

DATE	3/11/2010					Foods in Compliance for TN Competitive Foods							
Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
<b>Chips and Snacks</b>													
<b>Austin</b>													
SeAnimal Crackers	79783-40790		1 oz	35	3	0	21	20	85	1 bread			
Zoo Animal Crackers	79783-48786		1 oz	14	0	0	25	25	90	1.5 bread			
<b>Azar Nut Company</b>													
Carnival Crunch			.75 oz	13	0	0	15	16	180	1 bread			
Power Snacks Peanuts		Roasted, salted	1 oz	71	11	0	0	6	100				
Power Snacks Sunflower Kernels		Roasted, salted	1 oz	76	8	0	4	6	110				
Power Snacks Sunflower Kernels		Honey roasted	1 oz	71	6	0	7	8	88				
Power Snacks Sunflower Kernels		Barbecue	1 oz	76	11	0	7	6	60				
Power Snacks Raisins			1 oz	0	0	0	71	22	6	raisins, plain			
<b>Bake Crafters</b>													
Honi Munchable Snack Mix Pack			.7 oz	27	9	0	20	14	110	1 bread			
Pretzels, alphabet packs			.7 oz	0	0	0	0	15	150	1bread			
<b>Baked Classics</b>													
Potato Crisps		Sour Cream & Onion, Mesquite BBQ	.5 oz	11	0	0	7	10	135				
Potato Crisps		Sour Cream & Onion, Mesquite BBQ	1 oz	11	0	0	7	20	135				
<b>Barrel O'Fun</b>													
Baked Classic Potato Crisps		Mesquite Barbecue, Sour Cream & Onion	.5 oz	20	0	0	3	10	125				
Baked Fries Jonny Rapp		Bacon Cheddar, Hot, Ketchup	1 oz	35	3	0	4	20	230				
Cheesy O's Lite Puffed Cheese Snacks			1 oz	32	3	0	4	19	160				
Stix O'Cheese	18375		1 oz	32	3	0	4	19	125	1 bread			
Stix O'Fire	18376		1 oz	35	4	0	4	19	160	1 bread			
Cheese Balls	18377		1 oz	35	0	0	9	15	95	1 bread			
<b>Rachel's Baked Thin Crisp</b>													
	18647	Original	1.14 oz	14	0	0	6	26	210				
	18650	Cheddar & Sour Cream	1.14 oz	21	3	0	9	24	220				
	18649	Sour Cream & Onion	1.14 oz	21	3	0	9	24	220				
	18648	Barbeque	1.14 oz	21	3	0	9	24	220				
<b>Rachel's Puffed Multi-Grain Sancks</b>													
		Apple Cinnamon	.5 oz	33	0	0	14	10	60				
		Cheddar Cheese	.5 oz	33	0	0	7	10	60				
		Buttery Caramel	.5 oz	33	0	0	14	10	60				

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<b>Betty Crocker</b>													
Fruit Shapes	11510	Scooby-Doo	0.88 oz	0	0	0	20	17	50				
<b>Brookside Fruit Company</b>													
Clodhoppers		Granola Crunch	1.06 oz	30	10	0	27	22	80	1 bread			
<b>Brother's All Natural</b>													
Fruit Crisps		Fugi Apple	100% fruit	freeze	dried								
		Strawberry	100% fruit	freeze	dried								
		Peach	100% fruit	freeze	dried								
<b>California Classics</b>													
Crunchy Cheese Curls			0.75	31	5	0	7	13	150				
Cheese Balls			0.75	30	10	0	5	13	150				
<b>Cheeze-It</b>													
Cheeze-It Scrabble Jr.	24100-45991	Cheeze-It Scrabble Jr.	.75 oz	35	9	0	0	15	160	1 bread			
<b>Country Choice Organic</b>													
Fit Kids Snackin' Grahams		Cinnamon Toast	1 oz	25	8	0	21	21	100				
<b>Dakota Gourmet</b>													
S'more Mix		Choc Graham Square Mix	1.25 oz	30	7	0	14	21	70				
Sunflower Seeds		Blaze-In Hot	1oz	85	8	0	1	5	115	seeds			
Honey Nutz		Soybeans	1oz	39	7	0	11	11	55	nonfried veg			
Sunflower Seeds		lightly salted	1oz	74	8	0	1	5	85	seeds			
Sunflower Seeds		honey roasted	1oz	68	9	0	15	8	85	seeds			
<b>Fieldstone Bakery</b>													
Granola Cereal		Original	1.25 oz	23	4	0	23	40	130	1 bread			
<b>Flat Earth</b>													
Baked Fruit Crisps	39774	Apple cin.	1 oz	31	7	0	21	21	35				
Baked Veggie Crisps	39773	Cheddar	1 oz	35	7	0	11	19	190				
<b>Flowers Bakeries</b>													
Mountain Farm													
Grain & Fruit Bar	27041212	Apple Cinnamon	1.3 oz	21	0	0	32	28	140	1 bread			
	27041242	Strawberry	1.3 oz	21	0	0	32	28	140	1 bread			

