

Our school snacks meet the USDA nutritional requirements to be a one (1) ounce grain equivalent by containing 16g of total creditable grain, of which 8 grams are whole grain. Our 2.4 oz Appleyways Bars are a two (2) grain equivalent by containing 32g of total creditable grain, of which 16 grams are whole grain.

## NUTRITIONAL FACTS FOR SCHOOL SNACKS

| Flavor   | Darlington Number | Suggested Serving Size | Calories | Total Fat (%) | Saturated Fat (%) | Trans Fat | Cholesterol (%) | Sodium (%) | Total Carbohydrate (%) | Dietary Fiber (%) | Total Sugars | Added Sugars (%) | Protein (%) | Shelf Life                |    |     |     |     |     |    |     |
|--|-------------------|------------------------|----------|---------------|-------------------|-----------|-----------------|------------|------------------------|-------------------|--------------|------------------|-------------|---------------------------|----|-----|-----|-----|-----|----|-----|
| <b>Appleyways® WG 1.2 oz Soft Oatmeal Bars</b>           |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  |             | <i>1 Grain Equivalent</i> |    |     |     |     |     |    |     |
| Apple  | 70100             | 1.2 oz                 | 140      | 4.5g          | 6%                | 0.5g      | 3%              | 0g         | 5mg                    | 2%                | 90mg         | 4%               | 23g         | 8%                        | 1g | 4%  | 9g  | 8g  | 16% | 2g | 180 |
| Chocolate Chip   | 70300             | 1.2 oz                 | 140      | 4.5g          | 6%                | 1g        | 5%              | 0g         | 5mg                    | 2%                | 75mg         | 3%               | 23g         | 8%                        | 1g | 4%  | 9g  | 8g  | 16% | 2g | 180 |
| Strawberry   | 70400             | 1.2 oz                 | 140      | 4.5g          | 6%                | 0.5g      | 3%              | 0g         | 5mg                    | 2%                | 75mg         | 3%               | 23g         | 8%                        | 1g | 4%  | 9g  | 8g  | 16% | 2g | 180 |
| Vanilla Celebration                                      | 70500             | 1.2 oz                 | 140      | 4.5g          | 6%                | 1g        | 5%              | 0g         | 5mg                    | 2%                | 75mg         | 3%               | 23g         | 8%                        | 1g | 4%  | 9g  | 8g  | 16% | 2g | 180 |
| Blueberry  | 70600             | 1.2 oz                 | 140      | 4.5g          | 6%                | 0.5g      | 3%              | 0g         | 5mg                    | 2%                | 75mg         | 3%               | 23g         | 8%                        | 1g | 4%  | 9g  | 8g  | 16% | 2g | 180 |
| <b>Appleyways WG 2.4 oz Soft Oatmeal Bars</b>            |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  |             | <i>2 Grain Equivalent</i> |    |     |     |     |     |    |     |
| Apple  | 75100             | 2.4 oz                 | 280      | 9g            | 12%               | 1.5g      | 8%              | 0g         | 5mg                    | 2%                | 170mg        | 7%               | 46g         | 17%                       | 2g | 7%  | 19g | 16g | 32% | 4g | 180 |
| Chocolate Chip   | 75300             | 2.4 oz                 | 280      | 9g            | 12%               | 2g        | 10%             | 0g         | 5mg                    | 2%                | 140mg        | 6%               | 46g         | 17%                       | 2g | 7%  | 19g | 16g | 32% | 4g | 180 |
| Strawberry   | 75400             | 2.4 oz                 | 280      | 9g            | 12%               | 1.5g      | 8%              | 0g         | 5mg                    | 2%                | 150mg        | 7%               | 46g         | 17%                       | 2g | 7%  | 19g | 16g | 32% | 4g | 180 |
| Vanilla Celebration                                      | 75500             | 2.4 oz                 | 280      | 9g            | 13%               | 2g        | 10%             | 0g         | 5mg                    | 2%                | 140mg        | 6%               | 46g         | 17%                       | 3g | 11% | 19g | 16g | 32% | 4g | 180 |
| Blueberry  | 75600             | 2.4 oz                 | 280      | 9g            | 12%               | 1.5g      | 8%              | 0g         | 5mg                    | 2%                | 150mg        | 7%               | 46g         | 17%                       | 2g | 7%  | 19g | 16g | 32% | 4g | 180 |
| <b>Appleyways WG 0.9 oz / 1.0 oz Sweet Crispy Snacks</b> |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  |             | <i>1 Grain Equivalent</i> |    |     |     |     |     |    |     |
| Cinnamon   | 71000             | 1.0 oz                 | 120      | 4g            | 6%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 70mg         | 3%               | 21g         | 7%                        | 2g | 8%  | 8g  | 7g  | 16% | 2g | 365 |
| Cocoa  | 71300             | 1.0 oz                 | 120      | 3.5g          | 6%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 80mg         | 3%               | 21g         | 8%                        | 2g | 7%  | 8g  | 8g  | 16% | 2g | 270 |
| Blueberry Lemon  | 71500             | 1.0 oz                 | 120      | 4g            | 6%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 70mg         | 3%               | 21g         | 7%                        | 2g | 8%  | 8g  | 7g  | 16% | 2g | 365 |
| Granola *  | 71600             | 1.0 oz                 | 120      | 2g            | 3%                | 0g        | 0%              | 0g         | 0mg                    | 0%                | 75mg         | 3%               | 22g         | 8%                        | 2g | 7%  | 6g  | 6g  | 12% | 2g | 270 |
| Mixed Berry *  | 72400             | 0.9 oz                 | 110      | 3.5g          | 4%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 60mg         | 3%               | 18g         | 7%                        | 2g | 7%  | 6g  | 6g  | 12% | 2g | 270 |
| Vanilla Wafers   | 72000             | 1.0 oz                 | 120      | 4g            | 6%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 50mg         | 2%               | 21g         | 8%                        | 2g | 8%  | 8g  | 7g  | 16% | 2g | 365 |



