

# 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.



For more information contact:

**Heidi Wietjes**

heidi.wietjes@cashwa.com  
308.237.3151 ext. 7123



CWD #	Description	Calories	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
22907	Corn Flakes Cereal Bowl	80	0	0	0	9.5	180
22982	Crisp Rice Cereal Bowl	80	0	0	0	9.5	200
22983	Corn Puffs Cereal Bowl	80	0	0	0	9.5	190
23144	Toasted Oats Cereal Bowl	90	15	0	0	4.8	190
24153	Luigi's Sherbet - Orange	120	11.3	7.5	0	22.3	35
25324	Baked Classics Potato Sour Cream & Onion	45	11.1	0	0	7.1	125
25328	Baked Classics Potato Mesquite Barbecue	45	11.1	0	0	7.1	135
25334	Puffed Multi Grain Apple Cinnamon Snacks	60	33.3	0	0	14.3	60
25820	Strawberry Speical K Bar	90	15	10	0	34.8	95
25867	Nature Valley Bar Oats & Honey	190	28.4	2.4	0	28.6	160
25869	Nature Valley Bar Peanut Butter	190	33.2	4.7	0	26.2	180
25870	Nature Valley Bar Maple Brown Sugar	180	30	2.5	0	26.2	160
25895	Chex Mix Trail Mix	150	30	9	0	22.9	95
29037	Special K Bar Vanilla Crisp	90	16.7	10	0	31.3	100
26159	Fiber One Chewy Oats & Chocolate Bar	140	25.7	9.6	0	25	95
26204	Baked Lays Original	130	15.4	0	0	6.3	150
26217	Baked Doritos Nacho Cheese	120	26.3	3.8	0	3.6	230
26467	Baked Lays Southwestern Ranch	120	22.5	3.8	0	7.1	160
26538	Rice Krispies Chewy Cereal Bar Apple Cinnamon	140	19.3	3.2	0	25	110
26605	Simply Chex BBQ Snack	140	21.4	3.2	0	14.3	200
26606	Simply Chex Sour Cream & Onion Snack	140	25	6.4	0	11.4	170
26857	Sun Morning Mix-Ups Honey Cinnamon	190	23.7	2.4	0	13.9	125
26893	Kellogg's Special K Cracker Chips Sea Salt	110	18.2	0	0	0	230
27163	Cocoa Krispies Chewy Granola Bar Chocolate	150	27	6	0	26.3	140
27219	Simply Chex Cheddar Snack	110	22.7	4.1	0	15.4	135
27236	Chex Mix Hot 'n Spicy	110	24.5	4.1	0	7.7	140
28013	Nutri-Grain Yogurt Bar Strawberry	130	24.2	3.5	0	32.4	110
28020	Nutri-Grain Bar Apple Cinnamon	120	22.5	3.8	0	32.4	110
28023	Granola Bar Kashi Trail Mix	140	32.1	3.2	0	17.1	105
28024	Granola Bar Kashi Chewy Honey Almond Flax	140	32.1	0	0	14.3	105
28025	Nutri-Grain Bar Blueberry	120	22.5	3.8	0	32.4	110
28030	Nutri-Grain Bar Strawberry	120	22.5	3.8	0	29.7	125
28050	Pop Tart Frosted Blueberry	200	22.5	4.5	0	34.6	170
28053	Nutri-Grain Strawberry	160	22.5	2.8	0	31.8	150

