

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, 1.9 oz Waffle Snaps, and 1.85 oz Crispy Snacks, which are a two (2) grain equivalent by containing 32g of total creditable grain, of which 16 grams are whole grain.



Produced in a
Nut-Free Bakery



Certified
Kosher Dairy

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 (%)
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Appleways WG 1.9 oz Waffle Snaps

2 Grain Equivalent

Maple	74100	1.9 oz	230	7g	9%	1g	5%	0g	0mg	0%	180mg	8%	40g	15%	3g	11%	16g	15g	30%	3g
Chocolate Chip	74200	1.9 oz	230	7g	9%	1.5g	8%	0g	0mg	0%	180mg	8%	40g	15%	3g	11%	16g	16g	32%	3g

Appleways® WG 1.2 oz Soft Oatmeal Bars

1 Grain Equivalent

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
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

2 Grain Equivalent

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
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 Sweet Crispy Snacks

1 Grain Equivalent

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



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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 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 1.85 oz Sweet Crispy Snacks and Savory Crispy Crackers													<i>2 Grain Equivalent</i>							
Blueberry Lemon	71502	1.85 oz	220	7g	9%	1g	5%	0g	0mg	0%	115mg	5%	38g	14%	3g	11%	14g	13g	26%	3g
Veggie	76302	1.85 oz	210	7g	9%	1g	5%	0g	0mg	0%	250mg	11%	34g	12%	4g	14%	1g	1g	2%	4g
Appleways WG 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 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 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, 1.9 oz snaps AND 1.85 OZ CRISPY SNACKS)

* CACFP COMPLIANT SNACKS



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