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<b>Frito Lay</b>													
Baked Cheetos	21642	Crunchy Regular	0.875oz	35	4	0	1	13	210	1 bread			
Baked Cheetos	30993	Crunchy Flamin' Hot	0.875 oz	34	0	0	1	15	210	1 bread			
Cheetos Fantastix	43578	Flamin' Hot	1 oz	35	7	0	0	19	230	1 bread			
Baked Doritos	20002	Nacho Cheese	.75oz	22	0	0	5	19	160	1 bread			
Reduced Fat Doritos	31748	Nacho Cheese	1oz	35	7	0	1	19	220	1 bread			
	36096	Cooler Ranch	1oz	35	7	0	1	19	220	1 bread			
		Spicy Sweet Chili Tortilla	1oz	35	7	0	1	19	220	1 bread			
Quaker	36308	Snack Mix	1oz	30	7	0	15	15	230	1 bread			
Baked Lay's	32078	KC Masterpiece BBQ	0.875 oz	20	0	0	1	19	190	1 bread			
Baked Lay's	33627	Cheddar Sour Cream	0.875 oz	23	4	0	12	19	190	1 bread			
Baked Lay's	33625	Original	1.125 oz	12	0	0	6	26	200	1 bread			
Cheetos Fantastix	36098	Chili Cheese	1 oz	35	7	0	0	15	190	1 bread			
Cheetos Fantastix	43593	Flamin' Hot	1 oz	35	7	0	0	19	230	1 bread			
Tostitos Baked Scoops	42537		.87 oz	18	0	0	0	19	115	1 bread			
Munchies Snack Mix		Flamin' Hot	.87 oz	32	4	0	3	18	170	1 bread			
<b>Generation Max</b>													
Snickers Cereal Clusters	26916		1.06 oz	28	10	0	30	20	120				
Twix Cereal Clusters	26917		1.06 oz	28	10	0	30	20	120				
Combos Crackers	26922	Hot& Spicy	1.06 oz	35	0	0	6	18	220				
	26927	Pizza											
Combos Pretzels	26928	Ranch	1.06 oz	10	0	0	6	23	230				
<b>General Mills</b>													
Fr by the FootSpecEd	12106	Berry Tie Dye	.75 oz	19	6	0	33	16	40				
Spec Ed Fruit Roll-Ups	29162	Strawberry	.5 oz	25	0	0	29	11	55				
Cinnamon Toast Crunch Crisps			1 oz	21	0	0	32	22	200				
Fruity Cheerios			.87 oz	10	0	0	28	21	120	1 bread			
Cocoa Puffs 25% less sugar		Cereal on the Go (pouch)	7/8 oz	11	0	0	33	20	130	1 bread			
Cinnamon Toast Crunch		Cereal on the Go (pouch)	1oz	25	4	0	32	22	200	1 bread			
Cinnamon Toast Crunch Crisps		Cereal on the Go (pouch)	1 oz	21	0	0	32	22	200	1 bread			
Fruity Cheerios		Cereal on the Go (pouch)	7/8 oz	11	0	0	33	21	120	1 bread			
Simply Chex		Whole Grain Chocolate Caramel	1.25 oz	27	9	0	29	26	110				

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<b>Jonny Rapp's</b>													
Cheesy Os	18209	Puffed Cheese snack	.75 oz	35	0	0	5	15	95				
Stix O' Cheese	18375		1 oz	32	3	0	3	19	125				
Six O' Fire	18376		1 oz	35	3	0	3	19	160				
Cheese Balls	18377		.75 oz	35	0	0	3	15	95				
Baked Fries		Cheddar and Bacon	1 oz	27	0	0	4	20	230				
All Natural Popcorn		Original	1 oz	35	3	0	0	18	200				
		Kettle Corn	1 oz	25	0	0	29	21	180				
		White Cheddar	.64 oz	31	6	0	6	11	120				
<b>Kraft</b>													
Honey		Maid Cin Graham Stix	1 oz	23	4	0	28	20	160	1.25 bread			
Snack & Sip	19320-00110	Barnum's Animal Crackers & Capri Sun 100% juice	1oz	25	8	0	25	22	140	1 bread			
			6 oz pouch	100% juice						1.5 juice			
<b>Keebler</b>													
Character Graham's	30100-34103	Bug Bites (R) Cinnamon Graham Crackers	1.1 oz	28	10	0	29	17	125	1.25 bread			
Gripz Cinnamon Graham Bites	30100-45682	Gripz Cinnamon Graham Bites	.82 oz	25	9	0	20	17	75	1 bread			
	30100-28665	Scooby-Doo!(TM) Cinnamon Graham Sticks	1 oz	29	4	0	29	17	115	1 bread			
Elf Graham's	30100-40213	Keebler (R) Elf(R) Graham's Original with Calcium	1 oz	27	7	0	29	16	105	1 bread			
	30100-40221	Keebler (R) Elf(R) Graham's Cinnamon with Calcium	1 oz	27	7	0	29	17	105	1 bread			
	30100-40239	Keebler® Elf® Graham's Chocolate	1 oz	31	10	0	25	17	125	1 bread			
Graham's	30100-30073	Keebler (R) Original Graham's with Calcium	.75 oz	25	5	0	19	17	90	1 bread			
	30100-30074	Keebler (R) Original Graham's	.5 oz	33	0	0	21	16	60	0.5 bread			
	30100-38133	Keebler (R) Cinnamon Crisp Graham Selects	.75 oz	25	5	0	19	21	85	1 bread			
	30100-38141	Keebler (R) Apple Cinnamon Graham's	.75 oz	28	5	0	19	16	95	1 bread			
	30100-38166	Keebler (R) Low Fat French Vanilla Graham's	.75 oz	17	5	0	24	16	95	1 bread			
	30100-38299	Keebler (R) Honey Graham's with Fiber	.82 oz	30	0	0	17	21	100	1 bread			
	30100-38406	Keebler (R) Honey Rite (R) Graham's	.5 oz	25	0	0	21	21	65	0.5 bread			
	30100-76450	Keebler (R) Honey Rite (R) Graham's with Calcium	.75 oz	28	5	0	24	16	100	1 bread			
Zesta Saltines	30100-01396	Keebler (R) Unsalted Top Saltines- 2 ct.	.2 oz	20	0	0	0	8	40	.25 bread			
Zesta Saltines	30100-01446	Zesta (R) Saltines- 4 ct.	.4 oz	20	0	0	0	8	190	.5 bread			

