

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 Appleways 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 (%)							
Appleways® WG 1.2 oz Soft Oatmeal Bars												<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
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
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
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
Appleways WG 2.4 oz Soft Oatmeal Bars												<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
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%	19g	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
Appleways WG 0.9 oz / 1.0 oz Sweet Crispy Snacks												<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
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	1.0 oz	120	4g	6%	0.5g	3%	0g	0mg	0%	70mg	3%	21g	7%	2g	8%	8g	7g	16%	2g
Granola *	71600	1.0 oz	120	2g	3%	0g	0%	0g	0mg	0%	75mg	3%	22g	8%	2g	7%	6g	6g	12%	2g
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
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



www.darlingtonsnacks.com

Darlington Snacks | Indianapolis, IN 46256 | T. 800.754.2202 | customerservice@darlingtonsnacks.com

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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 (%)							
Appleways® WG 0.9 oz / 1.0 oz Savory Crispy Crackers												<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
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
Sweet Potato *	76400	1.0 oz	110	2g	3%	0g	0%	0g	0mg	0%	80mg	3%	22g	8%	2g	7%	6g	5g	10%	2g
Appleways WG 1.4 oz Soft Baked Cookies												<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
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
Darlington® WG 0.95 oz Holiday Themed Sugar Cookies												<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
Crave-N-Rave® WG 0.9 oz Spikerz Bite Sized Crackers												<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
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

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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