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

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).

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>% Calories from Fat</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor Notes</th>
<th>Date of Review</th>
<th>Nutritional Facts or Cuts</th>
<th>Weight Loss can help</th>
<th>All Trans Fat ≤ 0.5g</th>
<th>All Saturated Fat ≤ 5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bakecrafters Food Compnany</td>
<td>Granola, Cinnamon, 1 oz pouch</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>4.0</td>
<td>32.7%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>60</td>
<td>2</td>
<td>4.0</td>
<td>14.1%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Code 2264; UPC 007-37410-02265-9</td>
<td>11/8/18</td>
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<td>Bakecrafters Food Compnany</td>
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<td>28</td>
<td>WGR</td>
<td>110</td>
<td>4.0</td>
<td>32.7%</td>
<td>0.0</td>
<td>0.0%</td>
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<td>60</td>
<td>2</td>
<td>4.0</td>
<td>14.1%</td>
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<td>yes</td>
<td>yes</td>
<td>Code 2265; Case (6/5 lb) UPC 007-37410-02264-2</td>
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<tr>
<td>Crazy Monkey Baking</td>
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<td>35</td>
<td>WGR</td>
<td>180</td>
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<td>35.0%</td>
<td>0.5</td>
<td>2.5%</td>
<td>0</td>
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<td>60</td>
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<td>9</td>
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<td>yes</td>
<td>yes</td>
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<td>1/8/19</td>
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### List of Acceptable Foods and Beverages