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<b>Kellogg's</b>													
Corn Flakes®	38000-00196	Bowl Pack	.75 oz	0	0	0	10	16	150	1 bread			
Rice Krispies®	38000-00596	Bowl Pack	.64 oz	0	0	0	11	23	170	1bread			
Complete WheatBran Flakes	38000-00696	Bowl Pack	.89 oz	6	0	0	16	20	180	1 bread			
Frosted FlakesRed Sugar	38000-21861	Bowl Pack	1 oz	0	0	0	28	18	160	1 bread			
Froot Loops Red Sugar	38000-21863	Bowl Pack	.64 oz	7	0	0	32	18	105	1 bread			
Raisin Bran®	38000-00896	Bowl Pack	1.25 oz	4	0	0	31	23	210	1 bread			
Special K(R)	38000-01696	Bowl Pack	.64 oz	0	0	0	11	18	130	1 bread			
Product 19(R)	38000-01996	Bowl Pack	.89 oz	0	0	0	10	27	145	1 bread			
Crispix(R)	38000-03596	Bowl Pack	.89 oz	0	0	0	10	13	160	1 bread			
Frosted Mini-Wheats	38000-04996	Bowl Pack	1 oz	0	0	0	21	16	0	1 bread			
Fr.Mini-Wheats Choc Little Bites	30100-45682	Bowl Pack	1 oz	10	0	0	22	16	105	1 bread			
Apple Jacks Reduced Sugar	38000-45038	pouch	.75 oz	0	0	0	30	18	120	1 bread			
Froot Loops Reduced Sugar	38000-45038	pouch	.75 oz	7	0	0	31	18	105	1 bread			
Frosted FlakesRed Sugar	38000-45038	pouch	1 oz	0	0	0	29	18	160	1 bread			
Corn Flakes	38000-21928	Cereal Individual Pack	.82 oz	0	0	0	9	16	160	1 bread			
CompleteWheat Bran Flakes	38000-21937	Cereal Individual Pack	1.25 oz	5	0	0	19	20	230	1 bread			
Special K®	38000-21968	Cereal Individual Pack	.82 oz	0	0	0	13	18	160	1 bread			
Product 19®	38000-21977	Cereal Individual Pack	.82 oz	0	0	0	13	27	160	1 bread			
Shredded Wheat Miniatures	38000-21982	Cereal Individual Pack	1.07 oz	5	0	0	3	15	0	1 bread			
<b>Kettle Brand</b>													
Baked Potato Chips		lightly salted	.8 oz	25	5	0	0	17	110				
<b>Kraft</b>													
100 Calorie Packs													
Honey Maid Thins			.81 oz	15	0	0	30	19	170	1 bread			
Cheese Nips Mini			.74 oz	25	9	0	0	15	230	1.25 bread			
Cheese Sportz Crackers			.74 oz	25	9	0	0	14	230	1.25 bread			
Ritz Snack Mix	4400000770		.77 oz	25	5	0	9	16	210	1 bread			

