



Lucky Charms® Cereal Kit

MFG# 38100

Breakfast Items

General Mills® Lucky Charms® Cereal

MJM® Cinnamon Grahams

notables® Apple Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28 g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	110	112	60
Cal from Fat	10	29	0
Total Fat (g)	1	3	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	180	140	5
Carbs (g)	23	20	15
Fiber (g)	2	1	0
Sugars (g)	10	7	14
Protein (g)	2	1	0
Vitamin A	10%	6%	0%
Vitamin C	10%	6%	100%
Calcium	10%	0%	10%
Iron	25%	10%	0%

Ingredient lists

Cereal
Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Canola Oil, Yellows 5 & 6, Red 40, Blue 1 and Other Color Added, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Graham
Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, salt, cinnamon, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).
Allergen Information: Contains wheat

Apple Juice
Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

25-Mar-14

Sarah Lindberg, SNS
Executive Director, notables®

Breakfast Solutions

Packaged in convenient
Grab and GO KITS



CINNAMON TOAST® CRUNCH REDUCED SUGAR BREAKFAST

Item # 38095

General Mills® Cinnamon Toast Crunch® Reduced Sugar Cereal Bowl, Spoon
MJM® Honey Graham
notables® Orange Tangerine Juice

2oz. Grain Equivalent and 1/2 cup Fruit

RICE CHEX® GLUTEN FREE BREAKFAST

Item # 38099

General Mills® Rice Chex® Cereal Bowl, Spoon

Sunrich Naturals® Honey Roasted Sunflower Seeds
notables® Orange Tangerine Juice

1oz. Grain Equivalent, 1 Meat Alternative and 1/2 cup Fruit



COCO PUFFS® REDUCED SUGAR BREAKFAST

Item # 38096

General Mills® Cocoa Puffs® Reduced Sugar Cereal Bowl, Spoon
MJM® Maple Waffle Graham
notables® Apple Juice

2oz. Grain Equivalent and 1/2 cup Fruit

LUCKY CHARMS® BREAKFAST

Item # 38100

General Mills® Lucky Charms® Cereal Bowl, Spoon

MJM® Cinnamon Graham
notables® Apple Juice

2oz. Grain Equivalent and 1/2 cup Fruit

TRIX® REDUCED SUGAR BREAKFAST

Item # 38097

General Mills® Trix® Reduced Sugar Cereal Bowl, Spoon
MJM® Strawberry Waffle Graham
notables® Orange Tangerine Juice

2oz. Grain Equivalent and 1/2 cup Fruit

CINNAMON TOAST CRUNCH® CEREAL BAR BREAKFAST

Item # 38101

General Mills® Cinnamon Toast Crunch® Cereal Bar
Sunrich Naturals® Salted Sunflower Seeds
notables® Orange Tangerine Juice

1oz. Grain Equivalent, 1 Meat Alternative and 1/2 cup Fruit

HONEY NUT® CHEERIOS BREAKFAST

Item # 38098

General Mills® Honey Nut Cheerios® Cereal Bowl, Spoon,
MJM® Apple Cinnamon Graham
notables® Apple Juice

2oz. Grain Equivalent and 1/2 cup Fruit

GOLDEN GRAHAMS® CEREAL BAR BREAKFAST

Item # 38102

General Mills® Golden Grahams® Cereal Bar
Sunrich Naturals® Honey Roasted Sunflower Seeds
notables® Apple Juice

1oz. Grain Equivalent, 1 Meat Alternative and 1/2 cup Fruit



Snack Solutions

Packaged in convenient
Grab and GO KITS

Breakfast Kits Continued



COCOA PUFFS® CEREAL BAR BREAKFAST

Item # 38103

General Mills® Cocoa Puffs® Cereal Bar
Pepperidge Farm® Pretzel Goldfish
notables® Orange Tangerine Juice

2oz. Grain Equivalent
and 1/2 cup Fruit



TRIX® CEREAL BAR BREAKFAST

Item # 38104

General Mills® Trix® Cereal Bar
Pepperidge Farm® Cheddar Goldfish
notables® Apple Juice

2oz. Grain Equivalent
and 1/2 cup Fruit



TEAM CHEERIOS® CEREAL BAR BREAKFAST

Item # 38105

General Mills Team Cheerios® Cereal Bar
MJM® Cinnamon Graham
notables® Orange Tangerine Juice

