List of Acceptable Foods and Beverages

List 7: Yogurt, Pudding, and Cottage Cheese

List 7: Yogurt, Pudding, and Cottage Cheese includes commercial products that meet the CNS snacks category, such as yogurt, soy yogurt, pudding, cottage cheese, and yogurt parfaits.

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Chobani, Inc.	Non-fat Greek Yogurt, Black Cherry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01283-5; Case (12 count) UPC 108-18290-01283-5	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Blackberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01259-3; Case (12 count) UPC 108-18290-01259-0	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Blueberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01005-2; Case (12 count) UPC 108-94700-01005-9	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Lemon Blended, 5.3 oz plastic cup	5.3	150	FG	140	0.0	0.0%	0.0	0.0%	75	<1	16	3.0	10.0	1.887	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01958-5; Case (12 count) UPC 108-18290-01958-2	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Peach on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01006-9; Case (12 count) UPC 108-94700-01006-6	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Plain, 5.3oz plastic cup	5.3	150	FG	80	0.0	0.0%	0.0	0.0%	55	0	5	0.9	0.0	0.000	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01001-4; Case (12 count) UPC 108-94700-01001-1	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Pomegranate on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01015-1; Case (12 count) UPC 108-94700-01015-8	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Raspberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	65	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01012-0; Case (12 count) UPC 108-94700-01012-7	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Strawberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	<1	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01004-5; Case (12 count) UPC 108-94700-01004-2	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Vanilla Blended, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	0	14	2.6	9.0	1.698	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01002-1; Case (12 count) UPC 108-94700-01002-8	1/12/24	X	X
Country Food LLC	Backpack Yogurt Shelf-Stable Yogurt, Low-fat Strawberry, 4 oz	4	113	FG	65	1.0	13.8%	0.5	6.9%	50	0	11	2.8	5.0	1.250	yes	yes	yes	Driscoll, Thurston	Code SBYLF101; UPC 1-97644-76996-4; Case UPC (48 count) 001-97644-76996-4	7/25/25	X	X

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Country Food LLC	Backpack Yogurt Shelf-Stable Yogurt, Low-fat Summer Berry, 4 oz	4	113	FG	65	1.0	13.8%	0.5	6.9%	50	0	11	2.8	5.0	1.250	yes	yes	yes	Driscoll, Thurston	Code SUBYLF101; UPC 1-97644-52613-0; Case UPC (48 count) 001-97644-52613-0	7/25/25	X	X
Country Food LLC	Backpack Yogurt Shelf-Stable Yogurt, Low-fat Vanilla, 4 oz	4	113	FG	65	1.0	13.8%	0.5	6.9%	50	0	11	2.8	5.0	1.250	yes	yes	yes	Driscoll, Thurston	Code VYLF101; UPC 1-97644-34615-8; Case UPC (48 count) 001-97644-34615-8	7/25/25	X	X
Danone North America	Danimals Strawberry Banana Nonfat Yogurt, 4 oz plastic cup	4	113	FG	70	0.0	0.0%	0.0	0.0%	70	0	9	2.3	5.0	1.250	yes	yes	yes	HPC, Sysco CT, Thurston	Item 73558; UPC 0-36632-02732-0; Case (48 count) UPC 200-36632-02732-4	1/11/24	X	X
Danone North America	Danimals Strawberry Nonfat Yogurt, 4 oz plastic cup	4	113	FG	60	0.0	0.0%	0.0	0.0%	70	0	9	2.3	4.0	1.000	yes	yes	yes	HPC, Thurston, US Foods	Item 73463; UPC 0-36632-02731-3; Case (48 count) UPC 200-36632-02731-7	1/11/24	X	X
Danone North America	Danimals Vanilla Nonfat Yogurt, 4 oz plastic cup	4	113	FG	70	0.0	0.0%	0.0	0.0%	70	0	9	2.3	5.0	1.250	yes	yes	yes	HPC, Sysco CT, Thurston	Item 73559; UPC 0-36632-02733-7; Case (48 count) UPC 200-36632-02733-1	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Blueberry, 5.3 oz plastic cup	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	<1	10	1.9	4.0	0.755	yes	yes	yes	HPC, Sysco, Thurston	Item 171903; UPC 0-36632-02084-0; Case (12 count) UPC 200-36632-02084-4	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Cherry, 5.3 oz plastic cup	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	45	<1	10	1.9	3.0	0.566	yes	yes	yes	HPC, Sysco, Thurston	Item 171870; UPC 0-36632-02085-7; Case (12 count) UPC 200-36632-02085-1	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Peach, 5.3 oz plastic cup	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	0	10	1.9	4.0	0.755	yes	yes	yes	HPC, Sysco, Thurston	Item 171901; UPC 0-36632-02087-1; Case (12 count) UPC 200-36632-02087-5	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Plain, 5.3 oz	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	50	0	6	1.1	0.0	0.000	yes	yes	yes	HPC, Sysco, Thurston	Item 171902; UPC 0-36632-02080-2 Case (12 count) UPC 000-36632-02080-6	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Strawberry, 5.3 oz	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	0	10	1.9	4.0	0.755	yes	yes	yes	HPC, Sysco, Thurston	Item 171868; UPC 0-36632-02091-8; Case (12 count) UPC 000-36632-02091-2	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Vanilla, 5.3 oz	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	50	<1	10	1.9	5.0	0.943	yes	yes	yes	HPC, Sysco, Thurston	Item 171869; UPC 0-36632-02079-6; Case (12 count) UPC 000-36632-02079-0	1/11/24	X	X