**LIST 5 CEREALS**

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Total Calories</th>
<th>Fat (g)</th>
<th>% Calories from Saturated Fat</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Standard Met?</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crazy Monkey Baking</td>
<td>Granola Cookie Crunch, Dark Chocolate Chip, 1.25 oz</td>
<td>1.25 oz</td>
<td>35</td>
<td>WGR</td>
<td>180</td>
<td>7.0</td>
<td>35.0%</td>
<td>1.0</td>
<td>5.0%</td>
<td>0</td>
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<td>65</td>
<td>3</td>
<td>9</td>
<td>25.4%</td>
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<td>yes</td>
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<td>UPC 8-59621-00337-8; Case (24 count) UPC 8-59621-00337-8</td>
<td>1/8/19</td>
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<td>Granola Cookie Crunch, Peanut Butter Chocolate Chip, 1.25 oz</td>
<td>1.25 oz</td>
<td>35</td>
<td>WGR</td>
<td>180</td>
<td>7.0</td>
<td>35.0%</td>
<td>1.5</td>
<td>7.5%</td>
<td>0</td>
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<td>105</td>
<td>3</td>
<td>9</td>
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<td>CrossRoad LLC dba Kelly's Four Plus Granola</td>
<td>Kelly’s Four Plus Granola, Apple Cinnamon, 1/4 cup (1.05 oz)</td>
<td>1.05 oz</td>
<td>30</td>
<td>WGR</td>
<td>140</td>
<td>5.0</td>
<td>32.1%</td>
<td>0.5</td>
<td>3.2%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>3</td>
<td>4</td>
<td>13.4%</td>
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<td>yes</td>
<td>yes</td>
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<tr>
<td>CrossRoad LLC dba Kelly’s Four Plus Granola</td>
<td>Kelly’s Four Plus Granola, Chocolate Cherry, 1/4 cup (1.05 oz)</td>
<td>1.05 oz</td>
<td>30</td>
<td>WGR</td>
<td>130</td>
<td>5.0</td>
<td>34.6%</td>
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<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>2</td>
<td>5</td>
<td>16.8%</td>
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<td>yes</td>
<td>yes</td>
<td>Kelly’s Four Plus Granola</td>
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<tr>
<td>Manufacturer</td>
<td>Food Item</td>
<td>Package or Serving Size</td>
<td>Weight (g)</td>
<td>General Standard Criteria Met</td>
<td>Calories</td>
<td>Fat (g)</td>
<td>% Calories from Fat</td>
<td>Calories from Saturated Fat</td>
<td>Trans Fat</td>
<td>Standard Met?</td>
<td>Sodium (mg)</td>
<td>Fiber (g)</td>
<td>Total Sugars (g)</td>
<td>% Sugars by Weight</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Vendor</td>
<td>Notes</td>
<td>Date of Review</td>
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<tr>
<td>CrossRoad LLC dba Kelly’s Four Plus Granola</td>
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<td>30</td>
<td>WGR</td>
<td>140</td>
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<td>32.1%</td>
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<td>3.2%</td>
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<td>0</td>
<td>3</td>
<td>4.0</td>
<td>13.4%</td>
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<td>yes</td>
<td>yes</td>
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<td>12-ounce Bag UPC 8-51755-00406-1; 12-ounce Bag Case (8 count) UPC 51755-00406-8; 10-pound bulk case UPC 008-51755-00432-0; Bulk Item: Approval is only for 1/4 cup portion.</td>
<td>3/22/18</td>
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<td>35</td>
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<td>140</td>
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<td>19.3%</td>
<td>1.0</td>
<td>6.4%</td>
<td>0</td>
<td>yes</td>
<td>110</td>
<td>2</td>
<td>9</td>
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<td>yes</td>
<td>yes</td>
<td>Food for Thought</td>
<td>Code ESF-16198; Case (350 count) UPC 106-93392-00042-9</td>
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<td>28</td>
<td>WGR</td>
<td>110</td>
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<td>20.5%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
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<td>0</td>
<td>2</td>
<td>7</td>
<td>24.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Code ESF-16201; Case (350 count) UPC 108-9716-01024-4</td>
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<td>ES Foods</td>
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<td>28</td>
<td>WGR</td>
<td>110</td>
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<td>20.5%</td>
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<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>2</td>
<td>8</td>
<td>28.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Code ESF-16201; Case (350 count) UPC 108-9716-01024-4</td>
<td>5/4/17</td>
<td>X</td>
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<tr>
<td>Berry Berry Kris, Bowtak, 11/16 oz</td>
<td>Berry Berry Kris, Bowtak, 11/16 oz</td>
<td>0.6875 oz</td>
<td>19</td>
<td>WGR</td>
<td>70</td>
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<td>0.0</td>
<td>0.0%</td>
<td>0</td>
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<td>100</td>
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<td>4</td>
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<td>Food Item</td>
<td>Package or Serving Size</td>
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<td>General Standard Criteria Met</td>
<td>Calories</td>
<td>% Calories from Fat</td>
<td>Saturated Fat (g)</td>
<td>% Calories from Saturated Fat</td>
<td>Trans Fat (g)</td>
<td>Standard Met?</td>
<td>Sodium (mg)</td>
<td>Fiber (g)</td>
<td>Total Sugars (g)</td>
<td>% Sugars by Weight</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Vendor</td>
<td>Notes</td>
<td>Date of Review</td>
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<tr>
<td>General Mills</td>
<td>Cheerios Bowlpak, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
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<td>0.0</td>
<td>0</td>
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<td>140</td>
<td>3</td>
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<td>3.5%</td>
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<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Jay Bee</td>
<td>7/25/13</td>
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<td>190</td>
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<td>5.1%</td>
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<td>yes</td>
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<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
<td>8/1/13</td>
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<td>General Mills</td>
<td>Cinnamon Toast Crunch Cereal 25% Less Sugar Bowlpak, 1 oz</td>
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<td>160</td>
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<td>7/25/13</td>
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<td>28</td>
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<td>110</td>
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<td>160</td>
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<td>8</td>
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<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
<td>8/1/13</td>
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<tr>
<td>General Mills</td>
<td>Cinnamon Toast Crunch Cereal Bowlpak, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>3.0</td>
<td>0.5</td>
<td>4.1%</td>
<td>yes</td>
<td>160</td>
<td>2</td>
<td>8</td>
<td>28.2%</td>
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<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Jay Bee</td>
<td>7/25/13</td>
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</table>
### General Standards

1. Whole Grain-Rich (WGR) Food; 2. Food Groups (FG); or 3. Combination Food (CF)

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Fat (g)</th>
<th>% Calories from Saturated Fat (g)</th>
<th>Fat (g)</th>
<th>&lt;0.5 g</th>
<th>No partially hydrogenated oils</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Date of Review</th>
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<td>Cinnamon Toast Crunch Crisps Cereal Snack, 1 oz</td>
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<td>28</td>
<td>WGR</td>
<td>120</td>
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<td>1</td>
<td>9</td>
<td>31.7%</td>
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<td>yes</td>
<td>yes</td>
<td>7/25/13</td>
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<tr>
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<td>24</td>
<td>WGR</td>
<td>90</td>
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<td>15.0%</td>
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<td>0.0%</td>
<td>0</td>
<td>125</td>
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<td>6</td>
<td>24.9%</td>
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<td>yes</td>
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<td>Cocoa Puffs, 25% Less Sugar, Bowlpak, 1 1/16 oz</td>
<td>1.0625 oz</td>
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<td>WGR</td>
<td>110</td>
<td>1.5</td>
<td>12.3%</td>
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<td>0.0%</td>
<td>0</td>
<td>160</td>
<td>2</td>
<td>8</td>
<td>26.6%</td>
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<td>yes</td>
<td>yes</td>
<td>7/25/13</td>
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<td>28</td>
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<td>0.5</td>
<td>4.5%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>200</td>
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<td>3</td>
<td>10.6%</td>
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<td>yes</td>
<td>yes</td>
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<td>Country Corn Flakes Cereal Bowlpak, 1 1/16 oz</td>
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<td>WGR</td>
<td>70</td>
<td>0.5</td>
<td>6.4%</td>
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<td>0.0%</td>
<td>0</td>
<td>170</td>
<td>&lt;1</td>
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<td>10.5%</td>
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<td>yes</td>
<td>yes</td>
<td>9/1/13</td>
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### CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