2oz. Grain Equivalent
and 1/2 cup Fruit

CHOCOLATE BEAR GRAHAM SNACK

Item # 35154

MJM® Chocolate Bear Graham
notables® Fruit Punch

1oz. Grain Equivalent
and 3/4 cup Fruit



CINNAMON GRAHAM SNACK

Item # 35155

MJM® Cinnamon Graham
notables® Fruit Punch

1oz. Grain Equivalent
and 3/4 cup Fruit



PRETZEL GOLDFISH SNACK

Item # 35156

Pepperidge Farm® Pretzel Goldfish
notables® Fruit Punch

1oz. Grain Equivalent
and 3/4 cup Fruit



CHEDDAR GOLDFISH SNACK

Item # 35157

Pepperidge Farm® Cheddar Goldfish
notables® Fruit Punch

1oz. Grain Equivalent
and 3/4 cup Fruit



HONEY GRAHAM SNACK

Item # 38026

MJM® Honey Graham
notables® Fruit Punch

1oz. Grain Equivalent
and 3/4 cup Fruit



Packaged in convenient
Grab and GO KITS



RS Cinnamon Toast Crunch® Cereal Breakfast
MFG# 38095

Breakfast Items

**General Mills® RS
 Cinnamon Toast
 Crunch® Cereal**

MJM® Honey Graham w/Fiber

**notables® Orange Tangerine
 Juice**

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	110	110	60
Cal from Fat	25	30	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	140	10
Carbs (g)	22	20	15
Fiber (g)	3	3	0
Sugars (g)	6	7	14
Protein (g)	1	1	0
Vitamin A	8%	6%	30%
Vitamin C	8%	6%	100%
Calcium	20%	0%	10%
Iron	20%	10%	0%

Ingredient lists

Cereal
 Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Rice Bran Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
 CONTAINS WHEAT AND SOY INGREDIENTS.

Graham
 Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, oat fiber, honey, salt, sodium bicarbonate, molassas, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate and maltodextrin as carrier), extract of annatto.
 Allergen Information: Contains wheat

Orange Tangerine Juice
 Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

25-Mar-14

Sarah Lindberg, SNS
 Executive Director-notables®

notables[®] RS Cocoa Puffs[®] Cereal Kit

MFG# 38096

Breakfast Items

General Mills[®] RS Cocoa Puffs[®]

MJM[®] Maple Waffle Grahams

notables[®] Apple Juice

Basic Information

Serving Size	1 bowl (30g)	1 ounce (28 g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

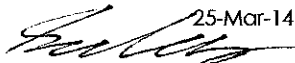
Calories	110	110	60
Cal from Fat	15	30	0
Total Fat (g)	1.5	3.5	0
Sat Fat (g)	0	0.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	115	5
Carbs (g)	25	20	15
Fiber (g)	2	2	0
Sugars (g)	8	7	14
Protein (g)	2	2	0
Vitamin A	10%	6%	0%
Vitamin C	10%	6%	100%
Calcium	10%	2%	10%
Iron	25%	15%	0%

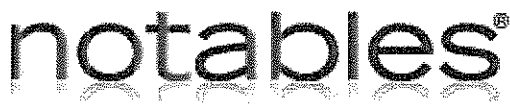
Ingredient lists

Cereal Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Cocoa Processed with Alkali, Rice Bran And/or Canola Oil, Caramel Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate, BHT Added to Preserve Freshness, Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Graham Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, modified wheat starch, sodium bicarbonate, salt, natural maple flavor, monocalcium phosphate, natural vanilla flavor, ammonium bicarbonate, added vitamin and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

25-Mar-14

 Sarah Lindberg, SNS
 Executive Director, notables[®]



RS Trix® Cereal Breakfast

MFG# 38097

Breakfast Items

General Mills® Reduced
Sugar Trix® Cereal

MJM® Strawberry Waffle
Grahams

notables® Orange Tangerine
Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	110	113	60
Cal from Fat	10	26	0
Total Fat (g)	1	3	0
Sat Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	140	95	10
Carbs (g)	24	21	15
Fiber (g)	1	1	0
Sugars (g)	7	7	14
Protein (g)	1	2	0
Vitamin A	10%	6%	30%
Vitamin C	8%	6%	100%
Calcium	10%	2%	10%
Iron	30%	10%	0%

Ingredient lists

Cereal
Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Rice Bran And/or Canola Oil, Salt, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Sodium Citrate, Citric Acid, Malic Acid. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Strawberry Grahams
Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, strawberry bits (sugar, corn syrup, corn cereal, modified corn starch, palm oil, natural flavor, fruit and vegetable extracts, malic acid), salt, sodium bicarbonate, citric acid, natural strawberry flavor, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

