

# NUTRITIONAL FACTS FOR SCHOOL SNACKS



All 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. Except 2.4 oz Appleways Bars which are a two (2) grain equivalent by containing 32g of total creditable grain of which 16 grams are whole grain.

Flavor	Dar- linton Number	Suggested Serving Size	Calo- ries	Total Fat (%)	Saturated Fat (%)	Trans Fat	Choles- terol (%)	Sodium (%)	Total Carbohydrate (%)	Dietary Fiber (%)	Total Sugars	Added Sugars (%)	Protein (%)							
<b>Appleways WG 1.2 oz Oatmeal Bars</b>																				
Apple	70100	1.2oz	140	4.5g	6%	0.5g	3%	0g	5mg	2%	90mg	4%	23g	8%	1g	4%	9g	8g	16%	2g
Chocolate Chip	70300	1.2oz	140	4.5g	6%	1g	5%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
Strawberry	70400	1.2oz	140	4.5g	6%	0.5g	3%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
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
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
<b>Appleways WG 2.4 oz Oatmeal Bars</b>																				
Apple	75100	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	170mg	7%	46g	17%	2g	7%	19g	16g	32%	4g
Chocolate Chip	75300	2.4 oz	280	9g	12%	2g	10%	0g	5mg	2%	140mg	6%	46g	17%	2g	7%	19g	16g	32%	4g
Strawberry	75400	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	150mg	7%	46g	17%	2g	7%	18g	16g	32%	4g
Vanilla Celebration	75500	2.4 oz	280	9g	13%	2g	10%	0g	5mg	2%	140mg	6%	46g	17%	3g	11%	19g	16g	32%	4g
Blueberry	75600	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	150mg	7%	46g	17%	2g	7%	19g	16g	32%	4g
<b>Appleways WG Crispy Bites &amp; Mini Wafers</b>																				
Cinnamon	71000	1.0oz	120	4g	6%	0.5g	3%	0g	0mg	0%	70mg	3%	21g	7%	2g	8%	8g	7g	16%	2g
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
Blueberry Lemon	71500	1.0oz	120	4g	6%	0.5g	3%	0g	0mg	0%	70mg	3%	21g	7%	2g	8%	8g	7g	16%	2g
Granola *	71600	1.0oz	120	2g	3%	0g	0%	0g	0mg	0%	75mg	3%	22g	8%	2g	7%	6g	6g	12%	2g
Vanilla Wafers	72000	1.0oz	120	4g	6%	0.5g	3%	0g	0mg	0%	50mg	2%	21g	8%	2g	8%	8g	7g	16%	2g
<b>Appleways WG Animal Crackers *</b>																				
Mixed Berry	72400	0.9g	110	3.5g	4%	0.5g	3%	0g	0mg	0%	60mg	3%	18g	7%	2g	7%	6g	6g	12%	2g



[www.darlingtonsnacks.com](http://www.darlingtonsnacks.com)

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**DARLINGTON**  
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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 (%)							
<b>Appleways WG Soft Baked Cookies</b>																				
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
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
<b>Appleways WG Crispy Crackers *</b>																				
Cheddar Cheese	76100	0.9oz	110	3.5g	4%	1g	5%	0g	0mg	0%	180mg	8%	17g	6%	2g	7%	0g	0g	0%	3g
Bean & Veggie	76300	1.2oz	140	4.5g	6%	0.5g	3%	0g	0mg	0%	180mg	8%	22g	8%	2g	7%	0g	0g	0%	4g
Sweet Potato	76400	1.0oz	110	2g	3%	0g	0%	0g	0mg	0%	80mg	3%	22g	8%	2g	7%	6g	5g	10%	2g
<b>Darlington WG Breakfast Squares</b>																				
Iced Apple	24100	1.5oz	160	4.5g	6%	1.5g	8%	0g	5mg	2%	110mg	5%	30g	11%	2g	7%	11g	11g	22%	2g
Iced Cinnamon	24200	1.5oz	160	4.5g	6%	1.5g	8%	0g	5mg	2%	110mg	5%	30g	11%	2g	7%	11g	11g	22%	2g
<b>Darlington WG Holiday Shaped Sugar Cookies</b>																				
WG Sugar Cookies	-	0.95	120	4g	5%	1g	5%	0g	0mg	0%	45mg	2%	21g	8%	0g	0%	8g	8g	16%	1g
<b>Crave-n-Rave WG Spikerz® Bite Sized Crackers *</b>																				
El Nacho Cheese	51110	0.9oz	100	3g	5%	0g	0%	0g	0mg	0%	170mg	7%	16g	5%	2g	8%	1g	1g	2%	2g
Heavenly Ranch	51210	0.9oz	100	2.5g	4%	0g	0%	0g	0mg	0%	170mg	7%	16g	5%	2g	8%	1g	1g	2%	2g

## SCHOOL SNACKS MADE SIMPLE.



ALL SCHOOL SNACKS ARE SMART SNACK APPROVED (EXCEPT 2.4 OZ BARS).  
\* CACFP COMPLIANT SNACKS



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