#### General Standards
- [WGR](#) (Whole Grain-Rich)
- [FG](#) (Food Groups)
- [CF](#) (Combination Food)

#### Nutrient Standards
- Calories: ≤200 per serving
- % Calories from Fat: ≤35%
- Saturated Fat: ≤0.5 g
- Trans Fat: ≤0.0 g
- Sodium: ≤140 mg
- Fiber: ≥2.5 g
- Total Sugars: ≤10 g
- % Sugars by Weight: ≤10%

#### SNACKS

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<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Fat</th>
<th>Saturated Fat</th>
<th>% Calories from Saturated Fat</th>
<th>Trans Fat</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Notebook Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Mills</td>
<td>Frosted Corn Flakes Bowlpak, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.5</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>190</td>
<td>1</td>
<td>8</td>
<td>26.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Fruity Cheerios Cereal Bowlpak, 1 1/8 oz</td>
<td>1.125 oz</td>
<td>32</td>
<td>WGR</td>
<td>120</td>
<td>1.5</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>150</td>
<td>2</td>
<td>10</td>
<td>31.4%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Fruity Cheerios Cereal On-the-Go, 7/8 oz</td>
<td>0.85 oz</td>
<td>24</td>
<td>WGR</td>
<td>90</td>
<td>1.0</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>120</td>
<td>1</td>
<td>8</td>
<td>33.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Honey Kix Lightly Sweetened Crispy Corn Puffs Bowlpak, 11/16 oz</td>
<td>0.6875 oz</td>
<td>18</td>
<td>WGR</td>
<td>70</td>
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<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>110</td>
<td>2</td>
<td>4</td>
<td>20.5%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Honey Nut Cheerios, Bowlpak, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>1.5</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>160</td>
<td>2</td>
<td>9.0</td>
<td>31.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Jay Bee, Sysco CT</td>
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</table>
### CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

#### General Standards

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories (g)</th>
<th>% Calories from Fat (g)</th>
<th>% Calories from Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Mills</td>
<td>Honey Nut Chex Bowlpak, 1 1/8 oz</td>
<td>1.125 oz</td>
<td>32</td>
<td>WGR</td>
<td>120</td>
<td>0.5</td>
<td>3.8%</td>
<td>0</td>
<td>0</td>
<td>yes</td>
<td>190</td>
<td>1</td>
<td>9</td>
<td>28.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Kix Crispy Corn Puffs, Bowlpak, 5/8 oz</td>
<td>0.625 oz</td>
<td>17</td>
<td>WGR</td>
<td>60</td>
<td>0.5</td>
<td>7.5%</td>
<td>0</td>
<td>0</td>
<td>yes</td>
<td>100</td>
<td>2</td>
<td>2</td>
<td>11.8%</td>
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<td>yes</td>
<td>yes</td>
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<td>General Mills</td>
<td>Multi Grain Cheerios, Bowlpak, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>1.0</td>
<td>9.0%</td>
<td>0</td>
<td>0</td>
<td>yes</td>
<td>115</td>
<td>2</td>
<td>6</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
</tr>
<tr>
<td>General Mills</td>
<td>Rice Crunchins Cereal Bowlpak, 0.75 oz</td>
<td>0.75 oz</td>
<td>21</td>
<td>WGR</td>
<td>80</td>
<td>0.5</td>
<td>5.6%</td>
<td>0</td>
<td>0</td>
<td>yes</td>
<td>50</td>
<td>1</td>
<td>2</td>
<td>9.4%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Jay Bee</td>
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<tr>
<td>General Mills</td>
<td>Total Raisin Bran, Bowlpak, 1 3/16 oz</td>
<td>1.1875 oz</td>
<td>34</td>
<td>WGR</td>
<td>100</td>
<td>0.5</td>
<td>4.5%</td>
<td>0</td>
<td>0</td>
<td>yes</td>
<td>110</td>
<td>3</td>
<td>10</td>
<td>29.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
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</tbody>
</table>
# List of Acceptable Foods and Beverages

