

The A-List

"A-ceptable" Vending Items Listed by Product and Manufacturer

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
100% Fruit Juice						
<i>4U2U Brands, LLC</i>						
Fruit 66 (Fruit Punch, Apple Berry, Orange Tangerine, Kiwi Strawberry)	8	0 / 0%	0 / 0	23-24	94-95	Sysco Boston LLC
<i>AI's Beverage Company</i>						
Orchard Frost Slush (Blue Raspberry, Fruit Punch, Strawberry-Banana-Kiwi, Orange, Peach/Mango, Sour Green Apple, Red Cherry, White Lemonade)	8	0 / 0%	0 / 0	29	110	Western Mass: AI's Beverage Co.; Central and Eastern Mass: E. B. Thomsen Foodservice Inc.
<i>American Soy Products</i>						
Vruit Juice (Tropical Blend, Berry Veggie, Orange Veggie, Apple Carrot)	8.45	0 / 0%	0 / 0	26-29	110-120	United Natural Foods, Inc., Snack Essentials
<i>Apple & Eve</i>						
Fizz ed. (Pomegranet Cherry, Orange Mango, Green Apple, Red Raspberry)	8.4	0 / 0%	0 / 0	22-25	90-100	Thurston Foods, Inc., United Natural Foods, Inc., Costa Fruit & Produce
Fruit Juice 100% (Apple, Apple Grape, Cranberry Apple, Fruit Punch)	8.5	0 / 0%	0 / 0	26-32	110-130	PFG Springfield, United Natural Foods, Inc.
Fruit Juice 100% (Apple, Orange)	10	0 / 0%	0 / 0	33-34	138	Thurston Foods, Inc., New England Ice Cream Corp.
Fruit Juice 100% (Apple, White Grape Raspberry, Strawberry Kiwi, Very Berry, Fruit Punch, Cranberry Raspberry, Naturally Cranberry, Grape, Cranberry Apple)	6.8	0 / 0%	0 / 0	21-24	88-100	PFG Springfield
Fruit Juice 100% (Berry Medley, Fruit Punch)	10	0 / 0%	0 / 0	34-36	140-150	Thurston Foods, Inc.
Fruit Juice 100% (Elmo's Punch, Grovers White Grape, Big Birds Apple, Bert & Ernie's Berry)	4.2	0 / 0%	0 / 0	14-20	60-80	Thurston Foods, Inc., PFG Springfield, United Natural Foods, Inc.
Power Pouch 100% Juice (White Grape Strawberry, Fruit Punch)	6.8	0 / 0%	0 / 0	21	90	Thurston Foods, Inc., PFG Springfield

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Garelick Farms, Inc.

Garelick Farms Apple Juice	10	0 / 0%	0 / 0	36	140	Contact local distributor
Garelick Farms Orange Juice Concentrate	10	0 / 0%	0 / 0	34	150	Contact local distributor
Garelick Farms Orange Juice Concentrate	4	0 / 0%	0 / 0	14	60	Contact local distributor
Garelick Farms Orange Juice Concentrate	8	0 / 0%	0 / 0	27	120	Contact local distributor
Garelick Farms Premium Orange Juice	10	0 / 0%	0 / 0	34	150	Contact local distributor

Gregory Packaging Inc.

Suncup 100% Juice Carton (Orange, Apple)	8	0 / 0%	0 / 0	29	110-114	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Carton (Orange, Apple, Grape, Fruit Punch, Orange/Pineapple, Apple/Cherry)	6	0 / 0%	0 / 0	22-29	83-116	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Carton (Orange, Grapefruit, Apple, Grape, Fruit Punch, Pineapple, Orange/Pineapple)	4	0 / 0%	0 / 0	11-19	50-77	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Cup (Orange, Grapefruit, Apple, Grape, Fruit Punch, Pineapple, Orange/Pineapple)	6	0 / 0%	0 / 0	17-29	83-116	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston
Suncup 100% Juice Cup (Orange, Grapefruit, Apple, Grape, Fruit Punch, Prune, Pineapple, Tomato, Orange/Grapefruit, Orange/Pineapple)	4	0 / 0%	0 / 0	5-24	20-93	Costa Fruit & Produce, PFG Springfield, US Foodservice-Everett, Original Pizza of Boston

Guida's Milk & Ice Cream

Guida's 100% Florida Orange Juice	8	0 / 0%	0 / 0	28	120	Contact local distributor
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Hansen Beverage Company

Hansen's Natural Juice Slam (Awesome Apple, Burstin' Berry, Strawberry Banana, Totally Tropical)	4.23	0 / 0%	0 / 0	23-29	90-120	United Natural Foods, Inc.
Hansen's Natural Organic Juice Slam (Organic Apple, Organic Fruit Punch)	4.23	0 / 0%	0 / 0	24	100	United Natural Foods, Inc.
Hansen's Natural Organic Junior Juice (Organic Apple, Organic Berry Medley)	4.23	0 / 0%	0 / 0	15	60	United Natural Foods, Inc.

Health Fusion Brands, Inc.

Riptide Split (Banzai Berry, Mondo Mango)	12	0 / 0%	0 / 0	21	80	Health Fusion Brands, Inc.
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Island Slush, Inc.

Island Slush 100% Fruit Juice (Blue Raspberry, Strawberry Kiwi, Fruit Punch, Green Watermelon, Pina Colada)	8	0 / 0%	0 / 0	28	132	Island Slush, Inc.
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Izze Beverage Company

Izze Sparkling Juice (Sparkling Blackberry)	8	0 / 0%	0 / 0	21	90	Polar Beverages, Snack Essentials, Sysco Boston LLC, New England Ice Cream Corp.
Izze Sparkling Juice (Sparkling Pomegranate)	8	0 / 0%	0 / 0	20	80	Polar Beverages, Snack Essentials
Izze Sparkling Juice (Sparkling Apple, Sparkling Clementine)	8	0 / 0%	0 / 0	20-21	90	Polar Beverage, Sysco Boston LLC, New England Ice Cream Corp.
Izze Sparkling Juice (Sparkling Grapefruit)	8	0 / 0%	0 / 0	25	100	Polar Beverages, Snack Essentials

J&J Snack Foods Corp.

Icee Frozen 100% Juice Smoothie (Grape, Cherry, Blue Raspberry, Strawberry Banana)	8	0 / 0%	0 / 0	27-28	110	Icee Branch
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Johanna Foods, Inc.

Ssips Apple Juice	6.75	0 / 0%	0 / 0	23	90	Johanna Foods, Inc.
Tree Ripe Premium Not From Concentrate Orange Juice	6	0 / 0%	0 / 0	19	80	Johanna Foods, Inc.
Tree Ripe Premium Not From Concentrate Orange Juice with Calcium	6	0 / 0%	0 / 0	20	80	Johanna Foods, Inc.

Juice Bowl Products, Inc.

Juice Bowl (Apple, Orange, Grape, Fruit Punch, Strawberry Kiwi)	4.2	0 / 0%	0 / 0	14-18	60-70	Juice Bowl Beverages
Juice Bowl (Apple, Orange, Grape, Fruit Punch, Strawberry Kiwi, Orange Pineapple)	11.5	0 / 0%	0 / 0	39-46	140-200	Juice Bowl Beverages
Juice Bowl (Orange, Apple, Grape, Fruit Punch)	6.8	0 / 0%	0 / 0	23	90-100	Juice Bowl Beverages

Knouse Foods, Inc

Musselman's Apple Juice with Vitamin C	5.5 (1 can)	0.08 / 2%	0 / 0	11	47	Contact local distributor (Available through U.S. Foodservice-Peabody, PFG NorthCenter. Info available through American Patriot Sales)
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Kraft Foodservice

Capri Sun 100% Juice Fruit Waves (Fruit Dive, Apple Splash, Berry Breeze)	6.75	0 / 0%	0 / 0	23-28	100	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
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Libby's

Juicy Juice (Berry, Punch, Grape, Apple)	4.23	0 / 0%	0 / 0	15-16	60-70	New England Ice Cream Corp., Cirelli Foods Inc., Costa Fruit & Produce
Juicy Juice (Berry, Punch, Grape, Apple)	6.75	0 / 0%	0 / 0	23-25	100-110	New England Ice Cream Corp., Cirelli Foods Inc., Costa Fruit & Produce
Juicy Juice (Kiwi Strawberry, Orange Strawberry, Strawberry Banana)	6.75	0 / 0%	0 / 0	24-27	100-110	New England Ice Cream Corp., Cirelli Foods, Inc., Costa Fruit & Produce
Juicy Juice (Kiwi Strawberry, Orange Tangerine)	4.23	0 / 0%	0 / 0	15-17	60-70	New England Ice Cream Corp., Cirelli Foods, Inc., Costa Fruit & Produce

Menu Select

Juice Cup (Orange, Apple, Grape, Fruit Punch)	4	0 / 0%	0 / 0	13-19	50-60	United Commodity Group
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Odwalla

Pure Juice (Orange, Grapefruit, Apple, Carrot, Tangerine!)	10	0 / 0%	0 / 0	18-38	87-150	Odwalla
Smoothies (Blackberry Fruitshake, Strawberry Banana)	10	0 / 0%	0 / 0	38-45	162-187	Odwalla
Smoothies (Mango Tango)	10	1 / 6%	0.5 / 0	34	150	Odwalla

PepsiCo Beverages & Foods

Dole 100% Juice (Apple, Orange)	11.5	0 / 0%	0 / 0	39	158	Contact local distributor
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R. W. Knudsen

100% Juice Boxes (Grape, Lemonade, Organic Pear, Organic Apple, Razzleberry, Tropical Punch)	8	0 / 0%	0 / 0	28-32	120-130	United Natural Foods, Inc., Millbrook Distribution
Cranberry Nectar	8	0 / 0%	0 / 0	31	130	United Natural Foods, Inc.
Papaya Nectar	8	0 / 0%	0 / 0	31	130	United Natural Foods, Inc.
Sensible Sippers (Organic Apple, Organic Banana, Organic Fruit Punch, Organic Mixed Berry)	4.2	0 / 0%	0 / 0	7-9	30-35	United Natural Foods, Inc.
Very Veggie (Original)	8	0 / 0%	0 / 0	11	50	United Natural Foods, Inc.

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Ridgefield's

Ridgefield's 100% Fruit Juice Fruit Smoothies (Blue Raspberry, Strawberry, Kiwi-Berry, Sour Apple, Cherry, Lemonade)	8	0 / 0%	0 / 0	32	130	Ridgefield's, Costa Fruit & Produce, Thurston Foods,
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Sambazon

Organic Acai Smoothie Supergreens Revolution	10.5	7 / 24%	1 / 0	43	260	Cirelli Foods Inc.
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Slush Puppie Brands

Slush Puppie Plus 100% Fruit Juice Slush (Orange, Tropical Fruit Punch, Cherry Lime, Watermelon, Lemon Lime, Cherry, Kiwi Strawberry, Blue Raspberry)	8	0 / 0%	0 / 0	30-32	120	Garber Brothers Inc.
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Snapple Beverage Co.

Snapple 100% Juiced (Grape, Fruit Punch, Green Apple, Orange Mango)	11.5	0 / 0%	0 / 0	14-15	160-170	Contact local distributor (Available through Atlas Distributing Inc., Polar Beverage, Lesco Distributing, Specialty Beverage)
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Swirl Brands, LLC

Swirl Frozen Fruit Juice (Blue Raspberry, Strawberry, Orange Mango, Sour Apple, Strawberry Kiwi, Raspberry Lemonade, Blue Coconut, Banana, Black Cherry, Cherry Limeade, Strawberry Banana, Cherry, Grape, Tropical Blue Punch, Watermelon)	8	0 / 0%	0 / 0	29	110	New England Swirl-Western, MA; Swirl Lee-Eastern, MA
Swirl Natural (Orange Papaya, Mixed Berries, Lemonade)	8	0 / 0%	0 / 0	29	110	New England Swirl-Western, MA; Swirl Lee-Eastern, MA
Swirl to go! (Strawberry Kiwi, Orange Mango)	4	0 / 0%	0 / 0	15	55	New England Swirl-Western, MA; Swirl Lee-Eastern, MA
Swirl to go! (Strawberry Kiwi, Orange Mango)	6	0 / 0%	0 / 0	22	85	New England Swirl-Western, MA; Swirl Lee-Eastern, MA
Swirl to go! (Strawberry Kiwi, Orange Mango)	8	0 / 0%	0 / 0	29	110	New England Swirl-Western, MA; Swirl Lee-Eastern, MA

The Ceres Fruit Juices Co.

Ceres 100% Pure Fruit Juice Blend (Mango, Medley of Fruits)	6.75	0 / 0%	0 / 0	25-26	101-110	United Natural Foods, Inc.
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The Switch Beverage Co.

The Switch Carbonated 100% Juice (Black Cherry, Grape, Orange Tangerine)	8.3	0 / 0%	0 / 0	33-36	125-140	Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing
The Switch Carbonated 100% Juice (Fruit Punch)	8.3	0 / 0%	0 / 0	35	139	Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing
The Switch Carbonated 100% Juice (Kiwi Berry)	8.3	0 / 0%	0 / 0	33	125	Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing, New England Ice Cream Corp.
The Switch Carbonated 100% Juice (Watermelon Strawberry)	8.3	0 / 0%	0 / 0	35	130	Contact local distributor. Available through Great States Beverages, Snack Essentials, G. Housen & Co., Lesco Distributing, New England Ice Cream Corp.

Tropical Paradise Inc.

Cool Tropics 100% Juice Slush (Blue Raspberry, Fruit Punch, Green Watermelon, Kiwi Strawberry, Pina Colada)	8	0 / 0%	0 / 0	15	60	Garelick Farms, Costa Fruit & Produce, PFG Springfield or contact Dispenser Services
Rips by Cool Tropics 100% Juice Slush (Kiwi Strawberry Splash, Cool Blue Razz)	5.75	0 / 0%	0 / 0	32-33	130-140	Sysco Boston LLC, Garelick Farms, Costa Fruit & Produce, Thurston Foods, Inc., PFG Springfield, PFG North Center, Dispenser Services

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Tropicana Products, Inc.

Tropicana 100% Juice (Apple, Fruit Punch)	6.75 (box)	0 / 0%	0 / 0	23	90-100	Contact local distributor
Tropicana 100% Juice (Apple, Ruby Red Grapefruit)	10 (1 bottle)	0 / 0%	0 / 0	34-42	140-170	Contact local distributor. (Available through Sysco Boston LLC)
Tropicana 100% Juice (Orange)	10 (1 bottle)	0 / 0%	0 / 0	33	140	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford)
Tropicana 100% Juice (Orange, Apple)	11.5(can)	0 / 0%	0 / 0	38-39	160	Contact local distributor (Available through Vistar/VSA of Hartford)
Tropicana Healthy Kids Orange Juice	8 (carton)	0 / 0%	0 / 0	26	110	Contact local distributor
Tropicana Plus (Apple, Orange)	10	0 / 0%	0 / 0	33-34	140	Contact local distributor
Tropicana Pure Premium Juice (Apple)	6 (1 Carton)	0 / 0%	0 / 0	20	80	Contact local distributor
Tropicana Pure Premium Juice (Homestyle Orange)	12	0 / 0%	0 / 0	39	170	Contact local distributor
Tropicana Pure Premium Juice (Orange with Calcium)	12	0 / 0%	0 / 0	39	170	Contact local distributor
Tropicana Pure Premium Juice (Orange)	6	0 / 0%	0 / 0	20	80	Contact local distributor. Available through Sysco Boston LLC
Tropicana Pure Premium Juice (Orange, Apple, Grape, Ruby Red Grapefruit, Orange Strawberry Banana)	12	0 / 0%	0 / 0	34-58	140-230	Contact local distributor
Tropicana Pure Premium Orange Juice	10 (carton)	0 / 0%	0 / 0	33	140	Contact local distributor
Tropicana Pure Premium Orange Juice	8	0 / 0%	0 / 0	26	110	Contact local distributor
Tropicana Smoothie (Mixed Berry, Strawberry Banana, Tropical Fruit)	11	0 / 0%	0 / 0	53-54	220	Contact local distributor. Available through Sysco Boston LLC

Very Fine Products, Inc.

VeryFine 100% Apple Juice	11.5	0 / 0%	0 / 0	43	170	Contact local distributor. Info available through Pinnacle Food Brokers. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.
VeryFine 100% Grape Juice	11.5	0 / 0%	0 / 0	54	220	Contact local distributor. Info available through Pinnacle Food Brokers. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.
VeryFine 100% Juice (Cranberry, White Grapefruit)	10	0 / 0%	0 / 0	27-49	110-200	Contact local distributor. Info available through Pinnacle Food Brokers. (Available through Sysco Boston LLC)
VeryFine 100% Juice (Fruit Punch, Twisted Cherry, Krazy Kiwi, Apple Strawberry)	11.5	0 / 0%	0 / 0	43-46	180-190	Contact local distributor. Info available through Pinnacle Food Brokers. (Available through Thurston Foods, Inc., Shaheen Brothers)
VeryFine 100% Juice (Orange, Grape, Apple)	10	0 / 0%	0 /	27-49	110-200	Contact local distributor. Info available through Pinnacle Food Brokers. Available through Vistar/VSA of Hartford, Sysco Boston LLC
VeryFine 100% Orange Juice	11.5	0 / 0%	0 / 0	42	170	Contact local distributor. Info available through Pinnacle Food Brokers. Available through Vistar/VSA of Hartford, Thurston Foods, Inc.

Waddajuce

WaddaBlast (Lemon, Fruit Punch, Watermelon)	8	0 / 0%	0 / 0	14	50	Waddajuce
Waddajuce (Apple, Wildberry, White Grape)	8	0 / 0%	0 / 0	14-20	50-80	Waddajuce

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Welch Foods Inc.

Welch's 100% Juice (Apple, Grape, Orange, White Grape Cherry)	10	0 / 0%	0 / 0	36-53	140-210	Vistar/VSA of Hartford
Welch's 100% Juice (Apple, Orange, White Grape Cherry, White Grape Berry)	11.5	0 / 0%	0 / 0	41-51	161-207	Vistar/VSA of Hartford
Welch's 100% Juice Kosher Certified (Apple, Grapefruit, Orange)	5.5	0 / 0%	0 / 0	17-20	70-80	Vistar/VSA of Hartford
Welch's 100% Juice Kosher Certified (Apple, Grapefruit, Orange, White Grape Peach, White Grape Cherry, White Grape Berry)	10	0 / 0%	0 / 0	32-49	130-200	Vistar/VSA of Hartford
Welch's Naturals (Funky Fruit Punch, Blueberry Grape Groove, Peach Planet, Berry Slide)	10	0 / 0%	0 / 0	26	100	Vistar/VSA of Hartford

Wyman's

Wyman's Wild Blueberry Juice	10	0 / 0%	0 / 0	35	153	United Natural Foods, Inc.
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Chips and Pretzels

Bachman Company, The

Kidzels Pretzels	0.8	1.5 / 14%	0 / 0	19	100	United Commodity Group
Kidzels Pretzels	1	1.5 / 11%	0 / 0	23	120	Contact local distributor or The Bachman Company
Lite Popcorn	0.4	0.5 / 10%	0 / 0	8	45	Contact local distributor or The Bachman Company
Mini Pretzels	1	0 / 0%	0 / 0	24	110	Contact local distributor or The Bachman Company
Natural Pretzel Stix (Cheddar)	1	1 / 8%	0 / 0	22	110	Contact local distributor or The Bachman Company
Natural Pretzel Stix (Original, Butter)	1	1 / 9%	0 / 0	20	100	Contact local distributor or The Bachman Company
Pita Pretzel Squares	0.9	0.5 / 5%	0 / 0	21	100	United Commodity Group
Sour Dough Specials (pretzels)	1	1 / 8%	0 / 0	22	110	Contact local distributor or The Bachman Company

Bake Crafters Food Company

Alphabet Pretzels Packs	0.7	1 / 12%	1 / 0	15	77	New England Ice Cream Corp., Costa Fruit & Produce
Honi Munchables Snack Mix	0.7	3 / 30%	1 / 0	14	90	New England Ice Cream Corp., Costa Fruit & Produce

Barrel O'Fun Snack Food Company

Jonny Rapp's Baked Fries (Cheddar & Bacon)	1	4 / 28%	0.5 / 0	20	130	New England Ice Cream Corp.
Jonny Rapp's Baked Fries (Hot 'n Spicy)	1	5 / 35%	0.5 / 0	19	130	Vistar/VSA of Hartford, Thurston Foods, Inc., New England Ice Cream Corp.
Jonny Rapp's Baked Fries (Ketchup)	1	4 / 28%	0.5 / 0	20	130	Thurston Foods, Inc.
Jonny Rapp's Cheese Balls	0.75	4 / 36%	0 / 0	15	100	New England Ice Cream Corp., Thurston Foods Inc.
Jonny Rapp's Cheesy O's	0.75	4 / 36%	0 / 0	15	100	Thurston Foods, Inc.
Jonny Rapp's Kettle Corn	1	3.5 / 26%	0 / 0	21	120	New England Ice Cream Corp.
Jonny Rapp's Lite White Popcorn	1	5 / 35%	0.5 / 0	18	130	New England Ice Cream Corp.
Jonny Rapp's Stix O'Cheese	1	5 / 32%	0.5 / 0	19	140	New England Ice Cream Corp., Thurston Foods, Inc.
Jonny Rapp's Stix O'Fire	1	5 / 35%	0.5 / 0	19	130	New England Ice Cream Corp., Thurston Foods, Inc.
Jonny Rapp's White Cheddar Popcorn	0.6	3 / 34%	0.5 / 0	11	80	New England Ice Cream Corp.
Rachel's Baked BBQ Potato Thin Crisps	1.1	3.5 / 23%	0 / 0	23	130	Thurston Foods, Inc.
Rachel's Baked Cheddar & Sour Cream Potato Thin Crisps	0.9	2.5 / 21%	0 / 0	18	100	Thurston Foods, Inc.
Rachel's Baked Cheddar & Sour Cream Potato Thin Crisps	1.1	3.5 / 23%	0.5 / 0	23	130	Thurston Foods, Inc.
Rachel's Baked Potato Thin Crisps	0.9	2 / 16%	0 / 0	19	100	Thurston Foods, Inc.
Rachel's Baked Potato Thin Crisps	1.1	2.5 / 16%	0 / 0	24	130	Thurston Foods, Inc.
Rachel's Baked Sour Cream & Onion Potato Thin Crisps	1.1	3.5 / 23%	0.5 / 0	23	130	Thurston Foods, Inc.
Rachel's Puffed Multi Grain Crisps (Apple Cinnamon, Caramel, Cheddar)	0.5	2 / 30%	0 / 0	10	60	New England Ice Cream Corp.
Rachel's Wavy Multigrain Chips (Plain, Cheddar)	1	4 / 33%	0 / 0	19	110	Thurston Food, Inc., New England Ice Cream Corp.

Brothers All Natural

Brothers-All-Natural Potato Crisps (Szechuan Pepper and Fresh Chives)	0.4	0 / 0%	0 / 0	8	35	Brothers All Natural
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California Nuggets, Inc.

Roasted Toasted Corn Chompers (Smoke-n BBQ, Xtreme-Ranch, Chile-Xplosion)	0.8	2 / 21%	0.3 / 0	17	84	California Nuggets, Inc.
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Campbell Soup Company

Goldfish Pretzels	0.75	2 / 20%	0 / 0	15	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, U.S. Foodservice, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
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Classic Foods, Inc.