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<b>Lance</b>													
		Nacho Cheese Baked Tortilla Chips	7/8 oz	25	4	0	4	17	180				
<b>MJM's</b>													
		Graham Cracker	.9 oz	26	4	0	24	18	132	1 bread			
		Bear Grahams& Waffle Grahams & Dinosaur Grahams	.9 oz	26	5	0	22	18	86	1 bread			
		All-Sports Bites	1 oz	26	4	0	23	20	93	1 bread			
		Wholesome Dino Bites	1 oz	26	4	0	24	20	92	1 bread			
<b>Nabisco</b>													
	31	100 Calorie Packs Wheat Thins minis	.74 oz	25	5	0	14	25	200	1 bread			
	67	Sportz Cheese Crackers	.74 oz	25	8	0	0	14	230	1.25 bread			
	759	Cheese Nips Thin Crisps	.74 oz	25	5	0	0	15	230	1.25 bread			
	40	Honey Maid Cinnamon Thin Crisps	.81 oz	15	0	0	30	19	170	1 bread			
		Newton's Fruit Crisps	1 oz	15	0	0	29	20	90	.75 bread			
			1 oz	15	0	0	29	20	90	.75 bread			
		Animal Crackers	1 oz	24	3	0	21	11	150	1 bread			
<b>Pepperidge Farm</b>													
	15094	Giant Goldfish Grahams Cinnamon	0.9 oz	29	7.5	0	23	19	150	1bread serv			
	15263	Giant Goldfish Grahams Chocolate	0.9 oz	25	8	0	23	19	105	1bread serv.			
	16187	Goldfish PhysEdibles Strawberry	0.9oz	29	7.5	0	26	19	150				
	16188	Lemon											
	15095	Goldfish Parmesan	0.75oz	27	10	0	0	19	230				
	14367	Cheddar Goldfish Cheddar	0.75 oz	32	9	0	0	19	180				
	17331	Kickin'Ranch Goldfish	0.75 oz	30	9	0	0	14	190	1 bread			
	17330	Hot 'nSpicy Cheddar	0.75 oz	30	9	0	0	14	190	1 bread			
	16999	Vanilla Goldfish	0.90 oz	29	8	0	24	19	105	1 bread			
	18197	Goldfish-100 Calorie Cheddar Made with Whole Grain	.75 oz	30	9	0	0	14	170				
	18198	Blasted Ranch	.75 oz	30	9	0	0	14	190				
<b>Pierre Foods</b>													
	90011	Peanut Butter Cup	1.11 oz	78	16	0	11	6	144				

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<b>Planters</b>													
Honey Roasted Peanuts	7695		1 oz	73	11	0	14	16	110	nuts			
Peanuts, salted	7485		1 oz	79	11		4	11	115	nuts			
<b>Popcorn, Indiana</b>													
Gourmet Kettlecorn	1-81972-00065-3	Popcorn	1 oz	35	0	0	21	21	130				
Kettlecorn	108-43571-00182-6	Sweet & Tangy	1 oz	31	0	0	25	21	160				
	108-43571-00180-2	Cinnamon Sugar	1 oz	31	0	0	25	21	160				
<b>Ricos</b>													
RTE Popcorn	RIC90003	Butter	5/8 oz	33	0	0	0	10	180				
RTE Popcorn	RIC90002	Cheddar Cheese	5/8 oz	32	0	0	5	10	220				
<b>Right Bites</b>													
100 Calorie Snacks	24100-33880	Right Bites(R) Cheez-It(R) Crackers	.75 oz	30	9	0	0	7	230	1 bread			
<b>Robert's Gourmet</b>													
Pirates Booty		Aged White Cheddar	1 oz	35	7	0	0	18	150				
		Barbecue	1 oz	35	7	0	0	18	150				
		Veggie	1 oz	35	7	0	0	18	150				
<b>Snikiddy Snacks</b>													
Baked Corn Puffs		Grilled Cheese	.85 oz	31	5	0	0	10	160				
		Rockin Ranch	.85 oz	31	5	0	0	10	160				
<b>SNX</b>													
BBQ Chips	596000-J3	BBQ Bling	1.25 oz	25	0	0	6	24	190				
Cinnamon Stax	596001-J3	Cinnamon Chips	1.25 oz	21	0	0	6	25	110				
Caramel Kick	570000-J2	Caramel Bar	1 oz	20	9	0	23	18	35				
<b>Stauffer Snack Items</b>													
Animal Crackers	411075	Original	1 oz	14	0	0	21	23	96				
	411408	Chocolate	1 oz	21	4	0	29	21	140				
	413388	Iced Pink and White	.9 oz	23	4	0	27	20	85				
Cheddar Whales	411128	Cheddar	.75 oz	30	5	0	1	15	150				
	411875	White Cheddar	.75 oz	30	5	0	1	15	150				