Allergen Information: Contains wheat

Orange Tangerine Juice
Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

24-Mar-14

Sarah Lindberg, SNS
Executive Director-notables®



Honey Nut Cheerios® Cereal Breakfast

MFG# 38098

Breakfast Items

General Mills® Honey Nut
Cheerios®

MJM® Apple Cinnamon
Bear Grahams

notables® Apple Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	110	115	60
Cal from Fat	10	31	0
Total Fat (g)	1.5	3.5	0
Sat Fat (g)	0	0.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	100	5
Carbs (g)	22	20	15
Fiber (g)	2	2	0
Sugars (g)	9	7	14
Protein (g)	2	1	0
Vitamin A	10%	6%	0%
Vitamin C	10%	6%	100%
Calcium	10%	2%	10%
Iron	25%	10%	0%

Ingredient lists

Cereal
Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

Apple Cinnamon
Grahams
Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.
Allergen Information: Contains Wheat

Apple Juice
Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

 24-Mar-14
Sarah Lindberg, SNS
Executive Director-notables®

notables[®] Rice Chex[®] Cereal Breakfast

MFG#38099

Breakfast Items

General Mills [®] Rice Chex [®] Cereal Bowl	Sunrich Naturals [®] Honey Roasted Sunflower Seeds	notables [®] Orange Tangerine Juice
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Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1 Fruit

Nutrition Information

Calories	100	160	60
Cal from Fat	5	120	0
Total Fat (g)	0.5	14	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	250	55	10
Carbs (g)	24	8	15
Fiber (g)	1	2	0
Sugars (g)	2	4	14
Protein (g)	2	5	0
Vitamin A	10%	0%	30%
Vitamin C	10%	0%	100%
Calcium	10%	2%	10%
Iron	50%	6%	0%

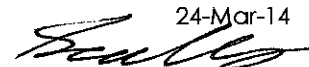
Ingredient lists

Cereal Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Sunflower Seeds non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum.

Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

24-Mar-14



Sarah Lindberg, SNS
Executive Director-notables[®]



Lucky Charms® Cereal Kit

MFG# 38100

Breakfast Items

General Mills® Lucky Charms® Cereal

MJM® Cinnamon Grahams

notables® Apple Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28 g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	110	112	60
Cal from Fat	10	29	0
Total Fat (g)	1	3	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	180	140	5
Carbs (g)	23	20	15
Fiber (g)	2	1	0
Sugars (g)	10	7	14
Protein (g)	2	1	0
Vitamin A	10%	6%	0%
Vitamin C	10%	6%	100%
Calcium	10%	0%	10%
Iron	25%	10%	0%


Ingredient lists

Cereal Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Canola Oil, Yellows 5 & 6, Red 40, Blue 1 and Other Color Added, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Graham Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, salt, cinnamon, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

Allergen Information: Contains wheat

Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

 25-Mar-14
Sarah Lindberg, SNS
Executive Director, notables®



Cinnamon Toast Crunch® Cereal Bar Breakfast
MFG#38101

Breakfast Items

**General Mills®
 Cinnamon Toast
 Crunch® Cereal Bar**

**Sunrich Naturals®
 Lightly Salted
 Sunflower Seeds**

**notables® Orange
 Tangerine Juice**

Basic Information

Serving Size	1 bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1 Fruit

Nutrition Information

Calories	150	170	60
Cal from Fat	30	150	0
Total Fat (g)	3	16	0
Sat Fat (g)	0.5	1.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	115	110	10
Carbs (g)	30	4	15
Fiber (g)	3	2	0
Sugars (g)	8	1	14
Protein (g)	3	6	0
Vitamin A	0%	0%	30%
Vitamin C	0%	0%	100%
Calcium	20%	2%	10%
Iron	10%	10%	0%

Ingredient lists

Cereal Bar Whole Grain Oats, Cereal (whole grain wheat, rice flour, sugar, maltodextrin, dextrose, canola and/or rice bran oil, salt, trisodium phosphate, calcium carbonate, zinc and iron [mineral nutrients], caramel color, A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], A B Vitamin [folic acid]), Corn Syrup, Sugar, Fructose, Canola And/or Rice Bran Oil, Whole Wheat Flour, Brown Rice Flour, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Maltodextrin, Glycerin, Whole Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Color Added, Cinnamon, Gelatin, Baking Soda, Natural Flavor, BHT Added to Retain Freshness. CONTAINS WHEAT INGREDIENTS.

