

Wellness Item Ideas for School Foodservice

The information in this booklet is from the manufacturer's product data sheets. Each school is required to develop their own wellness program, so not all items in this booklet may not fit the requirements of every wellness program.



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CWD #	Description	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
25339	Chips Rachel's Carmel Whole Grain	30	0	0	14.3	60
25583	Sun chip Harvest Cheddar	42.9	6.4	0	11	200
25788	Nature Valley Strawberry Yogurt Bar	21.4	12.9	0	37	110
25809	Cereal Bar Special K Choc Drizzle	16.7	10	0	27.3	95
25820	Cereal Bar Special K Strawberry	16.7	10	0	34.8	85
25867	Nature Valley Bar Oats & Honey	28.4	2.4	0	28.6	160
25869	Nature Valley Bar Peanut Butter	33.2	4.7	0	26.2	180
25894	Nature Valley Trail Mix Bar Fruit & Nut	25.7	3.2	0	34.3	65
25895	Chex Mix Trail Mix	30	9	0	22.9	95
25967	Simply Chex Cheddar Snack	22.5	6.4	0	14.3	260
26004	Cliff Bar Chocolate Chip Energy	17.6	5.9	0	33.8	150
26021	Cliff Bar Carrot Cake Energy	16.9	5.6	0	36.8	160
26027	Cliff Bar Chocolate Brownie	17.6	5.9	0	33.8	160
26037	Cereal Bar Special K Vanilla Crisp	20	10	0	27.3	90
26077	Cliff Bar Blueberry Crisp	18.8	1.9	0	32.4	190
26159	Fiber One Chewy Oats & Chocolate Bar	25.7	12.9	0	25	90
26204	Baked Lays Original	16.7	0	0	7.1	135
26205	Sun chip Harvest Cheddar	38.6	6.4	0	7.1	200
26207	Baked Lays BBQ Chip	22.5	3.8	0	10.7	210
26209	Baked Lays Sour Cream & Onion	22.5	3.8	0	10.7	210
26217	Baked Doritos Nacho Cheese	26.3	3.8	0	3.6	230
26218	Baked Cheetos Crunchy Cheese Snacks	34.6	6.9	0	<3.6	150
26219	Baked Cheetos Flaming Hot Cheese Snacks	37.5	7.5	0	<3.6	360
26222	Sun chips Garden Salsa	38.6	6.4	0	7.1	140
26538	Rice Krispie Chewy Apple Cinnamon Bar	19.3	3.2	0	25	105
26539	Cocoa Krispies Chewy Cereal Bar Chocolate	24	6	0	32.1	135
26605	Simply Chex BBQ Snack	22.5	3.2	0	14.3	200
26606	Simply Chex Sour Cream Snack	25.7	6.4	0	11.4	170
28000	Rice Krispie Treat	24	6	0	35.1	170
28001	Rice Krispie Treat	24	6	0	35.1	350
28013	Nutri-Grain Yogurt Bar Strawberry	24.2	3.5	0	32.4	110
28020	Nutri-Grain Bar Apple Cinnamon 1.3 oz	22.5	3.8	0	32.4	110
28023	Granola Bar Kashi Trail Mix	32.1	3.2	0	17.1	95
28024	Granola Bar Kashi Chewy Honey Almond Flax	32.1	0	0	14.3	105
28025	Nutri-Grain Bar Blueberry	22.5	3.8	0	32.4	110
28030	Nutri-Grain Bar Strawberry 1.3 oz	22.5	3.8	0	29.7	125
28053	Nutri-Grain Bar Strawberry 1.55 oz	22.5	2.8	0	31.8	150
28054	Nutri-Grain Bar Apple Cinnamon 1.55 oz	22.5	2.8	0	34.1	130
28074	Pop Tart Brown Sugar Cinnamon Whole Grain	14	5	0	30	190
28079	Pop Tart Strawberry Whole Grain	14	5	0	30	180

