9.0%	0.0	0.0%	0	yes	115	2	6	21.2%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 32263000; Case UPC 100-16000-32263-6	7/25/13	X	X		
General Mills	Reese's Puffs Cereal Bowlpak, 1 oz	1 oz	28	WGR	120	3.0	22.5%	0.5	3.8%	0	yes	150	1	9	31.7%	yes	yes	yes		UPC 0-16000-31919-6; Case (96 count) UPC 100-16000-31919-3	4/1/21	X	X		

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
General Mills	Rice Crunchins Cereal Bowlpak, 0.75 oz	0.75 oz	21	WGR	80	0.5	5.6%	0.0	0.0%	0	yes	50	1	2	9.4%	yes	yes	yes	HPC, Jay Bee	Code 11997000; UPC 0-16000-11997-0; CASE UPC 100-16000-11997-7	8/1/13	X	X		
General Mills	Total Raisin Bran, Bowlpak, 1 3/16 oz	1.1875 oz	34	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	110	3	10	29.7%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 12392000; Case UPC 100-16000-12392-9	7/25/13	X	X	X	
General Mills	Trix 25% Less Sugar, Bowlpak, 1 oz	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	140	1	7	24.7%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 31922000; UPC 0-16000-31922-6; Case UPC 100-16000-31922-3	4/1/21		X		
General Mills	Trix, Bowlpak, 1 oz	1 oz	28	WGR	110	1.0	8.2%	0.0	0.0%	0	yes	180	1	9	31.7%	yes	yes	yes	Jay Bee, Sysco CT, Thurston	Code 31923000; Case UPC 100-16000-31923-0	7/25/13		X		
Kellogg's	All-Bran Complete Wheat Flakes, Bowl Pack, 0.875 oz	0.875 oz	25	WGR	80	0.5	5.6%	0.0	0.0%	0	yes	180	4	5	20.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	UPC 0-38000-00696-8; Case UPC 000-38000-00667-8	7/29/13	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.				
General Standards				Nutrient Standards																				
Manufacturer	Food Item	Package or Serving Size	Weight (g)	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain		
Kellogg's	Cinnamon Flakes Multigrain Reduced Sugar, Bowlpack, 1 oz	1.00 oz	28	WGR	100	0.0	0.0%	0.0	0	yes	170	3	6	21.2%	yes	yes	yes	UPC 0-38000-92934-2; Case UPC 000-38000-78786-7	6/26/15	X	X	X		
Kellogg's	Cinnamon Flakes, Multigrain, Bowl Pack, 1oz	1 oz	28	WGR	100	0.0	0.0%	0.0	0	yes	170	3	6	21.2%	yes	yes	yes	UPC 0-38000-92632-7; Case UPC 000-38000-78789-8	3/12/13	X	X	X		
Kellogg's	Complete Wheat Bran Cereal, bowlpack, 1 oz	1.00 oz	28	WGR	80	0.5	5.6%	0.0	0	yes	180	4	5	17.6%	yes	yes	yes	UPC 0-38000-00667-8; Case UPC 000-38000-00696-8	6/26/15	X	X	X		
Kellogg's	Disney Frozen Sweetened Cereal with Marshmallows, 1 oz pouch	1 oz	28	WGR	100	1.0	9.0%	0.0	0	yes	130	3	9	31.7%	yes	yes	yes	Cookies & More, UPC 000-38000-14634-3; Case UPC 000-38000-14633-6	1/25/16	X	X	X		
Kellogg's	Froot Loops Reduced Sugar, Bowl Pack, 1 oz	1 oz	28	WGR	110	1.0	8.2%	0.5	4.1%	0	yes	170	3	8	28.2%	yes	yes	yes	HPC, Sysco CT, Thurston, USFS Norwich UPC 0-38000-92633-4; Case UPC 000-38000-78788 1	1/20/16	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS