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<b>Sunkist</b>													
	Fruit Snacks		Special Edition Mixed Fruit	.88oz	6	0	0	32	19	55			
<b>Sunshine</b>													
	Krispy Saltines	24100-13055	Saltines 500/2 ct.	.2 oz	20	0	0	0	8	90	.25 bread		
	Krispy Saltines	24100-61853	Saltines 300/2 ct.	.2 oz	20	0	0	0	8	90	.25 bread		
	Cheez-It	00007-92102	Scrabble	.75 oz	35	9	0	0	14	100	1 bread		
<b>SuperPretzel</b>													
	Soft Pretzel	3 30113	51% Whole Wheat <b>no salt added</b>	1 oz	7	0	0	0	14	65	1.25 bread		
	Rods	31012	51% Whole Wheat <b>no salt added</b>	1 oz	7	0	0	0	14	65	1.25 bread		
<b>Super Snax</b>													
	Pretzel Poppers		Zesty Pizza	.75 oz	31	0	0	5	14	170			
<b>Terra</b>													
	Yukon Gold Potato Chips			1 oz	35	3	0	0	19	80			
<b>Zesta</b>													
	Saltines .	30100-00646	Saltines 300/2 ct.	.2 oz	25	0	0	0	8	95	.25 bread		
	Saltines .	30100-01008	Saltines 500/2 ct.	.2 oz	25	0	0	0	8	95	.25 bread		
<b>Cookies</b>													
<b>Bake Crafters</b>													
	Animal Cracker Packs			1 oz	28	7	0	2	19	110	1 bread		
<b>Barbara's Bakery</b>													
	100 Calorie Organic Mini Cookies		Chocolate	1 oz	18	9	0	29	18	150			
			Ginger	1 oz	18	9	0	29	18	150			
			Oatmeal	1 oz	18	9	0	29	18	150			
<b>Best Maid</b>													
	Best Maid Cookie		Low Fat Oatmeal Choc Chip, LF Sugar,	1 oz	30	9	0	30	19	80			
			LF Double Cho. Chip, LF Cho Chip,	1 oz	30	9	0	30	18	80			
			LF Oatmeal Choc. Chip with M & M's	1 oz	30	9	0	30	19	80			
			LF Oatmeal Blueberry	1 oz	30	9	0	30	19	80			
<b>Biscomerica</b>													
	Basil's Animal Snackers	20001	Regular	1 oz	27	0	0	25	19	45	1 bread		
	Basil's Animal Snackers	20006	Chocolate	1 oz	27	0	0	25	19	45	1 bread		

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Li'l Sports Snackers	20045	Whole Wheat	.81 oz	25	0	0	27	16	70	1 bread			
USA Cookies	45100	Born in the USA	1 oz	27	0	0	25	19	45	1 bread			
<b>BreakfastBreaks</b>													
Mini Animal Crackers	161918	Original	.9 oz	15	0	0	24	20	80	1 bread			
Mini Animal Grahams	161925	Cinnamon	.9 oz	18	0	0	24	18	140	1 bread			
<b>Chortles</b>													
Chocolate Chortles	3004	Chocolate Choc Chip Cookies	1 oz	30	8	0	25	19	130				
Regular	3003	Chocolate Chip Cookies	1 oz	25	9	0	25	19	95				
<b>Cookietree Bakeries</b>													
Reduced Fat Bake & Serve 1 oz Cookies		Candy Chip, Choc Chip, Raisin Oatmeal, Sugar	1 oz	34	29	0	34	19	117				
Whole Grain Red Fat Cookie Bake & Serve		Candy Chip, Choc Chip, Raisin Oatmeal, Sugar Double Fudge	1 oz	29	9	0	34	18	90				
<b>Fieldstone Bakery</b>													
Gingerbread Cookie			.75 oz	28	10	0	33	14	60				
<b>Hope's Country Fresh</b>													
Cookies Select		White Choc Mac, Sugar, Oatmeal Raisin, Oatmeal Peanut Butter, M&M, Double Fudge, Choc Chip	1 oz	33	9	0	29	18	130				
<b>Kraft</b>													
100 Calorie Pack Chips Ahoy Thin Crisps			.81 oz	25	9	0	30	18	140				
100 Calorie Pack Oreo Thins			.81 oz	15	0	0	35	19	160				
100 Calorie Pack Shortbread Sportz Cookies			.74 oz	30	5	0	29	16	120				
<b>Mrs. GoodCookie</b>													
Star Spangled Cookies		vanilla	1oz	28	0	0	25	19	80				
Jungle Crackers		vanilla	1oz	20	7.5	0	21	21	75				
Jungle Crackers Fruit Sweetened			1.1 oz	29	7	0	16	19	60				
Belly Bears		Choc Graham, Cinnamon Graham	1 oz	29	0	0	25	19	75	1 bread			
		Honey graham				0							
WG Belly Bears	56070	Chocolate (51% whole grain)	1 oz	27	0	0	29	21	85	1 bread			