## LIST 5 CEREALS

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Fat</th>
<th>% Calories from Saturated Fat</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Mills</td>
<td>Trix 25% Less Sugar, Bowlpak, 1 oz</td>
<td>1 oz 28</td>
<td>WGR</td>
<td>yes</td>
<td>110</td>
<td>1.0</td>
<td>8.2%</td>
<td>0.0</td>
<td>0</td>
<td>140</td>
<td>1</td>
<td>7</td>
<td>24.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Sysco CT, Thurston</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Mills</td>
<td>Trix, Bowlpak, 1 oz</td>
<td>1 oz 28</td>
<td>WGR</td>
<td>yes</td>
<td>110</td>
<td>1.0</td>
<td>8.2%</td>
<td>0.0</td>
<td>0</td>
<td>180</td>
<td>1</td>
<td>9</td>
<td>31.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Jay Bee, Thurston, US Foods</td>
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<td></td>
</tr>
<tr>
<td>Kellogg's</td>
<td>All-Bran Complete Wheat Flakes, Bowl Pack, 0.875 oz</td>
<td>0.875 oz 25</td>
<td>WGR</td>
<td>yes</td>
<td>80</td>
<td>0.5</td>
<td>6.6%</td>
<td>0.0</td>
<td>0</td>
<td>180</td>
<td>4</td>
<td>5</td>
<td>20.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Roma, Sysco CT, Thurston</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Cinnamon Flakes, Multigrain Reduced Sugar, Bowlpack, 1 oz</td>
<td>1.00 oz 28</td>
<td>WGR</td>
<td>no</td>
<td>100</td>
<td>0.0</td>
<td>0.0%</td>
<td>0.0</td>
<td>0</td>
<td>170</td>
<td>3</td>
<td>6</td>
<td>21.2%</td>
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<td>yes</td>
<td>yes</td>
<td>UPC 0-38000-92934-2; Case UPC 000-38000-79736-7</td>
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</tr>
<tr>
<td>Kellogg's</td>
<td>Cinnamon Flakes, Multigrain, Bowl Pack, 1oz</td>
<td>1 oz 28</td>
<td>WGR</td>
<td>yes</td>
<td>100</td>
<td>0.0</td>
<td>0.0%</td>
<td>0.0</td>
<td>0</td>
<td>170</td>
<td>3</td>
<td>6</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>UPC 0-38000-92632-7; Case UPC 000-38000-79739-8</td>
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**SNACKS**

**General Standards**

1. Whole Grain-Rich (WGR) Food; 2. Food Groups (FG); or 3. Combination Food (CF)

- Calories ≤ 200
- % of total calories < 10%
- Saturated Fat ≤ 0.5
- Trans Fat ≤ 0.5
- No partially hydrogenated oils
- Sodium ≤ 140 mg
- Trans Fat ≤ 0.5
- Total Sugars ≤ 200 mg
- Fiber ≥ 5
- % Sugars by Weight ≤ 15%
- % Calories from fat ≤ 35%
- Trans Fat ≤ 0.5
- % Calories from saturated fat ≤ 15%

**Nutrient Standards**

1. WGR Food: At least 2.5 grams of fiber 100% whole grain
2. FG: ≤ 200 calories
3. CF: ≤ 200 calories

---

**BETTER CHOICE RECOMMENDATIONS**

- Choose products that meet all recommendations.

---

**Notes**

- Manufacturer
- Food Item
- Package or Serving Size
- Weight (g)
- General Standard Criteria Met
- Calories
- % Calories from Fat
- % Calories from Saturated Fat
- Saturated Fat (g)
- Trans Fat (g)
- Sodium (mg)
- Fiber (g)
- Total Sugars (g)
- % Sugars by Weight
- Standard Met?
- Vendor
- Notes
- Date of Review