General Standards	Nutrient Standards														
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Kellogg's	Froot Loops Reduced Sugar, Pouch, 1 oz	1 oz	28	WGR	110	1.0	8.2%	0.5	4.1%	0	yes	170	3	8	28.2%	yes	yes	yes	Cookies & More, HPC, Roma, Sysco CT, Thurston	UPC 0-38000-11468-7; Case UPC 000-38000-11467-0	7/6/15	X	X	X	
Kellogg's	Frosted Flakes Multigrain Choco Zucaritas Reduced Sugar, bowlpack, 1 oz	1.00 oz	28	WGR	100	1.0	9.0%	0.5	4.5%	0	yes	160	2	8	28.2%	yes	yes	yes		UPC 0-38000-11070-2; Case UPC 000-38000-10992-8	6/26/15		X		
Kellogg's	Frosted Flakes Multigrain Reduced Sugar, Bowl Pack (3/4 cup), 1 oz	1 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	160	3	7	24.7%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	UPC 0-38000-55003-4; Case UPC 000-38000-54998-4	6/26/15	X	X	X	
Kellogg's	Frosted Flakes Multigrain Reduced Sugar, Pouch, 1 oz	1.00 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	160	3	7	24.7%	yes	yes	yes	Cookies & More,	UPC 0-38000-11466-3; Case UPC 000-38000-11465-6	6/26/15	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS

General Standards	Nutrient Standards														
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Kellogg's	Frosted Mini Wheats, Original, Bowl Pack, 1 oz	1 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	0	3	6	21.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	UPC 000-38000-049613; Case UPC 000-38000-04996-5	7/29/13	X	X	X	X
Kellogg's	Kashi Berry Blossoms Cereal, Bowl Pack, 1 oz	1 oz	28	WGR	90	1.0	10.0%	0.0	0.0%	0	yes	115	5	7	24.7%	yes	yes	yes		UPC 0-18627-92759-4; Case 000-18627-78794-5	6/9/14	X	X	X	X
Kellogg's	Kashi Heart to Heart Apple Cinnamon Oatmeal, breakfast cup, 1.9 oz	1.9 oz	54	WGR	190	2.5	11.8%	0.5	2.4%	0	yes	110	7	14	26.0%	yes	yes	yes	Berkshire, HPC, Roma, Superior Vending, Sysco CT, Thurston	UPC 0-18627-33585-6; Case UPC 000-18627-33584-9 (Assortment with Golden Brown Maple)	6/26/15	X	X	X	X
Kellogg's	Kashi Heart to Heart Golden Brown Maple Oatmeal, breakfast cup, 1.9 oz	1.9 oz	54	WGR	190	3.0	14.2%	0.5	2.4%	0	yes	120	7	13	24.1%	yes	yes	yes	Berkshire, HPC, Roma, Superior Vending, Sysco CT, Thurston	UPC 0-18627-31419-6; Case UPC 000-18627-31418-9 (Assortment with Apple Cinnamon)	6/26/15	X	X	X	X
Kellogg's	Kashi Heart to Heart Honey Toasted Oat Cereal, Vend Bowl, 1 oz	1.00 oz	28	WGR	100	1.5	13.5%	0.0	0.0%	0	yes	75	4	4	14.1%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	UPC 0-38000-52441-0; Case UPC 000-38000-52432-8	6/26/15	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS

General Standards	Nutrient Standards														
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Kellogg's	Kashi Heart to Heart Instant Oatmeal, Apple Cinnamon, 1.9 oz	1.90 oz	54	WGR	190	2.5	11.8%	0.5	0.0%	0	yes	110	7	14	26.0%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	UPC 0-18627-33585-6; Case UPC 100-18627-31418-6 (Assorted Case with).	6/30/15	X	X	X	X
Kellogg's	Kashi Honey Sunshine Cereal, bowlpack, 1 oz	1.00 oz	28	WGR	90	1.0	10.0%	0.0	0.0%	0	yes	125	5	6	21.2%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	UPC 0-18627-49919-0; Case UPC 000-38000-49917-6	6/26/15	X	X	X	X
Kellogg's	Krave Smores, pouch, 1 oz	1.00 oz	28	WGR	110	3.0	24.5%	0.5	4.1%	0	yes	95	3	9	31.7%	yes	yes	yes	Cookies & More, HPC, PFG Springfield, Sysco CT, US Foods	UPC 0-38000-12742-7; Case UPC 000-38000-12586-7	6/26/15		X	X	
Kellogg's	Low-fat Granola Crunchy Clusters, Bulk, 1/2 cup, 1.83 oz	1.83 oz	52	WGR	200	2.5	11.3%	0.0	0.0%	0	yes	85	4	14	27.0%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	Bulk Pack Case UPC 000-38000-49834-3	6/26/15	X	X	X	
Kellogg's	Low-fat Granola, family pack, 1/2 cup, 1.73 oz	1.73 oz	49	WGR	190	3.0	14.2%	0.5	2.4%	0	yes	125	3	14	28.5%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	Bulk Pack Case UPC 000-38000-25435-9	6/26/15	X	X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Kellogg's	Mini-Wheats Frosted Little Bites, Chocolate, bowlpack, 1 oz	1.00 oz	28	WGR	100	1.0	9.0%	0.0	0.0%	0	yes	105	3	6	21.2%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	UPC 00038000458613Case UPC 000-38000-45861-3	6/26/15		X	X	
Kellogg's	Mini-Wheats Unfrosted, Bite Size, bowlpack, 1 oz	1.00 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	4	0	0.0%	yes	yes	yes	HPC, PFG Springfield, Sysco CT, US Foods,	UPC 0-38000-12743-4; Case UPC 000-38000-12587-4	6/26/15	X	X	X	
Kellogg's	Raisin Bran, Bowl Pack, 1.25 oz	1.25 oz	35	WGR	110	0.5	4.1%	0.0	0.0%	0	yes	125	4	10	28.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	UPC 0-38000-00861-0; Case UPC 000-38000-00896-2	7/29/13	X	X	X	X
Kellogg's	Rice Krispies made with Whole Grain Brown Rice, Bowl Pack, 1 oz	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	170	<1	1	3.5%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	UPC 0-38000-92632-7; Case UPC 000-38000-78789-8	6/26/15	X	X	X	X
Malt-O-Meal, Inc.	Malt-O-Meal Honey Nut Scooters Cereal, 1 oz bowl pack (3/4 cup)	1 oz	28	WGR	100	1.0	9.0%	0.0	0.0%	0	yes	200	2	9	31.7%	yes	yes	yes	Sysco CT, Thurston, PFG Springfield	Item 08655; UPC 0-42400-04515-1; Case UPC 100-42400-08655-7	8/6/13	X	X		X