28173	BC Oatmeal Bar Butterscotch	30	9	0	22.9	120
28174	BC Oatmeal Bar Chocolate Chip	30	6	0	22.9	120
28175	Cereal Bar Golden Graham	19.3	3.2	0	24.3	135
28176	Cereal Bar Apple Cinnamon Cheerios	19.3	3.2	0	24.3	125
28437	Cracker Scooby Doo Graham Sticks (Whole Grain)	26.3	7.5	0	28.6	115
30535	Fruit by the Foot Berry Tie Dye	16.8	5.6	0	33.3	40
31439	Powerbar Perf Cookies & Cream	13.1	1.9	0	43.1	200
31440	Powerbar Perf Chocolate	11.3	3.8	0	36.9	200
31441	Powerbar Perf PNB	13.1	1.9	0	21.5	120
31442	Powerbar Harvest Toffee Choc Chip	18	9.4	0	30.8	140
31443	Powerbar Harvest PNB Choc Chip	16.9	3.8	0	27.7	140
31444	Powerbar Perf Vanilla Crisp	13.1	1.9	0	38.5	200
31445	Powerbar Perf Oatmeal Raisin	13.7	2	0	40	200
31446	Powerbar Harvest Double Choc	18	9		30.8	140
31459	Powerbar Perf Choc PNB	13.7	3.8	0	40	200
31462	Powerbar Harvest Apple Crisp	15	1.9		30.8	140
33387	Cookies Barnum Animal	26.3	7.5	0	25	140
33341	Cookies Fig Newtons	18	4.5	0	40.4	220
40214	Fruit Tube Sqz Mixed Berry	0	0	0	14.5	0
40215	Fruit Tube Sqz Strawberry	0	0	0	14.5	0
41453	Milk Soy Original Organic Pearl	20.8	3	0	10.7 g	167
41454	Milk Soy Vanilla Organic Pearl	29.6	4.8	0	16.9 g	183
41455	Milk Soy Chocolate Organic Pearl	21.5	4.4	0	15 g	111
42285	Cereal Ind Oatmeal Inst Var PK	4/16 1.5 oz				
	Peaches N Cream	13.8	3.5	0	34.3	180
	Apples & Cinnamon	10.4	0	0	25.7	160
	Raisins & Spice	12	0	0	32.6	210
	Maple & Brown Sugar	14.1	2.8	0	20.9	260
42381	Cereal Bowl Honey Nut Cheerios	12.3	0	0	32.1	160
42382	Cereal Bowl Cheerios	12.9	0	0	<5	110
42384	Cereal Bowl Golden Grahams	8.1	0	0	32.1	220
42385	Cereal Bowl Cinn Toast Crunch	24.5	4.1	0	32.1	200
42386	Cereal Bowl Kix	7.5	0	0	11.8	100
42395	Cereal Bowl Trix Less Sugar	11.3	0	0	23.8	110
42396	Cereal Bowl Cinn Toast Crunch Less	24.5	4.1	0	21.4	200
42401	Cereal Bowl Cinnamon Toasters	26.3	3.8	0	32.1	130
42402	Cereal Bowl Toasty O's	16.9	0	0	<5	90
42403	Cereal Bowl Special K	0	0	0	11.1	130
42404	Cereal Cup Cheerios	16.1	3.2	0	5.1	220
42421	Cereal Ind Cheerios	15	0	0	<6	95
42443	Cereal Bowl Fruit Loops Less Sugar	12.9	0	0	31.6	105
42444	Cereal Frosted Flakes Less Sugar	0	0	0	25	160
42449	Cereal Bowl Corn Flakes	0	0	0	9.5	150
42451	Cereal Bowl Rice Krispies	0	0	0	11.1	100
42453	Cereal Bowl Raisin Bran	4.5	0	0	28.6	125
42464	Cereal Ind Box Rice Krispies	0	0	0	12	140