Sunflower Seeds non-GMO sunflower kernels, sunflower oil, salt.

Orange Tangerine Juice Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

 24-Mar-14
 Sarah Lindberg, SNS
 Executive Director-notables®

notables® Golden Grahams® Cereal Bar Breakfast

MFG# 38102

Breakfast Items

General Mills® Golden
Grahams® Cereal Bar

Sunrich Naturals® Honey
Roasted Sunflower Seeds

notables® Apple Juice

Basic Information

Serving Size	1 Bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1 Fruit

Nutrition Information

Calories	150	160	60
Cal from Fat	30	120	0
Total Fat (g)	3	14	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	110	55	5
Carbs (g)	30	8	15
Fiber (g)	3	2	0
Sugars (g)	9	4	14
Protein (g)	2	5	0
Vitamin A	2%	0%	0%
Vitamin C	0%	0%	100%
Calcium	20%	2%	10%
Iron	10%	6%	0%

Ingredient lists

Cereal Bar Whole Grain Oats, Cereal (whole grain wheat, sugar, corn meal, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, calcium carbonate, trisodium phosphate, zinc and iron [mineral nutrients], Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], artificial flavor, Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D, BHT added to retain freshness), Corn Syrup, Sugar, Rice Bran And/or Canola Oil, Fructose, Brown Rice Flour, Marshmallows (sugar, dextrose, modified corn starch, corn syrup, cocoa, gelatin, natural and artificial flavor), Chicory Root Extract, Maltodextrin. Contains 2% or less of: Whole Corn Flour, Glycerin, Calcium Carbonate, Whole Grain Oat Flour, Wheat Starch, Modified Wheat Starch, Cocoa Processed with Alkali, Salt, Gelatin, Color Added, Natural and Artificial Flavor, BHT Added to Retain Freshness.
CONTAINS WHEAT INGREDIENTS.

Sunflower Seeds non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum.

Apple Juice Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

 24-Mar-14
Sarah Lindberg, SNS
Executive Director-notables®

notables® Cocoa Puffs® Cereal Bar Breakfast

MFG#38103

Breakfast Items

General Mills® Cocoa Puffs® Cereal Bar

Pepperidge Farm® Pretzel Goldfish

notables® Orange Tangerine Juice

Basic Information

Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	150	110	60
Cal from Fat	30	31.5	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0.5	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	110	60	10
Carbs (g)	30	20	15
Fiber (g)	3	2	0
Sugars (g)	9	3	14
Protein (g)	3	2	0
Vitamin A	2%	0%	30%
Vitamin C	2%	0%	100%
Calcium	20%	0%	10%
Iron	10%	4%	0%

Ingredient lists

Cereal Bar
 Whole Grain Oats, Cereal (whole grain corn, sugar, corn meal, corn syrup, whole grain corn flour, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, corn starch, trisodium phosphate, zinc and iron [mineral nutrients], Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3, BHT added to retain freshness), Corn Syrup, Sugar, Whole Wheat Flour, Fructose, Canola And/or Rice Bran Oil, Brown Rice Flour, Chicory Root Extract. Contains 2% or less of: Cocoa Processed with Alkali, Glycerin, Calcium Carbonate, Whole Oat Flour, Maltodextrin, Modified Wheat Starch, Whole Corn Flour, Yellow Corn Flour, Salt, Color Added, Gelatin, Baking Soda, Natural and Artificial Flavor, Tricalcium Phosphate, Sulfiting Agents, BHT Added to Retain Freshness. CONTAINS WHEAT; MAY CONTAIN SOY INGREDIENTS.

Pretzels
 Whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oils (canola, sunflower and/or soybean oil), contains 2% or less of: salt, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, enzymes, nonfat dry milk*. *adds a trivial amount of cholesterol.