Baked Classics Potato Crisps (Sour Cream & Onion, Mesquite Barbecue)	0.5	1 / 20%	0 / 0	9	45	Classic Foods Incorporated, Thurston Foods, Inc.
Baked Classics Potato Crisps (Sour Cream & Onion, Mesquite Barbecue)	1	1.5 / 15%	0 / 0	19	90	Classic Foods Incorporated
California Classics (Hot & Crunchy Cheese Curls, Cheese Balls)	0.75	3.5 / 32%	0.5 / 0	15	100	Classic Foods Incorporated
Stoned Classics Blue Tortilla Chips	1.25	7 / 39%	1 / 0	23	160	Classic Foods Incorporated
White Cheddar Popcorn	0.67	3 / 34%	0.5 / 0	12	80	Classic Foods Incorporated

Cracker Jack

Caramel Popcorn (Original)	0.9	1.5 / 14%	0 / 0	21	100	Contact local distributor. Available through Costa Fruit & Produce
Caramel Popcorn (Original)	1.25	2.5 / 15%	0 / 0	30	150	Contact local distributor

Dale and Thomas Popcorn

Popcorn, Indiana All Natural Kettlecorn Popcorn	1	5 / 35%	0 / 0	21	130	Vistar/VSA of Hartford, New England Ice Cream Corp., Sysco Boston LLC
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Doctor Kracker

Doctor Kracker Klassic 3 Seed Snack Chips	1	5 / 38%	1 / 0	13	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Pumpkin Cheddar Snack Chips	1	4.5 / 34%	1.5 / 0	12	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Seeded Spelt Snack Chips	1	6 / 45%	0.5 / 0	12	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Seedlander Snack Chips	1	4.5 / 34%	2 / 0	15	120	United Natural Foods, Inc., Dr. Kracker
Doctor Kracker Spelt Sunflower Seed Cheddar Snack Chips	1	6 / 45%	1.5 / 0	12	120	United Natural Foods, Inc., Dr. Kracker

FoodShouldTasteGood

Tortilla Chips (Multigrain, Jalapeno, Olive)	1	7 / 45%	0.5 / 0	18-19	140	Sysco Boston LLC, Sysco Albany
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PORTION SIZE **TOTAL FAT (g) /** **SAT FAT (g) /** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **Trans FAT (g)** **(g)**

Frito-Lay

Baked! Cheetos Cheese Flavored Snacks (Crunchy Flamin' Hot)	0.9	4.5 / 34%	1 / 0	17	120	Contact local distributor (Available through Thurston Foods, Inc.)
Baked! Cheetos Cheese Flavored Snacks (Crunchy)	0.9	4.5 / 34%	1 / 0	17	120	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, Vistar/VSA of
Baked! Doritos Flavored Tortilla Chips (Nacho Cheese)	0.75	3 / 30%	0.5 / 0	16	90	Contact local distributor. Available through Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston
Baked! Lay's Flavored Potato Crisps (Sour Cream & Onion, Cheddar & Sour Cream)	0.9	3 / 25%	0-0.5 / 0	19	110	Contact local distributor
Baked! Lay's Flavored Potato Crisps (Cheddar & Sour Cream)	1.12	4 / 26%	1 / 0	24	140	Contract local distributor
Baked! Lay's Flavored Potato Crisps (KC Masterpiece BBQ)	0.9	2.5 / 21%	0 / 0	19	110	Contact local distributor. Available through Costa Fruit & Produce
Baked! Lay's Flavored Potato Crisps (KC Masterpiece BBQ)	1.12	3.5 / 23%	0.5 / 0	24	140	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford, Thurston Foods, Inc.)
Baked! Lay's Flavored Potato Crisps (Sour Cream & Onion)	1.12	3.5 / 23%	0.5 / 0	24	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Baked! Lay's Potato Crisps (Original)	0.9	1.5 / 14%	0 / 0	20	100	Contact local distributor.(Available through Costa Fruit & Produce)
Baked! Lay's Potato Crisps (Original)	1.12	2 / 14%	0 / 0	26	130	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Baked! Ruffles Flavored Potato Crisps (Cheddar & Sour Cream)	1.1	4 / 26%	0.5 / 0	25	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods, Inc.)
Baked! Tostitos Scoops	0.88	2.5 / 20%	0 / 0	19	110	Contact local distributor (Available through Costa Fruit & Produce)
Cheetos Cheese Snacks Crunchy Fun Size	0.6	6 / 54%	1.5 / 0	10	100	Contact local distributor
Cheetos Fantastix! (Chili Cheese)	1	5 / 35%	1 / 0	19	130	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Cheetos Fantastix! (Flamin' Hot)	1	5 / 35%	1 / 0	20	130	Contact local distributor
Doritos Flavored Tortilla Chips Fun Size (Nacho Cheese)	0.6	4.5 / 51%	1 / 0	10	80	Contact local distributor. Available through Costa Fruit & Produce
Funyuns Onion Flavored Rings	0.8	5 / 41%	0.5 / 0	14	110	Contact local distributor. Available through Costa Fruit & Produce, Sysco Boston LLC
Lay's Light Potato Chips (Original)	1	0 / 0%	0 / 0	18	75	Contact local distributor. Available through Sysco Boston LLC.
Lay's Potato Chips Fun Size (Regular)	0.5	5 / 56%	0.5 / 0	8	80	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Munchies Flamin' Hot Backpack Mix	0.9	4 / 33%	0 / 0	18	110	Contract local distributor
Reduced Fat Doritos Flavored Tortilla Chips (Cooler Ranch)	1	5 / 35%	1 / 0	19	130	Contact local distributor. Available through Costa Fruit & Produce, Sysco Boston LLC
Reduced Fat Doritos Flavored Tortilla Chips (Nacho)	1	5 / 35%	1 / 0	19	130	Contact local distributor. Available through Costa Fruit & Produce
Reduced Fat Doritos Flavored Tortilla Chips (Spicy Sweet Chili)	1	5 / 35%	0.5 / 0	20	130	Contract local distributor
Rold Gold Heartzels	1	1 / 8%	0 / 0	23	110	Contact local distributor
Rold Gold Tiny Twists Pretzels	0.5	0.5 / 8%	0 / 0	11.5	60	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.)
Rold Gold Tiny Twists Pretzels	1	1 / 8%	0 / 0	23	110	Contact local distributor (Available through Costa Fruit & Produce, Vistar/VSA of Hartford)

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT (g) /** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **Trans FAT (g)** **(g)**

Smart Food Reduced Fat White Cheddar Popcorn	0.5	3 / 39%	0.5 / 0	9	70	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Smart Food Reduced Fat White Cheddar Popcorn	0.9	5 / 38%	1 / 0	15	120	Contact local distributor
Smart Food White Cheddar Popcorn (Original)	0.6	6 / 54%	1.5 / 0	9	100	Contact local distributor
Sun Chips Flavored Multigrain Snacks (French Onion)	1 (bag)	6 / 39%	1 / 0	18	140	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Sun Chips Flavored Multigrain Snacks (Garden Salsa)	1	6 / 39%	1 / 0	19	140	Contact local distributor (Available through Costa Fruit & Produce)
Sun Chips Flavored Multigrain Snacks (Harvest Cheddar, Original)	1 (bag)	6 / 39%	1 / 0	18-19	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods, Inc.)

Genisoy Food Company

Genisoy Soy Crisps (Rich Cheddar Cheese, Tangy Salt 'N Vinegar)	1	3 / 25%	0 / 0	14	110	United Natural Foods, Inc.
Genisoy Soy Crisps (Zesty BBQ, Apple Cinnamon Crunch)	1	3 / 23%	0 / 0	17	120	United Natural Foods, Inc.

Handi Foods Ltd.

Pita Chips (Cinnamon)	0.7	2.5 / 25%	0 / 0	14	90	Handi Foods Ltd.
Pita Puffs (BBQ)	1	3 / 23%	0 / 0	20	120	Handi Foods Ltd.
Pita Puffs (BBQ, Habanero Hot, Cinnamon)	0.6	2 / 23%	0 / 0	13	80	Handi Foods Ltd.
Pita Puffs (Cinnamon)	1.25	3.5 / 20%	0 / 0	27	160	Handi Foods Ltd.
Pita Puffs (Habanero Hot)	1	3 / 21%	0 / 0	21	130	Handi Foods Ltd.
Pita Puffs (Ranch)	0.6	1.5 / 19%	0 / 0	13	70	Handi Foods Ltd.
Pita Puffs (Ranch, Pizza)	1	2 / 15%	0 / 0	21	120	Handi Foods Ltd.
Pita Puffs (Salsa)	0.6	2 / 26%	0 / 0	12	70	Handi Foods Ltd.
Pita Puffs (Salsa)	1	3 / 25%	0 / 0	21	110	Handi Foods Ltd.

Island Slush, Inc.

Kettle Korn	1.25	1.9 / 11%	0 / 0	29	150	Island Slush, Inc.
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J&J Snack Foods Corp.

SUPERPRETZEL Mini Baked Pretzels	1	0.5 / 6%	0 / 0	16	70	Costa Fruit & Produce, PFG Springfield, Thurston Foods, Inc.
SUPERPRETZEL Soft Pretzel Rods	1	0 / 0%	0 / 0	16	80	Costa Fruit & Produce, PFG Springfield, Thurston Foods, Inc.
SUPERPRETZEL Whole Wheat Soft Pretzel Rods	1	0.5 / 6%	0 / 0	14	70	Contact local distributor. (Available through Costa Fruit & Produce)

KLN Enterprises

Vic's Gourmet Lite White Half Salt Popcorn	0.89	4.5 / 37%	0.5 / 0	16	110	New England Ice Cream Corp.
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Kraft Foodservice

Ritz Chips (Original)	0.75	3 / 27%	0.5 / 0	15	100	Contact local distributor
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Mars, Inc.

Combos Hot'n Spicy	1.06	5 / 35%	0 / 0	23	130	Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Combos Pizza	1.06	5 / 35%	0 / 0	23	130	Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company
Combos Pretzel	1.06	1 / 8%	0 / 0	23	110	Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions Company

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Michael Season's Natural Snacks, LLC

Michael Season's Baked Cheddar Curls	0.75	3.5 / 32%	0.5 / 0	15	100	Natural Snacks, LLC, United Natural Foods, Inc., Tree of Life NE
Michael Season's Baked Cheddar Puffs	0.75	3.5 / 32%	0.5 / 0	15	100	Natural Snacks, LLC, United Natural Foods, Inc., Tree of Life NE
Michael Season's Baked Multigrain Chips (Original)	0.9	3.5 / 32%	0 / 0	18	100	Natural Snacks, LLC, United Natural Foods, Inc., Tree of Life NE
Michael Season's Baked Potato Crisps (Sweet Barbeque)	0.8	2.5 / 23%	0 / 0	18	100	Natural Snacks, LLC, United Natural Foods, Inc., Tree of Life NE

Oogie's

Oogie's Gourmet Popcorn (Smoked Gouda)	1	7 / 48%	1 / 0	14	132	United Natural Foods, Inc., Tree of Life NE
Oogie's Gourmet Popcorn (White Cheddar, Sun-Dried Tomato & Parmesan, Spicy Chipotle & Lime)	1	7 / 44%	1 / 0	16-17	142-143	United Natural Foods, Inc., Tree of Life NE

PepsiCo Beverages & Foods, Quaker

Mini Delights (Buttered Popcorn)	0.7	3 / 30%	0.5 / 0	15	90	Contract local distributor
Quakes Rice Snacks (Caramel Corn)	1	0.5 / 5%	0 / 0	23	100	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc. Costa Fruit & Produce)
Quakes Rice Snacks (Cheddar Cheese)	0.7	3 / 30%	0.5 / 0	14	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce)
Snack Mix Kid's Mix	0.9	4 / 33%	1 / 0	18	110	Contract local distributor

popchips, Inc.

popchips (barbeque, sea salt & vinegar, original)	0.8	3 / 27%	0 / 0	16	100	Patriot Snacks, Snyder's of Worcester
popchips (salt & pepper, parmesan garlic, cheddar, sour cream & onion)	0.8	3.5 / 32%	0-0.5 / 0	16	100	Patriot Snacks, Snyder's of Worcester

Regenie's All Natural Snacks

All Natural Crunchy Pita Chips (Bare Naked)	1	7 / 45%	1 / 0	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich, Peabody
All Natural Crunchy Pita Chips (Cinnamon Maple Sugar)	1	7 / 45%	1 / 0	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich, Peabody
All Natural Crunchy Pita Chips (Salsa Bandito)	1	7 / 45%	1 / 0	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich, Peabody
All Natural Crunchy Pita Chips (Spicy Thai with Lime, Garlic Parmesan)	1	7 / 45%	1 / 0	17	140	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich, Peabody
All Natural Crunchy Pita Chips (Tomato Basil Parmesan)	1	6 / 40%	0.5 / 0	17	135	Vistar/VSA of Hartford, U.S. Foodservice-Everett, Norwich, Peabody

Robert's American Gourmet

Pirates Booty (Cheddar)	0.5	3 / 39%	1 / 0	10	70	Elizabeth Fisher. (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Pirates Booty (Cheddar)	1	5 / 35%	1 / 0	18	130	Elizabeth Fisher, Contact local distributor (Available through New England Ice Cream Corp., Vistar/VSA of Hartford, Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Smart Puffs	0.75	5 / 41%	1 / 0	13	110	Elizabeth Fisher (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)
Veggie Booty	0.5	3 / 39%	0.5 / 0	9	70	Elizabeth Fisher (Available through Costa Fruit & Produce, Shaheen Brothers, Snack Essentials)

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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School Time Foods

Xtreme O's Fire 'N Spice Snacks	0.7	2.5 / 25%	0 / 0	12	90	School Time Foods
Xtreme O's Nacho Grande Snacks	0.7	2.5 / 25%	0 / 0	12	90	School Time Foods

Snikiddy Snacks

Grilled Cheese Puffs	1	5 / 38%	1 / 0	17	120	Snikiddy Snacks, Sysco Boston LLC, Tree of Life NE, United Natural Foods, Inc.
Mac n' Cheese Puffs	0.8	3.5 / 35%	1 / 0	13	90	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc., Sysco Boston LLC
Nacho Cheese Puffs	1	4.5 / 34%	0.5 / 0	18	120	Snikiddy Snacks, Tree of Life NE, United Natural Foods, Inc., Sysco Boston LLC

Snyder's of Hanover

Butter Snaps	0.5	0.5 / 8%	0 / 0	12	56	Original Pizza of Boston
Mini Pretzels	0.5	0 / 0%	0 / 0	12	53	Original Pizza of Boston
Multigrain 100 Calorie Pack Sunflower Chips (French Onion)	0.7	4 / 36%	0.5 / 0	14	100	Vistar/VSA of Hartford
Multigrain 100 Calorie Pack Sunflower Chips (Southwestern Cheddar)	0.7	4.5 / 41%	0.5 / 0	14	100	Vistar/VSA of Hartford
Sourdough Nibblers	0.5	0 / 0%	0 / 0	12	53	Original Pizza of Boston

Stacy's Pita Chips

Pita Chips (Multigrain)	1	6 / 39%	1 / 0	17	140	Contact local distributor
Pita Chips (Parmesan Garlic Herb, Cinnamon and Sugar)	1	5 / 32%	1 / 0	19-20	140	Contact local distributor
Pita Chips (Simply Naked)	1	5 / 35%	1 / 0	19	130	Contact local distributor
Stacy's Soy Crisps (Simply Cheese)	1	6 / 42%	1 / 0	13	130	Stacy's Pita Chips Co, Inc., Snyder's of Hanover, Peter D'Amico, Don Shapiro Produce, Delectable Distributors, Big Sky Naturals, B.N. Soda, Barber Brothers, Jack Smiley, Kindall Confectionary, Costa
Stacy's Soy Crisps (Sweet BBQ)	1	4.5 / 34%	0.5 / 0	16	120	Stacy's Pita Chips Co, Inc., Snyder's of Hanover, Peter D'Amico, Don Shapiro Produce, Sysco Boston LLC, Delectable Distributors, Big Sky Naturals, B.N. Soda, Barber Brothers, Jack Smiley, Kindall Confectionary, Costa Fruit & Produce

Sugar Foods Corporation

Super Snax Pretzel Poppers (Blazin' Hot)	0.75	2.5 / 28%	0 / 0	14	80	Thurston Foods, Inc. Info available through Benchmark Sales
Super Snax Pretzel Poppers (Cool Ranch, Cheezy Nacho, Zesty Pizza)	0.75	2.5 / 28%	0 / 0	14	80	Thurston Foods, Inc., Sysco Boston LLC. Info available through Benchmark Sales

Terra Chips, The Hain Celestial Group Inc.

Terra Blue Potato Chips	1	6 / 39%	1 / 0	17	140	Contact local distributor or Terra Chips
Terra Chips (Mediterranean, Original, Zesty Tomato)	1	7 / 45%	0.5-1 / 0	18	140	Contact local distributor or Terra Chips
Terra Red Bliss Potato Chips (Original, Fine Herbs, Sun Dried Tomato & Balsamic Vinegar)	1	7 / 45%	1 / 0	18	140	Contact local distributor or Terra Chips
Yukon Gold Potato Chips (Onion & Garlic, Salt & Pepper, Salt & Vinegar)	1	5 / 35%	0.5-1 / 0	19-20	130	Contact local distributor or Terra Chips
Yukon Gold Potato Chips (Original)	1	7 / 48%	1.5 / 0	18	130	Contact local distributor or Terra Chips

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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The Cape Cod Potato Chip Co.

Cape Cod Potato Chips (40% Reduced Fat)	0.5	3 / 42%	0.2 / 0	9	65	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper, Costa Fruit & Produce
Cape Cod Potato Chips (40% Reduced Fat)	0.75	4.5 / 41%	0.4 / 0	14	98	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Costa Fruit & Produce, Vistar/VSA of Hartford, Cirelli Foods, Inc., PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Beachside BBQ)	0.5	4.5 / 54%	0.2 / 0	9	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Classic)	0.5	4 / 48%	0.2 / 0	9	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., Sysco Boston LLC, PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Robust Russet)	0.5	4 / 48%	0.2 / 0	8	75	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., PFG NorthCenter, PFG Springfield, Agar, Perkins Paper
Cape Cod Potato Chips (Sea Salt & Cracked Pepper-Nantucket Spice)	0.5	3.5 / 45%	0.2 / 0	8	70	U.S. Foodservice-Peabody, U.S. Foodservice-Everett, Cirelli Foods, Inc., PFG NorthCenter, PFG Springfield, Agar, Perkins Paper

The Inventure Group, Inc.

Poore Brothers 40% Reduced Fat Original Kettle Chips

1.25 7 / 42% 1 / 0 18 150 New England Ice Cream Corp.

The Snack Factory, Inc.

Pretzel Crisps (Original)

1 0 / 0% 0 / 0 21 100 Garber Brothers, Inc., Shattuck Sales Co.

Tropical Nut & Fruit

Pretzel Balls

1.25 0.5 / 3% 0 / 0 29 140 Tropical Nut & Fruit

Pretzel Twists

1.25 0.5 / 3% 0 / 0 29 140 Tropical Nut & Fruit

Wachusett Potato Chip Co.

Potato Chips

0.5 5 / 64% 1.5 / 0 7 70 Wachusett Potato Chip Co., Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Crackers, Cookies, Cereal Bars, Cereal Bowls

Annie's Homegrown

Cheddar Bunnies Snack Crackers	1	7 / 42%	1 / 0	19	150	United Natural Foods Inc., Vistar/VSA of Hartford, Associated Buyers, Hillcrest Foods, Dole & Bailey, Snack Essentials
Chocolate Chip Bunny Grahams	1	4.5 / 29%	0 / 0	22	140	United Natural Foods, Inc.

Azar Nut Co.

Carnival Crunch	0.75	1.5 / 17%	0 / 0	16	80	Azar Nut Co. Info available through Pinnacle Food Brokers
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Bake Crafters Food Company

Alphabet Mini Cookies Pack	1.1	4 / 27%	1 / 0	22	132	New England Ice Cream Corp., Costa Fruit & Produce
Animal Cracker Packs	0.9	4 / 28%	1 / 0	22	127	New England Ice Cream Corp., Costa Fruit & Produce
Cereal Bar (Apple Cinnamon)	1.3	2.5 / 17%	1 / 0	25	130	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Cereal Bar (Strawberry)	1.3	2.5 / 19%	1 / 0	24	120	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Oatmeal Cookies	1	4 / 32%	2 / 0	19	113	New England Ice Cream Corp., Costa Fruit & Produce
Smarty's Cereal Mix (Apple Cinnamon)	0.9	3 / 30%	1 / 0	14	90	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Animal Cracker Packs	0.9	4 / 28%	1 / 0	21	130	New England Ice Cream Corp., Costa Fruit & Produce

Bakery on Main

Granola Bar, Gluten Free (Cranberry Maple Nut)	1.2	4 / 26%	0.5 / 0	24	140	United Natural Foods, Inc.
Granola Bar, Gluten Free (Peanut Butter Chocolate Chip, Extreme Trail Mix)	1.2	4.5 / 29%	1 / 0	23-24	140	United Natural Foods, Inc.

Barbara's Bakery, Inc.

Fig Bars (Raspberry, Whole Wheat, Wheat Free)	0.68	0 / 0%	0 / 0	13-14	60	United Natural Foods, Inc.
Fruit & Yogurt Bars (Apple Cinnamon, Blueberry Apple, Cherry Apple, Strawberry Apple)	1.5	3 / 18%	0 / 0	28	150	Snack Essentials, United Natural Foods, Inc.
Nature's Choice Cereal Bars (Apple Cinnamon)	1.3	2 / 13%	0 / 0	28	140	United Natural Foods, Inc.
Nature's Choice Cereal Bars (Blueberry, Cherry, Raspberry, Strawberry, Triple Berry))	1.3	2 / 12%	0 / 0	28-29	150	United Natural Foods, Inc.
Puffins Cereal & Milk Bars (Blueberry Yogurt)	1.3	1.5 / 9%	1 / 0	24	140	Snack Essentials
Puffins Cereal & Milk Bars (French Toast, Strawberry Yogurt)	1.3	1.5 / 10%	1 / 0	24	130	Snack Essentials
Puffins Cereal & Milk Bars (Peanut Butter Chocolate Chip)	1.3	3.5 / 23%	1.5 / 0	23	140	Snack Essentials
Snackimals (Chocolate Chip, Snickerdoodle)	1	4 / 30%	0 / 0	19	120	United Natural Foods, Inc.
Snackimals (Vanilla)	1	4 / 33%	0 / 0	17	110	United Natural Foods, Inc.
Snackimals (Wheat-Free Oatmeal)	1	5 / 38%	0 / 0	17	120	United Natural Foods, Inc.

Biscomerica Corp.

Basil's Bavarian Bakery Low Fat Animal Snackers	2	2 / 19%	0.5 / 0	18	97	Vistar/VSA of Hartford
Basil's Bavarian Bakery Low Fat Ginger Snaps	2	2.5 / 20%	1 / 0	20	110	Vistar/VSA of Hartford

Brookside Fruit Co., Inc.

