

This list includes commercial crackers, hard pretzels, pita chips, snack mix, and similar products that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments** such as butter, margarine, cream cheese, jam, and dips, e.g., crackers with butter or jam. Some listed products are not nutrient-rich foods. For example, whole grain-rich pretzels contain little to no fat or sugar, but do not provide any significant nutritional value, e.g., vitamins, minerals and fiber. 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 (refer to the green and white columns o n the 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 following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage 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, refer to [Contact Information for Vendors](#).

Note: The approval below is only for the product exactly as listed. If the product is sold a la carte combined with any accompaniments (e.g., butter, margarine, cream cheese, jam, and dips), the nutrition information for the accompaniments must be added to the nutrition information for the product to determine if the serving still complies with the CNS (refer to the CSDE's [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

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				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 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	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain
Campbell's	Pepperidge Farm 100 Calorie Cheddar Goldfish, Made with Whole Grain, 0.75 oz pouch	0.75 oz	21	WGR	100	3.5	31.5%	0.5	4.5%	0	yes	170	1	0	0.0%	yes	yes	yes	Gordon Food Service, Thurston	Code 18197; UPC 0-14100-18197-2; Case (100 count) UPC 100-14100-18197-9	12/19/23	X	X		
Campbell's	Pepperidge Farm Goldfish Colors Baked with Whole Grain, 0.75 oz pouch	0.75 oz	21	WGR	100	3.5	31.5%	0.5	4.5%	0	yes	170	1	0	0.0%	yes	yes	yes	Gordon Food Service, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 04788; UPC 0-14100-04788-9; Case (300 count) UPC 10-01410-00478-86	12/19/23	X	X		
Campbell's	Pepperidge Farm Goldfish Pretzels Baked with Whole Grain, 0.75 oz pouch	0.75 oz	21	WGR	90	1.5	15.0%	0.0	0.0%	0	yes	200	1	0	0.0%	yes	yes	yes	Gordon Food Service, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 14396; UPC 0-14100-14396-3; Case (300 count) UPC 100-14100-14396-0	12/19/23	X	X		
Campbell's	Pepperidge Farm Goldfish Snack Crackers Cheddar, Baked with Whole Grain, 0.75 oz pouch	0.75 oz	21	WGR	100	3.5	31.5%	0.5	4.5%	0	yes	170	1	0	0.0%	yes	yes	yes	Gordon Food Service, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 18105; UPC 0-14100-18105-7; Case (300 count) UPC 100-14100-18105-4	12/19/23	X	X		
Campbell's	Pepperidge Farm Goldfish Snack Crackers Cheddar, Baked with Whole Grain, Disney's Mickey Mouse, 0.75 oz pouch	0.75 oz	21	WGR	100	3.5	31.5%	0.5	4.5%	0	yes	160	1	0	0.0%	yes	yes	yes	Gordon Food Service, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 27518; UPC 0-14100-27516-9; Case (300 count) UPC 100-14100-27516-6	1/3/24	X	X		
Campbell's	Pepperidge Farm Goldfish Snack Crackers Xtra Cheddar, Baked with Whole Grain, 0.75 oz bag	0.75 oz	21	WGR	90	3.5	35.0%	0.5	5.0%	0	yes	200	1	0	0.0%	yes	yes	yes	Gordon Food Service, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 23088; UPC 0-14100-23088-5; Case (300 count) UPC 10-01410-02308-82	12/19/23	X	X		