42466	Cereal Ind Box Special K	0	0	0	13	160
42473	Cereal Bowl Bite Size Frosted Mini Wheats	0	0	0	21.4	0
42491	Cereal Honey Nut Cheerios Ind	12.3	0	0	32.1	160
42552	Cereal Bowl Little Bites Chocolate Frosted Mini Wheats	9	0	0	21.4	105
42564	Cereal Ind Granola	23.3	0.03	0	22.9	75
42625	Cookie Strawberry Delights	28.1	8.4	0	32.5	125
42640	Bar Multi Grain Totally Choc Chip IW	22.5	9.6	0	28.6	120
42649	Cereal Bowl Mini Cinni Wheats	4.5	0	0	21.4	0
43031	Cracker Ind Graham	25	0	0	21.4	60
43032	Cracker Ind Graham	30	5	0	19	100
43136	Crackers Graham Cinnamon Bun	27.3	8.2	0	24	230
43137	Crackers Graham French Toast	30	8.6	0	24	230
43151	Cracker Ind Bug Bite Grahams	29.2	7.5	0	28.6	115
43153	Crackers Graham Grips Cinnamon	27	9	0	11	80
43154	Cheeze-It Scrabble Crackers	31.5	9	0	0	130
44750	Apple Juice Ind Can	0	0	0	19 g	10
44786	Juice Apple 100% Aseptic	0	0	0	18 g	5
44787	Juice Very Berry 100% Aseptic	0	0	0	21 g	15
44788	Juice Mixed Berry Fruitables Aseptic	0	0	0	12 g	5
44791	Juice Straw Kiwi Fruitables Aseptic	0	0	0	13 g	5
44792	Juice Fruit Punch 100% Aseptic	0	0	0	21 g	25
44793	Juice Orange Tangerine 100% Aseptic	0	0	0	22 g	20
44810	Orange Juice Ind Can	0	0	0	19 g	10
44830	Tomato Juice Campbell's	0	0	0	5 g	470
44835	Tomato Juice Sacramento	0	0	0	4 g	410
44850	V8 Vegetable Juice	0	0	0	5 g	290
44852	Spicy Hot V8 Vegetable Juice	0	0	0	10 g	1070
44853	V8 Juice Low Sodium	0	0	0	5 g	95
44962	Welch's 100% Grape Juice	0	0	0	59 g	30
45060	V8 Vegetable Juice	0	0	0	5 g	450
45835	Orange Juice 10 oz	0	0	0	30 g	10
45836	Grapefruit Juice - 10 oz	0	0	0	29 g	10
45837	Apple Juice 10 oz	0	0	0	35 g	10
45838	Grape Juice - 10 oz	0	0	0	49 g	15
45873	Main Street Smoothie Strawberry	6.7	5	0	48 g	130
45874	Main Street Smoothie Mixed Berry	6.9	5.1	0	43 g	130
45875	Main Street Smoothie Peach	7.2	5.4	0	45 g	130
55080	Waffles Mini Cinni Eggo	23.7	7.1	0	14.3	240
55081	Walles Minni Maple Eggo	23.7	7.1	0	14.3	210
51287	French Toast Mini Homestyle Pillsbury	30	7.5	0	20.3	180
54068	Cinnamon Roll Mini Cinnis	26.3	7.5	0	23.1	300
55048	Bagel White Whl Grain IW	7.5	0	0	5.3	170
55557	Juice Bar Orange Whole Fruit	0	0	0	7 g	5
55558	Juice Bar Berry Whole Fruit	0	0	0	7 g	5
55559	Juice Bar Wild Cherry Whole Fruit	0	0	0	7 g	5

55743	Pretzel Baked 2.5 oz	5	0	0	1.4	150
58803	Bagel Mini Sliced	4.5	0	0	10.8	140
58077	Shape Ups (Orange) 2.25 oz	0	0	0	19.4	10
58087	Juice Orange Pineapple 100%	0	0	0	12 g	20
58088	Juice Orange 100% Cup	0	0	0	11 g	15
58095	Shape Ups (Cherry) 2.25 oz	0	0	0	19.4	10
58099	Shape Ups (Strawberry) 2.25 oz	0	0	0	19.4	10
58105	Juice Apple 100%	0	0	0	13 g	15
58176	Juice Grape 100%	0	0	0	18 g	15
58686	Banana Nut Mini Muffin	28	5	0	33	150
58689	Blueberry Mini Muffin	31	6	0	27	140
58696	Bagel Cinnamon Raisin	2.6	0	0	11.9	340
58803	Mini Bagel Sliced	0	0	0	7	150
66395	Yogurt Trix Strawberry Banana Bash	4.5	4.5	0	12.4	50
66398	Yogurt Red Raspberry/Harvest Peach	8.2	4.1	0	15	60
66408	Yogurt Yoplait Strawberry/Strawberry Banana	8.2	4.1	0	15.5	60
66439	Yogurt Trix Triple Cherry	4.5	4.5	0	12.4	50
736736	Pop Tart Frosted Blueberry	22.5	6.8	0	30.8	170
736738	Pot Tart Frosted Brown Sugar Cinnamon	30	8.6	0	30	170
736740	Pop Tart Frosted Cherry	22.5	6.8	0	30.8	160
736744	Pop Tart Frosted S'mores	22.5	6.8	0	36.5	210
736750	Pop Tart Frosted Strawberry	22.5	6.8	0	30.8	170
736752	Pop Tart Unfrosted Strawberry	22.5	9	0	25	180
S0197	Animal Snackers	28.6	0	0	25	45
SD721	Power Snacker Tropical Treasures	32.7	32.7	0	52.9	2
SD4286	Carnival Crunch	10	0	0	9.4	200
SD 9775	Bar Fruit and Nut Apple Cinnamon IW	19.3	6.4	0	44.4	70
SF6023	Juice Wild Cherry Whole Fruit Fz	0	0	0	15 g	10