DATE	3/11/2010					Foods in Compliance for TN Competitive Foods							
Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
	56071	Honey graham (51% whole grain)	1 oz	27	0	0	29	21	100	1 bread			
	56072	Cinnamon (51% whole grain)	1 oz	27	0	0	29	21	120	1 bread			
Icee Cookies			1oz	29	0	0	30	19	110				
Superstars	56066	Cinnamon Graham's (51% whole wheat)	1 oz	29	0	0	25	21	100				
<b>Nabisco</b>													
100 Calorie Packs	937	Chips Ahoy Thin Crisps	.81 oz	25	5	0	31	17	140				
	68	Sportz Cookies	.74 oz	30	5	0	29	16	120				
	938	Oreo Thin Crisps	.81 oz	15	0	0	35	19	160				
	55	Peanut Butter cookie Crisps	.85 oz	30	5	0	29	17	160				
Teddy Graham's		Cinnamon	.5 oz	25	0	0	22	19	70				
		Cinnamon, Chocolate, Cubs	.75 oz	30	5	0	28	20	135				
<b>Otis Spunkmeyer</b>													
Value Zone Reduced Fat Cookies:		Sugar, Oatmeal raisin, Choc. Chip, Carnival	1 oz	27	8	0	32	19-25	100				
Delicious Essentials Reduced Fat Cookie		Butter Sugar, Oatmeal Raisin, Choc. Chip, Carnival	1 oz	27	8	0	29	19-25	80				
<b>Pepperidge Farm</b>													
100 Calorie Soft Cookie	18215	Oatmeal Raisin	.81 oz	27	9	0	35	16	55				
<b>Readi-Bake</b>													
Benefit Cookies(portioned frozen dough)													
Sugar	4945	Reduced fat	1 oz	29	8	0	35	18	120				
Oatmeal Raisin	4947	Reduced fat	1 oz	29	8	0	35	18	98				
Chocolate Chip	4941	Reduced fat	1 oz	29	8	0	35	18	107				
Candy	4942	Reduced fat	1 oz	33	10	0	35	18	105				
Double Chocolate	4944	Reduced fat	1 oz	32	10	0	34	18	104				
Sugar	4915	51% whole grain reduced fat	1 oz	30	10	0	32	18	120				
Oatmeal Raisin	4917	51% whole grain reduced fat	1 oz	30	10	0	32	18	98				
Chocolate Chip	4911	51% whole grain reduced fat	1 oz	30	10	0	32	18	107				
Candy with mini M&Ms	4912	51% whole grain reduced fat	1 oz	30	10	0	32	18	89				
Oatmeal Choc Chip	4919	51% whole grain reduced fat	1 oz	30	10	0	32	18	100				
<b>Silver Lake Cookies(The Cookie Jar)</b>													
Premium Frozen Cookie Dough		1 oz											

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
	66102	Chocolate Chip	1 oz	30	9	0	28	19	135				
	66104	Festival Cookies	1 oz	30	9	0	32	19	135				
	66105	Sugar	1 oz	25	9	0	25	19	140				
	66106	Oatmeal Raisin	1 oz	25	9	0	28	18	135				
	66126	Oatmeal White Choc& Cranberry	1 oz	32	8	0	32	20	150				
Value Frozen Cookie Dough 1 oz													
	66002	Chocolate Chip	1 oz	27	8	0	28	20	150				
	66003	Sugar	1 oz	25	9	0	25	19	140				
	66004	Festival Cookies	1 oz	25	9	0	28	19	135				
	66006	Oatmeal Raisin	1 oz	25	5	0	25	18	135				
	66022	Oatmeal Chocolate Chip	1 oz	27	8	0	32	20	150				
Reduced Fat Choc Chip Cookie			1 oz	30	8	0	32	20	140				
<b>Cereal bars, granola bars, pastries, muffins, doughnuts, bagels, bakery items</b>													
<b>Bake Crafters</b>													
Muffins		Orange dream, tropical banana, blueberry(low fat), apple blossom(low fat)	2 oz	5	2	0	25	26-30	220	1 bread			
Muffins, whole wheat		Blueberry RF, Fort, banana, RF, Fort	2 oz	30	6	0	21	25	170	1 bread			
Mini Loaf		Carrot, apple cinnamon	2 oz	30	5	0	30	26-29	170	1 bread			
Bagels, plain, sliced			2 oz	6	0	0	1	29	0	2 bread			
Bagel Half			1 oz	3	0	0	1	18	130	1 bread			
Toaster Tarts, singles		Cinnamon( frosted), strawberry(unfrosted)	1.8 oz	30	6	0	33	34	180	1 bread			
		blueberry (unfrosted)											
<b>Barbara's Bakery</b>													
Fruit and Yogurt Bars		apple cinnamon	1.1 oz	17	0	0	35	20	125				
		blueberry apple	1.1 oz	17	0	0	35	20	125				
		strawberry apple	1.1 oz	17	0	0	35	20	125				
		cherry apple	1.1 oz	17	0	0	35	20	125				
<b>Bouquet of Fruits</b>													
On Track Fruit Energy Bar													