---

**Connecticut State Department of Education**

**Revised 9/27/2019**

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories (g)</th>
<th>% Calories from Fat (g)</th>
<th>% Calories from Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kellogg's</td>
<td>Complete Wheat Bran Cereal, bowlpack, 1 oz</td>
<td>1.00 oz</td>
<td>28</td>
<td>WGR</td>
<td>80</td>
<td>0.5</td>
<td>0.0</td>
<td>0</td>
<td>yes</td>
<td>180</td>
<td>5</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Sysco CT, Thurston, USFS Norwich</td>
<td>8/26/15</td>
<td>X</td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Disney Frozen Cereal with Marshmallows, 1 oz pouch</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>1.0</td>
<td>0.0</td>
<td>0</td>
<td>yes</td>
<td>130</td>
<td>3</td>
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<td>yes</td>
<td>yes</td>
<td>Cookies &amp; More</td>
<td>1/25/16</td>
<td>X</td>
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<tr>
<td>Kellogg's</td>
<td>Frost Loops Reduced Sugar, Bowl Pack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>1.0</td>
<td>0.5</td>
<td>0</td>
<td>yes</td>
<td>170</td>
<td>3</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Sysco CT, Thurston, USFS Norwich</td>
<td>1/20/16</td>
<td>X</td>
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<tr>
<td>Kellogg's</td>
<td>Frost Loops Reduced Sugar, Pouch, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>1.0</td>
<td>0.5</td>
<td>0</td>
<td>yes</td>
<td>170</td>
<td>3</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Cookies &amp; More</td>
<td>7/6/15</td>
<td>X</td>
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<tr>
<td>Kellogg's</td>
<td>Frosted Flakes Multigrain Choco Zucaritas Reduced Sugar, bowlpack, 1 oz</td>
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<td>WGR</td>
<td>100</td>
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<td>0.5</td>
<td>0</td>
<td>yes</td>
<td>160</td>
<td>2</td>
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<td>yes</td>
<td>yes</td>
<td>HPC, Roma, Sysco CT, Thurston</td>
<td>6/26/15</td>
<td>X</td>
</tr>
</tbody>
</table>
### List of Acceptable Foods and Beverages

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>% Calories from Fat</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kellogg's</td>
<td>Frosted Flakes Multigrain Reduced Sugar, Bowl Pack (3/4 cup), 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.0</td>
<td>0.0%</td>
<td>0.0</td>
<td>0</td>
<td>yes</td>
<td>160</td>
<td>3</td>
<td>7</td>
<td>24.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Roma, Sysco CT, Thurston</td>
<td>UPC 0-38000-55003-4; Case UPC 000-38000-54998-4</td>
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<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.0</td>
<td>0.0%</td>
<td>0.0</td>
<td>0</td>
<td>yes</td>
<td>160</td>
<td>3</td>
<td>7</td>
<td>24.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Cookies &amp; More</td>
<td>UPC 0-38000-11466-3; Case UPC 000-38000-11465-6</td>
</tr>
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<td>Frosted Mini Wheats, Original, Bowl Pack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.0</td>
<td>0.0%</td>
<td>0.0</td>
<td>0</td>
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<td>0</td>
<td>3</td>
<td>6</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, Roma, Sysco CT, Thurston</td>
<td>UPC 000-38000-049613; Case UPC 000-38000-04965-8</td>
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<tr>
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<td>Kashi Berry Blossoms Cereal, Bowl Pack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>90</td>
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<td>0</td>
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<td>115</td>
<td>5</td>
<td>7</td>
<td>24.7%</td>
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<td>yes</td>
<td>yes</td>
<td></td>
<td>UPC 0-18627-92759-4; Case 000-18627-78754-5</td>
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</table>
# List of Acceptable Foods and Beverages