Clodhoppers Crunch (Vanilla)	1.06	4.5 / 30%	1.5 / 0	22	135	Info available through Cotton, Cotton & Hill
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Campbell Soup Company

100 Calorie Cheddar Goldfish Crackers made with Whole Grain	0.75	3.5 / 32%	1 / 0	14	100	Sysco Boston LLC. Info available through Pinnacle Food Brokers
100 Calorie Chessman	0.71	3.5 / 32%	2 / 0	15	100	Costa Fruit & Produce. Info available through Pinnacle Food Brokers
100 Calorie Chocolate Chessman	0.74	3.5 / 32%	2 / 0	15	100	Costa Fruit & Produce. Info available through Pinnacle Food Brokers
100 Calorie Chocolate Chunk	0.74	3.5 / 32%	2 / 0	15	100	Costa Fruit & Produce. Info available through Pinnacle Food Brokers
100 Calorie Flavor Blasted Ranch Goldfish	0.75	3 / 27%	1 / 0	14	100	Costa Fruit & Produce. Info available through Pinnacle Food Brokers
100 Calorie Pretzel Goldfish	0.75	1.5 / 14%	0 / 0	17	100	Info available through Pinnacle Food Brokers
100 Calorie Soft Baked Oatmeal Raisin Cookie	0.8	3 / 27%	1 / 0	16	100	Costa Fruit & Produce. Info available through Pinnacle Food Brokers
Giant Goldfish Grahams (Chocolate)	0.9	3.5 / 26%	1 / 0	19	120	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Costa Fruit & Produce, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Giant Goldfish Grahams (Cinnamon)	0.9	4.5 / 34%	1 / 0	19	120	Contact local distributor (Available through Sysco Boston LLC, U.S. Foodservice, Costa Fruit & Produce, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Giant Goldfish Grahams (Oats and Honey)	0.9	4.5 / 34%	1 / 0	19	120	Contact local distributor. Info available through Pinnacle Food Brokers
Goldfish Crackers (Cheddar)	0.75	4.5 / 41%	1 / 0	13	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, U.S. Foodservice, Thurston Foods, Inc., Shaheen Brothers) Info available through Pinnacle Food Brokers
Goldfish Crackers (Cheddar)	1	4.5 / 31%	1 / 0	19	130	Contact local distributor. Info available through Pinnacle Food Brokers
Goldfish Crackers (Parmesan)	0.75	3 / 27%	1 / 0	14	100	Contact local distributor (Available through U.S. Foodservice) Info available through Pinnacle Food Brokers
Goldfish PhysEdibles Baked Animal Crackers (Strawberry, Lemon)	0.9	4 / 30%	1 / 0	18	120	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc.) Info available through Pinnacle Food Brokers
Goldfish PhysEdibles Baked Animal Crackers (Vanilla)	0.9	4 / 30%	1 / 0	19	120	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce. Info available through Pinnacle Food Brokers
Hot & Spicy Cheddar Flavor Blasted Goldfish Crackers	0.75	3 / 27%	1 / 0	14	100	Contact local distributor. Available through Costa Fruit & Produce. Info available through Pinnacle Food
Kickin' Cool Ranch Flavor Blasted Goldfish Crackers	0.75	3 / 27%	1 / 0	14	100	Contact local distributor. Available through Costa Fruit & Produce. Info available through Pinnacle Food

Clif Bar & Co.

Clif Nectar (Cranberry, Apricot & Almond)	1.6	6 / 32%	0.5 / 0	29	170	Snack Essentials
Clif Nectar (Dark Chocolate & Walnut; Lemon, Vanilla & Cashew)	1.6	6 / 33%	1.5 / 0	27	160	Snack Essentials
Luna Bar (Dulce de Leche)	1.7	3 / 15%	1 / 0	28	180	Snack Essentials
Luna Bar (Toasted Nuts 'n Cranberry)	1.7	4 / 21%	0.5 / 0	26	170	Snack Essentials
Z Bar (Chocolate Brownie)	1.3	3 / 23%	1 / 0	22	120	Snack Essentials
Z Bar (Chocolate Chip)	1.3	4 / 28%	1.5 / 0	24	130	Vistar/VSA of Hartford
Z Bar (Peanut Butter)	1.3	5 / 32%	1 / 0	20	140	Snack Essentials, Vistar/VSA of Hartford

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Country Home Bakers, Inc.

Readi-Bake BeneFIT 51% Whole Grain/Red Fat Cookie (Oatmeal Choc Chip)	1	4 / 32%	1 / 0	18	111	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT 51% Whole Grain/Red Fat Cookie (Oatmeal Choc Chip)	1.3	5 / 30%	2 / 0	24	148	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT 51% Whole Grain/Red Fat Cookies (Double Chocolate)	1.3	5 / 32%	1.5 / 0	24	139	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT 51% Whole Grain/Red Fat Cookies (Golden Sugar, Oatmeal Raisin, Chocolate Chip, Candy)	1	3.7 / 30%	1.2 / 0	18-19	111	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT 51% Whole Grain/Red Fat Cookies (Golden Sugar, Oatmeal Raisin, Chocolate Chip, Candy)	1.3	5 / 30%	1.6 / 0	24-25	147	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT Trad'l Reduced Fat Cookie (Oatmeal Raisin, Double Chocolate)	1	4 / 33%	1 / 0	18	108-110	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston
Readi-Bake BeneFIT Trad'l Reduced Fat Cookie (Sugar, Chocolate Chip, Candy)	1	4 / 32%	1 / 0	18-19	112	Thurston Foods, Inc., Costa Fruit & Produce, M&R Frosted Foods, Original Pizza of Boston

D. F. Stauffer Biscuit Co., Inc.

Animal Crackers (Chocolate Graham)	1	3 / 23%	1 / 0	21	120	D. F. Stauffer Biscuit Co., Inc.
Fruit Bars (Blueberry, Strawberry)	1.3	3.5 / 23%	0.5 / 0	26	140	D. F. Stauffer Biscuit Co., Inc., Costa Fruit & Produce
Fruit Bars (Apple)	1.3	3.5 / 23%	0.5 / 0	26	140	D.F. Stauffer Biscuit Co.,Inc.

Darlington Farms

Chocolate Chip Cookies	1.4	7 / 37%	2 / 0	26	170	Sysco Boston LLC, PFG Springfield
Fruit Filled Cookies (Fig)	0.9	2.5 / 23%	1 / 0	18	100	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Holiday Cookies	1.1	3.5 / 29%	1.5 / 0	17	110	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Oatmeal Cookies	1.1	5 / 32%	1 / 0	21	140	Sysco Boston LLC, PFG Springfield
Snack'N Squares (Iced Lemon)	1.2	6 / 36%	2 / 0	22	150	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Soft & Chewy Cookies (Fiesta Crunch)	1.3	6 / 34%	1.5 / 0	25	160	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Soft & Chewy Cookies (Snickerdoodle, Lemon)	1.1	5 / 35%	1.5 / 0	21-22	130	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Soft & Chewy Cookies (Toffee, Butterscotch)	1.1	4.5 / 31%	2 / 0	22	130	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Sugar Cookies	1.1	6 / 39%	1.5 / 0	20	140	Sysco Boston LLC, PFG Springfield
Waffle Snaps (Maple)	1	5 / 35%	1 / 0	21	130	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England
Waffle Snaps (Strawberry, Apple Cinnamon)	1	3.5 / 26%	1 / 0	21	120	PFG Springfield, Sysco Boston LLC, HPC Hartford Provisions Company, Sysco Food Services of CT, Sysco Foodservices of Northern New England

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Flowers Specialty Breads

Royal Fruit & Cereal Bar (Mixed Fruit, Blueberry, Apple-Cinnamon)	1.3	2.5 / 19%	1 / 0	24	120	Info available through Pinnacle Food Brokers
Royal Fruit & Cereal Bar (Strawberry)	1.4	3 / 19%	1.5 / 0	27	140	Info available through Pinnacle Food Brokers
Royal Fruit & Pastry Bar (Apple-Cinnamon, Blueberry, Strawberry, Mixed Fruit)	1	2 / 18%	1 / 0	19	100	Info available through Pinnacle Food Brokers

Frito-Lay

Cheetos Cracker Trax	0.8	3.5 / 32%	0.5 / 0	15	100	Contact local distributor. Available through Costa Fruit & Produce
Flat Earth Baked Veggie Crisps (Farmland Cheddar)	1	5 / 35%	1 / 0	20	130	Contact local distributor (Available through Sysco Boston LLC)
Flat Earth Baked Veggie Crisps (Farmland Cheddar)	1.25	6.3 / 35%	1.3 / 0	24	163	Contact local distributor
Flat Earth Baked Veggie Crisps (Tangy Tomato)	1.25	6.3 / 35%	1.3 / 0	24	163	Contact local distributor
Flat Earth Fruit Crisps (Apple Cinnamon)	1	4.5 / 31%	1 / 0	21	130	Contact local distributor (Available through Sysco Boston LLC)
Lay's Cracker Crisps (Smooth Cheddar)	0.8	3 / 27%	1 / 0	17	100	Contact local distributor

Gak's Snacks

Organic Brownie Chip Cookie (Bulk packed)	1 (1 cookie)	5 / 35%	1 / 0	27	130	Gak's Snacks
Organic Brownie Chip Cookie (Individually wrapped)	1.4	7 / 35%	1.5 / 0	27	180	Gak's Snacks
Organic Chocolate Chip Cookie (Bulk packed)	1 (1 cookie)	6 / 39%	1 / 0	21	140	Gak's Snacks
Organic Oatmeal Cookie (Bulk packed)	1 (1 cookie)	4 / 30%	0 / 0	19	120	Gak's Snacks
Organic Oatmeal Cookie (Individually wrapped)	1.4	6 / 32%	0 / 0	26	170	Gak's Snacks

	<i>PORTION SIZE (oz)</i>	<i>TOTAL FAT (g) / % calories from fat</i>	<i>SAT FAT (g) / Trans FAT (g)</i>	<i>CARB (g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
Nature Valley Crunchy Granola Bar (Apple Crisp)	1.5 (2 bars)	6 / 30%	0.5 / 0	29	180	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Nature Valley Crunchy Granola Bar (Cinnamon)	0.8 (1 bar)	3 / 30%	0 / 0	15	90	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Nature Valley Crunchy Granola Bar (Maple Brown Sugar)	1.5 (2 bars)	6 / 30%	0 / 0	30	180	Contact local distributor (Available through Vistar/VSA of Hartford)
Nature Valley Crunchy Granola Bar (Oat & Honey)	1.5 (2 bars)	6 / 30%	0.5 / 0	29	180	Contact local distributor (Available through Vistar/VSA of Hartford, Costa Fruit & Produce, Sysco Boston)
Nature Valley Crunchy Granola Bar (Oats 'N Honey)	0.74 (1 bar)	3 / 30%	0 / 0	15	90	Cirelli Foods Inc., Sysco Boston LLC, U.S. Foodservice-Peabody, Costa Fruit & Produce
Nature Valley Crunchy Granola Bar (Peanut Butter)	0.74 (1 bar)	3.5 / 35%	0 / 0	15	90	Contact local distributor
Nature Valley Crunchy Granola Bar (Peanut Butter)	1.5	7 / 35%	1 / 0	30	180	Contact local distributor (Available through Sysco Boston LLC, Vistar/VSA of Hartford)
Nature Valley Fruit & Nut Chewy Trail Mix Bar	1.25 (1 bar)	4 / 26%	0.5 / 0	25	140	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Nature Valley Strawberry Yogurt Chewy Granola Bar	1.3	3.5 / 23%	2 / 0	26	140	New England Ice Cream Corp.
Nature Valley Sweet & Salty Nut Granola Bars (Almond Dipped in Almond Butter Coating)	1.3	7 / 35%	2 / 0	22	180	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield
Reduced-Sugar Cinnamon Toast Crunch Bowlpak	1	3 / 23%	0 / 0	21	110	Contact local distributor (Available through Thurston Foods, Inc., Costa Fruit & Produce)
Rice Chex Bowlpak (Gluten-free)	0.7	0.5 / 6%	0 / 0	17	70	Contact local distributor
Rice Crunchins - Bowlpak	0.8	0 / 0%	0 / 0	18	70	Sysco Boston LLC
Simply Chex Snack (Cheddar)	1.25	3.5 / 23%	1 / 0	26	140	Costa Fruit & Produce, Sysco Boston LLC, Thurston Foods, Inc.
Simply Chex Snack (Chocolate Caramel)	1.2	4.5 / 27%	1.5 / 0	26	150	Contact local distributor. Available through Sysco Boston LLC
Team Cheerios Cereal Bar	1.3	3.5 / 21%	0 / 0	28	150	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce, Shaheen Brothers)
Total Raisin Bran - Bowlpak	0.8	0.5 / 5%	0 / 0	25	100	Contact local distributor
Total Whole Grain Bowlpak	1.1	0.5 / 6%	0 / 0	17	70	Contact local distributor (Available through Sysco Boston LLC, Shaheen Brothers)
Trix 25% Less Sugar Bowlpak	0.88	1 / 10%	0 / 0	21	100	Contact local distributor
Trix Bowlpak	0.8	1 / 11%	0 / 0	18	80	Contact local distributor
Trix Cereal Bar	1.3	3.5 / 21%	0 / 0	28	150	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce, Shaheen Brothers)
Wheaties - Bowlpak	0.8	0.5 / 6%	0 / 0	19	80	Contact local distributor (Available through Sysco Boston LLC, Shaheen Brothers)
Genisoy Food Company						
Genisoy Organic Soy Protein Bar (Apple Cinnamon, Mixed Berry, Rich Chocolate)	1.6	3 / 17%	0.5-1 / 0	25-26	160	United Natural Foods, Inc.
Genisoy Ultra Soy Protein Bar (Chocolate Caramel)	1.6	2 / 12%	1 / 0	26	150	United Natural Foods, Inc.
Genisoy Ultra Soy Protein Bar (Chocolate Raspberry, Strawberry, Tropical)	1.6	2 / 11%	1 / 0	27-28	160	United Natural Foods, Inc.
Glenny's						
Brown Rice Marshmallow Treats (Peanut Caramel, Vanilla, Chocolate)	0.9	2.5 / 23%	1 / 0	17-18	100	United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Glutino Food Group

Glutino's Gluten Free Breakfast Bar (Chocolate)	1.4	2.5 / 17%	0 / 0	27	130	United Natural Foods, Inc.
Glutino's Gluten Free Breakfast Bars (Apple, Blueberry, Cranberry)	1.4	0.5 / 4%	0 / 0	25	120	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Chocolate & Banana)	1	1.5 / 14%	0 / 0	21	100	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Chocolate & Peanuts)	1	3 / 25%	0.5 / 0	19	110	United Natural Foods, Inc.
Glutino's Gluten Free Organic Bars (Wildberry)	1	1 / 9%	0 / 0	21	100	United Natural Foods, Inc.

HoneyBar Products International, Inc.

Natural Apple & Cinnamon Bar	1.4	2 / 13%	0 / 0	29	140	Snack Essentials
Natural Granola Bar	1.4	6 / 32%	1 / 0	25	170	Snack Essentials

Hope's Cookies

Hope's Country Fresh Cookies (Select Chocolate Chip, Select Oatmeal Raisin, Select Sugar, Select M&M)	1	3.5 / 29%	1 / 0	18-19	110	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Chocolate Chip, Select Sugar)	1.3	5 / 30%	1-1.5 / 0	23-24	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Double Fudge)	1	3 / 27%	1 / 0	18	100	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Double Fudge)	1.3	4 / 26%	1.5 / 0	23	140	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select M&M)	1.3	4.5 / 27%	1.5 / 0	24	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Oatmeal Raisin)	1.3	4.5 / 29%	1 / 0	24	140	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Peanut Butter)	1	4.5 / 37%	1 / 0	17	110	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select Peanut Butter, Select White Choc Mac)	1.3	6 / 36%	1.5 / 0	22	150	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.
Hope's Country Fresh Cookies (Select White Choc Mac)	1	4.5 / 34%	1 / 0	17	120	Costa Fruit & Produce, Perkins Paper, Thurston Foods, Inc.

Ian's Natural Foods

100 Calorie Organic Cookie Packs (Chocolate Chip Cookie Buttons)	0.8	5 / 45%	1 / 0	13	100	Info available through KeyImpact Sales & Systems, Inc.
100 Calorie Organic Cookie Packs (Double Chocolate Chip Cookie Buttons)	0.8	4 / 36%	1 / 0	14	100	Info available through KeyImpact Sales & Systems, Inc.
Wheat Free, Gluten Free Cookie Packs (Chocolate Chip Cookie Buttons)	1.07	5 / 38%	0.4 / 0	22	120	Info available through KeyImpact Sales & Systems, Inc.
Wheat Free, Gluten Free Cookie Packs (Crunchy Cinnamon Cookie Buttons)	1.07	4.5 / 31%	1.5 / 0	21	130	Info available through KeyImpact Sales & Systems, Inc.

Immaculate Baking Co.

Choca Doodle Doos	1	4 / 33%	1 / 0	17	110	Immaculate Baking Co.
Doohickeys	1	3 / 27%	1 / 0	19	100	Immaculate Baking Co.
Hunka Chunka Chocolate	1	4 / 33%	1 / 0	16	110	Immaculate Baking Co.

<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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J&J Snack Foods Corp.

Mrs. Goodcookie Jungle Crackers (Vanilla)	1	3 / 23%	0 / 0	22	120	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Belly Bears Graham Crackers (Chocolate)	1	4 / 30%	0 / 0	20	120	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Belly Bears Graham Crackers (Honey, Cinnamon)	1	4 / 28%	0 / 0	20-21	130	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Superstars (Cinnamon)	1	4 / 30%	0 / 0	21	120	Contact local distributor. (Available through Costa Fruit & Produce)
Mrs. Goodcookie-Whole Grain Belly Bears Graham Crackers (Chocolate)	1	4 / 30%	0 / 0	20	120	Costa Fruit & Produce, Original Pizza of Boston
Mrs. Goodcookie-Whole Grain Belly Bears Graham Crackers (Honey, Cinnamon)	1	4 / 28%	0 / 0	20-21	130	Costa Fruit & Produce, Original Pizza of Boston

Kashi Co.

Kashi GoLean Crunchy! Bar (Chocolate Caramel)	1.6	3 / 18%	2 / 0	28	150	United Natural Foods, Inc.
Kashi GoLean Crunchy! Bar (Chocolate Peanut)	1.8	5 / 25%	2 / 0	30	180	United Natural Foods, Inc.
Kashi GoLean Roll! Bar (Caramel Peanut)	1.9	5 / 23%	1.5 / 0	29	200	United Natural Foods, Inc.
Kashi GoLean Roll! Bar (Fudge Sundae, Oatmeal Walnut, Chocolate Peanut, Chocolate Turtle)	1.9	5 / 24%	1.5-2 / 0	27-28	190	United Natural Foods, Inc.
Kashi TLC Crunchy Granola Bars (Honey Toasted 7-Grain, Pumpkin Spice Flax, Roasted Almond Crunch)	1.4	6 / 30%	0.5 / 0	25-26	180	United Natural Foods, Inc.

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT (g) /** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **Trans FAT (g)** **(g)**

Kellogg's

Austin Cheese Crackers with Cheddar Cheese	0.9	6 / 42%	1.5 / 0	16	130	Contact local distributor
Austin Cheese Crackers with Peanut Butter	0.9	6 / 42%	1 / 0	15	130	Contact local distributor
Austin Dolphin & Friends Crackers	0.9	5 / 38%	1.5 / 0	16	120	Contact local distributor (Available through Thurston Foods, Inc.)
Austin Toasty Crackers with Peanut Butter	0.9	6 / 42%	1 / 0	16	130	Contact local distributor
Austin Zoo Animal Crackers	1	1.5 / 11%	0 / 0	23	120	Contact local distributor
Grab 'N Go Cereal Packs (Corn Pops)	0.7	0 / 0%	0 / 0	17	70	Contact local distributor. Available through Vistar/VSA of Hartford
Grab 'N Go Cereal Packs (Froot Loops)	0.8	0.5 / 5%	0.5 / 0	20	90	Contact local distributor. Available through Vistar/VSA of Hartford
Grab 'N Go Cereal Packs (Reduced Sugar Apple Jacks)	0.7	0 / 0%	0 / 0	18	80	Contact local distributor
Grab 'N Go Cereal Packs (Reduced Sugar Froot Loops)	0.7	0.5 / 6%	0 / 0	16	70	Contact local distributor
Grab 'N Go Cereal Packs (Reduced Sugar Frosted Flakes)	1	0 / 0%	0 / 0	25	100	Contact local distributor
Kashi GoLean Cereal-in-a-Cup	1.6	1 / 7%	0 / 0	26	130	Contact local distributor. Available through Sysco Boston LLC
Kashi TLC Chewy Granola Bar (Cherry Dark Chocolate)	1.2	2 / 15%	0.5 / 0	24	120	Contact local distributor. Available through United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Honey Almond Flax)	1.2	5 / 32%	0.5 / 0	19	140	Contact local distributor. Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Peanut Butter)	1.2	5 / 32%	0.5 / 0	19	140	Contact local distributor. Available through Sysco Boston LLC, United Natural Foods, Inc.
Kashi TLC Chewy Granola Bar (Trail Mix)	1.2	5 / 32%	0.5 / 0	20	140	Contact local distributor. Available through Vistar/VSA of Hartford, Costa Fruit & Produce, Sysco Boston LLC, United Natural Foods, Inc.
Keebler Animal Crackers	1	3.5 / 24%	1 / 0	22	130	Contact local distributor. Available through Sysco Boston LLC
Keebler Bug Bites Cinnamon Graham Crackers	1.1	4.5 / 29%	1.5 / 0	23	140	Contact local distributor. Available through Costa Fruit & Produce
Keebler Chips Deluxe Right Bites-100 Calorie Snack	0.75	3 / 27%	1 / 0	17	100	Contact local distributor
Keebler Elf Grahams (Chocolate Chip with Calcium)	1	5 / 35%	2 / 0	20	130	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc.)
Keebler Elf Grahams (Chocolate with Calcium)	1	4.5 / 31%	1.5 / 0	21	130	Contact local distributor (Available through Costa Fruit & Produce, Vistar/VSA of Hartford, Thurston Foods, Inc.)
Keebler Elf Grahams (Cinnamon with Calcium)	1	4 / 28%	1 / 0	21	130	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Keebler Elf Grahams (Original with Calcium)	1	4 / 28%	1 / 0	21	130	Contact local distributor. Available through Thurston Foods, Inc., Costa Fruit & Produce
Keebler Grahams (Honey with Calcium)	0.7	2.5 / 25%	0.5 / 0	16	90	Contact local distributor
Keebler Grahams (Honey with Fiber, Cinnamon Crisp)	0.8	3 / 27%	0-0.5 / 0	16-17	100	Contact local distributor
Keebler Grahams (Low Fat French Vanilla)	0.7	1.5 / 15%	0.5 / 0	17	90	Contact local distributor
Keebler Grahams (Original)	0.7	3 / 27%	0.5 / 0	16	100	Contact local distributor
Keebler Gripz Cinnamon Graham Bites	0.9	3 / 27%	1 / 0	20	100	Contact local distributor
Keebler Scooby-Doo Cinnamon Graham Sticks	1	4 / 30%	1 / 0	21	120	Contact local distributor. Available through Costa Fruit & Produce
Keebler Wheat Crackers	0.3	1 / 26%	0 / 0	5	35	Contact local distributor
Kellogg's All-Bran Complete Wheat Bran Flakes Bowl Pack	0.9	0.5 / 6%	0 / 0	20	80	Contact local distributor