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General Mills	Yoplait Greek Yogurt, Black Cherry, 5.3 oz cup	5.3	150	FG	130	0.0	0.0%	0.0	0.0%	50	0	16	3.0	2.0	0.377	yes	yes	yes	Sysco CT	Code 48385000; Case (12 count) UPC 100-70470-48385-3	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Blueberry, 3.5 oz cup	3.5	99	FG	100	0.0	0.0%	0.0	0.0%	36	0	10	2.9	7.0	2.000	yes	yes	yes	Sysco CT	Code 49159000; UPC 0-70470-49159-2; Case (24 count) UPC 100-70470-49159-9	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Blueberry, 5.3 oz cup	5.3	150	FG	130	0.0	0.0%	0.0	0.0%	55	0	14	2.6	7.0	1.321	yes	yes	yes	PFG Springfield, Sysco CT	Code 45916000; UPC 0-70470-45916-5; Case (12 count) UPC 100-70470-45916-2	12/20/23	X	X
General Mills	Yoplait Greek Yogurt, Strawberry Raspberry, 5.3 oz cup	5.3	150	FG	120	0.0	0.0%	0.0	0.0%	55	0	11	2.1	10.0	1.887	yes	yes	yes	PFG Springfield, Sysco CT	Code 45915000; UPC 0-70470-45915-8; Case (12 count) UPC 100-70470-45915-5	12/20/23	X	X
General Mills	Yoplait Greek Yogurt, Strawberry, 3.5 oz cup	3.5	99	FG	100	0.0	0.0%	0.0	0.0%	36	0	10	2.9	7.0	2.000	yes	yes	yes	Sysco CT	Code 49158000; UPC 0-70470-49158-5; Case (24 count) UPC 100-70470-49158-2	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Vanilla, 5.3 oz cup	5.3	150	FG	120	0.0	0.0%	0.0	0.0%	55	0	11	2.1	8.0	1.509	yes	yes	yes	PFG Springfield, Sysco CT	Code 45913000; UPC 0-70470-45913-4; Case (12 count) UPC 100-70470-45913-1	12/20/23	X	X
General Mills	Yoplait Original, Cherry Orchard, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	19	3.2	12.0	2.000	yes	yes	yes		Product Code 303000; UPC 0-70470-00303-0; Case (12 count) UPC 000-70470-00303-7	12/20/23	X	X
General Mills	Yoplait Trix Lowfat Yogurt, Raspberry Rainbow, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.250	yes	yes	yes	Wades	Code 17725000; UPC 0-70470-00215-6; Case (48 count) UPC 000-70470-17725-0	12/20/23	X	X
General Mills	Yoplait Trix Lowfat Yogurt, Strawberry Banana Bash, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.250	yes	yes	yes	Wades	Code 17726000; UPC 0-70470-00214-9; Case (48 count) UPC 000-70470-17726-7	12/20/23	X	X
General Mills	Yoplait Trix Low-Fat Yogurt, Tiple Cherry, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.250	yes	yes	yes	Wades	Code 31077000; UPC 0-70470-31077-0; Case (48 count) UPC 100-70470-31077-7	12/20/23	X	X
Upstate Farms	Nonfat Swiss Yogurt 4 oz Mountain Blueberry	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21045; UPC 0-78800-11688-7; Case (48 count) UPC 100-78800-11688-4	1/28/25	X	X