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| Flavor  | Darlington Number | Suggested Serving Size | Calories | Total Fat (%) | Saturated Fat (%) | Trans Fat | Cholesterol (%) | Sodium (%) | Total Carbohydrate (%) | Dietary Fiber (%) | Total Sugars | Added Sugars (%) | Protein (%)               | Shelf Life |    |    |     |     |     |    |     |
|---|-------------------|------------------------|----------|---------------|-------------------|-----------|-----------------|------------|------------------------|-------------------|--------------|------------------|---------------------------|------------|----|----|-----|-----|-----|----|-----|
| <b>Appleways® WG 0.9 oz / 1.0 oz Savory Crispy Crackers</b> |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  | <i>1 Grain Equivalent</i> |            |    |    |     |     |     |    |     |
| Cheddar Cheese *  | 76100             | 0.9 oz                 | 110      | 3.5g          | 4%                | 1g        | 5%              | 0g         | 0mg                    | 0%                | 180mg        | 8%               | 17g                       | 6%         | 2g | 7% | 0g  | 0g  | 0%  | 3g | 270 |
| Veggie *  | 76301             | 1.0 oz                 | 110      | 3.5g          | 4%                | 0.5g      | 3%              | 0g         | 0mg                    | 0%                | 140mg        | 6%               | 18g                       | 7%         | 2g | 7% | 1g  | 0g  | 0%  | 2g | 180 |
| Sweet Potato *  | 76400             | 1.0 oz                 | 110      | 2g            | 3%                | 0g        | 0%              | 0g         | 0mg                    | 0%                | 80mg         | 3%               | 22g                       | 8%         | 2g | 7% | 6g  | 5g  | 10% | 2g | 180 |
| <b>Appleways WG 1.4 oz Soft Baked Cookies</b>               |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  | <i>1 Grain Equivalent</i> |            |    |    |     |     |     |    |     |
| Oatmeal Raisin  | 73000             | 1.4 oz                 | 160      | 5g            | 6%                | 1.5g      | 8%              | 0g         | 0mg                    | 0%                | 90mg         | 4%               | 27g                       | 10%        | 2g | 7% | 12g | 9g  | 18% | 2g | 180 |
| Chocolate Chip  | 73300             | 1.4 oz                 | 160      | 4.5g          | 6%                | 1g        | 5%              | 0g         | 0mg                    | 0%                | 90mg         | 4%               | 28g                       | 10%        | 2g | 7% | 12g | 10g | 20% | 2g | 180 |
| <b>Darlington® WG 0.95 oz Holiday Themed Sugar Cookies</b>  |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  | <i>1 Grain Equivalent</i> |            |    |    |     |     |     |    |     |
| WG Sugar Cookies  | -                 | 0.95 oz                | 120      | 4g            | 5%                | 1g        | 5%              | 0g         | 0mg                    | 0%                | 45mg         | 2%               | 21g                       | 8%         | 0g | 0% | 8g  | 8g  | 16% | 1g | 180 |
| <b>Crave-N-Rave® WG 0.9 oz Spikerz Bite Sized Crackers</b>  |                   |                        |          |               |                   |           |                 |            |                        |                   |              |                  | <i>1 Grain Equivalent</i> |            |    |    |     |     |     |    |     |
| El Nacho Cheese *   | 51110             | 0.9 oz                 | 100      | 3g            | 5%                | 0g        | 0%              | 0g         | 0mg                    | 0%                | 170mg        | 7%               | 16g                       | 5%         | 2g | 8% | 1g  | 1g  | 2%  | 2g | 365 |
| Heavenly Ranch *  | 51210             | 0.9 oz                 | 100      | 2.5g          | 4%                | 0g        | 0%              | 0g         | 0mg                    | 0%                | 170mg        | 7%               | 16g                       | 5%         | 2g | 8% | 1g  | 1g  | 2%  | 2g | 365 |

# SCHOOL SNACKS MADE SIMPLE.

ALL SCHOOL SNACKS ARE SMART SNACK APPROVED  
(EXCEPT 2.4 OZ BARS)

\* CACFP COMPLIANT SNACKS



**SNACK SAFELY.**  
Nut-Free Bakery



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