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
Kellogg's Apple Jacks (1/3 Less Sugar) Bowl Pack	0.7	0 / 0%	0 / 0	18	80	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Cocoa Krispies Chewy Cereal Bar (Chocolate)	1.3	4.5 / 27%	1 / 0	26	150	Contact local distributor
Kellogg's Corn Flakes Bowl Pack	0.8	0 / 0%	0 / 0	18	80	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Kellogg's Crispix Bowl Pack	0.8	0 / 0%	0 / 0	18	80	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Froot Loops (1/3 Less Sugar) Bowl Pack	0.7	0.5 / 5%	0 / 0	16	70	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Frosted Flakes (1/3 Less Sugar) Bowl Pack	1	0 / 0%	0 / 0	25	100	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Frosted Flakes Gold	1.1	0.5 / 4%	0 / 0	27	110	Contact local distributor
Kellogg's Frosted Mini Wheats Bowl Pack	1	0 / 0%	0 / 0	23	100	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Frosted Mini Wheats Chocolate Little Bites	1	1 / 9%	0 / 0	23	100	Contact local distributor
Kellogg's Original Rice Krispies Treat Squares	0.8	2.5 / 25%	1 / 0	17	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Original Rice Krispies Treat Squares	1.3	3.5 / 21%	1 / 0	28	150	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
Kellogg's Raisin Bran Bowl Pack	1.3	1 / 8%	0 / 0	27	110	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Kellogg's Rice Krispies Bowl Pack	0.6	0 / 0%	0 / 0	16	70	Contact local distributor. Available through Costa Fruit & Produce
Kellogg's Rice Krispies Chewy Cereal Bar (Apple Cinnamon)	1.3	3 / 19%	0.5 / 0	27	140	Contact local distributor
Kellogg's Rice Krispies Treats Mini-Squares	0.3	1 / 20%	0.4 / 0	9	45	Contact local distributor
Kellogg's Special K Bars (Blueberry, Chocolatey Drizzle)	0.8	1.5 / 15%	1 / 0	17-18	90	Contact local distributor
Kellogg's Special K Bars (Strawberry)	0.8	1.5 / 15%	1 / 0	18	90	Contact local distributor. Available through Vistar/VSA of Hartford, Sysco Boston LLC
Kellogg's Special K Bars (Vanilla Crisp)	0.8	1.5 / 15%	1 / 0	17	90	Contact local distributor
Kellogg's Special K Bowl Pack	0.6	0 / 0%	0 / 0	13	70	Contact local distributor
Kellogg's Special K Cereal-in-a-Cup	1.3	0.5 / 3%	0 / 0	26	140	Contact local distributor
NutriGrain Cereal Bar (Strawberry)	1.3	3 / 19%	0.5 / 0	24	130	Contact local distributor. Available through Costa Fruit & Produce, Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc.
NutriGrain Cereal Bars (Blueberry, Apple Cinnamon)	1.3	3 / 19%	0.5 / 0	24	130	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
NutriGrain Cereal Bars (Raspberry)	1.3	3 / 19%	0.5 / 0	24	130	Contact local distributor (Available through Vistar/VSA of Hartford, Sysco Boston LLC, Thurston Foods, Inc.)
NutriGrain Yogurt Bar (Strawberry)	1.3	3.5 / 23%	0.5 / 0	25	140	Contact local distributor. Available through Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers, Sysco Boston LLC
NutriGrain Yogurt Bar (Vanilla)	1.3	3.5 / 23%	0.5 / 0	26	140	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Sunshine Cheez-It Right Bites-100 Calorie Snack	0.79	3 / 27%	1 / 0	15	100	Contact local distributor
Sunshine Cheez-It Scrabble Jr. Crackers (Original)	0.8	4 / 36%	1 / 0	14	100	Contact local distributor
Sunshine Krispy Saltines	0.2	0.5 / 18%	0 / 0	5	25	Contact local distributor
Sunshine Krispy Saltines	0.4	1 / 18%	0 / 0	9	50	Contact local distributor

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
Zesta Saltines	0.2	0.5 / 18%	0 / 0	5	25	Contact local distributor
Zesta Saltines	0.4	1 / 18%	0 / 0	9	50	Contact local distributor
<i>Kids Kookie Company</i>						
Individually Wrapped Kids Kookie (Baseball)	0.8	4 / 38%	0.9 / 0	15	96	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Happy Birthday)	0.9	5 / 38%	1.2 / 0	18	120	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Holiday Wreath)	0.7	3 / 33%	0.8 / 0	12	81	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Jungle Grahams, Mini Purple Dinos, Alpha Grahams)	1.1	5 / 34%	1.3 / 0	19-20	132	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Mini Chocolate Chip Animals)	1.1	6 / 42%	1.4 / 0	19	130	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Red Apple, Ginger Grahams)	0.7	3 / 32%	0.8 / 0	13	85	New England Ice Cream Corp.
Individually Wrapped Kids Kookie (Spring Egg Assortment, Green Egg, Jack O'Lantern, Valentine Heart, Shamrock)	0.7	3 / 32%	0.8 / 0	13	85	New England Ice Cream Corp., Costa Fruit & Produce
Individually Wrapped Kids Kookie (Turkey Spice)	0.8	3 / 29%	0.8 / 0	13	94	New England Ice Cream Corp., Costa Fruit & Produce
<i>KidSmart Food Service</i>						
KidSmart Got Milk? Vanilla & Chocolate Graham Cookies	1	4 / 28%	0 / 0	21	130	Costa Fruit & Produce
KidSmart Honey Grahams	1	4 / 28%	0 / 0	20	130	Costa Fruit & Produce
KidSmart Vanilla Grahams	1	4 / 28%	0 / 0	21	130	Costa Fruit & Produce

PORTION SIZE **TOTAL FAT (g) /** **SAT FAT (g) /** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **Trans FAT (g)** **(g)**

Kraft Foodservice

100 Calorie Packs - Cheese Nips Thin Crisps	0.8	3 / 27%	1 / 0	14	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
100 Calorie Packs - Chips Ahoy! Thin Crisps	0.8	3 / 27%	0.5 / 0	18	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
100 Calorie Packs - Lorna Doone Shortbread Cookie Crisps	0.75	3 / 27%	1.5 / 0	16	100	Contact local distributor
100 Calorie Packs - Oreo Thin Crisps	0.8	2 / 18%	0 / 0	19	100	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc.)
100 Calorie Packs - Planters Peanut Butter Crisps	0.86	3 / 27%	0.5 / 0	17	100	Contact local distributor
100 Calorie Packs - Ritz Snack Mix	0.77	3 / 27%	0.5 / 0	16	100	Contact local distributor (Available through New England Ice Cream Corp., Vistar/VSA of Hartford)
100 Calorie Packs - Wheat Thins Chips Minis Multi-Grain	0.8	3 / 27%	0 / 0	16	100	Contact local distributor
100 Calorie Packs-Honey Maid Cinnamon Roll Thin Crisps	0.8	3 / 27%	1.5 / 0	16	100	Contact local distributor
Back to Nature - Crispy Cheddars Crackers	1	4.5 / 31%	0.5 / 0	19	130	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Back to Nature - Crispy Wheats Crackers	1	3.5 / 26%	0 / 0	20	120	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Back to Nature - Honey Graham Sticks	1	2.5 / 19%	0 / 0	23	120	Contact local distributor (Available through United Natural Foods, Inc., Snack Essentials, New England Ice Cream Corp.)
Barnum's Animals Crackers	1	3.5 / 26%	1 / 0	22	120	Contact local distributor
Fat Free Fig Newton Bars	1.1	0 / 0%	0 / 0	22	90	Contact local distributor (Available through Shaheen Brothers)
Handi-Snacks Ritz Crackers'n Cheez	0.95	6 / 54%	1.5 / 0	11	100	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Lorna Doone Shortbread Cookies (4 count)	1	6 / 39%	1.5 / 0	19	140	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Shaheen Brothers)
Mini Nilla Wafers	1.16	6 / 36%	1.5 / 0	23	150	Contact local distributor
Nabisco Animal Crackers	1	4 / 28%	1 / 0	21	130	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Nabisco Graham Cracker 3-pk.	0.8	2 / 20%	0 / 0	16	90	Contact local distributor (Available through Thurston Foods, Inc., Shaheen Brothers)
Nabisco Honey Maid Graham Sticks (Cinnamon)	1	2.5 / 19%	0 / 0	23	120	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Nabisco Honey Maid Honey Grahams	0.8	2 / 20%	0 / 0	17	90	Contact local distributor
Nabisco Toasted Peanut Butter Crackers (4 count)	1	7 / 48%	1 / 0	17	130	Contact local distributor (Available through Thurston Foods, Inc.)
Newtons Fruit Crisps (Apple Cinnamon, Mixed Berry)	1	2 / 18%	0 / 0	20	100	Contact local distributor
Nutter Butter Bites Peanut Butter Sandwich Cookies	1	6 / 42%	1.5 / 0	19	130	Contact local distributor (Available through Costa Fruit & Produce, New England Ice Cream Corp.)
Oreo Chocolate Sandwich Cookies	1.14	7 / 39%	1.5 / 0	24	160	Contact local distributor (Available through Costa Fruit & Produce, Thurston Foods, Inc.)
Oreo Chocolate Sandwich Cookies - Mini White Crème	1	5 / 35%	1.5 / 0	20	130	New England Ice Cream Corp.
Snackwells Devil's Food Cookies (2 count)	1.1	0 / 0%	0 / 0	23	100	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Snackwells Vanilla Crème Sandwich Cookies (2 count)	0.85	2.5 / 23%	1 / 0	19	100	Contact local distributor. Available through Costa Fruit & Produce

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Teddy Graham Chocolate Graham Snacks	0.8	3 / 30%	1 / 0	15	90	Contact local distributor. Available through Sysco Boston LLC, Costa Fruit & Produce
Teddy Graham Cinnamon Graham Snacks	0.8	3 / 30%	0.5 / 0	16	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)
Teddy Grahams Cinnamon Graham Snacks	1.3	5 / 30%	1 / 0	26	150	Contact local distributor
Teddy Grahams Cubs Graham Snacks	0.5	2 / 30%	0 / 0	11	60	Contact local distributor
Wheat Thins Snack Crackers	1.25	6 / 34%	1 / 0	24	160	Contact local distributor
Late July Organic Snacks						
Late July Organic Cheddar Cheese Snack Pack Tray	1	4.5 / 31%	1.5 / 0	19	130	United Natural Foods, Inc., Associated Buyers, Snack Essentials

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Malt-O-Meal Company

100 Calorie Pack Snacks (Cinnamon Toasters)	0.8	2.5 / 23%	0.5 / 0	18	100	PFG Springfield
All Natural Mom's Best (Natural Honey Nut Toasty O's)	0.9	1 / 10%	0 / 0	19	90	PFG Springfield
All Natural Mom's Best (Natural Toasty O's)	0.7	1 / 11%	0 / 0	15	80	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Honey-ful Wheat)	0.9	0 / 0%	0 / 0	24	110	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Mallow Oats)	1	1 / 8%	0 / 0	24	120	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Natural Toasty O's)	1	2 / 15%	0 / 0	23	120	PFG Springfield
All Natural Mom's Best Toasted Wheat-fuls (Oats & Honey Blend, Natural Honey Nut Toasty O's)	1	1.5 / 11%	0 / 0	25	120	PFG Springfield
Cold Cereal Bowl (Apple Zings, Tootie Fruities)	0.75	0.5 / 6%	0 / 0	18-19	80	PFG Springfield
Cold Cereal Bowl (Berry Colossal Crunch)	1	1.5 / 12%	0 / 0	24	110	PFG Springfield
Cold Cereal Bowl (Cinnamon Toasters)	1	3.5 / 26%	0.5 / 0	23	120	PFG Springfield
Cold Cereal Bowl (Coco-Roos)	0.9	1 / 9%	0 / 0	21	100	PFG Springfield
Cold Cereal Bowl (Corn Flakes)	0.75	0 / 0%	0 / 0	18	80	PFG Springfield
Cold Cereal Bowl (Crispy Rice)	0.63	0 / 0%	0 / 0	16	70	PFG Springfield
Cold Cereal Bowl (Frosted Flakes)	1	0 / 0%	0 / 0	25	110	PFG Springfield
Cold Cereal Bowl (Frosted Mini-Spooners)	1	0.5 / 5%	0 / 0	23	100	PFG Springfield
Cold Cereal Bowl (Honey Graham Squares, Marshmallow Mateys)	1	1 / 8%	0 / 0	24	110	PFG Springfield
Cold Cereal Bowl (Honey Nut Scooters)	0.9	1 / 10%	0 / 0	19	90	PFG Springfield
Cold Cereal Bowl (Raisin Bran)	1.3	0.5 / 4%	0 / 0	28	130	PFG Springfield
Cold Cereal Bowl (Scooters)	1.4	2.5 / 13%	0 / 0	29	180	PFG Springfield
Cold Cereal Bowl (Toasty O's)	0.7	1 / 13%	0 / 0	14	70	PFG Springfield
Creamy Hot Wheat (Farina, Natural Farina)	1.2	0 / 0%	0 / 0	27	130	PFG Springfield
Good N Hearty Instant Regular Oatmeal	1	2 / 18%	0 / 0	19	100	PFG Springfield
Hearty Traditions Oatmeal (Apples & Cinnamon)	1.2	1.5 / 10%	0 / 0	27	130	PFG Springfield
Hearty Traditions Oatmeal (Quick, Old Fashioned)	1.4	3 / 18%	0.5 / 0	27	150	PFG Springfield
High Fiber Bran Cereal	1	0.5 / 4%	0 / 0	24	110	PFG Springfield
Hot Wheat Cereal (Chocolate)	1.2	0 / 0%	0 / 0	27	130	PFG Springfield
Hot Wheat Cereal (Original)	1.2	0.5 / 4%	0 / 0	27	130	PFG Springfield
Vend Pack Snacks (Cinnamon Toasters)	1	3.5 / 26%	0.5 / 0	23	120	PFG Springfield
Vend Pack Snacks (Honey Graham Squares, Marshmallow Matey's)	1	1 / 8%	0 / 0	24	110	PFG Springfield

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Mars, Inc.

Generation Max M&M Cookies	1.15	5 / 30%	1 / 0	22	150	Vistar/VSA of Hartford, Costa Fruit & Produce, Thurston Foods, Inc., HPC Hartford Provisions
M&M's Cookies	1.25	6 / 34%	1.5 / 0	24	158	Vistar/VSA of Hartford
M&M's Granola Snack Bar	1.25	4 / 27%	1.5 / 0	22	132	Vistar/VSA of Hartford
Snickers Cereal Clusters	1.25	5.5 / 37%	1.5 / 0	19	134	Vistar/VSA of Hartford
Snickers Granola Snack Bar	1.25	4 / 27%	1.5 / 0	22	132	Vistar/VSA of Hartford
Snickers Marathon Energy Bar (Chewy Chocolate Peanut)	2	7 / 29%	1.5 / 0	26	220	Snack Essentials, New England Ice Cream Corp.
Twix Cereal Clusters	1.25	5.5 / 37%	1.5 / 0	19	134	Vistar/VSA of Hartford
Twix Granola Snack Bar	1.25	4 / 27%	1.5 / 0	22	132	Vistar/VSA of Hartford

Menu Select

Animal Crackers, Individually Wrapped	0.9	1.5 / 12%	0 / 0	21	110	United Commodity Group
Cherry Nutrition Bar	1.3	5 / 29%	0 / 0	26	156	United Commodity Group
Crème Sandwich Cookie (Chocolate)	1	7 / 45%	1.5 / 0	18	140	United Commodity Group
Crème Sandwich Cookie (Strawberry, Vanilla)	1	7 / 49%	2 / 0	18	130	United Commodity Group
Individually-Wrapped Graham Crackers	0.9	3 / 27%	0 / 0	18	100	United Commodity Group

MJM Marketing, Inc.

All-Sports Bites (Vanilla)	1	3 / 25%	0.5 / 0	20	113	MJM Marketing, Inc.
Apple-Cinnamon Bear Grahams	0.9	3 / 26%	0.5 / 0	18	104	MJM Marketing, Inc.
Bear Grahams (Chocolate)	0.9	2.8 / 24%	0.8 / 0	19	106	MJM Marketing, Inc., Costa Fruit & Produce
Cinnamon Grahams-Whole Grain	0.9	3 / 26%	0.4 / 0	18	104	MJM Marketing, Inc.
Honey Graham Crackers with Fiber	0.9	3 / 28%	0.5 / 0	18	98	MJM Marketing, Inc.
Lemon Bear Grahams-Whole Grain	0.9	3.0 / 26%	0.5 / 0	18	103	MJM Marketing, Inc.
Lemon Dinosaur Grahams	0.9	3 / 25%	0.5 / 0	18	105	MJM Marketing, Inc.
Low-Fat Honey Graham Cracker	0.9	3 / 26%	0.4 / 0	18	104	MJM Marketing, Inc.
Strawberry Dinosaur Grahams	0.9	3 / 25%	0.5 / 0	18	104	MJM Marketing, Inc., Sysco Boston LLC
Tropical Treats (Orange Cream)	1	3 / 24%	0.5 / 0	19	112	New England Ice Cream Corp., Sysco Boston LLC, Thurston Foods, Inc.
Vanilla Bear Grahams	0.9	3 / 25%	0.5 / 0	18	106	MJM Marketing, Inc.
Vanilla Dinosaur Bites	1	3 / 24%	0.5 / 0	20	111	MJM Marketing, Inc.
Waffle Grahams (Apple Cinnamon, Strawberry, Blueberry)	0.9	3 / 25%	0.5 / 0	18	104	MJM Marketing, Inc.

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Nature's Path Foods

Amazon Frosted Flakes Snack Bag	1	0 / 0%	0 / 0	25	110	United Natural Foods, Inc., Costa Fruit & Produce
Envirokidz Crispy Rice Bars (Chocolate-Koala, Peanut Butter-Panda, Berry-Cheetah)	1	3 / 25%	0 / 0	20-21	110	United Natural Foods, Inc., US Foodservice-Everett, Costa Fruit & Produce, Snack Essentials
FlaxPlus Granola Snack Bag	1	4.5 / 31%	0.5 / 0	20	130	United Natural Foods, Inc., Costa Fruit & Produce
FlaxPlus Raisin Bran Snack Bag	1	1 / 10%	0.2 / 0	22	90	United Natural Foods, Inc., Costa Fruit & Produce
Fruit Juice Corn Flakes Snack Bag	1	0 / 0%	0 / 0	23	110	United Natural Foods, Inc., Costa Fruit & Produce
Gorilla Munch Cereal Snack Bag	1	0 / 0%	0 / 0	25	110	United Natural Foods, Inc., US Foodservice-Everett, Costa Fruit & Produce
Granola Bar (Apricot & Nut, Peanut Butter)	1.4	5 / 28%	1-1.5 / 0	25-26	160	United Natural Foods, Inc., Costa Fruit & Produce
Granola Bar (FlaxPlus, Cranberry)	1.4	3.5 / 21%	0.5-1.5 / 0	27	150-160	United Natural Foods, Inc., Costa Fruit & Produce
Granola Bar (HempPlus)	1.4	3 / 21%	0.5 / 0	28	130	United Natural Foods, Inc., Costa Fruit & Produce
Oaty Bites Snack Bag	1	1 / 8%	0 / 0	25	120	United Natural Foods, Inc., Costa Fruit & Produce
Synergy 8 Grain Snack Bag	1	1 / 9%	0 / 0	22	100	United Natural Foods, Inc., Costa Fruit & Produce

New England Natural Bakers

Save The Forest Organic Cereal Bar (Cinnamon Raisin)	1	4.5 / 34%	1 / 0	19	120	United Natural Foods, Inc.
Save The Forest Organic Cereal Bar (Raspberry)	1	4.5 / 31%	1 / 0	19	130	United Natural Foods, Inc.
Save The Forest Organic Trail Mix Bar (Banana Chocolate Nut)	1	4 / 33%	1 / 0	19	110	United Natural Foods, Inc.
Save The Forest Organic Trail Mix Bar (Cranberry Crunch)	1	7 / 49%	1 / 0	14	130	United Natural Foods, Inc.

nSpired Natural Foods, Inc.

O'Coco's Organic Baked Chocolate Crisps (Original, Cinnamon, Mocha)	0.7	2 / 20%	0 / 0	16	90	Gourmet Award Foods NE, Millbrook Distribution, Tree of Life NE, United Natural Foods, Inc.
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NuGo Nutrition

NuGo Family Bars (Chocolate)	1	3 / 15%	1.5 / 0	26	180	NuGo Nutrition
NuGo Family Bars (Coffee Break, Peanut Butter Pleaser)	1.8	3 / 15%	1.5 / 0	26	180	NuGo Nutrition
NuGo Family Bars (Really Vanilla)	1.8	2.5 / 13%	1.5 / 0	26	180	NuGo Nutrition

Odwalla

Nourishing Food Bar (Berries GoOmega, Carrot Raisin)	1.1	2.5 / 20%	0.5-1.0 / 0	21	110	Odwalla, United Natural Foods, Inc.
Nourishing Food Bar (Chocolate Chip Peanut, Peanut)	1.1	3.5 / 26%	0.5-1.0 / 0	19	120	Odwalla, United Natural Foods, Inc.

Organic Healthy Handfuls

Organic Cheddar Cheese Lucky Duckies Crackers	0.8	4 / 36%	0.5 / 0	14	100	Snack Essentials
Organic Oatmeal Raisin Crocodile Cookies	1	5 / 35%	0 / 0	20	130	Snack Essentials

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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PepsiCo Beverages & Foods, Quaker

Chewy 25% Less Sugar Granola Bars (Chocolate Chip, Peanut Butter Chocolate Chip)	0.8	3 / 27%	1 / 0	17	100	Contact local distributor
Chewy 25% Less Sugar Granola Bars (Cookies and Crème)	0.8	3 / 30%	0.5 / 0	18	90	Contact local distributor
Chewy 90 Calorie Granola Bar (Baked Apple, Oatmeal Raisin, Strawberry Vanilla)	0.8	2 / 20%	0 / 0	19	90	Contact local distributor
Chewy 90 Calorie Granola Bar (Chocolate Chunk, Peanut Butter, Dark Chocolate Cherry)	0.8	2 / 20%	0-0.5 / 0	18-19	90	Contact local distributor
Chewy Granola Bars (Butterfinger Pieces)	0.8	3 / 27%	1 / 0	19	100	Contact local distributor (Available through Thurston Foods, Inc.)
Chewy Granola Bars (Chocolate Chip)	0.8	3 / 27%	1.5 / 0	18	100	Contact local distributor (Available through Sysco Boston LLC, Thurston Foods, Inc., Shaheen Brothers)
Chewy Granola Bars (Low Fat S'Mores)	0.8	2 / 18%	0.5 / 0	19	100	Contact local distributor
Chewy Granola Bars (Peanut Butter Chocolate Chip)	0.8	3 / 27%	1 / 0	17	100	Contact local distributor (Available through Thurston Foods, Inc.)
LIFE Portion Pack	1	2 / 15%	0 / 0	24	120	Contact local distributor
Oatmeal To Go (Brown Sugar Cinnamon)	1.4	2 / 13%	0.5 / 0	29	140	Contact local distributor
Oatmeal To Go (Oatmeal Raisin, Apple Cinnamon)	1.4	2 / 12%	0.5 / 0	29	150	Contact local distributor
Quaker Breakfast Bar (Banana Muffin)	1.3	3 / 21%	1 / 0	26	130	Contact local distributor
Quaker Breakfast Bar (Blueberry Muffin)	1.3	3 / 19%	1 / 0	26	140	Contact local distributor
Quaker Fruit Crisp Bars (Apple Crisp, Strawberry, Mixed Berry)	1.3	3 / 21%	0.5 / 0	26-27	130	Contact local distributor
Quaker Granola Bites (Chocolate, Peanut Butter, Cinnamon)	0.7	3 / 30%	2 / 0	14	90	Contact local distributor
Quaker Oatmeal Breakfast Squares (Oatmeal Raisin)	1.4	2.5 / 16%	0.5 / 0	29	140	Contact local distributor
Simple Harvest Multigrain Chewy Granola Bar (Brown Sugar Apple)	1.2	3 / 19%	0 / 0	28	140	Contact local distributor
Simple Harvest Multigrain Chewy Granola Bar (Dark Choc. Chunk)	1.2	4 / 24%	1.5 / 0	26	150	Contact local distributor
Simple Harvest Multigrain Chewy Granola Bar (Honey Roasted Nut)	1.2	7 / 39%	1 / 0	23	160	Contact local distributor
Sweet & Salty Crunch Granola Bars (Honey Roasted Peanut)	1.2	6 / 36%	1 / 0	23	150	Contact local distributor
Sweet & Salty Crunch Granola Bars (Oats and Honey, Toffee Nut)	1.2	5 / 30%	0.5-1 / 0	24-25	150	Contact local distributor

PepsiCo Foodservice

Soft Bakes by Grandma's Chocolate Chip Cookies	1.2	6 / 36%	1.5 / 0	23	150	Contact local distributor
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Quaker Hill Farms, Inc.