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories (g)</th>
<th>% Calories from Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>% Calories from Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight (g)</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kellogg's</td>
<td>Kashi Heart to Heart Apple Cinnamon Oatmeal, breakfast cup, 1.9 oz</td>
<td>1.9 oz  54 WGR</td>
<td>190</td>
<td>2.5 11.8% 0.5 2.4% 0 yes 110 7 14 26% yes yes yes Berkshire, HPC, Roma, Superior Vending, Sysco CT, Thurston</td>
<td>UPC 0-18627-33585-6; Case UPC 000-18627-33584-9 (Assortment with Golden Brown Maple)</td>
<td>8/26/15</td>
<td>X X X X</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Kashi Heart to Heart Golden Brown Maple Oatmeal, breakfast cup, 1.9 oz</td>
<td>1.9 oz  54 WGR</td>
<td>190</td>
<td>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</td>
<td>UPC 0-18627-31419-6; Case UPC 000-18627-31418-9 (Assortment with Apple Cinnamon)</td>
<td>8/26/15</td>
<td>X X X X</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Kellogg's</td>
<td>Kashi Heart to Heart Honey Toasted Oat Cereal, Vend Bowl, 1 oz</td>
<td>1.00 oz  28 WGR</td>
<td>100</td>
<td>1.5 13.5% 0.0 0% 0 yes 75 4 4 14.1% yes yes yes HPC, PFG Springfield, Sysco CT, US Foods</td>
<td>UPC 0-38000-52441-0; Case UPC 000-38000-52432-8</td>
<td>6/26/15</td>
<td>X X X</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Kashi Heart to Heart Instant Oatmeal, Apple Cinnamon, 1.9 oz</td>
<td>1.90 oz  54 WGR</td>
<td>190</td>
<td>2.5 11.8% 0.5 0% 0 yes 110 7 14 26% yes yes yes HPC, PFG Springfield, Sysco CT, US Foods</td>
<td>UPC 0-18627-33585-6; Case UPC 000-18627-33584-9 (Assorted Case with)</td>
<td>6/30/15</td>
<td>X X X X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Kashi Honey Sunshine Cereal, boxback, 1 oz</td>
<td>1.00 oz  28 WGR</td>
<td>90</td>
<td>1.0 10.0% 0.0 0% 0 yes 125 5 6 21.2% yes yes yes HPC, PFG Springfield, Sysco CT, US Foods</td>
<td>UPC 0-18627-49919-6; Case UPC 000-18600-49917-6</td>
<td>6/26/15</td>
<td>X X X X</td>
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<td></td>
</tr>
</tbody>
</table>

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**Nutrient Standards**

1. Whole Grain-Rich (WGR) Food;
2. Food Groups (FG); or 3. Combination Food (CF)

- Calories ≤ 200 kcal
- % Calories from Fat ≤ 15%
- Saturated Fat ≤ 1% of total calories
- Trans Fat ≤ 0.5 g
- Sodium ≤ 200 mg
- Total Sugars ≤ 15 g
- % Sugars by Weight ≤ 10% of total calories
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No chemically altered fat substitutes
- No caffeine

**BETTER CHOICE RECOMMENDATIONS**

Choose products that meet all recommendations.

1. Whole Grain-Rich (WGR) Food; 2. Food Groups (FG); or 3. Combination Food (CF)

- At least 2.5 grams of fiber
- 100% whole grain
- ≤ 200 mg sodium
- ≤ 200 calories
- ≤ 35% of total calories
- ≤ 15 g total sugars
- ≤ 10% of total calories
- No artificial flavors or colors
- No high fructose corn syrup
## LIST 5 CEREALS