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
				General Standards	Nutrient Standards																				
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine								
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Malt-O-Meal, Inc.	Malt-O-Meal Honey Nut Toasted Oat Cereal, 1 oz bowl pack (3/4 cup)	1 oz	28	WGR	100	1.0	9.0%	0.0	0.0%	0	yes	200	2	9	31.7%	yes	yes	yes	Sysco CT, Thurston, PFG Springfield	Item 12436; Case UPC 100-42400-12436-5	8/6/13	X	X	X	X
Malt-O-Meal, Inc.	Malt-O-Meal Instant Oatmeal, Apples & Cinnamon, 1.24 oz package	1.24 oz	35	WGR	130	1.5	10.4%	0.0	0.0%	0	yes	170	3	11	31.3%	yes	yes	yes	Sysco CT, Thurston, PFG Springfield	Item 04651; Case UPC 100-42400-19439-1	8/6/13	X	X	X	X
Malt-O-Meal, Inc.	Malt-O-Meal Toasty O's Cereal, 0.88 oz bowl pack (1 cup)	0.88 oz	25	WGR	100	1.5	13.5%	0.0	0.0%	0	yes	120	2	<1	0.0%	yes	yes	yes	Sysco CT, Thurston, PFG Springfield	Item 01823; UPC 0-42400-00394-4; Case UPC 100-42400-12935-3	7/18/13	X	X	X	X
McKee Foods Corporation	Fieldstone Bakery Original Granola Cereal, 1.25 oz sleeve	1 oz	28	WGR	120	3.5	26.3%	3.5	26.3%	0	yes	80	2	6	21.2%	yes	yes	yes	InFusion Sales Group	Code 09788; UPC 0-24300-09588-7; Case (144 count) UPC 000-24300-09788-1	3/1/19	X	X	X	X
MOM Brands	Blueberry Flavored Frosted Mini Spooners, Bowlpack, 1 oz	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	3	5.0	17.6%	yes	yes	yes	Thurston	Code 23790; UPC 0-42400-23793-7; Case UPC 100-42400-23790-4	8/21/15	X	X	X	X