Chortles Mini-Mini Chocolate Chip Cookies (Original, Chocolate)	1	3 / 22%	0.5 / 0	23	125	Quaker Hill Farms, Inc., Info available through Roco/Rick Olson
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Rich Products Corp.

Richlife School Choco Chip Cookie	0.9	3.5 / 29%	1 / 0	17	110	Info available through Fusion Sales Group
Richlife School Oatmeal Raisin Cookie	0.9	3.5 / 29%	0.5 / 0	17	110	Info available through Fusion Sales Group
Richlife School Sugar Cookie	0.9	3.5 / 32%	0.5 / 0	17	100	Info available through Fusion Sales Group

School Time Foods

Crumble Crunch	1	2 / 16%	1 / 0	18	110	School Time Foods
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Small Planet Foods, Inc.

Cascadian Farm Chewy Granola Bar (Chocolate Chip)	1.3	3 / 19%	1 / 0	25	140	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Fruit & Nut)	1.3	4 / 26%	1 / 0	24	140	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Harvest Berry, Multi Grain)	1.3	2 / 14%	0 / 0	27	130	Snack Essentials, United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Peanut Butter Chip)	1.3	4 / 26%	1 / 0	25	140	United Natural Foods, Inc.
Cascadian Farm Chewy Granola Bar (Vanilla Chip)	1.3	3 / 19%	2 / 0	26	140	United Natural Foods, Inc.

Snikiddy Snacks

Chocolate Chip Bites	0.85	4.5 / 37%	2 / 0	16	110	Snikiddy Snacks
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Sugar Foods Corporation

Super Snax Cinnamon Toast Bites	0.75	3 / 30%	0 / 0	15	90	Thurston Foods, Inc. Info available through Benchmark Sales
Super Snax Cookie Minis	1	4 / 30%	0.5 / 0	21	120	Thurston Foods, Inc. Info available through Benchmark Sales

Super Bakery, Inc.

Goodyman Marshmallow Crispy Squares	0.8	2 / 20%	1 / 0	17	90	Info available through Fusion Sales Group
Goodyman Marshmallow Crispy Squares	1.2	3 / 21%	1.5 / 0	25	130	Info available through Fusion Sales Group

The Hain Celestial Group, Inc.

Health Valley Café Creations Vanilla Crème Sandwich Bars	1.4	2 / 14%	0 / 0	28	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Berry Parfait Yogurt, French Vanilla Yogurt)	1.3	3 / 21%	1-1.5 / 0	24	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Fig Cobbler)	1.4	2.5 / 17%	0 / 0	26	130	United Natural Foods, Inc.
Health Valley Cereal Bar (Strawberry Cobbler, Blueberry Cobbler, Apple Cobbler)	1.3	2 / 14%	0 / 0	27	130	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Dutch Apple, Chocolate Chip)	1	1.5 / 14%	0.5 / 0	20-32	100	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Peanut Crunch)	1	2.5 / 20%	1 / 0	21	110	Snack Essentials, United Natural Foods, Inc.
Health Valley Moist & Chewy Granola Bar (Strawberry, Raspberry)	1	1.5 / 12%	1 / 0	22-32	110	Snack Essentials
Health Valley Moist & Chewy Granola Bar (Wild Berry)	1	1.5 / 12%	1 / 0	22	110	Snack Essentials, United Natural Foods, Inc.
Health Valley Peanut Butter bar/Chocolate filling	1.3	2.5 / 17%	0 / 0	26	130	Snack Essentials, United Natural Foods, Inc.
Health Valley Peanut Butter bar/Grape filling	1.3	2.5 / 17%	0 / 0	26	130	Snack Essentials
Health Valley Peanut Butter bar/Strawberry filling	1.3	2.5 / 17%	0 / 0	26	130	Snack Essentials
Health Valley Trail Mix Granola Bars (Cranberries/Nuts/Yogurt Chips)	1.3	4 / 26%	1 / 0	23	140	United Natural Foods, Inc.
Health Valley Trail Mix Granola Bars (Raisins/Nuts/Yogurt Chips)	1.3	4 / 26%	1 / 0	23	140	United Natural Foods, Inc.

Tropical Nut & Fruit

Cheese Smackers	1.25	7 / 58%	2 / 0	23	108	Tropical Nut & Fruit
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U.S. Mills, Inc.

Uncle Sam Cereal Bar (Apple Berry)	1.76	3 / 15%	1 / 0	28	180	Snack Essentials
Uncle Sam Cereal Bar (Oatmeal Raisin)	1.76	3 / 15%	1 / 0	28	180	Snack Essentials, United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Undercover Vegetable Company

Yotta Bars (Apple Cinnamon, Cherry, Orange)

1.2	1 / 8%	0 / 0	25-26	120	United Natural Foods, Inc.
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Zoe Foods

Zoe's Bars (Heavenly Apple)

1.7	5 / 25%	0.5 / 0	28	180	Snack Essentials, United Natural Foods, Inc.
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Zoe's Bars (Peanut Butter Paradise)

1.7	6 / 28%	1 / 0	27	190	Snack Essentials, United Natural Foods, Inc.
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<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Frozen Desserts

Brothers International Desserts, Inc.

NutriFreeze (Strawberry, Tropical, Sour Cherry, Fresh Orange)	2.75	0 / 0%	0 / 0	12-16	50-70	Brothers International Desserts, Inc., Cronin's Ice Cream
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Crowley Foods

Peaks Nonfat Frozen Yogurt (Vanilla, Chocolate)	4	0 / 0%	0 / 0	22	110	New England Ice Cream Corp.
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Dolly Madison Ice Cream

Dolly Madison Fat Free Frozen Yogurt (Chocolate, Vanilla)	4	0 / 0%	0 / 0	18-19	90	New England Ice Cream Corp.
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Emilee's Italian Ice

Emilee's Italian Ice (Lipsmakin' Lemon, Watch Hill Watermelon)	3	0 / 0%	0 / 0	12-13	53	Cronin's Ice Cream, Sysco Boston LLC, Sysco Food Services of CT
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Frostbite Dairy

Chocolate Yogurt Cup	4	2 / 15%	1 / 0	23	122	Contact local distributor. Garelick Farms
Country Fresh Fudge Bar	2.5	1 / 10%	0.5 / 0	18	90	Contact local distributor. Garelick Farms
Sherbet Cup (Lemon)	4	1 / 7%	0.5 / 0	28	130	Garelick Farms
Sherbet Cup (Orange)	4	1 / 10%	0.5 / 0	20	90	Garelick Farms
Vanilla Yogurt Cup	4	2 / 19%	1 / 0	16	95	Contact local distributor. Garelick Farms

Gaga's SherBetter

GaGa's SherBetter On a Stick (Chocolate, Lemon)	2.5	2.5 / 23%	1.5 / 0	18-20	100	United Natural Foods, Inc.
GaGa's SherBetter On a Stick (Orange)	2.5	2 / 16%	1.5 / 0	21	110	United Natural Foods, Inc.
GaGa's SherBetter On a Stick (Raspberry)	2.5	2.5 / 25%	1.5 / 0	17	90	United Natural Foods, Inc.

Good Humor - Breyers

Good Humor Low Fat Ice Cream Bar (Strawberry & Cream)	2.7	0.5 / 6%	0 / 0	15	70	Contact local distributor. Available through Cronin's Ice Cream, Cirelli Foods, Inc., PFG Springfield, New England Ice Cream Corp., Dari Farms
Good Humor Low Fat Ice Cream Bar (Vanilla & Chocolate)	2.7	1 / 13%	0.5 / 0	15	70	Contact local distributor. Available through Cronin's Ice Cream, Cirelli Foods, Inc., PFG Springfield, New England Ice Cream Corp., Dari Farms
Low Fat Cookies & Cream Bar	2.7	2 / 16%	1 / 0	23	110	Garelick Farms, Dari Farms, , Cronin's Ice Cream, New England Ice Cream Corp.
Low Fat Ice Cream Sandwich	3	2 / 14%	1 / 0	26	130	Garelick Farms, Cronin's Ice Cream, Dari Farms

Good Humor - Breyers - Popsicle

Creamsicle	2.7	3 / 25%	2 / 0	20	110	Cronin's Ice Cream, Dari Farms
Fudgsicle Bar	2.7	2.5 / 23%	2 / 0	19	100	Cronin's Ice Cream, Dari Farms
Peel A Pop (Raspberry & Orange with Lime)	2.7	0 / 0%	0 / 0	19	80	New England Ice Cream Corp., Cronin's Ice Cream
Pop Ups (Orange Burst)	2.8	1 / 11%	0 / 0	19	80	New England Ice Cream Corp., Cronin's Ice Cream, Dari Farms
Pop Ups (Reckless Rainbow)	2.8	1 / 10%	0 / 0	19	90	New England Ice Cream Corp., Cronin's Ice Cream, Dari Farms
Popsicle Firecracker Jr.	1.6	0 / 0%	0 / 0	8	35	Garelick Farms, New England Ice Cream Corp., Cronin's Ice Cream, Dari Farms
Popsicle Scribblers	2.1	0 / 0%	0 / 0	15	60	Garelick Farms, New England Ice Cream Corp., Cronin's Ice Cream, Dari Farms

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Kemps LLC

Fudge Bar	3	0 / 0%	0 / 0	23	100	New England Ice Cream Corp.
Nonfat Frozen Yogurt Cup (Raspberry, Vanilla, Chocolate)	4	0 / 0%	0 / 0	20-23	90-110	New England Ice Cream Corp.
Orange Cream Bar	3	2 / 18%	1 / 0	19	100	New England Ice Cream Corp.

Lafayette Foods

FruitStix (Strawberry, Watermelon)	4	0 / 0%	0 / 0	18	70	Garelick Farms
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Launch Frozen Innovations Inc.

Launch Bars (Chocolate Monkey, Too-Berry)	1.8	1 / 17%	0.3 / 0	6-7	52	Info available through American Patriot Sales
Launch Bars (Pomonade)	1.8	1.5 / 28%	0.4 / 0	7	49	Info available through American Patriot Sales

M&B Products, Inc.

Mr. J Frozen Dessert Bars (Blue Raspberry)	2.25	0.2 / 3%	0 / 0	12	50	New England Ice Cream Corp.
Mr. J Frozen Dessert Bars (Orange, Fruit Punch, Grape, Cherry Apple, Strawberry)	2.25	0.2 / 3%	0 / 0	12	50	New England Ice Cream Corp.

Mister Cookie Face

Yoo-hoo Chocolate Fudge Bar	3	1 / 13%	0.5 / 0	15	70	New England Ice Cream Corp.
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MolliCoolz LLC

MolliCoolz Strawberry & Vanilla Yogurt Rocks	2.5	0.5 / 9%	0 / 0	12	50	New England Ice Cream Corp.
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Natural Choice Foods Inc.

Full of Fruit Frozen Fruit Bars (Orange, Raspberry, Strawberry)	2.75	0 / 0%	0 / 0	13-16	50-60	United Natural Foods, Inc.
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Nestle USA, Inc.

Edy's Fruit Bars (Strawberry)	4	0 / 0%	0 / 0	21	80	New England Ice Cream Corp., Garelick Farms
Eskimo Pie Soft Serve Non-Fat Yogurt (Chocolate, French Vanilla, Classic Vanilla)	3	0 / 0%	0 / 0	16-17	75-83	New England Ice Cream Corp., Garelick Farms
Fudge Bar	3	2 / 16%	1 / 0	21	110	New England Ice Cream Corp., Garelick Farms
Nestle Delicias Bar (Mango)	3	3.5 / 32%	2 / 0	16	100	New England Ice Cream Corp., Garelick Farms
Nestle Delicias Bar (Pineapple, Strawberry)	3	0 / 0%	0 / 0	20-21	80-90	New England Ice Cream Corp., Garelick Farms
Nestle Orange Push Up	2.75	1 / 11%	0.5 / 0	18	80	Garelick Farms

Oregon Ice Cream Co.

Julie's Organic Frozen Yogurt Bar (Strawberry)	2.5	2 / 18%	1 / 0	20	100	United Natural Foods, Inc.
Julie's Organic Sorbet Bars (Blackberry, Mandarin, Mango Passion)	2.5	0 / 0%	0 / 0	16-18	60-70	United Natural Foods, Inc.

Palapa Azul, Inc.

Palapa Azul Frozen Fruit Bars (Mango, Strawberry, Watermelon)	2.75	0 / 0%	0 / 0	13-18	50-70	United Natural Foods, Inc.
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Rich's Ice Cream Co., Inc.

Big Banana	3	1.5 / 15%	1 / 0	17	89	New England Ice Cream Corp.
Crazy Coconut	3	1.5 / 15%	1 / 0	17	89	New England Ice Cream Corp.
Low Fat IC Sandwich	4	3 / 17%	1 / 0	30	160	New England Ice Cream Corp.
Lowfat Chocolate Ice Cream Cup	3	1.5 / 19%	1 / 0	15	70	Garelick Farms
Lowfat Chocolate Shortcake Bar	3	4.5 / 29%	1.5 / 0	22	140	Garelick Farms
Lowfat Strawberry Ice Cream Cup	3	1.5 / 19%	1.5 / 0	14	70	Garelick Farms
Lowfat Strawberry Shortcake Bar	3	3.5 / 24%	1 / 0	23	130	Garelick Farms
Lowfat Vanilla Cup	3	1.5 / 19%	1.5 / 0	14	70	Garelick Farms
Orange Cream Bar	3	1 / 10%	1 / 0	18	90	New England Ice Cream Corp., Garelick Farms
Polar Pole Push Up (Orange, Rainbow)	2.75	1 / 13%	0.5 / 0	13	70	Garelick Farms

S.R. Rosati, Inc.

Casper The Friendly Ghost Seasonal Ice Cup	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Charms Blow Pop Blue Razz Italian Ice Cup with Fruit Juice	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Crybaby Sour Apple Italian Ice Cup with Fruit Juice	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Crybaby Sour Cherry Italian Ice Cup with Fruit Juice	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Dubble Bubble Bubble Gum Italian Ice Cup with Fruit Juice (no gum included!)	4	0 / 0%	0 / 0	30	118	New England Ice Cream Corp.
North Pole Seasonal Ice Cup	4	0 / 0%	0 / 0	25	98	New England Ice Cream Corp.
Peter Cottontail Seasonal Ice Cup	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Sno' Joe Seasonal Ice Cup	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Swee' Heart Seasonal Ice Cup	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.
Typhoon Blue Raz/Lemonade Italian Ice Cup with Fruit Juice	4	0 / 0%	0 / 0	25	96	New England Ice Cream Corp.

Turtle Mountain, LLC

Sweet Nothings Non-Dairy Fudge Bar	2.5	0 / 0%	0 / 0	23	100	United Natural Foods, Inc.
Sweet Nothings Non-Dairy Mango Raspberry Bar	2.5	0 / 0%	0 / 0	23	100	United Natural Foods, Inc.

Washburn's Dairy, Inc.

All Star Natural Sherbet Cups (Lemon, Orange, Raspberry)	4	1 / 7%	0.5 / 0	28	130	New England Ice Cream Corp.
Reduced Fat Chocolate Cone	3	3.4 / 21%	1.5 / 0	14	148	Dari Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Chocolate/Vanilla Cup	3	2.5 / 30%	1 / 0	14	75	Dari Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Ice Cream Sandwich	3	4 / 23%	1.5 / 0	28	160	Dari Farms, Cronin's Ice Cream, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Reduced Fat Vanilla Cone	3	3.4 / 21%	1.5 / 0	14	148	Dari Farms, Casey's Ice Cream, Inc., New England Ice Cream Corp.
Sauce Cup (Chocolate)	3	3 / 22%	2 / 0	22	124	New England Ice Cream Corp.
Sauce Cup (Strawberry)	3	3 / 22%	2 / 0	22	124	New England Ice Cream Corp.

	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Wells' Dairy Inc.

Blue Bunny Fudge Bar	3	1.5 / 10%	1 / 0	25	130	New England Ice Cream Corp.
Blue Bunny Cool Daze Chocolate Sundae Crunch Bar	3	5 / 28%	1.5 / 0	25	160	New England Ice Cream Corp.
Blue Bunny Cool Daze Freezy Fruit Punch Pop	2	0 / 0%	0 / 0	10	45	New England Ice Cream Corp.
Blue Bunny Cool Daze Fudge Dream Bar	2.5	1.5 / 15%	1 / 0	16	90	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Cup (Birthday Cake)	3	1 / 13%	0.5 / 0	13	70	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Cup (Cotton Candy)	3	1 / 13%	0.5 / 0	12	70	New England Ice Cream Corp.
Blue Bunny Cool Daze Low Fat Ice Cream Sandwich	3	2.5 / 17%	1.5 / 0	25	130	New England Ice Cream Corp.
Blue Bunny Cool Daze Strawberry Sundae Crunch Bar	3	5 / 28%	1 / 0	26	160	New England Ice Cream Corp.
Blue Bunny FrozFruit (Chunky Mango, Chunky Pineapple, Chunky Strawberry, Double Lime)	4	0 / 0%	0 / 0	21-26	80-100	New England Ice Cream Corp.
Blue Bunny Orange Dream Bar	3	2 / 18%	1 / 0	20	100	New England Ice Cream Corp.
Blue Bunny Orange Sherbet Cool Tubes	3	1 / 11%	0.5 / 0	18	80	New England Ice Cream Corp.
Blue Bunny Rainbow Sherbet Cool Tubes	3	1 / 11%	0.5 / 0	18	80	New England Ice Cream Corp.
Blue Bunny Sweet Freedom Fat Free No Sugar Added Vanilla Fudge Bar	3.5	0 / 0%	0 / 0	20	80	New England Ice Cream Corp.
Blue Bunny Twists Choc-Van Pudding Pop	1.8	2.5 / 23%	0.5 / 0	17	100	New England Ice Cream Corp.
Weight Watchers' Giant Cookies & Cream Ice Cream Bar	4	5 / 32%	1.5 / 0	25	140	New England Ice Cream Corp.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
Fruit, Dried Fruit, Fruit Cups						
<i>Azar Nut Co.</i>						
Raisins	1	0 / 0%	0 / 0	22	90	Azar Nut Co. Info available through Pinnacle Food Brokers
<i>Bare Fruit LLC</i>						
Organic Cinnamon Apple Crisps	0.6	0 / 0%	0 / 0	12	44	Vistar/VSA of Hartford
Organic Dried Banana/Cherry	1	0 / 0%	0 / 0	12	54	Vistar/VSA of Hartford
Organic Dried Pears	0.6	0 / 0%	0 / 0	12	47	Vistar/VSA of Hartford
Organic Dried Pineapple/Mango	1	1 / 15%	0 / 0	14	59	Vistar/VSA of Hartford
<i>Brothers All Natural</i>						
Brothers-All-Natural Apple Crisps	0.4	0 / 0%	0 / 0	9	39	Brothers All Natural
Brothers-All-Natural Banana Crisps	0.6	0 / 0%	0 / 0	16	66	Brothers All Natural
Brothers-All-Natural Pear Crisps	0.4	0 / 0%	0 / 0	9	40	Brothers All Natural
Brothers-All-Natural Pineapple Crisps	0.5	0 / 0%	0 / 0	14	60	Brothers All Natural
Brothers-All-Natural Strawberry Banana Crisps	0.4	0 / 0%	0 / 0	11	46	Brothers All Natural
Brothers-All-Natural Strawberry Crisps	0.3	0 / 0%	0 / 0	6	30	Brothers All Natural
Brothers-All-Natural White & Yellow Peach Crisps	0.2	0 / 0%	0 / 0	7	32	Brothers All Natural
<i>Crazy Apples, Inc.</i>						
Crazy Apples (Bubble Gum, Cotton Candy, Pomegranate Grape, Lemon Lime, Cran Raspberry, Tropical Blast)	4	0 / 0%	0 / 0	16	59	Info available through Crazy Apples, Inc.
Crazy Apples (Bubble Gum, Cotton Candy, Pomegranate Grape, Lemon Lime, Cran Raspberry, Tropical Blast)	5	0 / 0%	0 / 0	20	73	Info available through Crazy Apples, Inc.
<i>Crunch Pak</i>						
Crunch Pak Sliced Apples (Sweet, Tart)	6	0 / 0%	0 / 0	21	90	Crunch Pak
Crunch Pak Snak Pak Sliced Apples (Sweet, Tart)	2	0 / 0%	0 / 0	7	30	Crunch Pak
<i>Dakota Gourmet</i>						
Fruit Jerky (Sour Apple)	0.7	0 / 0%	0 / 0	16	70	New England Ice Cream Corp.
Fruit Jerky (Strawberry-Kiwi)	0.7	0 / 0%	0 / 0	16	70	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
<i>Dole Fresh Fruit Co.</i>						
Dole Fruit Bowls Diced Peaches in Light Syrup	4	0 / 0%	0 / 0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Diced Pears in Light Syrup	4	0 / 0%	0 / 0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Mixed Fruit in Light Syrup	4	0 / 0%	0 / 0	19	80	Contact local distributor. Info. available through Benchmark Sales
Dole Fruit Bowls Pineapple Tidbits in Pineapple Juice	4	0 / 0%	0 / 0	16	60	Contact local distributor. Available through Sysco Boston LLC. Info available through Benchmark Sales
Dole Fruit Bowls Tropical Fruit Salad in Juice	4	0 / 0%	0 / 0	19	80	Contact local distributor. Available through Sysco Boston LLC. Info. available through Benchmark Sales
<i>Eden Foods, Inc.</i>						
Organic Applesauce Cups (Cherry, Cinnamon, Just Apple, Strawberry)	4	0 / 0%	0 / 0	13-17	60-70	United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Fruiticana, LLC

Fruiticana (Apple, Apricot, Banana, Cantaloupe, Grapefruit, Lemonade, Mango, Orange, Raisin)	4	0 / 0%	0 / 0	20-30	80-120	Fruiticana, LLC
Fruiticana (Blueberry, Pineapple)	3.5	0 / 0%	0 / 0	28-29	114-123	Fruiticana, LLC
Fruiticana (Strawberry)	3.75	0 / 0%	0 / 0	30	122	Fruiticana, LLC

Funky Monkey Snacks

Funky Monkey Fruit That Crunches! (Bananamon,	1	0 / 0%	0 / 0	27	110	United Natural Foods, Inc.
Funky Monkey Fruit That Crunches! (Purple Funk)	1	1 / 8%	0 / 0	26	120	United Natural Foods, Inc.

