

This list includes commercial ready-to-eat (RTE) breakfast cereals and hot breakfast cereals (e.g., oatmeal) that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with 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 (refer to the green and white columns on 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., oatmeal with brown sugar or other toppings), 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.

CEREALS, including ready-to-eat (RTE) cold breakfast cereals and hot breakfast cereals (e.g., oatmeal)

CEREALS, including ready-to-eat (RTE) cold breakfast cereals and hot breakfast cereals (e.g., oatmeal)				SNACKS															Better Choice Recommendation Choose products that meet 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 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
Bake Crafters 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	Thurston	Code 2264; Case (320 count) UPC 007-37410-02264-2	12/29/23	X	X	
General Mills	Single Serve 0.625 oz Bowlpak, Kix Crispy Corn Puffs Cereal	0.625 oz	17	WGR	70	0.5	6.4%	0.0	0.0%	0	yes	100	1	2	11.8%	yes	yes	yes	HPC	Code 11942000; UPC 1-60001-19420-0; Case (96 count) UPC 100-16000-11942-7	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Apple Cinnamon Cheerios	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	110	2	9	31.7%	yes	yes	yes	HPC	Code 31879000; UPC 0-16000-31879-3; Case (96 count) UPC 100-16000-31879-0	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Blueberry Chex Gluten Free	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	170	2	6.0	21.2%	yes	yes	yes		Code 18446000; UPC 1-6000-18446-6; Case (96 count) UPC 100-16000-18446-3	12/19/23	X	X	

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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
General Mills	Single Serve 1 oz Bowlpak, Cheerios	1 oz	28	WGR	100	2.0	18.0%	0.0	0.0%	0	yes	140	3	1	3.5%	yes	yes	yes	HPC	Code 32262000; UPC 0-16000-32262-2; Case (96 count) UPC 100-16000-32262-9	12/19/23	X	X	X
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Corn Chex Gluten Free	1 oz	28	WGR	110	2.5	20.5%	0.0	0.0%	0	yes	160	1	6	21.2%	yes	yes	yes	HPC, Thurston	Code 38387000; UPC 1-60003-83876-3; Case (96 count) UPC 10-01600-038387-3	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Toast Crunch Cereal	1 oz	28	WGR	110	2.5	20.5%	0.5	4.1%	0	yes	160	2	8	28.2%	yes	yes	yes	HPC	Code 11815000; UPC 0-16000-11815-7; Case (96 count) UPC 100-16000-11815-4	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Cinnamon Toast Crunch Cereal 25% Less Sugar	1 oz	28	WGR	110	2.5	20.5%	0.0	0.0%	0	yes	160	4	6.0	21.2%	yes	yes	yes	HPC, Sysco CT Thurston	Code 29444000; UPC 0-16000-29444-8; Case (96 count) UPC 100-16000-29444-5	12/19/23	X	X	X
General Mills	Single Serve 1 oz Bowlpak, Corn Chex Gluten Free	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	Code 33213000; UPC 1-6000-33213-3; Case (96 count) UPC 1-001600-033213-0	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Frosted Corn Flakes Cereal	1 oz	28	WGR	110	0.0	0.0%	0.0	0.0%	0	yes	170	1	7	24.7%	yes	yes	yes	Thurston	Code 11768000; UPC 0-16000 11768-6; Case (96 count) UPC 100-16000-11768-3	12/19/23		X	
General Mills	Single Serve 1 oz Bowlpak, Honey Cheerios	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	170	2	6.0	21.2%	yes	yes	yes		Code 18447000; UPC 0-16000-18447-3; Case (96 count) UPC 100-16000-18447-0	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Lucky Charms Gluten Free	1 oz	28	WGR	110	1.0	8.2%	0.0	0.0%	0	yes	180	2	9	31.7%	yes	yes	yes	Thurston	Code 31917000; UPC 0-16000-31917-2; Case (96 count) UPC 100-16000-31917-9	12/19/23		X	