CWD #	Description	Calories	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
28054	Nutri-Grain Apple Cinnamon	160	22.5	2.8	0	34	130
28074	Pop Tart Brown Sugar Cinnamon Whole Grain	200	27	9	0	24	160
28079	Pop Tart Strawberry Whole Grain	190	23.7	7.1	0	26	150
28173	Betty Crocker Butterscotch Oatmeal Bar	150	30	9	0	22.9	120
28174	Betty Crocker Chocolate Chip Oatmeal Bar	150	30	6	0	22.9	120
28187	Golden Grahams	150	18	3	0	22.5	110
28188	Apple Cinnamon Cheerios	150	18	3	0	22.5	95
28437	Cracker Scooby Doo Graham Sticks Cinnamon	120	30	7.5	0	28.6	115
31492	Energy Bar Cranberry Oatmeal Cookie	130	17.3	3.5	0	25.7	90
31493	Energy Bar Roasted Peanut Butter	140	28.9	6.4	0	25.7	90
42252	Cereal Bowl Corn Puffs	110	9.1	0	0	10.7	180
42381	Cereal Bowl Honey Nut Cheerios	110	12.3	0	0	32.1	190
42384	Cereal Bowl Golden Grahams	120	22.5	3.8	0	32.1	200
42385	Cereal Bowl Cinnamon Toast Crunch	120	22.5	3.8	0	32.1	200
42386	Cereal Bowl Kix	60	0	0	0	11.8	100
42390	Cereal Bowl Frosted Corn Flakes	110	0	0	0	32.1	190
42396	Cereal Bowl Cinnamon Toast Crunch Reduced Sugar	110	16.4	0	0	7.1	160
42401	Cereal Bowl Cinnamon Toasters	120	26.3	3.8	0	32.1	130
42403	Cereal Bowl Special K	70	0	0	0	11.1	130
42421	Cereal Ind Cheerios	60	15	0	0	<5.9	95
42444	Cereal Bowl Froste Flakes Reduced Sugar	100	0	0	0	25	160
42449	Cereal Bowl Corn Flakes	80	0	0	0	9.5	150
42451	Cereal Bowl Rice Krispies	70	0	0	0	11.1	100
42453	Cereal Bowl Raisin Bran	110	4.1	0	0	28.6	150
42463	Cereal Ind Box Raisin Bran	140	6.4	0	0	27.9	180
42464	Cereal Ind Box Rice Krispies	100	0	0	0	12	140
42466	Cereal Ind Box Special K	90	0	0	0	13	170
42473	Cereal Bowl Bite Size Frosted Mini Wheats	100	0	0	0	21.4	0
42491	Cereal Ind Box Honey Nut Cheerios	90	10	0	0	34.8	130
42496	Cereal Bowl Trix	80	12.5	0	0	33.3	115
42552	Cereal Bowl Little Bites Chocolate Frosted Mini Wheats	100	9	0	0	21.4	105
42569	Totally Chocolate Chip Bars	140	22.5	9.6	0	28.6	120
42584	Totally Apple Cinnamon Bars	140	25.7	9.6	0	28.6	110
42649	Cereal Bowl Mini-Wheats Little Bites Cinnamon	100	4.5	0	0	21.4	0

CWD #	Description	Calories	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
42655	Cereal Bowl Fruit Loops Reduced Sugar	110	8.2	4.1	0	28.6	170
42657	Cereal Bowl Trix	110	8.2	0	0	32.1	160
42658	Cereal Bowl Trix Less Sugar	110	8.2	0	0	25	140
42662	Cereal Bowl Toasty O's	100	13.5	0	0	<4.1	120
42633	Cereal Bowl Honey Nut Scooters	100	9	0	0	32.1	200
42665	Cereal Bowl Scooby-Doo Cereal	110	8.2	0	0	17.9	95
42666	Cereal Bowl Apple Jacks Reduced Sugar	110	8.2	4.1	0	28.6	160
42668	Cereal Bowl Rice Krispies with Whole Grain Brown Rice	100	4.5	0	0	3.6	170
42669	Cereal Bowl Cinnamon Flakes Multi-grain Reduced Sugar	100	0	0	0	21.4	170
42675	Cereal Bowl Cocoa Puffs Less Sugar	110	12.3	0	0	26.7	160
42677	Cereal Bowl Cheerios	100	18	0	0	3.6	140
43031	Cracker Ind Graham	60	22.5	0	0	21.4	60
43035	Keebler Elf Grahams Original	120	29.2	7.5	0	28.6	105
43066	Keebler Grahams Honey	90	25	0	0	23.8	95
43151	Keebler Grahams Bug Bites	140	28.9	6.4	0	29	130
43153	Crackers Graham Grips Cinnamon	100	27	9	0	20	80
44731	Juice Apricot Nectar	100	0	0	0	13.6	0
44737	Juice Cranberry Cocktail	80	0	0	0	13.6	25
44743	Juice Cup Cranberry Cocktail	60	0	0	0	13.4	20
44749	Juice Orange 100% Aseptic	60	0	0	0	10.2	15
44750	Apple Juice Ind Can	80	0	0	0	11.3	10
44751	Juice Strawberry Banana 100% Aseptic	60	0	0	0	13.4	5
44752	Juice Tropical Punch 100% Aseptic	60	0	0	0	13.4	5
44753	Juice Apple 100% Aseptic	60	0	0	0	13.4	5
44754	Juice Grape 100% Aseptic	60	0	0	0	13.4	5
44786	Juice Apple 100%	90	0	0	0	9.5	5
44787	Juice Very Berry 100%	100	0	0	0	11.1	15
44788	Juice Mixed Berry Fruitables Aseptic	60	0	0	0	10.1	5
44791	Juice Straw Kiwi Fruitables Aseptic	60	0	0	0	11	5
44792	Juice Fruit Punch 100%	100	0	0	0	11.1	25
44793	Juice Orange Tangerine 100%	100	0	0	0	11.6	20
44810	Orange Juice Ind Can	80	0	0	0	11.3	10
44853	V8 Juice Low Sodium	30	0	0	0	3.2	95
51287	French Toast Mini Homestyle Pillsbury	180	30	7.5	0	20.3	180
53285	Pancake Pods - Strawberry	190	18.4	0	0	32.9	230
55048	Bagel White Whl Grain IW	120	7.5	0	0	5.3	170
55081	Waffle Mini Maple Eggo	190	23.7	7.1	0	14.3	210