Kar Nut Products Co.

Raisins	1	0 / 0%	0 / 0	22	90	Kar Nut Products Co.
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Kellogg's

FruitaBu Smooshed Grape Fruit Flats	0.4	0 / 0%	0 / 0	10	40	Contact local distributor
FruitaBu Smooshed Strawberry Fruit Flats	0.4	0 / 0%	0 / 0	10	40	Contact local distributor

Kettle Valley Dried Fruit

Real Fruit Bars (Wildberry, Strawberry, Sour Apple, Watermelon)	0.7	0 / 0%	0 / 0	16	70	SunOpta-Dakota Gourmet, Snack Essentials, New England Ice Cream Corp.
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Knouse Foods, Inc.

Musselman's Cinnamon Apple Sauce	4	0 / 0%	0 / 0	20	80	Contact local distributor (Available through U.S. Foodservice-Peabody, PFG NorthCenter, Thurston Foods, Inc. Info available through American Patriot Sales)
Musselman's Healthy Picks Apple Sauce (Blueberry, Pomegranate, Raspberry Acai, Key Lime Cupuacu)	4	0 / 0%	0 / 0	17	70	Info available through American Patriot Sales
Musselman's Light "No Sugar Added" Fruit 'N' Sauce (Mango, Peach)	4	0 / 0%	0 / 0	7-14	70	Contact local distributor (Available through U.S. Foodservice-Peabody, PFG NorthCenter, Thurston Foods, Inc. Info available through American Patriot Sales)
Musselman's Natural Apple Sauce	4	0 / 0%	0 / 0	12	50	Contact local distributor (Available through U.S. Foodservice-Peabody, PFG NorthCenter, Thurston Foods, Inc. Info available through American Patriot Sales)
Musselman's Totally Fruit Applesauce (Peach, Strawberry, Apple)	4	0 / 0%	0 / 0	21-24	90-100	Info available through American Patriot Sales
Sahara Burst Applesauce in Apple Juice	4	0 / 0%	0 / 0	12	50	Sysco Boston LLC. Info available through American Patriot Sales. Sysco Foodservices of Northern New England

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Menu Select

Applesauce Cup (Plain, Cherry, Cinnamon, Strawberry, Strawberry Banana)	4	0 / 0%	0 / 0	22-30	90-120	United Commodity Group
Applesauce Cups (Rockin' Blue Raspberry, Wild Watermelon, Groovy Grape, Super Sour Apple)	4	0 / 0%	0 / 0	16	70	United Commodity Group
Diced Mixed Fruit Cup (Apple/Apricots)	4	0 / 0%	0 / 0	21	80	United Commodity Group
Diced Mixed Fruit Cup (Peaches/Pears/Pineapple)	4	0 / 0%	0 / 0	13	50	United Commodity Group
Diced Peach Cup	4	0 / 0%	0 / 0	11	45	United Commodity Group
Diced Peaches in Strawberry Gel	4	0 / 0%	0 / 0	21	80	United Commodity Group
Diced Pear Cup	4	0 / 0%	0 / 0	11	45	United Commodity Group
Mixed Fruit in Cherry Gel (Apples/Apricots)	4	0 / 0%	0 / 0	21	80	United Commodity Group

Peak Harvest Foods

Crunchy Apple Stix	0.7	0 / 0%	0 / 0	12	46	Peak Harvest Foods
Crunchy Apple Stix	1.6	0.2 / 0%	0 / 0	28	104	Peak Harvest Foods

Peterson Farms Fresh, Inc.

Apple Slices	2	0 / 0%	0 / 0	7	30	Peterson Farms Fresh, Inc.
Grapes	2	0 / 0%	0 / 0	10	40	Peterson Farms Fresh, Inc.
Orange Wedges	3	0 / 0%	0 / 0	7	50	Peterson Farms Fresh, Inc.
Organic Apple Slices	2	0 / 0%	0 / 0	7	30	Peterson Farms Fresh, Inc.

Santa Cruz Organic

Organic Apple Sauce Cups (Apple, Apple Apricot, Apple Blackberry, Apple Blueberry, Apple Cinnamon, Apple Raspberry)	4	0 / 0%	0 / 0	13-19	60-70	United Natural Foods, Inc.
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Seneca Foods Corp.

Caramel Apple Chips	0.7	5 / 45%	1 / 0	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC
Cinnamon Apple Chips	0.7	5 / 45%	1 / 0	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC
Original Red Delicious Apple Chips	0.7	5 / 45%	1 / 0	14	100	Cirelli Foods, Inc., Thurston Foods, Inc., HPC

Sun Rich Fresh Foods, Inc.

Fruit in a Flash Apple Slices	2	0 / 0%	0 / 0	8	30	Sysco Boston LLC
Fruit in a Flash Apple Slices & Grapes	4	0 / 0%	0 / 0	18	67	Sysco Boston LLC

Sun Rype USA

Fruit Strips (Strawberry, Wildberry, Cherry)	0.5	0 / 0%	0 / 0	12	45-50	Devine Culinary
Squiggles (Wild Strawberry, Raspberry Citrus)	0.6	0 / 0%	0 / 0	16	60	Devine Culinary

Sunkist Growers, Inc.

Sunkist Fun Fruit (Apple Grins, Grape Giggles, Orange Smiles, Pineapple Spears)	2-3.5	0 / 0%	0 / 0	9-12	35-45	Sunkist Growers, Inc.
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Sysco Corp.

Imperial California Sun-Dried Raisins	1.5	0 / 0%	0 / 0	31	130	Contact local Sysco distributor
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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The Power of Fruit, Inc.

The Power of Fruit Original All Fruit Bar (Natural Choice Organic-Raspberry)	1.75	0 / 0%	0 / 0	10	38	The Power of Fruit, Inc.
The Power of Fruit Original All Fruit Bar (Power of Fruit-Original)	1.75	0.1 / 3%	0 / 0	7	28	The Power of Fruit, Inc.

Vermont Village Cannery

Organic Apple Sauce (Peach)	4	0 / 0%	0 / 0	19	80	United Natural Foods, Inc.
Organic Apple Sauce (Strawberry Banana, Mixed Berry, Cinnamon Apple, Unsweetened Apple)	4	0 / 0%	0 / 0	19	80	Associated Buyers, United Natural Foods, Inc.

Walnut Acres, The Hain Celestial Group, Inc.

Fruit Squeezies (Berry Wild, Wild Apple)	2	0 / 0%	0 / 0	9-10	35-40	Snack Essentials
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Woodstock Farms

Organic Applesauce (Plain, Apricot, Blueberry, Cinnamon, Mango, Raspberry)	4	0 / 0%	0 / 0	13-17	50-70	United Natural Foods, Inc.
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Yo Bites

Yo Bites Apple Slices	2	0 / 0%	0 / 0	8	20	Available through Yo Bites
Yo Bites Apple Slices	4	0 / 0%	0 / 0	16	40	Available through Yo Bites

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Muffins, Bagels, Pastries

Aesops Bagels

Bagel Stuffers (Cheese Pizza)	2.5	2.5 / 14%	1.5 / 0	28	160	Original Pizza of Boston
Cinnamon Raisin Bagel	2.5	1 / 5%	0 / 0	21	183	Available through Costa Fruit & Produce, Thurston Foods, Inc.

Bake Crafters Food Company

Bagel Half (Honey Wheat)	1	0.5 / 5%	0 / 0	20	94	New England Ice Cream Corp., Costa Fruit & Produce
Bagel Half (Plain)	1	0 / 0%	0 / 0	15	73	New England Ice Cream Corp., Costa Fruit & Produce
Bagel, Sliced (Cinnamon Raisin, Plain)	2	1 / 6%	0 / 0	29-30	145	New England Ice Cream Corp., Costa Fruit & Produce
Bagel, Unsliced (Cinnamon Raisin)	2	1 / 6%	0 / 0	30	145	New England Ice Cream Corp., Costa Fruit & Produce
Low Fat Muffin (Banana, Apple Blossom)	2	0.5 / 4%	0 / 0	30	130	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Low Fat Muffin (Blueberry)	2	0.5 / 4%	0 / 0	29	120	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Low Fat Muffin (Corn)	2	2.5 / 15%	0 / 0	26	150	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Party Time Cup Cakes (Chocolate)	1.5	5 / 27%	2 / 0	29	170	Info available through Venture Sales Group
Party Time Cup Cakes (White)	1.5	3.5 / 23%	1 / 0	28	140	Info available through Venture Sales Group
Whole Grain Bagel, Sliced	2	1 / 6%	0 / 0	23	140	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Breakfast Buns	2	4.5 / 24%	1 / 0	29	170	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Fortified Muffin (Apple Cinnamon)	2	6 / 34%	1 / 0	25	160	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Fortified Muffin (Blueberry, Banana)	2	5 / 30%	1 / 0	24-25	150	Costa Fruit & Produce, PFG Springfield, Original Pizza of Boston, Thurston Foods, Inc.
Whole Grain Mini Loaf (Apple Cinnamon)	2	5 / 28%	1 / 0	25	160	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Mini Loaf (Banana)	2	5 / 30%	1 / 0	24	150	New England Ice Cream Corp., Costa Fruit & Produce
Whole Grain Mini Loaf (Blueberry)	2	6 / 30%	1 / 0	24	180	New England Ice Cream Corp., Costa Fruit & Produce

Bosco's Pizza Co.

Higher Fiber Reduced Fat 4" Bosco Stick	3	6 / 28%	2 / 0	30	190	Thurston Foods, Inc., Costa Fruit & Produce
Higher Fiber Reduced Fat 7" Bosco Stick	3	6 / 30%	2 / 0	28	180	Sysco Boston LLC, Thurston Foods, Inc., Costa Fruit & Produce

Flowers Foods Specialty Group, LLC

Mrs. Freshley's 100 Calorie Pack Mini Blueberry Muffins	1.3	3 / 27%	1 / 0	22	100	New England Ice Cream Corp., Vistar/VSA of Hartford
Mrs. Freshley's 100 Calorie Pack Mini Crème Filled Chocolate Cupcakes	1.3	3 / 27%	1 / 0	23	100	New England Ice Cream Corp., Vistar/VSA of Hartford

Hadley Farms Bakery

Whole Grain Cinnamon Roll	1.5	4 / 26%	1 / 0	23	140	Info available through Food For Thought Brokerage,
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Horizon Food Group

Cutie Pie Whole Grain Real Fruit Turnovers (Apple)	2	5 / 27%	1.5 / 0	29	166	New England Ice Cream Corp.
Cutie Pie Whole Grain Real Fruit Turnovers (Cherry, Peach)	2	5 / 27%	1.5 / 0	30	168	New England Ice Cream Corp.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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J&J Snacks Corp.

Tio Pepe's Fruit Filled Churros (Apple)	1.8	4 / 24%	1 / 0	27	150	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield, Roma Foods of Hartford, Shaheen Brothers
Tio Pepe's Fruit Filled Churros (Raspberry)	1.8	4 / 23%	1 / 0	28	160	Sysco Boston LLC, Thurston Foods, Inc., PFG Springfield, Roma Foods of Hartford, Shaheen Brothers

JSB Industries Muffintown

Banana Fortified Muffin	2	7 / 37%	1 / 0	26	170	Costa Fruit & Produce, Thurston Foods Inc.
Blueberry Fortified Muffin	2	6 / 34%	1 / 0	24	160	Costa Fruit & Produce, Thurston Foods Inc.
Blueberry Muffin	2	6 / 32%	1 / 0	25	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Carrot-Pineapple Fortified Snack'n Loaf	2	6 / 34%	1 / 0	25	160	PFG Springfield
Corn Muffin	2	4 / 23%	0.5 / 0	28	160	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Cranberry Muffin	2	7 / 37%	1 / 0	24	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, Sysco Boston LLC, U.S. Foodservice-Peabody, Thurston Foods, Inc., Vistar/VSA of Hartford
Lemon-Blueberry Fortified Snack'n Loaf	2	6 / 32%	1 / 0	24	170	PFG Springfield
Muffin (Apple Cinnamon, Cranberry)	2	7 / 37%	1 / 0	24-26	170	Costa Fruit & Produce, PFG Springfield, Thurston Foods Inc.
Muffin (Blueberry)	2	6 / 32%	1 / 0	25	170	Costa Fruit & Produce, PFG Springfield, Thurston Foods Inc.
Raisin Bran Fortified Snack'n Loaf	2	4 / 24%	0.5 / 0	29	150	PFG Springfield
Snack'n Loaf (Apple Cinnamon, Cherry)	2	7 / 35%	1 / 0	28	180	PFG Springfield, Original Pizza of Boston
Snack'n Loaf (Carrot)	2	6 / 34%	1 / 0	26	160	PFG Springfield, Original Pizza of Boston

Kellogg's

Blueberry Muffin Tops	1.7	5 / 32%	1.5 / 0	22	140	Contact local distributor
Chocolate Chip Muffin Tops	1.7	5 / 30%	1.5 / 0	22	150	Contact local distributor
Eggo Nutri-Grain Pancake with Whole Grain	1.3	2 / 23%	0 / 0	13	80	Contact local distributor
Eggo Nutri-Grain Waffle with Whole Grain	1.3	3 / 34%	0.5 / 0	13	80	Contact local distributor
French Toast Waffles	1.6	5 / 32%	2 / 0	20	140	Contact local distributor

Malt-O-Meal Company

100 Calorie Pack Snacks (Blueberry Muffin Tops)	0.8	2.5 / 23%	0.5 / 0	18	100	PFG Springfield
Vend Pack Snacks (Blueberry Muffin Tops)	1	3 / 23%	0.5 / 0	23	120	PFG Springfield

Menu Select

Individually-Wrapped Muffin (Cinnamon Raisin Bran)	2	7 / 39%	1 / 0	29	160	United Commodity Group
Muffin (Apple Spice, Blueberry)	2	6 / 34%	1 / 0	24	160	United Commodity Group
Muffin (Chocolate Chip)	2	7 / 35%	2 / 0	27	180	United Commodity Group

Nadja Foods

Brownie	1.8	3.3 / 20%	1 / 0	27	145	Sysco Boston LLC
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Nestle USA, Inc.

Belgian Chef Whole Grain Waffle Stix (Cinnamon)	2.2	2 / 13%	0.5 / 0	28	140	Thurston Foods, Inc.
Belgian Chef Whole Grain Waffle Stix (Plain)	2.2	2 / 13%	0.5 / 0	29	140	Thurston Foods, Inc., Sysco Boston LLC

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Otis Spunkmeyer, Inc.

Otis Spunkmeyer Delicious Essentials Muffin (Banana)	1.8	5 / 26%	1 / 0	26	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, US Food Service Everett & Peabody, New England Ice Cream Corp.
Otis Spunkmeyer Delicious Essentials Muffin (Chocolate Chocolate Chip, Apple Cinnamon)	1.8	6 / 32%	1.0-1.5 / 0	28-29	170	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, US Food Service Everett & Peabody, New England Ice Cream Corp.
Otis Spunkmeyer Delicious Essentials Muffin (Wild Blueberry)	1.8	5 / 28%	1 / 0	27	160	Costa Fruit & Produce, Original Pizza of Boston, PFG Springfield, PFG North Center, US Food Service Everett & Peabody, New England Ice Cream Corp.

Rich Products Corp.

The Ultimate Breakfast Round	1.5	5 / 28%	1.5 / 0	26	160	Info available through Fusion Sales Group
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Signature Breads

Baby Breadstick	0.75	1 / 15%	0 / 0	11	60	U.S. Foodservice-Everett, Norwich, Peabody
Soft Breadstick	1.5	2 / 15%	0 / 0	23	120	U.S. Foodservice-Everett, Norwich, Peabody

Sky Blue Bakery

Mini Honey Wheat Breakfast Bar	1.25	2 / 14%	0.3 / 0	26	133	New England Ice Cream Corp., Sysco Boston LLC
Mini Whole Wheat Breakfast Bun	1.6	3.5 / 22%	1 / 0	23	144	New England Ice Cream Corp.

Super Bakery, Inc.

30-10-30 Cupcake (Chocolate)	1.5	3.5 / 24%	1.5 / 0	28	130	Info available through Fusion Sales Group. Costa Fruit & Produce
30-10-30 Cupcake (White)	1.5	3.5 / 23%	1 / 0	28	140	Info available through Fusion Sales Group. Costa Fruit & Produce
Snack & Smile Mini Loaf (Blueberry)	2	6 / 28%	1 / 0	30	190	Info available through Fusion Sales Group
Snack & Smile Mini Loaf (Carrot)	2	7 / 33%	1 / 0	30	190	Info available through Fusion Sales Group
The MVP Breakfast Baked Bun	1.8	4.5 / 21%	1.5 / 0	28	190	Info available through Fusion Sales Group. Costa Fruit & Produce
Ultra 100% Whole Wheat Mini Loaf (Dreamy Orange)	2	7 / 35%	1 / 0	28	180	Info available through Fusion Sales Group
Ultra 100% Whole Wheat Mini Loaf (Very Berry)	2	6 / 30%	1 / 0	30	180	Info available through Fusion Sales Group
Ultra 100% Whole Wheat Muffin (Dreamy Orange)	2	7 / 35%	1 / 0	28	180	Info available through Fusion Sales Group
Ultra 100% Whole Wheat Muffin (Very Berry)	2	6 / 30%	1 / 0	30	180	Info available through Fusion Sales Group
Ultra Muffin (Banana)	1.8	3.5 / 21%	1 / 0	29	150	Info available through Fusion Sales Group
Ultra Muffin (Blueberry)	1.8	3.5 / 20%	1 / 0	29	160	Info available through Fusion Sales Group
Ultra Whole Wheat Mini Loaf (Apple Cinnamon)	2	7 / 33%	1 / 0	30	190	Info available through Fusion Sales Group
Ultra Whole Wheat Mini Loaf (Banana)	2	6 / 30%	1 / 0	30	180	Info available through Fusion Sales Group
Ultra Whole Wheat Mini Loaf (Blueberry)	2	6 / 32%	1 / 0	29	170	Info available through Fusion Sales Group

The Hain Celestial Group, Inc.

Health Valley Café Creations Cinnamon Danish	1.4	2.5 / 17%	0 / 0	27	130	United Natural Foods, Inc.
Health Valley Lowfat Tart (Strawberry, Raspberry, Blueberry, Baked Apple, Red Cherry, Chocolate)	1.4	2 / 14%	0 / 0	28	130	Snack Essentials

Vitalicious, Inc.

VitaBrownie	2	2 / 15%	0.5 / 0	23	100	United Natural Foods, Inc.
VitaMuffin (Apple Berry Bran, BlueBran, CranBran)	2	0 / 0%	0 / 0	20-23	100	United Natural Foods, Inc.
VitaMuffin (Deep Chocolate)	2	1.5 / 14%	1 / 0	21	100	United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Nuts, Seeds and Meats

Azar Nut Co.

Peanuts (Roasted, Salted)	1	14 / 79%	2 / 0	5	160	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Barbeque)	1	16 / 80%	1.5 / 0	5	180	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Honey Roasted)	1	14 / 79%	1.5 / 0	6	160	Azar Nut Co. Info available through Pinnacle Food Brokers
Sunflower Kernels (Roasted, Salted)	1	16 / 85%	1.5 / 0	4	170	Azar Nut Co. Info available through Pinnacle Food Brokers

ConAgra Foods, Inc.

Pemmican Beef Jerky (Original)	1	2 / 23%	1 / 0	3	80	Vistar/VSA of Hartford
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Dakota Gourmet

Blaze-In' Hot Sunflower Kernels	1	16 / 85%	1.5 / 0	5	170	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
Chili Limon Pepitas Pumpkin Seeds	1	12 / 72%	2 / 0	4	150	SunOpta-Dakota Gourmet
Honey Nutz	1	6 / 40%	1 / 0	11	140	SunOpta-DakotaGourmet
Honey Roasted Sunflower Kernel	1	14 / 74%	1.5 / 0	4	170	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
Lightly Salted Pepitas Pumpkin Seeds	1	12 / 72%	2 / 0	4	150	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
Lightly Salted Sunflower Kernel	1	16 / 85%	1.5 / 0	5	170	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
S'more Trail Mix	1.25	4.5 / 29%	1 / 0	21	140	SunOpta-Dakota Gourmet, New England Ice Cream Corp.

Dr. Soy Nutrition

Chocolate Covered Soy Nuts	1	5 / 35%	2 / 0	17	130	Snack Essentials
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Eat Your Heart Out!

Freeze-Dried Salsa Green Soybeans	0.74	3 / 30%	0.5 / 0	8	90	Eat Your Heart Out!, Tree of Life NE, C&S Wholesale Grocers
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Frito-Lay

Oh Boy! Oberto 100 Calorie Jerky Bites (Original Beef)	1.2	1 / 9%	0.5 / 0	10	100	Contact local distributor
Oh Boy! Oberto 100 Calorie Jerky Bites (Teriyaki Turkey)	1.2	1 / 9%	0 / 0	10	100	Contact local distributor
Oh Boy! Oberto Beef Jerky (Hickory)	0.9	1 / 13%	0 / 0	6	70	Contact local distributor
Oh Boy! Oberto Beef Jerky (Original)	0.9	0.5 / 6%	0 / 0	6	70	Contact local distributor

Highland Beef Farms

Healthy Sticks Honey Peppered Beef Stick	0.8	1.5 / 30%	0.5 / 0	2	45	All Right Provisions, Inc. Info available through Roco/Rick Olson
Healthy Sticks Honey Peppered Chicken Stick	0.8	1 / 26%	0 / 0	1	35	All Right Provisions, Inc. Info available through Roco/Rick Olson
Healthy Sticks Honey Peppered Turkey Stick	0.8	1 / 26%	0 / 0	1	35	All Right Provisions, Inc. Info available through Roco/Rick Olson
Healthy Sticks Ranch Style Beef Stick	0.8	1 / 20%	0.5 / 0	2	45	All Right Provisions, Inc. Info available through Roco/Rick Olson

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Humm Foods, Inc. Creators of LaraBar

LaraBar (Apple Pie)	1	6 / 45%	0 / 0	14	120	Humm Foods, Inc., Creators of LaraBar, Snack
LaraBar (Banana Cookie)	1	6 / 42%	0 / 0	14	130	Humm Foods, Inc., Creators of LaraBar, Snack
LaraBar (Cherry Pie)	1	5 / 38%	0 / 0	15	120	Humm Foods, Inc., Creators of LaraBar, Snack
LaraBar (Chocolate Coconut Chew)	1	7 / 53%	1 / 0	13	120	Humm Foods, Inc., Creators of LaraBar, Snack
LaraBar (Cocoa Mole)	1	5 / 41%	0 / 0	15	110	Humm Foods, Inc., Creators of LaraBar, Snack

Jones Dairy Farm

Sausage and Rice Light Link	0.7	4 / 72%	1.3 / 0	1	50	Contact local distributor (Available through Costa Fruit & Produce, PFG Springfield, Thurston Foods, Inc.)
Turkey Link	0.6	1.5 / 45%	0.4 / 0	1	30	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, PFG Springfield, Thurston Foods, Inc.)
Turkey Patty	1.3	3 / 45%	0.9 / 0	1	60	Contact local distributor (Available through Costa Fruit & Produce, Sysco Boston LLC, PFG Springfield, Thurston Foods, Inc.)