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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
General Mills	Single Serve 1 oz Bowlpak, Multigrain Cheerios	1 oz	28	WGR	110	1.0	8.2%	0.0	0.0%	0	yes	105	2	6	21.2%	yes	yes	yes	HPC, Jay Bee	Code 32263000; UPC 0-16000-32263-9; Case (96 count) UPC 100-16000-32263-6	12/19/23	X	X	
General Mills	Single Serve 1 oz Bowlpak, Reese's Puffs	1 oz	28	WGR	120	3.0	22.5%	0.5	3.8%	0	yes	160	1	9	31.7%	yes	yes	yes	Thurston	Code 31919000; UPC 0-16000-31919-6; Case (96 count) UPC 100-16000-31919-3	12/19/23		X	
General Mills	Single Serve 1 oz Bowlpak, Trix 25% Less Sugar	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	160	2	6	21.2%	yes	yes	yes	Sysco CT, Thurston	Code 31922000; UPC 0-16000-31922-6; Case (96 count) UPC 100-16000-31922-3	12/19/23		X	
General Mills	Single Serve 1.06 oz Bowlpak, Cocoa Puffs 25% Less Sugar	1.06 oz	30	WGR	120	1.5	11.3%	0.0	0.0%	0	yes	125	2	6	20.0%	yes	yes	yes	Sysco CT, Thurston	Code 31888000; UPC 0-16000-31888-5; Case (96 count) UPC 100-16000-31888-2	12/19/23	X	X	
General Mills	Single Serve 1.13 oz Bowlpak, Honey Nut Chex Gluten Free	1.13 oz	32	WGR	120	0.5	3.8%	0.0	0.0%	0	yes	200	1	9	28.1%	yes	yes	yes	Sysco CT, Thurston	Code 11866000; UPC 0-16000-11866-9; Case (96 count) UPC 100-16000-11866-6	12/19/23	X	X	
Global Food Solutions	Right Start Foods Apple Cinnamon Granola (IW), 1 oz packet	1 oz	28	WGR	125	3	21.6%	0.0	0.0%	0	yes	0	2	5.0	17.6%	yes	yes	yes	American Patriot Sales	Code RS-0106; Case (350 count) UPC 108-19716-01251-4	12/19/23	X	X	X
Global Food Solutions	Right Start Foods Blueberry Granola (IW), 1 oz packet	1 oz	28	WGR	125	3	21.6%	0.0	0.0%	0	yes	0	2	5.0	17.6%	yes	yes	yes	American Patriot Sales	Code RS-0104; Case (350 count) UPC 108-19716-01250-7	12/19/23	X	X	X
Pepsico	Quaker Instant Oatmeal, Apples and Cinnamon, 1.51 oz packet	1.51 oz	43	WGR	160	2.0	11.3%	0.0	0.0%	0	yes	160	4	11	25.7%	yes	yes	yes	Gordon Food Service, HPC, Thurston, Sysco CT	Code 56729; UPC 0-30000-56729-6; Case (12 boxes of 10 count) UPC 003-30000-56729-6	12/19/23	X	X	X

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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
Pepsico	Quaker Instant Oatmeal, Cinnamon & Spice, 1.51 oz packet	1.51 oz	43	WGR	160	2.5	14.1%	0.5	2.8%	0	yes	200	3	1.0	2.3%	yes	yes	yes	Gordon Food Service, HPC, Thurston, Sysco CT	UPC 0-30000-56732-6; Case (12 boxes of 10 count) UPC 100-30000-56732-3	12/19/23	X	X	X
Pepsico	Quaker Instant Oatmeal, Original, 0.98 oz packet	0.98 oz	28	WGR	100	2.0	18.0%	0.5	4.5%	0	yes	75	3	0.0	0.0%	yes	yes	yes	Gordon Food Service, HPC, Thurston, Sysco CT	UPC 0-30000-43661-5; Case (48 count) UPC 100-30000-43661-2	12/19/23	X	X	X
Post Consumer Brands, LLC	Frosted Shredded Wheat Blueberry Cereal, 1 oz bowl pack	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	5	6	21.2%	yes	yes	yes	HPC, Thurston	Item 27154; UPC 0-42400-27154-9; Case (96 count) UPC 100-42400-27154-6	12/19/23			
Post Consumer Brands, LLC	Frosted Shredded Wheat Cereal, 1 oz bowl pack	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	3	6	21.2%	yes	yes	yes	HPC, Thurston	Item 27177; UPC 0-42400-27177-8; Case (96 count) UPC 100-42400-27177-5	12/19/23			
Post Consumer Brands, LLC	Frosted Shredded Wheat Strawberry Cereal, 1 oz bowl pack	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	0	5	6	21.2%	yes	yes	yes	HPC, Thurston	Item 27150; UPC 0-42400-27150-1; Case (96 count) UPC 100-42400-27150-8	12/19/23			
Post Consumer Brands, LLC	Honey Bunches of Oats Honey Crunch, 1 oz small bowl pack	1 oz	28	WGR	100	1.5	13.5%	0.0	0.0%	0	yes	65	2	5	17.6%	yes	yes	yes	HPC, Thurston	UPC 8-84912-27315-4; Case (96 count) UPC 108-84912-27315-1	12/19/23	X	X	
Post Consumer Brands, LLC	Malt-O-Meal Cinnamon Toasters Cereal, 1 oz bowl pack	1 oz	28	WGR	120	3.5	26.3%	0.0	0.0%	0	yes	135	1	9	31.7%	yes	yes	yes	HPC, Thurston	Item 03915; UPC 0-42400-03915-0; Case (96 count) UPC 100-42400-03915-7	12/19/23			