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Darlington	Appleways Cheddar Cheese Crispy Crackers, 0.9 oz bag	0.9 oz	26	WGR	110	3.5	28.6%	1.0	8.2%	0	yes	180	2	0	0.0%	yes	yes	yes	HPC, PFG, Thurston Foods, US Foodservice	Code 76100; UPC 6-75825-76100-1; Case (108 count) UPC 00-675825-76100-1	10/6/22	X	X		
Darlington	Appleways Sweet Potato Crispy Crackers, 1.0 oz bag	1 oz	28	WGR	110	2.0	16.4%	0.0	0.0%	0	yes	80	2	6	21.2%	yes	yes	yes	HPC, PFG, Thurston Foods, US Foodservice	Code 76400; UPC 6-75825-76400-2; Case (108 count) UPC 006-75825-76400-2	10/6/22	X	X		
Darlington	Veggie Crispy Crackers, Individually Wrapped, 1 oz bag	1 oz	28	WGR	110	3.5	28.6%	0.5	4.1%	0	yes	140	2	1	3.5%	yes	yes	yes	HPC, PFG, Thurston Foods, US Foodservice	Code 76301; UPC 6-75825-76301-2; Case (108 count) UPC 006-75825-76301-2. 51% whole grain.	10/6/22	X	X		
ES Foods	Wheat Crackers, 1 oz package	1 oz	28	WGR	110	3.5	28.6%	0.0	0.0%	0	yes	160	2	2	7.1%	yes	yes	yes	Affinity Group	Code 16300; Case (500 count) UPC 106-93392-00341-3	12/29/23	X	X		
Frito Lay	Munchies Snack Mix Munch Mix, 0.875 oz bag	0.875 oz	25	FG	110	3.5	28.6%	0.0	0.0%	0	yes	180	2	2	8.1%	yes	yes	yes	Ace Endico, Gordon Foodservice, HPC, Sysco CT, Thurston	Bag UPC 0-28400-67240-5; Case (104 count) UPC 000-28400-36308-2	11/15/23		X		NA
Frito Lay	Rold Gold Heartzels Pretzels Original, 0.7 oz bag	0.7 oz	20	WGR	80	1.0	11.3%	0.0	0.0%	0	yes	200	2	<1	0.0%	yes	yes	yes	Gordon Food Service, HPC, Sysco CT, Thurston	UPC 0-28400-14962-4; Case UPC (104 COUNT) 000-28400-15940-1	12/14/23	X	X		
General Mills	Annie's Organic Cheddar Bunnies Baked Snack Crackers, 0.75 oz bag	0.75 oz	21	WGR	90	3.5	35.0%	0.0	0.0%	0	yes	130	1	0	0.0%	yes	yes	yes	HPC, Sysco , Thurston	UPC 13562-49828-4; Case (100 count) UPC 100-13562-49828-1	12/18/23	X	X		X
General Mills	Simply Chex Cheddar, 0.92 oz pouch	0.92 oz	26	WGR	110	2.5	20.5%	0.5	4.1%	0	yes	150	2	4	15.3%	yes	yes	yes	Ace Endico, HPC, Sysco CT, Thurston	Code 31932000; UPC 0-16000-31932-5; Case (60 count) UPC 100-16000-31932-2	12/18/23	X	X		
General Mills	Simply Chex Chocolate Caramel, 1.03 oz pouch	1.03 oz	29	WGR	120	4.0	30.0%	1.0	7.5%	0	yes	65	2	7	24.0%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 31933000; UPC 0-16000-31933-2; Case (60 count) UPC 100-16000-31933-9	12/18/23	X	X		
General Mills	Simply Chex Strawberry Yogurt, 1.03 oz	1.03 oz	29	WGR	120	3.0	22.5%	1.0	7.5%	0	yes	55	2	8	27.4%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 31937000; UPC 0-16000-31937-0; Case (60 count) UPC 100-16000-31937-7	12/18/23	X	X		
J&J Snack Foods	Crunch & Crave Crackers, Churro, 1 oz package	1 oz	28	WGR	110	2.5	20.5%	0.0	0.0%	0	yes	75	2	8	28.2%	yes	yes	yes	American Patriot Sales	Item number 2049193; UPC 0-73321-49193-2; Case (160 count) 100-73321-49193-9	1/2/24	X	X		X
J&J Snack Foods	Crunch & Crave Crackers, Original, 1.6 oz package	1.6 oz	45	WGR	190	6.0	28.4%	0.0	0.0%	0	yes	200	4	3	6.6%	yes	yes	yes	American Patriot Sales	Item number 2049192; UPC 0-73321-49192-5; Case (100 count) 100-73321-49192-2	1/2/24	X	X	X	X

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Kellanova	Kellogg's Cheez-It made with 12 g Whole Grain, 1 oz bag	1 oz	28	WGR	130	4.5	31.2%	1.0	6.9%	0	yes	200	2	0	0.0%	yes	yes	yes	Berkshire, Gordon Food Service, Vistar	UPC 0-24100-10481-9; Case (60 count) UPC 000-24100-10480-2	12/18/23	X	X		
Kellanova	Kellogg's Cheez-It made with 9 g Whole Grain, 0.75 oz bag	0.75 oz	21	WGR	100	3.5	31.5%	1.0	9.0%	0	yes	150	1	0	0.0%	yes	yes	yes	Gordon Food Service, Sysco CT CT	UPC 0-24100-79482-9; Case (175 count) UPC 000-24100-79263-4	12/18/23	X	X		
MJM Marketing	Chili Lime Savory Crackers, 0.8 oz bag	0.8 oz	22	WGR	90	3.0	30.0%	0.00	0.0%	0.00	yes	200	1	2	9.1%	yes	yes	yes	Thurston, J.Kings, HPC, GFS, USF, Original Pizza	Item 805155; Case (155 count) UPC 006-82830-80515-6	1/25/24	X	X		
MJM Marketing	Savory Bites Herb Crackers, 0.8 oz bag	0.8 oz	22	WGR	90	3.0	30.0%	0.00	0.0%	0.00	yes	190	1	2	9.1%	yes	yes	yes	Thurston, J.Kings, HPC, GFS, USF, Original Pizza	Item 803155; Case (155 count) UPC 006-82830-80315-2	1/25/24	X	X		
MJM Marketing	Savory Bites Pizza Crackers, 0.8 oz bag	0.8 oz	22	WGR	80	2.0	22.5%	0.00	0.0%	0.00	yes	190	2	2	9.1%	yes	yes	yes	Thurston, J.Kings, HPC, GFS, USF, Original Pizza	Item 804155; Case (155 count) UPC 006-82830-80415-9	1/25/24	X	X		
MJM Marketing	Savory Bites Whole Grain Wheat Crackers, 0.8 oz bag	0.8 oz	22	WGR	90	2.5	25.0%	0.00	0.0%	0.00	yes	190	2	2	9.1%	yes	yes	yes	Thurston, J.Kings, HPC, GFS, USF, Original Pizza	Item 801155; Case (155 count) UPC 006-82830-80115-8	1/25/24	X	X		