Orange Tangerine Juice
 Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

25-Mar-14

 Sarah Lindberg, SNS
 Executive Director-notables®



Trix® Cereal Bar Breakfast

MFG# 38104

Breakfast Items

General Mills® Trix®
Cereal Bar

Pepperidge Farms® Whole
Grain Cheddar Goldfish
Crackers

notables® Apple Juice

Basic Information

Serving Size	1 Bar (40g)	0.75 ounces (21g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	150	100	60
Cal from Fat	30	30	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	<5	0
Sodium (mg)	110	170	5
Carbs (g)	30	14	15
Fiber (g)	3	1	0
Sugars (g)	9	0	14
Protein (g)	2	3	0
Vitamin A	2%	0%	0%
Vitamin C	2%	0%	100%
Calcium	20%	2%	10%
Iron	10%	2%	0%

Ingredient lists

Cereal Bar

Whole Grain Oats, Cereal (whole grain corn, sugar, corn meal, corn syrup, rice bran and/or canola oil, salt, calcium carbonate, natural and artificial flavor, tricalcium phosphate, trisodium phosphate, color [red 40, yellow 6, blue 1 and other color added], zinc and iron [mineral nutrients], citric acid, malic acid, Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D, BHT added to retain freshness), Corn Syrup, Sugar, Fructose, Canola And/or Rice Bran Oil, Whole Wheat Flour, Chicory Root Extract, Maltodextrin, Brown Rice Flour. Contains 2% or less of: Glycerin, Calcium Carbonate, Corn Flour, Whole Oat Flour, Wheat Starch, Salt, Gelatin, Baking Soda, Color (red 40, blue 1, yellow 5), Artificial Flavor, BHT Added to Retain Freshness.

CONTAINS WHEAT INGREDIENTS.

Goldfish Crackers

Whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), contains 2 percent or less of: salt, yeast, autolyzed yeast, spices, leavening (baking soda, monocalcium phosphate) and onion powder.

Apple Juice

Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.

 24-Mar-14
Sarah Lindberg, SNS
Executive Director-notables®

notables® Team Cheerios® Cereal Bar Breakfast

MFG#38105

Breakfast Items

General Mills® Team
Cheerios® Cereal Bar

MJM® Cinnamon
Grahams

notables® Orange Tangerine
Juice

Basic Information

Serving Size	1 Bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit

Nutrition Information

Calories	150	112	60
Cal from Fat	30	29	0
Total Fat (g)	3	3	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	90	140	10
Carbs (g)	30	20	15
Fiber (g)	3	1	0
Sugars (g)	9	7	14
Protein (g)	2	1	0
Vitamin A	2%	6%	30%
Vitamin C	2%	6%	100%
Calcium	20%	0%	10%
Iron	10%	10%	0%

Ingredient lists

Cereal Bar

Whole Grain Oats, Cereal (whole grain corn, whole grain wheat, sugar, whole grain oats, whole grain barley, whole grain rice, corn starch, brown sugar syrup, corn bran, salt, calcium carbonate, tripotassium phosphate, rice bran and/or canola oil, color added, iron and zinc [mineral nutrients], Vitamin C [sodium ascorbate], A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate], Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3, mixed tocopherols added to retain freshness), Corn Syrup, Sugar, Fructose, Rice Bran And/or Canola Oil, Chicory Root Extract, Brown Rice Flour, Whole Wheat Flour, Cranberries, Maltodextrin. Contains 2% or less of: Glycerin, Calcium Carbonate, Corn Flour, Whole Oat Flour, Wheat Starch, Whole Grain Corn Flour, Salt, Natural and Artificial Flavor, Gelatin, Red 40 and Other Color Added, Baking Soda, BHT Added to Retain Freshness.
CONTAINS WHEAT INGREDIENTS.

Graham

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, salt, cinnamon, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).
Allergen Information: Contains wheat

Orange Tangerine Juice

Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).

 25-Mar-14
Sarah Lindberg, SNS
Executive Director-notables®

notables® Chocolate Graham Snack

MFG#35154

Snack Items

MJM® Chocolate Bear
Grahams

notables® Fruit Punch

Basic Information

Serving Size	1 ounce (28g)	6.75 fl. ounce
SBP Contribution	1 Grain Equivalent	1.25 Fruit

Nutrition Information

Calories	112	90
Cal from Fat	27	0
Total Fat (g)	3	0
Sat Fat (g)	1	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	100	10
Carbs (g)	20	23
Fiber (g)	2	0
Sugars (g)	7	22
Protein (g)	2	0
Vitamin A	6%	0%
Vitamin C	6%	100%
Calcium	2%	10%
Iron	15%	0%

Ingredient lists

Chocolate Grahams Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oils, cocoa (processed with alkali), salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).
Allergen Information: Contains wheat

Fruit Punch Juice Apple and pear juice from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), vitamin D3, citric acid.