CWD #	Description	Calories	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
55627	Sorbet Orange Cup	70	0	0	0	12.2	5
55628	Sorbet Blue Raspberry Cup	70	0	0	0	11.4	5
55629	Sorbet Grape Cup	70	0	0	0	12.2	5
55702	Pancake Mini Maple Bursts	170	26.5	2.6	0	12.5	200
55742	Mini Baked Pretzels	70	6.4	0	0	0	60
55743	Traditional Sized Pretzels	180	5	0	0	1.4	150
55823	Cracker Grahams Whole Grain Dots	120	30	0	0	25	95
55838	Pretzel Stick Super Cinnamon	150	13.3	6	0	13.6	115
56480	Waffle Mini Maple Flavor	200	22.5	6.8	0	13.3	220
56521	Pretzel Roll Whole Grain	160	15.6	5.6	0	3.2	0
56523	Juice Cup Birthday Cherry/Blue Raspberry Swirl	60	0	0	0	11.6	5
57495	Juice Orange Pineapple Whole Fruit	70	0	0	0	13.4	5
57765	Juice Cup Straw Pom 100% Whole Fruit	80	0	0	0	13.4	5
58077	Shape Ups - Orange	60	0	0	0	22.2	10
58078	Shape Ups - Blue Raspberry	60	0	0	0	22.2	10
58079	Shape Ups - Pink Lemonade	80	0	0	0	23.3	15
58087		60	0	0	0	11.6	20
58088	Juice Orange 100% Cup	50	0	0	0	9.8	15
58089	Shape Ups - Rasp Blue	80	0	0	0	23.1	15
58095	Shape Ups - Cherry	60	0	0	0	22.2	10
58096	Italian Ice Squeeze Tube Cherry	70	0	0	0	12.5	15
58097	Italian Ice Squeeze Tube Lemon	70	0	0	0	11.6	15
58098	Italian Ice Squeeze Tube Strawberry	70	0	0	0	12.5	15
58099	Shape Ups - Strawberry	60	0	0	0	22.2	10
58105	Juice Apple 100%	60	0	0	0	11.6	15
58176	Juice Grape 100%	80	0	0	0	16.1	15
58177	Juice Cranberry Cocktail	60	0	0	0	13.4	15
58352	Juice Pineapple 100%	60	0	0	0	10.7	30
58686	Banana Nut Mini Muffin	170	29.4	5.3	0	33.3	150
58689	Blueberry Mini Muffin	160	25.3	5.6	0	27.5	120
58803	Bagel Mini Sliced	70	4.5	0	0	10.8	140
61313	Apples & Caramel	100	10	0	0	25.6	35
66157	Fat Free Skim Milk	80	0	0	0	4.9	120
66174	Chocolate Skim Milk	100	0	0	0	6.3	210
66263	Nesquik Chocolate Low-Fat Milk	170	13.2	7.9	0	12.5	160
66371	Yogurt Strawberry Yoplait	170	7.9	5.3	0	16.1	80
66390	Yogurt Peach Nonfat	90	0	0	0	14.2	75
66391	Yogurt Cherry Vanilla Nonfat	90	0	0	0	14.2	75
66392	Yogurt Strawberry Banana Nonfat	90	0	0	0	14.2	75
66393	Yogurt Strawberry Nonfat	90	0	0	0	14.2	75