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				General Standards	Nutrient Standards																	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
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			
Post Consumer Brands, LLC	Malt-O-Meal Hearty Traditions Instant Oatmeal, Apples & Cinnamon, 1.23 oz packet	1.23 oz	35	WGR	120	1.0	7.5%	0.0	0.0%	0	yes	200	3	15	43.0%	yes	yes	yes	HPC, Thurston	Item 11851; Case (96 count) UPC 000-42400-11851-0	12/19/23	X	X	X
Post Consumer Brands, LLC	Malt-O-Meal Honey Scooters Cereal, 1 oz bowl pack	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	170	2	6	21.2%	yes	yes	yes	HPC, Thurston	Item 27597; UPC 0-42400-29597-8; Case (96 count) UPC 100-42400-29597-5	12/19/23			
Post Consumer Brands, LLC	Malt-O-Meal Raisin Bran Cereal, 1 oz bowl pack	1 oz	28	WGR	110	0.5	4.1%	0.0	0.0%	0	yes	140	5	11	38.8%	yes	yes	yes	HPC, Thurston	Item 00715; UPC 0-42400-00715-9; Case (96 count) UPC 100-42400-00715-6	12/19/23			
Post Consumer Brands, LLC	Malt-O-Meal Scooters Cereal, 1 oz bowl pack	1 oz	28	WGR	110	1.5	12.3%	0.0	0.0%	0	yes	140	3	0	0.0%	yes	yes	yes	HPC, Thurston	Item 27164; UPC 0-42400-27164-2; Case (96 count) UPC 100-42400-27164-9	12/19/23			
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Chocolate Flavor, 1/2 cup bowl pack	1.55 oz	44	WGR	180	4.5	22.5%	0.5	2.5%	0	yes	0	4	9	20.5%	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4308; UPC 8-53778-00430-8; Case (48 count) UPC 108-53778-00430-8	1/3/24	X	X	X
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Cinnamon Flavor, 1/2 cup bowl pack	1.55 oz	44	WGR	180	4.0	20.0%	0.5	2.5%	0	yes	0	4	9	20.5%	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4322; UPC 8-53778-00432-2; Case (48 count) UPC 108-53778-00432-2	1/3/24	X	X	X
Tarrier Foods Corporation	Rockin' ola Granola Bowl, Strawberry Flavor, 1/2 cup bowl pack	1.55 oz	44	WGR	180	4.5	22.5%	0.5	2.5%	0	yes	0	4	9	20.5%	yes	yes	yes	Driscoll, Gordon Food Service, Key Impact,Thurston	Code 4315; UPC 8-53778-00431-5; Case (48 count) UPC 108-53778-00431-5	1/3/24	X	X	X

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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
Tarrier Foods Corporation	Rockin' ola Granola Chocolate Flavored Granola Clusters with Mini Marshmallows, 1.1 oz pouch	1.1 oz	30	WGR	130	3.0	20.8%	0.0	0.0%	0	yes	45	2	6	20.0%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4070; Case (250 count) UPC 108-53778-00407-0	1/3/24	X	X	
Tarrier Foods Corporation	Rockin' ola Granola Chocolate Flavored Granola Clusters, 1 oz pouch	1 oz	30	WGR	120	2.5	18.8%	0.0	0.0%	0	yes	45	2	6	20.0%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4100; Case (250 count) UPC 108-53778-00410-0	1/3/24	X	X	
Tarrier Foods Corporation	Rockin' ola Granola Cinnamon Flavored Granola Clusters, 1 oz pouch	1 oz	28	WGR	120	2.5	18.8%	0.0	0.0%	0	yes	0	2	6	21.4%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4209; Case (250 count) UPC 108-53778-00420-9	1/3/24	X	X	
Tarrier Foods Corporation	Rockin' ola Granola Strawberry Flavored Granola Clusters with Mini Marshmallows, 1.1 oz pouch	1.1 oz	30	WGR	130	2.5	17.3%	0.0	0.0%	0	yes	0	2	6	20.0%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4087; Case (250 count) UPC 108-53778-00408-7	1/3/24	X	X	
Tarrier Foods Corporation	Rockin' ola Granola Strawberry Flavored Granola Clusters, 1 oz pouch	1 oz	28	WGR	120	2.5	18.8%	0.0	0.0%	0	yes	0	2	6	21.4%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4094;Case (250 count) UPC 108-53778-00409-4	1/3/24	X	X	
Tarrier Foods Corporation	Rockin' ola PRO Protein Granola with Sunflower Seeds, 1.5 oz pouch	1.5 oz	44	WGR	180	6.0	30.0%	0.5	2.5%	0	yes	0	4	8	18.2%	yes	yes	yes	Driscoll, Gordon Food Service, Thurston,	Code 4223; Case (175 count) UPC 108-53778-00422-3	1/3/24	X	X	X