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)				≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine											
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
MOM Brands	Frosted Mini Spooners, Bowlpack, 1 oz	1 oz	28	WGR	110	0.5	4.1%	0.0	0.0%	0	yes	0	3	6.0	21.2%	yes	yes	yes	InFusion Sales Group	Code 23688; UPC 0-42400-23688-7; Case UPC 100-42400-23688-4	8/21/15	X	X	X	X
MOM Brands	Strawberry Cream Frosted Mini Spooners, Bowlpack, 1 oz	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	3	5.0	17.6%	yes	yes	yes	Thurston	Code 23791; UPC 0-42400-23791-4; Case UPC 100-42400-23791-1	8/21/15		X	X	X
Ola! Foods, LLC	No Nut Vanilla 100% Natural Granola, 1 oz singles (1/3 cup)	1/3 cup	30	WGR	100	1.5	13.5%	0.0	0.0%	0	yes	10	3	3	10.0%	yes	yes	yes	Ola! Foods, LLC	UPC 7-58703-00403-6; Case UPC 408-58703-00403-4. Gluten-free.	2/4/14	X	X	X	X
Ola! Foods, LLC	Vanilla Almond 100% Natural Granola, 1 oz singles (1/3 cup)	1/3 cup	30	WGR	100	3.0	27.0%	0.0	0.0%	0	yes	10	2	3	10.0%	yes	yes	yes	Ola! Foods, LLC	UPC 7-58703-00404-3; Case UPC 408-58703-00404-1. Gluten-free.	2/4/14	X	X		X
Quaker	Quaker Instant Oatmeal, Apple & Cinnamon, 1.51 oz	1.51 oz	43	WGR	160	2.0	11.3%	0.0	0.0%	0	yes	200	4	12.0	28.0%	yes	yes	yes		UPC 0-30000-31678-9; Case UPC 100-30000-31678-5	4/6/15		X	X	X
Quaker	Quaker Instant Oatmeal, Apples and Cinnamon, 1 packet (1.51 oz)	1.51 oz	43	WGR	160	2.0	11.3%	0.0	0.0%	0	yes	200	4	12	28.0%	yes	yes	yes	Sysco CT	UPC 0-30000-31678-5; Case UPC 100-30000-31678-9	7/24/13		X	X	

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.					
General Standards				Nutrient Standards																					
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)				≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine											
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Quaker	Quaker Instant Oatmeal, Regular Flavor, 1 oz	1 oz	28	WGR	100	2.0	18.0%	0.5	4.5%	0	yes	75	3	0.0	0.0%	yes	yes	yes	Jay Bee	UPC 0-30000-43661-5; Case UPC 100-30000-43661-2	4/6/15	X	X	X	X
Quaker	Quaker Instant Oatmeal, Regular, 1 packet (1 oz)	1 oz	28	WGR	100	2.0	18.0%	0.5	4.5%	0	yes	75	3	0	0.0%	yes	yes	yes	Jay Bee, Sysco CT	UPC 0-30000-43661-5; Case UPC 100-30000-43661-2	7/24/13	X	X	X	
Quaker	Quaker Life Cereal, Portion Pack, 1.09 oz	1.09 oz	31	WGR	120	1.5	11.3%	0.0	0.0%	0	yes	160	2	6.0	19.4%	yes	yes	yes	Sysco CT	UPC 0-30000-31599-3; Case UPC 100-30000-31599-6	7/24/13		X		

CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

SNACKS

General Standards	Nutrient Standards													
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Quaker	Quaker Quick Oats, 1/2 cup dry (1.41 oz) serving from bulk container	1.41 oz	40	WGR	150	3.0	18.0%	0.5	3.0%	0	yes	0	4	1.0	2.5%	yes	yes	yes	Sysco	Bulk 42 ounce container UPC 0-30000-43285-3; Case (12 count) UPC 100-30000-43285-0. Approval is for oatmeal alone, without added milk, sugar, or any other ingredients. If other ingredients are added, the school must complete a nutrient analysis of the oatmeal recipe to determine if the serving complies.	11/4/19	X	X	X	X
Sargent Foods, LCC	Rockin'ola Granola, Chocolate Flavor with Mini Marshmallows, 1.1 oz pouch	1.1 oz	31	WGR	130	3.0	20.8%	0.0	0.0%	0	yes	45	2	8.0	25.7%	yes	yes	yes	Acosta	Item 8004073; UPC 8-53778-00407-3; Case UPC 008-53778-00407-0	7/8/15	X	X		X
Sargent Foods, LCC	Rockin'ola Granola, Chocolate Flavor, 1 oz pouch	1 oz	28	WGR	120	2.5	18.8%	0.0	0.0%	0	yes	45	2	6.0	21.2%	yes	yes	yes	Acosta	Item 8004103; UPC 8-53778-00408-0; Case UPC 008-53778-00408-7	7/8/15	X	X		X
Sargent Foods, LCC	Rockin'ola Granola, Strawberry Flavor with Mini Marshmallows, 1.1 oz pouch	1.1 oz	31	WGR	130	3.0	20.8%	0.0	0.0%	0	yes	10	2	8.0	25.7%	yes	yes	yes	Acosta	Item 8004080; UPC 8-53778-00410-3; Case UPC 008-53778-00410-0	7/8/15	X	X		X