



NUTRITIONAL ANALYSIS

Description Code #	Serv Wt (g)	Cal	Cal from Fat (g)	Total Fat (g)	Sat Fat.(g)	Trans Fat (g)	Poly Fat (g)	Mono Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calc (mg)	Iron (mg)	Grain Equiv
Turkey Spice 3005 & 9005	23	93.87	32.74	3.63	0.70	0	0.89	1.83	0.04	66.53	13.76	1.33	5.80	1.54	7.00	0.02	3.30	0.44	1/2
Spring Egg Asst 3012 & 9012	20	85.40	29.89	3.32	0.64	0	0.81	1.67	0.0	58.49	12.46	1.19	5.26	1.42	6.42	0.01	3.00	0.38	1/2
Fiesta Cookie 3022	26	111.06	38.79	4.31	0.83	0	1.06	2.18	0.05	76.04	16.19	1.55	6.84	1.85	8.35	0.01	3.90	0.50	3/4
Jack O'Lantern 3030 & 9030	20	85.63	29.97	3.33	0.64	0	0.82	1.68	0.04	58.55	12.49	1.19	5.27	1.43	6.42	0.01	3.00	0.38	1/2
Valentine Heart 3050 & 9050	20	85.44	29.89	3.32	0.64	0	0.82	1.68	0.04	58.30	12.47	1.19	5.25	1.42	6.43	0.01	3.00	0.38	1/2
Shamrock 3045/9045	20	85.44	29.89	3.32	0.64	0	0.82	1.68	0.04	58.53	12.47	1.19	5.25	1.42	6.43	0.01	3.00	0.38	1/2
Football & Helmet Assortment 3075	31	132.92	46.52	5.16	0.99	0	1.26	2.58	0.06	90.42	19.54	1.86	8.11	2.07	7.13	0.01	3.18	0.59	3/4
Festive Tree & Bell 3170	20	85.44	29.89	3.32	0.64	0	0.82	1.68	0.04	58.53	12.47	1.09	5.25	1.42	6.43	0.01	3.00	0.38	1/2
Holiday Wreath 9082	20	85.40	29.89	3.32	0.64	0	0.81	1.67	0.04	58.49	12.46	1.19	5.26	1.42	6.43	0.01	2.99	0.38	1/2
Red Apple 9110	20	84.60	29.16	3.24	0.63	0	0.80	1.64	0.03	56.73	12.48	1.16	5.48	1.38	6.43	0.01	2.06	0.37	1/2
Green Egg 3027 & 9027	20	84.08	29.16	3.24	0.82	0	0.41	1.80	0.05	57.32	12.85	1.19	5.32	0.88	6.43	0.02	3.00	0.38	1/2
Happy Birthday 9308	26	111.06	38.79	4.31	0.83	0	1.06	2.18	0.05	76.04	16.19	1.55	6.84	1.85	8.35	0.01	3.90	0.50	3/4



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Earth Cookies 9800	28	120	45.00	5.00	2.00	0	1.13	2.33	0	70.00	17.00	1.00	6.00	2.00	6.77	0.03	3.59	0.58	1
Mini Chocolate Chip 9780	31	140.66	48.31	5.36	1.44	0	1.05	2.43	0.06	100	20.83	1.72	10.24	2.25	6.76	0.03	5.66	0.58	3/4
Mini Snickerdoodle 9790	31	125.51	43.75	4.86	0.93	0	1.19	2.45	0	66.40	19.47	1.80	8.84	1.96	1.60	0.03	1.67	0.60	1
Amigos Choc. Chip 9788	31	140.66	48.31	5.36	1.44	0	1.05	2.43	0.06	100	20.83	1.72	10.24	2.25	6.76	0.03	5.66	0.58	3/4
Amigos Snickerdoodle 9799	31	125.51	43.75	4.86	0.93	0	1.19	2.45	0	66.40	19.47	1.80	8.84	1.96	1.60	0.03	1.67	0.60	1
Ginger Grahams 9410	14	42.67	14.85	1.65	0.31	0	0.40	0.83	0.02	30.24	6.25	0.60	2.63	0.70	3.21	0.01	0.53	0.20	1/2

Product codes beginning with a number three indicate bulk. Codes beginning with a nine are wrapped.

Grain Equivalents are based on the new USDA Food Base Menu Planning Option. Which suggests that if a product contains 16 grams of flour it will meet 1 grain equivalent, 12 grams meet 3/4, 8 grams meet 1/2 and 4 grams meet 1/4.

Nutritional data provided by the American Institute of Baking - Nutritional Labeling Program & Nutritional data is based solely on information rendered by the bakery and ingredient manufacturers.

Note: Creditable grain formulation statements are available upon request.

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