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	Brand	ProdCode	Description			Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes
			Chocolate Cherry Fudge			1.4 oz	3	0	0	25	28	10	1 fruit
			Mixed Berries			1.4 oz	3	0	0	25	28	15	1 fruit
			Strawberry Banana			1.4 oz	3	0	0	10	28	15	1 fruit
			Peaches and Cream			1.4 oz	3	0	0	30	27	55	1 fruit
<b>Burlington Farms</b>													
	Breakfast square		Iced Cinnamon			1oz	26	7	0	31	35	210	
<b>Clif Bars</b>													
	Z bar (organic)		peanut butter, chocolate chip, chocolate brownie			1.3 oz	32	6	0	33	20	170	
			apple cinnamon			1.3 oz	32	6	0	33	20	170	
<b>Country Choice</b>													
	Oatmeal on the Run!		Maple			2 oz	12	0	0	29	41	140	
<b>Dessert Innovations</b>													
	Cool Muffins	Whol Grain	30726 Blueberry			1.8 oz	34	6	0	25	23	170	
			30723 Banana			1.8 oz	35	8	0	27	24	190	
<b>DFManufacturing</b>													
	School Brownie					1.6 oz	33	10	0	27	31	140	
<b>Enjoy Life</b>													
	Very Berry Snack Bars					1 oz	32	17	0	32	18	110	
	Cocoa Loco Snack Bars					1 oz	25	8	0	32	18	95	
	Sunbutter Crunch Snack Bars					1 oz	35	3	0	14	18	110	
<b>Fieldstone Bakery</b>													
	Strawberry Delights					1.41 oz	28	8	0	33	27	125	1 bread
	Apple Delights					1.41 oz	28	8	0	33	27	125	1 bread
	Raspberry Delights					1.41 oz	28	8	0	33	27	125	1 bread
	Multigrain Bar		Oatmeal Raisin			1.45 oz	26	8	0	27	27	150	1 bread
<b>Flowers Bakeries</b>													
<b>Mountain Farm</b>													
	Grain & Fruit Bar	27041212	Apple Cinnamon			1.3 oz	21	0	0	32	28	140	1 bread
		27041242	Strawberry			1.3 oz	21	0	0	32	28	140	1 bread
<b>General Mills</b>													
	Trix Cereal Bar					1.3oz	23	0	0	28	30	160	1 bread

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Team Cheerios Bar			1.4 oz	23	0	0	28	30	120	1 bread			
Cocoa Puffs Cereal Bar			1.4 oz	25	3	0	28	29	105	1 bread			
Cinnamon Toast Crunch Cereal Bar			1.4 oz	19	0	0	28	30	170	1 bread			
Fruity Cheerios Cereal Bar			1.4 oz	24	3	0	26	28	120	1 bread			
<b>Gnu Foods</b>													
Flavor and Fiber Bars		Banana Walnut Bar	1.6 oz	25	0	0	18	30	40				
		Peanut Butter Bar	1.6 oz	32	6	0	16	30	95				
		Cinnamon Raisin Bar	1.6 oz	23	0	0	24	32	30				
		Chocolate Brownie Bar	1.6 oz	25	6	0	20	30	20				
		Orange Cranberry Bar	1.6 oz	23	0	0	24	32	24				
<b>Goody Man</b>													
Marshmallow Crispy Squares			1.6oz	20	5	0	32	30	230				
<b>Grab the Gold, Inc.</b>													
Grab the Gold Snack Bar			2 oz	23	10	0	24	31	72				
<b>Horizon Snack Foods</b>													
Turnovers	Cutie Pie	whole grain	Apple, Cherry , Peach	2 oz	27-28	7	0	23-25	27	190 1 bread, 1/4 fr			
Turnovers s-series (Junior)			Apple, Cherry	2 oz	30	19	1.7	7	28	209 1bread			
<b>Kashi</b>													
Chewy Granola Bars	18627-37947	Trail Mix		1.25 oz	32	3	0	17	11	105 .75 bread			
	18627-37949	Honey Almond Flax		1.25 oz	32	3	0	14	19	115 .5 bread			
	18627-37945	Peanut Butter		1.25 oz	32	3	0	14	13	90 .5 bread			
TLC Cereal Bar		apple spice		1.94 oz	23	0	0	16	15	125			
		blackberry graham		1.94 oz	23	0	0	16	15	125			
		strawberry		1.94 oz	23	0	0	16	15	125			
TLC Chewy Bar		cherry dark chocolate		1.2 oz	14	3	0	14	15	115			
		homey almond		1.2 oz	14	3	0	14	15	115			
		peanut butter		1.2 oz	14	3	0	14	15	115			
		trail mix		1.2 oz	14	3	0	14	15	115			
TLC Crunch Bar		honey Tst 7 grain		1.4 oz	28	3	0	15	3	160			
		pumpkin spice		1.4 oz	28	3	0	15	3	160			
		roasted almond crunch		1.4 oz	28	3	0	15	3	160			