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Upstate Farms	Nonfat Swiss Yogurt 4 oz Strawberry Banana	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	UPC 0-78800-11684-9; Case (48 count) UPC 100-78800-11302-9	3/3/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 4 oz Vanilla	4	113	FG	90	0.0	0.0%	0.0	0.0%	55	0	14	3.5	7.0	1.750	yes	yes	yes	HPC, Thurston	UPC 0-78800-11687-0; Case (48 count) UPC 100-78800-11687-7	3/3/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 8 oz Country Peach	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.750	yes	yes	yes	HPC, Thurston	UPC 0-78800-11300-8; Case (12 count) UPC 100-78800-11300-5	3/3/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 8 oz Strawberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.750	yes	yes	yes	HPC, Thurston	UPC 0-78800-11297-1; Case (12 count) UPC 100-78800-11297-8	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Classic Vanilla	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21029; UPC 0-78800-11687-0; Case (48 count) UPC 100-78800-11687-7	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Country Peach	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	UPC 0-78800-11683-2; Case (48 ccount_ UPC 100-78800-11683-9	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Strawberry Banana	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21024; UPC 0-78800-11684-9; Case (48 count) UPC 100-78800-11684-6	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz Sweet Strawberry	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21025; UPC 0-78800-11685-6; Case (48 count) UPC 100-78800-11685-3	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz Tropical Mango	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21026; UPC 0-78800-11677-1; Case (48 count) UPC 100-78800-11677-8	12/20/24	X	X

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Upstate Farms	Nonfat Yogurt 4 oz, Cherry Vanilla	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21026; UPC 0-78800-11686-3; Case (48 count) UPC 100-78800-11686-0	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz, Country Peach	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.750	yes	yes	yes	HPC, Thurston	Code 21023; UPC 0-78800-11683-2; Case (48 count) UPC 100-78800-11683-9	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz, Plain	4	113	FG	50	0.0	0.0%	0.0	0.0%	65	0	5	1.3	0.0	0.000	yes	yes	yes	HPC, Thurston	Code 09821; UPC 0-78800-11328-2; Case (48 count) UPC 100-78800-11328-9	12/15/23	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Cherry Vanilla	8	227	FG	160	0.0	0.0%	0.0	0.0%	150	0	25	3.1	14.0	1.750	yes	yes	yes	HPC, Thurston	Code 21053; UPC 0-78800-11301-5; Case (12 count) UPC 100-78800-11301-2	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Country Peach	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.750	yes	yes	yes	HPC, Thurston	Code 21054; UPC 0-78800-11300-8; Case UPC 100-78800-11300-5	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Mountain Blueberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.750	yes	yes	yes	HPC, Thurston	Code 21052; UPC 0-78800-11298-8; Case (12 count) UPC 100-78800-11298-5	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Strawberry Banana	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	13.0	1.625	yes	yes	yes	HPC, Thurston	Code 21055; UPC 0-78800-11302-2; Case (12 count) UPC 100-78800-11302-9	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Sweet Strawberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.750	yes	yes	yes	HPC, Thurston	Code 21056; UPC 0-78800-11297-1; Case (12 count) UPC 100-78800-11297-8	12/20/24	X	X