Kar Nut Products Co.

PB&J Mix	0.5	4.5 / 58%	0.5 / 0	6	70	Kar Nut Products Co.
Salted Almonds	1	16 / 85%	1 / 0	5	170	Kar Nut Products Co.
Salted Mixed Nuts	1	15 / 84%	2 / 0	7	160	Kar Nut Products Co.
Sunflower Kernels	1	15 / 80%	2 / 0	5	170	Kar Nut Products Co.
Sweet 'N Salty Mix	0.5	4.5 / 58%	1.5 / 0	7	70	Kar Nut Products Co.
Yogurt, Apple, Nut Mix	0.5	4.5 / 58%	1.5 / 0	7	70	Kar Nut Products Co.

KidSmart Food Service

KidSmart Lightly Salted Pumpkin Seeds	1	12 / 72%	2 / 0	4	150	Costa Fruit & Produce
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Kraft Foodservice

Planters Honey Roasted Peanuts	1	13 / 73%	2 / 0	7	160	Contact local distributor (Available through Vistar/VSA of Hartford)
Planters Peanuts, Salted	1	14 / 74%	2 / 0	5	170	Contact local distributor (Available through Vistar/VSA of Hartford)

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Link Snacks, Inc.

Jack Link's Beef Jerky (Original, Teriyaki, Peppered)	0.8	0.5 / 8%	0 / 0	2-4	60	Garber Brothers, Inc.
Jack Link's Beef Jerky (Sweet & Hot)	0.8	0.5 / 8%	0 / 0	2-4	60	Garber Brothers, Inc.
Jack Link's Beef Steak Nuggets (Teriyaki, Original)	1	1 / 13%	0.5 / 0	5	70	Vistar/VSA of Hartford
Jack Link's Chicken Fajita Tender Cuts	1	2.5 / 32%	0.5 / 0	4	70	Vistar/VSA of Hartford
Jack Link's KC Masterpiece Pork Tender Cuts	1	1 / 13%	0 / 0	7	70	Vistar/VSA of Hartford
Jack Link's Kippered Beef Steaks (Black Peppered)	1	0.5 / 8%	0.5 / 0	2	60	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Hickory Smoked)	1	0.5 / 6%	0.5 / 0	2-3	70	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Kickin' Cajun, Hot)	1	1 / 13%	0.5 / 0	2	70	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Original)	1	0.5 / 6%	0.5 / 0	2-3	70	Garber Brothers, Inc., Vistar/VSA of Hartford
Jack Link's Kippered Beef Steaks (Sweet & Hot)	1	0.5 / 6%	0.5 / 0	5	80	Garber Brothers, Inc.
Jack Link's Kippered Beef Steaks (Teriyaki, K.C. Masterpiece Barbecue)	1	1 / 11%	0.5 / 0	5-7	80	Garber Brothers, Inc.
Jack Link's Kippered Turkey Steak	1	2 / 23%	1 / 0	2	80	Garber Brothers, Inc.
Jack Link's Maple and Brown Sugar Tender Cuts	1	1.5 / 17%	1 / 0	7	80	New England Ice Cream Corp., Vistar/VSA of Hartford
Jack Link's Prime Rib Tender Cuts	1	1 / 15%	0.5 / 0	3	60	Vistar/VSA of Hartford

Maisie Jane's California Sunshine Products, Inc.

Maisie Jane's Almond Snack Packs (Honey Glazed)	1.25	14 / 79%	1 / 0	12	160	Maisie Jane's California Sunshine Products Inc.
Maisie Jane's Almond Snack Packs (Oven-roasted, Tamari)	1.25	14 / 79%	1 / 0	7	160	Maisie Jane's California Sunshine Products Inc.

Menu Select

Honey Roasted Sunflower Seeds	1	12 / 71%	1 / 0	7	152	United Commodity Group
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Mighty Mo Munchies

Mighty Mo Munchies Soy Nuts	1	4 / 30%	0.5 / 0	11	120	Mighty Mo Munchies
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Shelton's Poultry, Inc.

Shelton's Turkey Jerky	0.5	0.5 / 9%	0 / 0	0	50	United Natural Foods, Inc.
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Sungold Foods

Sunbutter (Creamy) in plastic cup	1.5 (3 Tbsp)	21 / 71%	3 / 0	9	266	Info available through Pinnacle Food Brokers
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Super Bakery, Inc.

Ultra Dog (I.W. Turkey Sausage Breakfast Link Wrapped in Oven-Baked Bread - 55% Whole Wheat)	2	5 / 35%	1.5 / 0	17	130	Info available through Fusion Sales Group
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The SoyNut Butter Co

SoyNut Butter with Pretzel Sticks Individual Snak Pak	0.9	5 / 32%	0.5 / 0	16	140	The SoyNut Butter Co., Thurston Foods, Inc.
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Trail's Best Snacks

Trail's Best Jerky (Original, Teriyaki)	1	1 / 13%	0 / 0	4-6	70	Vistar/VSA of Hartford
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Tropical Nut & Fruit

Hi Energy Mix	1.25	6 / 39%	1 / 0	21	140	Tropical Nut & Fruit
Honey Roasted Peanuts	1.25	15 / 64%	2.5 / 0	11	210	Tropical Nut & Fruit
Pistachios-In Shell	1.25	16 / 72%	2 / 0	9	200	Tropical Nut & Fruit
Sunflower Seeds	1.25	18 / 77%	2.5 / 0	8	210	Tropical Nut & Fruit
Whole Natural Almonds (Roasted/Salted, Roasted/No Salt, Roasted)	1.25	18 / 81%	1.5 / 0	6-7	200-210	Tropical Nut & Fruit

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Vegetables

Bolthouse Farms, Inc.

Baby Carrots	1.3	0 / 0%	0 / 0	4	15	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Shaheen Brothers
Baby Carrots	1.5	0 / 0%	0 / 0	5	18	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Costa Fruit & Produce
Baby Carrots	2	0 / 0%	0 / 0	6	23	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting, Thurston Foods, Inc.
Baby Carrots	2.6	0 / 0%	0 / 0	8	30	Sysco Boston LLC, PFG North Center, PFG Springfield, Fowler & Hunting

Dakota Gourmet

Cool Ranch Toasted Corn	1	2 / 18%	0.3 / 0	20	100	SunOpta-Dakota Gourmet, New England Ice Cream Corp.
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Grimmway Farms

Grimmway Farms Baby Carrots	1.6	0 / 0%	0 / 0	5	20	Contact local distributor. (Available through Costa Fruit & Produce, Sysco Food Services of CT, US Foodservice-Everett, Norwich and Peabody)
Grimmway Farms Baby Carrots	3	0 / 0%	0 / 0	9	40	Contact local distributor. (Available through Sysco Food Services of CT, US Foodservice-Everett, Norwich and Peabody, Costa Fruit & Produce)

Salsa Del Sol

Mild Salsa Cup	2	0 / 0%	0 / 0	4	20	Costa Fruit & Produce
Picante Sauce Cup	1	0 / 0%	0 / 0	1	5	Costa Fruit & Produce

Sysco Corp.

Sysco Natural Peeled Baby Carrots	1.6	0 / 0%	0 / 0	5	17	Sysco Boston LLC
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	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Water, Bottled

any brand

Bottled Water (without added natural and/or artificial sweeteners, and/or caffeine)	Any Size	0 / 0%	0 / 0	0	0	Contact local distributor
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Coca-Cola Company

Dasani Black Cherry Essence	18.5	0 / 0%	0 / 0	0	0	Contact local distributor
Dasani Lime Essence	18.5	0 / 0%	0 / 0	0	0	Contact local distributor
Dasani Non-Carbonated Water	12 or 20 or 24	0 / 0%	0 / 0	0	0	Contact local distributor
Dasani Strawberry Kiwi Essence	18.5	0 / 0%	0 / 0	0	0	Contact local distributor

Country Pure Foods, Inc.

Glacier Valley Natural Spring Water Bottle	16.9	0 / 0%	0 / 0	0	0	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, Pioneer Dairy, Sysco Boston LLC
Glacier Valley Natural Spring Water Bottle	8.4	0 / 0%	0 / 0	0	0	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, Pioneer Dairy, Sysco Boston LLC
Glacier Valley Natural Spring Water Cup	3	0 / 0%	0 / 0	0	0	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, Pioneer Dairy, Sysco Boston LLC
Glacier Valley Natural Spring Water Cup	4	0 / 0%	0 / 0	0	0	Acme PAK, Cirelli Foods, Inc., Garelick Farms, Guida Milk & Ice Cream, Pioneer Dairy, Sysco Boston LLC

Crystal Geyser Alpine Spring Water

Crystal Geyser Natural Alpine Water	16.9	0 / 0%	0 / 0	0	0	United Natural Foods, Inc.
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Fiji Water Co., LLC

Fiji Natural Artesian Water	16 or 32	0 / 0%	0 / 0	0	0	Snack Essentials, Polar Beverages
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Flav LLC

FlavO (Lemon-Lime, Apple, Mandarin Orange)	12	0 / 0%	0 / 0	0	0	All Right Provisions, Inc. Info available through Roco/Rick Olson
FlavO (Lemon-Lime, Apple, Mandarin Orange)	16.9	0 / 0%	0 / 0	0	0	All Right Provisions, Inc. Info available through Roco/Rick Olson
FlavO (Lemon-Lime, Apple, Mandarin Orange)	8	0 / 0%	0 / 0	0	0	All Right Provisions, Inc. Info available through Roco/Rick Olson

Garelick Farms, Inc.

Swiss Water	16	0 / 0%	0 / 0	0	0	Garelick Farms
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Glaceau

SmartWater	20	0 / 0%	0 / 0	0	0	Contact local distributor. Available through Coca Cola Bottling Co.
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Green Planet Bottling

Green Planet Purified Water in bottles made from Ingeo (renewable plant resources)	16.9	0 / 0%	0 / 0	0	0	Sysco Boston LLC, Green Planet Bottling, U.S. Foodservice - Everett, U.S. Foodservice - Peabody
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Guida's Milk & Ice Cream

Guida's Pure Spring Water	8	0 / 0%	0 / 0	0	0	Contact local distributor
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Herbal Water, Inc.

Ayala's Herbal Water (Lemongrass Mint Vanilla, Lavender Mint, Cloves Cardamom Cinnamon, Cinnamon Orange Peel, Ginger Lemon Peel)	16	0 / 0%	0 / 0	0	0	United Natural Foods, Inc.
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	<i>PORTION SIZE</i> <i>(oz)</i>	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> <i>(g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Hint, Inc.

Hint Essence Water (Mango Grapefruit, Pomegranate-Tangerine, Lime, Raspberry-Lime, Peppermint, Pear, Tropical Punch, Strawberry Kiwi, Cucumber)

16 0 / 0% 0 / 0 0 0 United Natural Foods, Inc.

Nestle USA, Inc.

Nestle Pure Life Purified Water (Plain)

8 or 16.9 or 24 0 / 0% 0 / 0 0 0

Cirelli Foods, Inc., Costa Fruit & Produce, New England Ice Cream Corp., PFG North Center, PFG Springfield, US Foodservice-Everett, Norwich, Peabody, Sysco Boston LLC

Poland Springs Natural Spring Water

16.9 0 / 0% 0 / 0 0 0

Cirelli Foods, Inc., Costa Fruit & Produce, New England Ice Cream Corp., PFG North Center, PFG Springfield, US Foodservice-Everett, Norwich, Peabody, Sysco Boston LLC, Shaheen Brothers

Poland Springs Natural Spring Water

8 or 24 0 / 0% 0 / 0 0 0

Cirelli Foods, Inc., Costa Fruit & Produce, New England Ice Cream Corp., PFG North Center, PFG Springfield, US Foodservice-Everett, Norwich, Peabody, Sysco Boston LLC

O Beverages

O Beverages (Ultra premium water, Lemon Lime, Mandarin Orange, Wild Berry, Peach, Mango Orange)

20 0 / 0% 0 / 0 0 0

Polar Beverages

TalkingRain Beverage Co.

airwater (Non-carbonated, oxygen enhanced water)

33.8 0 / 0% 0 / 0 0 0

TalkingRain Beverage Co., Snack Essentials

	<i>PORTION SIZE (oz)</i>	<i>TOTAL FAT (g) / % calories from fat</i>	<i>SAT FAT (g) / Trans FAT (g)</i>	<i>CARB (g)</i>	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Yogurt, Milk, Cheese, Pudding, Milk Substitutes

BIOFREE-USA CORP.

FIZZAtm, Blue Ridge Cola, Sparkling Dairy Nutrient Beverage	8	0 / 0%	0 / 0	12	70	BIOFREE-USA CORP.
FIZZAtm, Hokie Berry, Sparkling Dairy Nutrient Beverage	8	0 / 0%	0 / 0	8	70	BIOFREE-USA CORP.
FIZZAtm, Orange Sparkle, Sparkling Dairy Nutrient	8	0 / 0%	0 / 0	12	70	BIOFREE-USA CORP.
FIZZAtm, Virginia Apple, Sparkling Dairy Nutrient Beverage	8	0 / 0%	0 / 0	12	70	BIOFREE-USA CORP.

Breyers Yogurt Company

Breyers Swirls! Lowfat Yogurt (Strawberry, Strawberry-Banana)	4	1 / 8%	0.5 / 0	21-22	110	Info available through Pinnacle Food Brokers
Breyers yoCrunch 100 Calorie Cups (Cheesecake)	4	1.5 / 14%	0 / 0	22	100	Info available through Pinnacle Food Brokers
Breyers yoCrunch 100 Calorie Cups (Strawberry)	4	0.5 / 5%	0 / 0	23	100	Info available through Pinnacle Food Brokers
Breyers yoCrunch 100 Calorie Cups (Vanilla with Nestle Buncha Crunch Candies, Vanilla with Chocolate Chip Cookie Pieces)	4	2 / 18%	1 / 0	21	100	Info available through Pinnacle Food Brokers
Breyers yoCrunch Granola Crunch (Strawberry Banana, Blueberry, Mixed Berry, Strawberry, Raspberry)	6	2 / 10%	1 / 0	38	190	Info available through Pinnacle Food Brokers
Breyers yoCrunch Indulgent Crunch (Cookies n' Cream with Oreo)	6	3.5 / 18%	1.5 / 0	33	180	Info available through Pinnacle Food Brokers
Breyers yoCrunch Indulgent Crunch (Vanilla with Butterfinger)	6	4 / 19%	2 / 0	35	190	Info available through Pinnacle Food Brokers
Breyers yoCrunch Light (Cookies n' Cream)	6	2.5 / 19%	1 / 0	19	120	Info available through Pinnacle Food Brokers
Breyers yoCrunch Light (Strawberry, Peach)	6	1 / 8%	0 / 0	22	120	Info available through Pinnacle Food Brokers

Brown Cow Farm

Low Fat Yogurt (Black Cherry, Blueberry, Strawberry, Lemon Twist, Vanilla Bean)	6	2 / 12%	1 / 0	26-27	150	Snack Essentials, United Natural Foods, Inc.
Low Fat Yogurt (Blueberry, Boysenberry, Peach)	6	2 / 12%	1-1.5 / 0	26-27	150	United Natural Foods, Inc.
Low Fat Yogurt (Maple)	6	2.5 / 17%	1.5 / 0	20	130	United Natural Foods, Inc.
Nonfat Yogurt (Raspberry, Apricot Mango, Blueberry, Chocolate, Strawberry, Vanilla)	6	0 / 0%	0 / 0	25-29	130-150	Snack Essentials, United Natural Foods, Inc.

Cascade Fresh, Inc.

Fat Free Yogurt (Orange Cream, Apricot Mango, Blueberry, Boysenberry, Cherry Vanilla, Green Apple Pie, Key Lime, Lemon Chiffon, Marionberry, Peach, Raspberry, Strawberry, Vanilla)	6	0 / 0%	0 / 0	20	110	Snack Essentials, United Natural Foods, Inc.
Low Fat Yogurt (Boysenberry, Cherry, Peach, Raspberry, Strawberry)	6	2 / 13%	1 / 0	23	140	Snack Essentials

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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ConAgra Foods, Inc.

Hunt's Snack Pack Fat Free Pudding (Chocolate, Vanilla)	3.5	0 / 0%	0 / 0	18-20	80-90	Sysco Boston LLC, U.S. Foodservice-Everett, U.S. Foodservice-Peabody, Sysco Foodservices of Northern New England, Thurston Foods, Inc., PFG NorthCenter, Burlington FoodService Co.
Hunt's Snack Pack Pudding (Chocolate, Tapioca)	3.5	3.5 / 26%	2 / 0	21	120	Sysco Boston LLC, U.S. Foodservice-Everett, U.S. Foodservice-Peabody, Sysco Foodservices of Northern New England, Thurston Foods, Inc., PFG NorthCenter, Burlington FoodService Co.
Hunt's Snack Pack Pudding (Vanilla, Butterscotch)	3.5	3 / 23%	1.5 / 0	21-22	120	Sysco Boston LLC, U.S. Foodservice-Everett, U.S. Foodservice-Peabody, Sysco Foodservices of Northern New England, Thurston Foods, Inc., PFG NorthCenter, Burlington FoodService Co.

Dahlicious, LLC

Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (BanaNana, PeachEe)	8	2.5 / 19%	1.5 / 0	21-23	120	Albert's Organics New England
Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (BWild)	8	2.5 / 17%	1.5 / 0	22	130	Albert's Organics New England
Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie (MangoGo)	8	2 / 14%	1 / 0	28	130	Albert's Organics New England

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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Dannon Co, Inc.

Activia (Strawberry, Peach, Vanilla, Blueberry, Mixed Berry)	4	2 / 16%	1-1.5 / 0	19	110	Contact local distributor
Activia Light (Light Strawberry, Light Peach)	4	0 / 0%	0 / 0	13	70	Contact local distributor
Activia Variety Pack (Strawberry/Peach)	4	2 / 16%	1-1.5 / 0	19	110	Contact local distributor
DanActive (Vanilla, Strawberry, Blueberry)	3.1	1.5 / 17%	1 / 0	13-14	80	Contact local distributor
Fruit on the Bottom Low-fat Yogurt (Apple Cinnamon)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Blueberry)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Thurston Foods, Inc., Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Cherry)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, U.S. Foodservice - Peabody, Guida's Milk & Ice Cream, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Mixed Berries)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Thurston Foods, Inc., Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Peach)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Guida's Milk & Ice Cream, Sysco Boston LLC)
Fruit on the Bottom Low-fat Yogurt (Raspberry)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through US Foodservice-Everett, PFG Springfield, U.S. Foodservice-Peabody, Marcus Dairy, Sysco Boston LLC, Guida's Milk & Ice Cream.)
Fruit on the Bottom Low-fat Yogurt (Strawberry Banana)	6	1.5 / 9%	1 / 0	26	150	Contact local distributor
Fruit on the Bottom Low-fat Yogurt (Strawberry)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through Guida's Milk & Ice Cream, Sysco Boston LLC, U.S. Foodservice - Everett)
Fruit on the Bottom Low-fat Yogurt (Strawberry/Peach/Blueberry)	6	1.5 / 9%	1 / 0	29	150	Contact local distributor (Available through U.S. Foodservice-Everett, Marcus Dairy, Sysco Boston LLC, Guida's Milk & Ice Cream, PFG Springfield, U.S. Foodservice-Peabody)
Light & Fit Smoothie (Mixed Berry)	7	0 / 0%	0 / 0	15	80	Contact local distributor (Available through Sysco Boston LLC, PFG Springfield, US Foodservice-Everett, Thurston Foods, Inc.)
Light & Fit Smoothie (Strawberry Banana)	7	0 / 0%	0 / 0	15	80	U.S. Foodservice - Everett, Thurston Foods, Inc.
Light & Fit Yogurt (Cherry Vanilla)	6	0 / 0%	0 / 0	16	80	Contact local distributor
Light & Fit Yogurt (Lemon Chiffon)	6	0 / 0%	0 / 0	10-11	60	U.S. Foodservice - Peabody
Light & Fit Yogurt (Peach, Blueberry, Vanilla)	6	0 / 0%	0 / 0	10-11	60	Sysco Boston LLC, Thurston Foods, Inc.
Light & Fit Yogurt (Raspberry)	6	0 / 0%	0 / 0	10-11	60	Sysco Boston LLC, U.S. Foodservice - Everett
Light & Fit Yogurt (Strawberry)	6	0 / 0%	0 / 0	10-11	60	Sysco Boston LLC, Thurston Foods, Inc., U.S. Foodservice - Peabody
Light & Fit Yogurt (Strawberry-Banana)	6	0 / 0%	0 / 0	10-11	60	Sysco Boston LLC, U.S. Foodservice - Peabody, U.S. Foodservice - Everett
Light & Fit Yogurt Multipack (Strawberry/Peach)	4	0 / 0%	0 / 0	10	60	Contact local distributor
Light & Fit Yogurt Multipack (Strawberry/Raspberry/Blueberry)	4	0 / 0%	0 / 0	10	60	Contact local distributor
Lowfat Yogurt (Original Plain)	6	2.5 / 23%	1.5 / 0	12	100	Sysco Boston LLC, U.S. Foodservice - Peabody, U.S. Foodservice - Everett
Non Fat Yogurt (Plain)	6	0 / 0%	0 / 0	12	80	Contact local distributor
NutriDay Nonfat Yogurt (Strawberry)	4	0 / 0%	0 / 0	19	90	Sysco Boston LLC, PFG Springfield, U.S. Foodservice - Peabody

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
NutriDay Nonfat Yogurt (Vanilla)	4	0 / 0%	0 / 0	19	90	Sysco Boston LLC, PFG Springfield
NutriDay Nonfat Yogurt Variety Pack (Strawberry/Peach/Blueberry)	4	0 / 0%	0 / 0	19	90	Info available through Fusion Sales Group
<i>East Side Entrees</i>						
East Side Entrees Mozzarella String Cheese Stick	1	6 / 67%	3.5 / 0	1	80	Original Pizza of Boston
Shake 'n Sip UHT Milk (Chocolate)	8	2.5 / 13%	1.5 / 0	26	170	Original Pizza of Boston
Shake 'n Sip UHT Milk (Plain)	8	2.5 / 17%	1.5 / 0	16	130	Original Pizza of Boston
Shake 'n Sip UHT Milk (Strawberry, Vanilla, Dulce De Leche)	8	2.5 / 15%	1.5 / 0	21	150	Original Pizza of Boston
<i>Fleur De Lait Foods Ltd.</i>						
Light Plain Portion Pak Cream Cheese	1	5 / 75%	3 / 0	1	60	Garelick Farms
<i>Franklin Foods, Inc.</i>						
Hahn's Yogurt and Cream Cheese Spread (Heavenly Plain)	1	3.5 / 45%	2 / 0	3	70	Sysco Boston LLC, Sysco Foodservices of Northern New England
Hahn's Yogurt and Cream Cheese Spread (Strawberries and Cream)	1	3.5 / 45%	2 / 0	5	70	Sysco Foodservices of Northern New England
<i>Frigo</i>						
Frigo Cheese Heads String Cheese	1	6 / 68%	3.5 / 0	1	80	Costa Fruit & Produce
<i>Garelick Farms, Inc.</i>						
1% Lowfat Milk	10	3 / 19%	2 / 0	16	140	Contact local distributor
1% Lowfat Milk	8	2.5 / 20%	1.5 / 0	13	110	Contact local distributor
Nonfat Milk	10	0 / 0%	0 / 0	16	110	Contact local distributor
Nonfat Milk	8	0 / 0%	0 / 0	13	90	Contact local distributor
TruMoo 1% Lowfat Milk (Coffee, Chocolate, Strawberry)	14	4 / 14%	2.8 / 0	42-43	266	Contact local distributor
TruMoo 1% Lowfat Milk (Strawberry, Coffee, Vanilla, Chocolate)	10	3 / 14%	2 / 0	30-32	190	Contact local distributor
TruMoo 1% Lowfat Milk (Strawberry, Coffee, Vanilla, Chocolate)	8 (carton)	2.5 / 15%	1.5 / 0	24-25	150	Contact local distributor
<i>Gehl's Guernsey Farms, Inc.</i>						
Pudding Please! (Milk Chocolate, Vanilla)	4	1 / 7%	0 / 0	26-27	130	Costa Fruit & Produce, Original Pizza of Boston, Thurston Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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General Mills Bakeries & Foodservice