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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
WK Kellogg Co	Kellogg's Apple Jack's Cereal for Schools Bowl Pack, 1 oz bowl	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	160	2	8	28.2%	yes	yes	yes	Sysco, Thurston	Code 3800078787; UPC 0-38000-92634-1; Case (96 count) UPC 000-38000-78787-4	1/9/24		X	
WK Kellogg Co	Kellogg's Apple Jack's Cereal for Schools Pouch, 1 oz pouch	1 oz	28	WGR	100	0.5	4.5%	0.0	0.0%	0	yes	160	2	8	28.2%	yes	yes	yes	Sysco, Thurston	Code 3800011469; UPC 0-38000-11470-0; Case (96 count) UPC 000-38000-11469-4	1/9/24		X	
WK Kellogg Co	Kellogg's Cinnamon Flakes Multi-Grain Cereal for Schools Bowl Pack, 1 oz bowl	1 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	180	2	6	21.2%	yes	yes	yes	Sysco, Thurston	Code 3800078786; UPC 0-38000-92934-2; Case (96 count) UPC 000-38000-78786-7	1/9/24	X	X	
WK Kellogg Co	Kellogg's Froot Loops for Schools Bowl Pack, 1 oz bowl	1 oz	28	WGR	110	0.5	4.1%	0.5	4.1%	0	yes	170	2	8	28.2%	yes	yes	yes	HPC, Sysco CT, Thurston, USFS Norwich	Code 3800078788; UPC 0-38000-92633-4; Case (96 count) UPC 000-38000-78788-1	1/9/24		X	
WK Kellogg Co	Kellogg's Froot Loops for Schools Pouch, 1 oz pouch	1 oz	28	WGR	110	0.5	4.1%	0.5	4.1%	0	yes	170	2	8	28.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800011467; UPC 0-38000-11468-7; Case (96 count) UPC 000-38000-11467-0	1/9/24		X	
WK Kellogg Co	Kellogg's Frosted Flakes Multi-Grain Cereal for Schools Bowl Pack, 1 oz bowl	1 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	170	2	6	21.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800054998; UPC 0-38000-55003-4; Case (96 count) UPC 000-38000-54998-4	1/9/24	X	X	
WK Kellogg Co	Kellogg's Frosted Flakes Multi-Grain Cereal for Schools Pouch, 1 oz pouch	1 oz	28	WGR	100	0.0	0.0%	0.0	0.0%	0	yes	170	2	6	21.2%	yes	yes	yes	Sysco, Thurston	Code 3800011465; UPC 0-38000-11466-3; Case (96 count) UPC 000-38000-11465-6	1/9/24	X	X	

CEREALS, including ready-to-eat (RTE) cold breakfast cereals and hot breakfast cereals (e.g., oatmeal)

CEREALS, including ready-to-eat (RTE) cold breakfast cereals and hot breakfast cereals (e.g., oatmeal)				SNACKS															Better Choice Recommendation Choose products that meet 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 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
WK Kellogg Co	Kellogg's Frosted Mini Wheats Original Bite Size Cereal Bowl Pack, 1 oz bowl	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	Code 3800004996; UPC 0-38000-04961-3; Case (96 count) UPC 000-38000-04996-5	1/9/24	X	X	X
WK Kellogg Co	Kellogg's Raisin Bran Original cereal Bowl Pack, 1.25 oz bowl	1.25 oz	35	WGR	110	0.5	4.1%	0.0	0.0%	0	yes	120	4	10	28.2%	yes	yes	yes	HPC, Roma, Sysco CT, Thurston	Code 3800000896; UPC 0-38000-00861-0; Case (96 count) UPC 000-38000-00896-2	1/9/24	X	X	X
Jeff's Granola	Cinnamon and Raisin Granola, 1 oz bag	1.00 oz	28	WGR	120	3.5	26.3%	0.0	0.0%	0	yes	35	2	7	24.7%	yes	yes	yes	Thurston	UPC 6-42057-45163-; Case (150 count) UPC 6-42057-45721-7	1/31/24	X	X	



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