 24-Mar-14
Sarah Lindberg, SNS
Executive Director-notables®

notables[®] Cinnamon Graham Snack

MFG#35155

Snack Items

MJM[®] Cinnamon Grahams

notables[®] Fruit Punch

Basic Information

Serving Size	1 ounce (28g)	6.75 fl. ounce
SBP Contribution	1 Grain Equivalent	1.25 Fruit

Nutrition Information

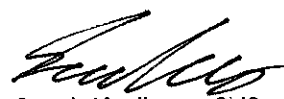
Calories	112	90
Cal from Fat	29	0
Total Fat (g)	3	0
Sat Fat (g)	1	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	140	10
Carbs (g)	20	23
Fiber (g)	1	0
Sugars (g)	7	22
Protein (g)	1	0
Vitamin A	6%	0%
Vitamin C	6%	100%
Calcium	0%	10%
Iron	10%	0%

Ingredient lists

Cinnamon Grahams Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, salt, cinnamon, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

Allergen Information: Contains wheat

Fruit Punch Juice Apple and pear juice from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), vitamin D3, citric acid.



Sarah Lindberg, SNS
Executive Director-notables[®]

24-Mar-14

notables® Pretzel Goldfish Snack

MFG#35156

Snack Items

Pepperidge Farm® Pretzel
Goldfish

notables® Fruit Punch

Basic Information

Serving Size	0.75 ounce (21g)	6.75 fl. ounce
SBP Contribution	1 Grain Equivalent	1.25 Fruit

Nutrition Information

Calories	90	90
Cal from Fat	15	0
Total Fat (g)	1.5	0
Sat Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	300	10
Carbs (g)	17	23
Fiber (g)	<1	0
Sugars (g)	<1	22
Protein (g)	2	0
Vitamin A	0%	0%
Vitamin C	0%	100%
Calcium	0%	10%
Iron	4%	0%

Ingredient lists

Pretzel crackers Whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oils (canola, sunflower and/or soybean oil), contains 2% or less of: salt, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, enzymes, nonfat dry milk*. *adds a trivial amount of cholesterol.

Fruit Punch Juice Apple and pear juice from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), vitamin D3, citric acid.


Sarah Lindberg, SNS
Executive Director-notables®

24-Mar-14

notables® Cheddar Goldfish Snack

MFG#35157

Snack Items

Pepperidge Farm® Whole Grain
Cheddar Goldfish Crackers

notables® Fruit Punch

Basic Information

Serving Size	0.75 ounces (21g)	6.75 fl. ounce
SBP Contribution	1 Grain Equivalent	1.25 Fruit

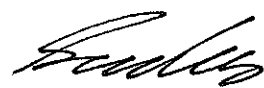
Nutrition Information

Calories	100	90
Cal from Fat	30	0
Total Fat (g)	3.5	0
Sat Fat (g)	1	0
Trans Fat (g)	0	0
Cholesterol (mg)	<5	0
Sodium (mg)	170	10
Carbs (g)	14	23
Fiber (g)	1	0
Sugars (g)	0	22
Protein (g)	3	0
Vitamin A	0%	0%
Vitamin C	0%	100%
Calcium	2%	10%
Iron	2%	0%

Ingredient lists

Goldfish Crackers Whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), contains 2 percent or less of: salt, yeast, autolyzed yeast, spices, leavening (baking soda, monocalcium phosphate) and onion powder.

Fruit Punch Juice Apple and pear juice from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), vitamin D3, citric acid.



Sarah Lindberg, SNS
Executive Director-notables®

24-Mar-14

notables® Honey Graham Snack

MFG#38026

Snack Items

MJM® Honey Graham w/Fiber

notables® Fruit Punch

Basic Information

Serving Size	1 ounce (28g)	6.75 fl. ounce
SBP Contribution	1 Grain Equivalent	1.25 Fruit

Nutrition Information

Calories	110	90
Cal from Fat	30	0
Total Fat (g)	3.5	0
Sat Fat (g)	1	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	140	10
Carbs (g)	20	23
Fiber (g)	3	0
Sugars (g)	7	22
Protein (g)	1	0
Vitamin A	6%	0%
Vitamin C	6%	100%
Calcium	0%	10%
Iron	10%	0%

Ingredient lists

Honey Grahams
 Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, oat fiber, honey, salt, sodium bicarbonate, molassas, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate and maltodextrin as carrier), extract of annatto.
 Allergen Information: Contains wheat

Fruit Punch Juice
 Apple and pear juice from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), vitamin D3, citric acid.


 Sarah Lindberg, SNS
 Executive Director-notables®

24-Mar-14