### General Standards

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Fat</th>
<th>Saturated Fat (g)</th>
<th>% Calories from Saturated Fat</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kellogg’s</td>
<td>Krave Smores, pouch, 1 oz</td>
<td>1.00 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>3.0</td>
<td>24.5%</td>
<td>0.5</td>
<td>4.1%</td>
<td>0</td>
<td>yes</td>
<td>95</td>
<td>3</td>
<td>9</td>
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<td>yes</td>
<td>yes</td>
<td>Cookies &amp; More, HPC, PFG Springfield, Sysco CT, US Foods</td>
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<tr>
<td>Kellogg’s</td>
<td>Low-fat Granola Crunchy Clusters, Bulk, 1/2 cup, 1.83 oz</td>
<td>1.83 oz</td>
<td>52</td>
<td>WGR</td>
<td>200</td>
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<td>11.3%</td>
<td>0.0</td>
<td>0.0%</td>
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<td>4</td>
<td>14</td>
<td>27.0%</td>
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<td>yes</td>
<td>yes</td>
<td>HPC, PFG Springfield, Sysco CT, US Foods, Bulk Pack Case</td>
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<td>Kellogg’s</td>
<td>Low-fat Granola, family pack, 1/2 cup, 1.73 oz</td>
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<td>49</td>
<td>WGR</td>
<td>190</td>
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<td>14.2%</td>
<td>0.5</td>
<td>2.4%</td>
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<td>125</td>
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<td>14</td>
<td>28.5%</td>
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<td>yes</td>
<td>yes</td>
<td>HPC, PFG Springfield, Sysco CT, US Foods, Bulk Pack Case</td>
</tr>
<tr>
<td>Kellogg’s</td>
<td>Mini-Wheats Frosted Little Bites, Chocolate, bowlpack, 1 oz</td>
<td>1.00 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>1.0</td>
<td>9.0%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>105</td>
<td>3</td>
<td>6</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, PFG Springfield, Sysco CT, US Foods,</td>
</tr>
<tr>
<td>Kellogg’s</td>
<td>Mini-Wheats Unfrosted, Bite Size, bowlpack, 1 oz</td>
<td>1.00 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.5</td>
<td>4.5%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>0.0%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>HPC, PFG Springfield, Sysco CT, US Foods,</td>
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<tr>
<td>Manufacturer</td>
<td>Food Item</td>
<td>Package or Serving Size</td>
<td>Weight (g)</td>
<td>General Standard Criteria Met</td>
<td>Calories</td>
<td>% Calories from Fat</td>
<td>Saturated Fat (g)</td>
<td>Trans Fat (g)</td>
<td>% Calories from Saturated Fat</td>
<td>Sodium (mg)</td>
<td>Fiber (g)</td>
<td>Total Sugars (g)</td>
<td>% Sugars by Weight</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Standard Met?</td>
<td>Date of Review</td>
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<td></td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------------------------------------------------------------</td>
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<tr>
<td>Kellogg's</td>
<td>Raisin Bran, Bowl Pack, 1.25 oz</td>
<td>1.25 oz</td>
<td>35</td>
<td>WGR</td>
<td>110</td>
<td>0.5</td>
<td>4.1%</td>
<td>0</td>
<td>0.0%</td>
<td>125</td>
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<td>10</td>
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<td>yes</td>
<td>yes</td>
<td>7/29/13</td>
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<tr>
<td>Kellogg's</td>
<td>Rice Krispies made with Whole Grain Brown Rice, Bowl Pack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.5</td>
<td>4.5%</td>
<td>0</td>
<td>0.0%</td>
<td>170</td>
<td>&lt;1</td>
<td>1</td>
<td>3.5%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>8/26/15</td>
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<td></td>
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<tr>
<td>Malt-O-Meal, Inc.</td>
<td>Malt-O-Meal Honey Nut Scooters Cereal, 1 oz bowl pack (3/4 cup)</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>1.0</td>
<td>9.0%</td>
<td>0</td>
<td>0.0%</td>
<td>200</td>
<td>2</td>
<td>9</td>
<td>31.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>8/6/13</td>
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<tr>
<td>Malt-O-Meal, Inc.</td>
<td>Malt-O-Meal Honey Nut Toasted Oat Cereal, 1 oz bowl pack (3/4 cup)</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>1.0</td>
<td>9.0%</td>
<td>0</td>
<td>0.0%</td>
<td>200</td>
<td>2</td>
<td>9</td>
<td>31.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>8/6/13</td>
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<tr>
<td>Malt-O-Meal, Inc.</td>
<td>Malt-O-Meal Instant Oatmeal, Apples &amp; Cinnamon, 1.24 oz package</td>
<td>1.24 oz</td>
<td>35</td>
<td>WGR</td>
<td>130</td>
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<td>0.0%</td>
<td>170</td>
<td>3</td>
<td>11</td>
<td>31.3%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>8/6/13</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### CEREALS, including ready-to-eat cold breakfast cereals and hot breakfast cereals

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories</th>
<th>% Calories from Fat</th>
<th>Saturated Fat (g)</th>
<th>% Calories from Saturated Fat</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malt-O-Meal, Inc.</td>
<td>Malt-O-Meal Toasty O's Cereal, 0.88 oz bowl pack (1 cup)</td>
<td>0.88 oz</td>
<td>25</td>
<td>WGR</td>
<td>100</td>
<td>1.5</td>
<td>13.5%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>120</td>
<td>2</td>
<td>&lt;1</td>
<td>0.0%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Sysco CT, Thurston, PFG Springfield</td>
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<tr>
<td>McKee Foods Corporation</td>
<td>Original Granola Cereal, 1.25 oz sleeve</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>120</td>
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<td>26.3%</td>
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<td>26.3%</td>
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<td>80</td>
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<td>6</td>
<td>21.2%</td>
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<td>yes</td>
<td>yes</td>
<td>InFusion Sales Group</td>
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<tr>
<td>MOM Brands</td>
<td>Blueberry Flavored Frosted Mini Spooners, Bowlpack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
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<td>4.5%</td>
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<td>0.0%</td>
<td>0</td>
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<td>0</td>
<td>3</td>
<td>5.0</td>
<td>17.6%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Thurston</td>
</tr>
<tr>
<td>MOM Brands</td>
<td>Frosted Mini Spooners, Bowlpack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>110</td>
<td>0.5</td>
<td>4.1%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>3</td>
<td>6.0</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>InFusion Sales Group</td>
</tr>
<tr>
<td>MOM Brands</td>
<td>Strawberry Cream Frosted Mini Spooners, Bowlpack, 1 oz</td>
<td>1 oz</td>
<td>28</td>
<td>WGR</td>
<td>100</td>
<td>0.5</td>
<td>4.5%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>0</td>
<td>3</td>
<td>5.0</td>
<td>17.6%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>Thurston</td>
</tr>
</tbody>
</table>

#### BETTER CHOICE RECOMMENDATIONS

Choose products that meet all recommendations.