Colombo Classic "Fruit on the Bottom" Yogurt	8	2 / 8%	1.5 / 0	47	230	Contact local distributor
Colombo Classic "Fruit on the Bottom" Yogurt (Blueberry)	8	2 / 8%	1.5 / 0	47	230	Contact local distributor. Available through Sysco Boston LLC
Colombo Classic "Fruit on the Bottom" Yogurt (Strawberry/Blueberry/Peach Assortment)	8	2 / 8%	1.5 / 0	47	230	Contact local distributor. Available through Sysco Boston LLC
Colombo Light Yogurt	8	0 / 0%	0 / 0	21	120	Contact local distributor (Available through Thurston Foods, Inc.)
Colombo Light Yogurt (Strawberry/Blueberry/Peach Assortment)	8	0 / 0%	0 / 0	21	120	Contact local distributor. Available through Sysco Boston LLC
Yoplait Go-Gurt (Strawberry Splash, Berry Blue Blast)	2.25	0.5 / 6%	0 / 0	13	70	Contact local distributor (Available through Sysco Boston LLC)
Yoplait Go-Gurt Fizzix (Blue Raspberry Rage/Strawberry Watermelon Rush Fizzy Lowfat Yogurt Snack)	2.25	0.5 / 6%	0 / 0	13	70	Contact local distributor
Yoplait Light Yogurt	6	0 / 0%	0 / 0	19	100	Contact local distributor (Available through Thurston Foods, Inc.)
Yoplait Original Lowfat Yogurt (Strawberry, Strawberry Banana, Harvest Peach, Cherry)	6	1.5 / 8%	1 / 0	33	170	Contact local distributor (Available through Thurston Foods, Inc.)
Yoplait Original Lowfat Yogurt Multipack (Red Raspberry and Harvest Peach)	4	1 / 8%	0.5 / 0	22	110	Contact local distributor
Yoplait Original Lowfat Yogurt Multipack (Strawberry and Strawberry Banana)	4	1 / 8%	0.5 / 0	22	110	Contact local distributor
Yoplait Original Lowfat Yogurt Variety Pack (Strawberry/Banana, Raspberry)	6	1.5 / 8%	1 / 0	33	170	Contact local distributor
Yoplait Original Lowfat Yogurt Variety Pack (Strawberry, Mixed Berry)	6	1.5 / 8%	1 / 0	33	170	Contact local distributor
Yoplait Smoothie (Strawberry, Mixed Berry)	8	2.5 / 10%	1.5 / 0	44	220	Guida's Milk & Ice Cream, Sysco Boston LLC, Sysco Food Services of CT
Yoplait Trix Yogurt (Raspberry Rainbow, Strawberry Banana Bash, Watermelon Burst)	4	0.5 / 5%	0 / 0	17	90	Contact local distributor (Available through Sysco Boston LLC, Costa Fruit & Produce, Thurston Foods, Inc., Shaheen Brothers)

Gossner Foods, Inc.

Moo-Mates Fat Free Milk (Orange Crème, Root Beer, Strawberry, Chocolate, Plain)	8	0 / 0%	0 / 0	11-27	80-140	Gossner Foods, Inc.
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Guida's Milk & Ice Cream

1% Dutch Chocolate Milk	10	3 / 14%	2 / 0	32	200	Contact local distributor
1% Dutch Chocolate Milk	16	5 / 14%	3 / 0	54	320	Contact local distributor
1% Lowfat Milk	10	3 / 21%	1.5 / 0	16	130	Contact local distributor
1% Strawberry Milk	10	3 / 14%	1.9 / 0	34	200	Contact local distributor
1% Strawberry Milk	16	5 / 14%	3 / 0	54	320	Contact local distributor
1/2% Chocolate Milk	8	1.5 / 9%	0.5 / 0	26	150	Contact local distributor
1/2% Coffee Milk	8	1 / 6%	0.5 / 0	28	160	Contact local distributor
Nonfat Milk	10	0 / 0%	0 / 0	16	110	Contact local distributor

	PORTION SIZE (oz)	TOTAL FAT (g) / % calories from fat	SAT FAT (g) / Trans FAT (g)	CARB (g)	CALS	DISTRIBUTOR
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H.P. Hood

1% Coffee Milk	10	3 / 14%	2 / 0	34	200	Contact local distributor
1% Coffee Milk	8	2.5 / 14%	1.5 / 0	27	160	Contact local distributor
1% Lowfat Milk	10	3 / 21%	2 / 0	16	130	Contact local distributor
1% Lowfat Milk	8	2.5 / 20%	1.5 / 0	13	110	Contact local distributor
1/2% Chocolate Milk	10	1.5 / 7%	1 / 0	34	190	Contact local distributor
1/2% Chocolate Milk	8	1.5 / 9%	1 / 0	27	150	Contact local distributor
Nonfat Milk	10	0 / 0%	0 / 0	16	110	Contact local distributor
Nonfat Milk	8	0 / 0%	0 / 0	13	80	Contact local distributor

Horizon Organic

Horizon Organic Fat Free Fruit-on-the-Bottom Yogurt (Blueberry, Cherry, Mixed Berry, Peach, Strawberry)	6	0 / 0%	0 / 0	26-28	130-140	United Natural Foods, Inc.
Horizon Organic Fat Free Yogurt (Vanilla, Plain)	6	0 / 0%	0 / 0	12-25	80	United Natural Foods, Inc.
Horizon Organic Yogurt Smoothies (Strawberry Banana Splash, Wild Berry Blast, Tropical Punch)	6	0 / 0%	0 / 0	24-25	120	United Natural Foods Inc., Snack Essentials
Horizon Organic Yogurt Tubes (Strawberry/Blueberry, Strawberry/Orange-Cream)	2	1 / 13%	0.5 / 0	12	70	United Natural Foods, Inc.

Imagine Foods, Inc.

KIDZ Dream Berry Blast Smoothie	8	2 / 18%	0 / 0	17	100	United Natural Foods, Inc.
KIDZ Dream Orange Cream Smoothie	8	2 / 15%	0 / 0	21	120	United Natural Foods, Inc.
Organic Rice Dream Rice Drink, Enriched (Original)	8	2.5 / 19%	0 / 0	23	120	United Natural Foods, Inc.
Organic Soy Dream Soymilk, Enriched (Original)	8	4 / 36%	0.5 / 0	8	100	United Natural Foods, Inc.
Organic Soy Dream Soymilk, Enriched (Vanilla)	8	4 / 30%	0.5 / 0	14	120	United Natural Foods, Inc.
Rice Dream Rice Drink, Enriched (Vanilla)	8	2.5 / 17%	0 / 0	26	130	United Natural Foods, Inc.

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Johanna Foods, Inc.

La Yogurt Enriched Probiotic Lowfat Yogurt (Peach)	6	2.5 / 14%	1 / 0	27	160	Johanna Foods, Inc.
La Yogurt Enriched Probiotic Lowfat Yogurt (Pina Colada)	6	2 / 11%	1.5 / 0	30	160	Johanna Foods, Inc.
La Yogurt Enriched Probiotic Lowfat Yogurt (Strawberry, Vanilla, Mixed Berry)	6	1.5 / 8%	1 / 0	30-32	160-170	Johanna Foods, Inc.
La Yogurt Original Lowfat Yogurt (Guava Mango, Lemon Meringue, Pomegranate Blueberry)	6	1.5 / 9%	1 / 0	29-30	150	Johanna Foods, Inc.
La Yogurt Original Lowfat Yogurt (Peach, Vanilla)	6	2.5 / 15%	1-1.5 / 0	27-28	150	Johanna Foods, Inc.
La Yogurt Original Lowfat Yogurt (Pina Colada)	6	2 / 12%	1 / 0	30	150	Johanna Foods, Inc.
La Yogurt Original Lowfat Yogurt (Strawberry, Blueberry, Cherry, Cherry Vanilla, Cherry Cheesecake, Mixed Berry, Raspberry, Strawberry Banana, Strawberry Fruit Cup)	6	1.5 / 8%	1 / 0	30-32	160	Johanna Foods, Inc.
La Yogurt Probiotic Light Yogurt (Banana Cream, Raspberry, Blueberry, Apple Pie, Cherry, Peach, Pomegranate & Raspberry, Strawberry Banana, Strawberry, Vanilla)	6	0 / 0%	0 / 0	15-18	90-100	Johanna Foods, Inc.
La Yogurt Rich & Creamy (Mango)	6	1.5 / 7%	1 / 0	37	190	Johanna Foods, Inc.
La Yogurt Rich & Creamy Yogurt (Banana, Maraschino Cherry, Peach, Pomegranate Blueberry, Vanilla, Strawberry)	6	2 / 10%	1 / 0	33-35	180-190	Johanna Foods, Inc.
La Yogurt Sabor Latino Yogurt (Mango, Guava, Banana, Dulche De Leche (Caramel), Papaya, Pineapple Banana, Strawberry Kiwi)	6	1.5 / 7%	1 / 0	36-38	190-200	Johanna Foods, Inc.

Kikkoman International Inc.

Pearl Organic Soymilk (Chocolate)	8.25	5 / 29%	1 / 0	22	155	U.S. Foodservice-Everett, U.S. Foodservice-Peabody, Cirelli Foods Inc., Thurston Foods, Inc., PFG Springfield, Costa Fruit & Produce
Pearl Organic Soymilk (Creamy Vanilla)	8.25	4 / 32%	0.5 / 0	11	113	U.S. Foodservice-Everett, U.S. Foodservice-Peabody, Cirelli Foods Inc., Thurston Foods, Inc., PFG Springfield, Costa Fruit & Produce

Knouse Foods, Inc.

Simply Creamy Pudding (Chocolate)	3.5	2.5 / 20%	2 / 0	21	110	Cirelli Foods Inc.
Simply Creamy Pudding (Tapioca)	3.5	2 / 18%	1.5 / 0	20	100	Cirelli Foods Inc.
Simply Creamy Pudding (Vanilla, Banana, Butterscotch)	3.5	2 / 16%	1.5 / 0	21-22	110	Cirelli Foods Inc.

Kozy Shack

Poppin' Pudding (Ballistic Banana)	4	1 / 9%	0.5 / 0	17	100	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce. Info available through Pinnacle Food Brokers)
Poppin' Pudding (Crazy Chocolate)	4	1.5 / 11%	0.5 / 0	20	120	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce. Info available through Pinnacle Food Brokers)
Poppin' Pudding (Very Vanilla)	4	1 / 8%	0.5 / 0	20	110	Contact local distributor (Available through Cirelli Foods, Inc., Costa Fruit & Produce. Info available through Pinnacle Food Brokers)

Kraft Foodservice

Jell-O Pudding Snacks (Chocolate & Vanilla Swirls)	4	1.5 / 12%	1.5 / 0	24	110	Contact local distributor
Jell-O Pudding Snacks (Chocolate)	4	1.5 / 11%	1.5 / 0	25	120	Contact local distributor
Twist-Ums Low Moisture, Part-Skim Mozzarella and Cheddar Cheeses	0.75	4 / 60%	2.5 / 0	0	60	Contact local distributor

	<i>PORTION SIZE</i> (oz)	<i>TOTAL FAT (g) /</i> <i>% calories from fat</i>	<i>SAT FAT (g) /</i> <i>Trans FAT (g)</i>	<i>CARB</i> (g)	<i>CALS</i>	<i>DISTRIBUTOR</i>
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Land O'Lakes, Inc.

Light String Cheese	1	2.5 / 38%	2 / 0	1	60	Original Pizza of Boston, Thurston Foods, Inc.
Reduced Fat Colby Jack Cheese	1	7 / 70%	4 / 0	0	90	Original Pizza of Boston
Reduced Fat Mild Cheddar Cheese	1	7 / 70%	4.5 / 0	0	90	Original Pizza of Boston

Lassi Drinks, LLC

La Yoghi Yogurt Smoothie (Banana, Strawberry, Mango)	8	0 / 0%	0 / 0	32	140	Lassi Drinks, LLC
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Liberte Natural Foods

Liberte Yogourt Six Grains (Raspberry)	6	3 / 17%	2 / 0	23	160	United Natural Foods, Inc.
Liberte Yogourt Six Grains (Strawberry)	6	3 / 18%	2 / 0	23	150	United Natural Foods, Inc.

Marcus Dairy, Inc.

1% Lowfat Milk	8	2.5 / 20%	1.5 / 0	11	110	Contact local distributor
1/2% Chocolate Milk	8	1 / 7%	0.5 / 0	23	130	Contact local distributor
Nonfat Milk	8	0 / 0%	0 / 0	11	100	Contact local distributor

Menu Select

String Cheese (Low-moisture, Part Skim Mozzarella)	1	7 / 70%	5 / 0	0	90	United Commodity Group
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Nestle USA, Inc.

Nesquik 1% Ready-to-Drink Milk (Chocolate)	14	4.2 / 12%	2.8 / 0	56	315	New England Ice Cream Corp.
Nesquik 1% Ready-to-Drink Milk (Chocolate)	8	3 / 16%	2 / 0	30	170	Vistar/VSA of Hartford, New England Ice Cream Corp
Nesquik 1% Ready-to-Drink Milk (Strawberry)	8	2.5 / 13%	1.5 / 0	31	170	Vistar/VSA of Hartford, New England Ice Cream Corp
Nesquik 1% Ready-to-Drink Milk (Strawberry, Double Chocolate)	14	4.2 / 13%	2.8 / 0	53	298	New England Ice Cream Corp.
Nesquik 1% Ready-to-Drink Milk (Very Vanilla)	14	4.2 / 14%	2.8 / 0	50	280	New England Ice Cream Corp.

Organic Valley

Lactose-Free Lowfat Chocolate Milk	11	3.5 / 18%	2 / 0	28	180	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.
Lactose-Free Lowfat Milk	11	3.5 / 18%	2 / 0	15	130	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.
Stringles String Cheese	1	6 / 60%	3.5 / 0	1	90	Guida Milk & Ice Cream, United Natural Foods, Inc., Gourmet Award Foods NE, Cheese Warehouse, Tree of Life NE, General Trading Co.

Rachel's

Rachel's Essence Yogurt (Refresh-Pink Grapefruit Lychee, Glow-Berry Jasmine, Relax-Vanilla Chai, Calm-Plum Honey Lavendar, Revive-Peach Green Tea)	6	2.5 / 14%	1.5 / 0	28	160	United Natural Foods, Inc.
Rachel's Essence Yogurt (Vitality-Pomegranate Acai)	6	2.5 / 13%	1.5 / 0	29	170	United Natural Foods, Inc.
Rachel's Exotic Yogurt (Mango Pineapple Passion Fruit, Pomegranate Blueberry)	6	2.5 / 13%	1.5 / 0	32	170-180	United Natural Foods, Inc.
Rachel's Exotic Yogurt (Marionberry Guava, Kiwi Passion Fruit Lime, Black Cherry Currant, Orange Strawberry Mango)	6	2.5 / 14%	1.5 / 0	28-29	160	United Natural Foods, Inc.

Schreiber Foods, Inc.

School Choice String Cheese	1	5 / 56%	3 / 0	1	80	U.S. Foodservice-Everett, U.S. Foodservice-Peabody
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PORTION SIZE **TOTAL FAT (g) /** **SAT FAT (g) /** **CARB** **CALS** **DISTRIBUTOR**
(oz) **% calories from fat** **Trans FAT (g)** **(g)**

Springfield Creamery

Nancy's Fruit on Top Nonfat Yogurt (Blackberry, Blueberry, Raspberry, Strawberry) 8 0 / 0% 0 / 0 27-32 150-170 United Natural Foods, Inc.

Stonyfield Farm

Oikos Organic Greek Yogurt (Plain, Vanilla, Honey, Blueberry, Strawberry) 5.3 0 / 0% 0 / 0 6-18 80-120 United Natural Foods, Inc. Contact local distributor

Strawberry Smoothie 6 2 / 13% 1 / 0 23 140 United Natural Foods, Inc., Snack Essentials. Contact local distributor

Wild Berry Smoothie 6 2 / 13% 1 / 0 23 140 Contact local distributor

Yogurt - Low-Fat (Blueberry) 6 1.5 / 10% 1 / 0 22 130 Contact local distributor (Available through Sysco Boston LLC or New England Food Service, Snack Essentials)

Yogurt - Low-fat (Just Peachy, Cherry Vanilla, Strawberry Pomegranate) 6 1.5 / 10% 1 / 0 22-23 130 Contact local distributor

Yogurt - Low-fat (Plain) 6 1.5 / 15% 1 / 0 11 90 Snack Essentials, United Natural Foods, Inc. Contact local distributor

Yogurt - Low-fat (Raspberry) 6 1.5 / 10% 1 / 0 22 130 Snack Essentials, United Natural Foods, Inc. Contact local distributor

Yogurt - Low-fat (Strawberry) 6 1.5 / 11% 1 / 0 21 120 Contact local distributor (Available through United Natural Foods, Inc., Sysco Boston LLC or New England Food Service, Snack Essentials)

Yogurt - Low-fat (Vanilla) 6 1.5 / 10% 1 / 0 22 130 Contact local distributor (Available through United Natural Foods, Inc., New England Food Service, Snack Essentials)

Yogurt - Low-fat Variety Pak (Straw/Blue/Van) 6 1.5 / 10% 1 / 0 21-22 120-130 PFG Springfield, Sysco Boston LLC, U.S. Foodservice - Peabody. Contact local distributor

Yogurt - Organic Fat Free (Black Cherry, Blueberry, French Vanilla, Key Lime, Lotsa Lemon, Peach, Strawberry, Plain, Chocolate Underground) 6 0 / 0% 0 / 0 12-37 80-170 United Natural Foods, Inc. Contact local distributor

Yogurt Smoothie (Banana Berry, Peach, Strawberry, Raspberry, Wild Berry) 10 3 / 12% 2 / 0 39-41 230 United Natural Foods, Inc. Contact local distributor

Yogurt Smoothie (Vanilla) 10 3 / 11% 2 / 0 40 240 United Natural Foods, Inc. Contact local distributor

YoKids (Raspberry & Strawberry Vanilla) 4 1 / 11% 0.5 / 0 13 80 Contact local distributor

YoKids (Strawberry & Banilla) 4 1 / 11% 0.5 / 0 13 80 United Natural Foods, Inc., Snack Essentials. Contact local distributor

YoKids Squeezers (Berry Blitz & Chillin' Cherry) 2 1 / 15% 0.5 / 0 11 60 United Natural Foods, Inc. Contact local distributor

YoKids Squeezers (Screamin' Strawberry) 2 1 / 15% 0.5 / 0 11 60 United Natural Foods, Inc. Contact local distributor

Sun Valley Dairy

Voskos Greek Style Nonfat Yogurt (Fig, Honey Vanilla, Honey) 5.3 0 / 0% 0 / 0 16 120 United Natural Foods, Inc.

Voskos Greek Style Nonfat Yogurt (Plain) 8 0 / 0% 0 / 0 5 100 United Natural Foods, Inc.

Upstate Farms Cooperative, Inc.

Upstate Farms Blended Nonfat Yogurt (Blueberry, Cherry Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana) 4 0 / 0% 0 / 0 22 110 Original Pizza of Boston, Costa Fruit & Produce

Upstate Farms Blended Nonfat Yogurt (Blueberry, Cherry Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana) 8 0 / 0% 0 / 0 45 210 Original Pizza of Boston, Costa Fruit & Produce

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Wallaby Yogurt Company

Wallaby Organic Lowfat Yogurt (Dulce De Leche, Key Lime)	6	2.5 / 15%	1.5 / 0	26	150	United Natural Foods, Inc.
Wallaby Organic Lowfat Yogurt (Orange Passion Fruit, Vanilla, Peach, Raspberry, Strawberry, Strawberry Banana, Black Cherry, Banana Vanilla, Blueberry, Lemon, Maple)	6	2.5 / 16%	1.5 / 0	23-24	140	United Natural Foods, Inc.
Wallaby Organic Nonfat Yogurt (Vanilla Bean, Bartlett Pear, Blackberry, Mango Lime, Pineapple Coconut, Strawberry Guava)	6	0 / 0%	0 / 0	24-26	130-140	United Natural Foods, Inc.

White Wave Foods

Silk Chocolate Soymilk	11	5 / 22%	1 / 0	33	200	Garelick Farms
Silk Chocolate Soymilk (Aseptic)	8.25	3.5 / 21%	0.5 / 0	25	150	KeyImpact Sales & Systems, Inc.
Silk Plain Soymilk (Aseptic)	8.25	4 / 36%	0.5 / 0	8	100	KeyImpact Sales & Systems, Inc.
Silk Vanilla Soymilk	11	5 / 33%	1 / 0	13	133	Garelick Farms
Silk Vanilla Soymilk (Aseptic)	8.25	3.5 / 32%	0.5 / 0	10	100	KeyImpact Sales & Systems, Inc.

Whitney's Foods, Inc.

NuMu beyond milk (Monsta Chocolate, Vanilla Thrilla, Screamin' Strawberry, Extreme Hot Fudge, Mocha Mania, Ragin' Root Beer, Chillin' Mint Chocolate, Jammin' Banana)	6	0 / 0%	0 / 0	22	120	Steuben Foods
Whitney's Yo on the Go Smoothies (Strawberry, Mixed Berry, Banana Berry, Peach)	6	2.5 / 17%	1.5 / 0	23	130	Steuben Foods

Zensoy

Soy on the Go (Cappuccino)	8.25	3.5 / 21%	1 / 0	22	150	United Natural Foods, Inc.
Soy on the Go (Chocolate)	8.25	4 / 21%	1 / 0	27	170	United Natural Foods, Inc.
Soy Pudding (Banana)	4	1 / 9%	0 / 0	21	100	United Natural Foods, Inc.
Soy Pudding (Chocolate)	4	1 / 7%	0 / 0	29	130	United Natural Foods, Inc.
Soy Pudding (Chocolate/Vanilla Swirl)	4	1 / 8%	0 / 0	26	120	United Natural Foods, Inc.
Soy Pudding (Vanilla)	4	1 / 8%	0 / 0	23	110	United Natural Foods, Inc.