CWD #	Description	Calories	% Calories from Fat	% Calories from Saturated Fat	% Calories from Trans Fat	% Weight from Sugar	mg Sodium
66395	Yogurt Trix Strawberry Banana Bash	100	4.5	4.5	0	12.4	50
66396	Yogurt Yoplait Trix Raspberry Rain	120	11.3	7.5	0	16.8	55
66397	Yogurt Yoplait Trix Watermelon	120	11.3	7.5	0	16.8	55
66398	Yogurt Red Raspberry/Harvest Peach	110	8.2	4.1	0	15	60
66404	Yogurt Peach Yoplait	170	7.9	5.3	0	15.9	80
66408	Yogurt Yoplait Strawberry/Strawberry Banana	110	8.2	4.1	0	15	60
66414	Yogurt Cherry Cup Danimals	110	12.3	8.2	0	15.2	80
66417	Yogurt Mixed Berry	170	7.9	5.3	0	16.1	80
66426	Yogurt Blueberry Lite	80	0	0	0	6.5	75
66427	Yogurt Peach Lite	80	0	0	0	6.5	75
66428	Yogurt Strawberry Lite	80	0	0	0	6.5	80
66433	Yogurt Strawberry & Peach Activia	110	16.4	8.2	0	15.2	75
66434	Yogurt Assorted Dannon Lite & Fit	50	0	0	0	6.3	55
66437	Yogurt Strawberry Cup Danimals	110	12.3	8.2	0	15.2	80
66439	Yogurt Trix Triple Cherry	100	4.5	4.5	0	12.4	50
66465	Milk Strawberry Skim Hiland	130	0	0	0	4.9	120
66468	Milk Chocolate Skim Hiland	130	0	0	0	9.8	180
66529	Yogurt Greek Strawberry w/ Fruit	120	0	0	0	12.1	50
66535	Yogurt Greet Blueberry w/ Fruit	130	0	0	0	8.1	50
66536	Yogurt Greek Black Cherry w/ Fruit	130	0	0	0	13.4	50
66538	Yogurt Greek Strawberry Lite & Fit	80	0	0	0	8	55
66539	Yogurt Greek Blueberry Lite & Fit	80	0	0	0	8	45
66541	Yogurt Tube Jammin' Strawberry	70	14.3	6.4	0	12.5	25
66542	Yogurt Tube Swirlin' Strawberry Banana	70	14.3	6.4	0	12.5	25
107575	Milk Skim Chocolate Trumoo	120	0	0	0	8	180
107630	Skim Milk Land O Lakes	90	0	0	0	5.8	125
114721	Yogurt Cherry Orchard	170	7.9	5.3	0	16.1	80
114722	Yogurt Mountain Blueberry	170	7.9	5.3	0	16.1	80
114723	Yogurt Strawberry Banana	170	7.9	5.3	0	16.1	80
306025	Chewy Granola Bars Peanut Butter Chocolate Chip	100	22.5	4.5	0	34	85
736736	Pop Tart Frosted Blueberry	200	22.5	4.5	0	34.6	170
736744	Pop Tart Frosted S'mores	200	27	4.5	0	34.6	200
736752	Pop Tart Unfrosted Strawberry	200	22.5	4.5	0	28.8	190
SD721	Power Snacker Tropical Treasures	110	32.7	32.7	0	52.9	2
SD4286	Carnival Crunch	150	10	0	0	9.4	200
SF 6023	Wild Cherry Premium Frozen 100% Juice Cups	70	0	0	0	13.4	10