1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)

- % Calories from Fat ≤ 10%
- No partially hydrogenated oils
- No artificial flavors or colors
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
- ≤ 4 g saturated fat
- ≤ 200 mg sodium
- ≤ 200 g total sugars
- ≤ 35% by weight
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No partially hydrogenated oils
- No high fructose corn syrup
## List of Acceptable Foods and Beverages

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

### General Standards

1. Whole Grain-Rich (WGR) Food; 2. Food Groups (FG); or 3. Combination Food (CF)

### Nutrient Standards

- Calories
  - ≤200 calories
  - ≤30% of total calories
- % Calories from Fat
  - ≤10% of total calories
  - ≤0.5 g
- No partially hydrogenated oils
- ≤20 mg sodium
- ≤15 g
- ≤5% by weight
  - No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
  - No chemically altered fat substitutes
  - No caffeine

### Manufacturer

- Ola! Foods, LLC
- Quaker
- Sysco CT

### Food Item

1. No Nut Vanilla 100% Natural Granola, 1 oz singles (1/3 cup)
2. Vanilla Almond 100% Natural Granola, 1 oz singles (1/3 cup)
3. Quaker Instant Oatmeal, Apple & Cinnamon, 1.51 oz
4. Quaker Instant Oatmeal, Cinnamon, 1 packet (1 oz)
5. Quaker Instant Oatmeal, Regular Flavor, 1 oz
6. Quaker Instant Oatmeal, Regular, 1 packet (1 oz)

### Package or Serving Size

1. cup
2. oz

### Weight

1. 30
2. 28

### General Standard Criteria Met

1. WGR
2. FG
3. CF

### Notes

1. Gluten-free
2. Sysco CT

### Date of Review

1. 2/4/14
2. 7/24/13
3. 4/6/15

### BETTER CHOICE RECOMMENDATIONS

Choose products that meet all recommendations.

1. Whole Grain-Rich (WGR) Food;
2. Food Groups (FG);
3. Combination Food (CF)

### Connecticut State Department of Education

Revised 9/27/2019

Page 15 of 16
## List of Acceptable Foods and Beverages

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

<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Food Item</th>
<th>Package or Serving Size</th>
<th>Weight (g)</th>
<th>General Standard Criteria Met</th>
<th>Calories (g)</th>
<th>% Calories from Fat</th>
<th>Saturated Fat (g)</th>
<th>% Calories from Saturated Fat</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Total Sugars (g)</th>
<th>% Sugars by Weight</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Standard Met?</th>
<th>Vendor</th>
<th>Notes</th>
<th>Date of Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quaker</td>
<td>Quaker Life Cereal, Portion Pack, 1.09 oz</td>
<td>1.09 oz</td>
<td>31</td>
<td><strong>WGR</strong></td>
<td>120</td>
<td>1.5</td>
<td>11.3%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>160</td>
<td>2</td>
<td>6.0</td>
<td>19.4%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Sargent Foods, LLC</td>
<td>Rockin’ola Granola, Chocolate Flavor with Mini Marshmallows, 1.1 oz pouch</td>
<td>1 oz</td>
<td>31</td>
<td><strong>WGR</strong></td>
<td>130</td>
<td>3.0</td>
<td>20.8%</td>
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<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>45</td>
<td>2</td>
<td>6.0</td>
<td>25.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Sargent Foods, LLC</td>
<td>Rockin’ola Granola, Chocolate Flavor, 1 oz pouch</td>
<td>1 oz</td>
<td>28</td>
<td><strong>WGR</strong></td>
<td>120</td>
<td>2.5</td>
<td>18.8%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>45</td>
<td>2</td>
<td>6.0</td>
<td>21.2%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Sargent Foods, LLC</td>
<td>Rockin’ola Granola, Strawberry Flavor with Mini Marshmallows, 1.1 oz pouch</td>
<td>1 oz</td>
<td>31</td>
<td><strong>WGR</strong></td>
<td>130</td>
<td>5.0</td>
<td>20.8%</td>
<td>0.0</td>
<td>0.0%</td>
<td>0</td>
<td>yes</td>
<td>10</td>
<td>2</td>
<td>6.0</td>
<td>25.7%</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
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