DATE	3/11/2010					Foods in Compliance for TN Competitive Foods							
Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
<b>Kellogg's</b>													
All-Bran Bars	38000-21029	All-Bran (R) Bars Honey Oat	1.25 oz	19	3	0	31	25	180	.75 bread			
Special K Bars	38000-22222	Special K (R) Bars Vanilla Crisp	.78 oz	17	3	0	32	24	100	.5 bread			
Nutrigrain Cereal Bar	38000-35945	Nutri-Grain Bar Strawberry	1.3 oz	23	3	0	32	27	120	.75 bread			
	38000-35645	Nutri-Grain Bar Apple Cinnamon	1.3 oz	23	3	0	32	27	105	.75 bread			
	38000-35745	Nutri-Grain Bar Blueberry	1.3 oz	23	3	0	32	27	105	.75 bread			
	38000-05872	Assortment Pack Strawberry/Blueberry/Apple Cinnamon	1.3 oz	23	3	0	32	27	120	.75 bread			
Rice Krispies Treats(R) Orig													
	38000-00736	Kellogg's RKT Squares Grab n' Go ( 4 bars)	1.57 oz	22	7	0	34	27	210	.75 bread			
	38000-26502	Kellogg's RKT Squares Retail	.78 oz	22	10	0	32	27	105	.25 bread			
	38000-26522	Kellogg's RKT Squares Retail	.78 oz	22	10	0	32	27	105	.25 bread			
	38000-26547	Kellogg's RKT Squares Grab n' Go	1.3 oz	20	6	0	32	27	170	.5 bread			
	38000-35054	Kellogg's RKT Squares Retail	.78 oz	22	10	0	32	27	105	.25 bread			
	38000-35056	Kellogg's RKT Squares Retail	.78 oz	22	10	0	32	27	105	.25 bread			
Rice Krispies Chewy Cereal Bar	833830	Apple Cin	1.27 oz	18	3	0	26	27	110	1 bread			
	833840	Chocolate	1.27 oz	27	6	0	28	26	140	1 bread			
Pop Tarts	all single pack												
	38000-00498	Frosted Strawberry	1.83 oz	23	4.5	0	29	37	190	1 bread			
	38000-00499	Frosted Blueberry	1.76 oz	30	6	0	32	34	180	1 bread			
	38000-00500	Strawberry	1.83 oz	23	5	0	35	37	170	1 bread			
	38000-08584	Brown Sugar Cinnamon	1.83 oz	29	2	0	32	37	170	1 bread			
	38000-36651	Brown Sugar Cinnamon, made with wh gr	1.76 oz	30	2	0	28	34	170	1.25 bread			
	38000-36657	Strawberry, made with whole grains	1.76 oz	24	2	0	30	37	160	1.25 bread			
<b>Luna Sunrise</b>													
Sunrise Bars		Strawberry Crumble	1.69 oz	24	8	0	25	26	105				
		Apple Cinnamon	1.69 oz	24	8	0	25	26	105				
		Vanilla Almond	1.69 oz	24	8	0	25	26	105				
		Blueberry Bliss	1.69 oz	24	8	0	25	26	105				
<b>Monkey Bars</b>													
Blueberry Vanilla			1.25 oz	26	10	0	26	23	55				
Strawberry Vanilla			1.25 oz	26	10	0	26	23	55				
Banana Peanut Butter Chocolate			1.25 oz	26	10	0	26	23	55				
<b>Nature Valley</b>													

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes		
Crunchy Granola Bar		Peanut Butter, Oats & Honey	1.5 oz	35	5	0	26	30	190			
Chewy Granola Bar	11590	Chocolate Chip	1 oz	23	4	0	25	21	50			
	11594	Oatmeal Raisin	1 oz	18	0	0	32	21	55			
		Chocolate Chunk	1.25 oz	20	5	0	25	29	60			
<b>Newman's Own Organics</b>												
Low Fat Fig Newmans			1.4 oz	17	8	0	10	20	170			
<b>Otis Spunkmeyer</b>												
Muffins Reduced Fat for Schools:Choc. Chip, Banana, Apple Cinnamon,			1.8 oz	29	6	0	29	29	180			
		Wild Blueberry										
<b>Quaker</b>												
Oatmeal to Go	43947	Oatmeal Raisin	1.4oz(40g)	16	3	0	35	29	160			
	43948	Apples & Cinnamon	1.4 oz	16	3	0	33	29	135			
	43950	Brown Sugar Cinnamon	1.4 oz	18	3	0	33	29	150			
Chewy Granola Bar		Peanut Butter Choc Chunk	1oz(28g)	25	8	0	32	20	85			
	O5574	Butterfinger	24 gm	23	8	0	33	19	85			
	O5568	Low Fat S'mores	24 gm	20	5	0	33	19	80			
	O5567	90 Calorie Oatmeal Raisin	24 gm	17	0	0	29	19	80			
	O5566	90 Calorie Cinnamon Sugar	24 gm	17	0	0	29	19	80			
	O5579	90 Calorie Choc. Chunk	24 gm	22	5	0	29	19	80			
	O5578	90 Calorie Baked Apple	24 gm	17	0	0	29	19	85			
	O5509	Peanut Butter Choc Chip 25% less sugar	24 gm	25	9	0	21	17	75			
	O5508	Choc. Chip with 25% less sugar	24 gm	30	9	0	21	17	75			
	O5576	Peanut Butter Choc Chip	24 gm	25	9	0	29	17	95			
Fruit & Oatmeal Bars		Strawberry	1.3 oz(37g)	19	3	0	24	27	110			
Fruit & Oatmeal Bars		Apple Crisp	1.3 oz(38g)	19	3	0	24	27	120			
Fruit & Oatmeal Bites		Strawberry	1.96oz(56g)	18	5	0	21	27	220			
Fruit & Oatmeal Bites		Apple Crisp	1.96oz(56g)	18	5	0	25	28	150			
Breakfast Bites (25% less sugar)		Apple Crisp, Strawberry	1.97oz	17.5	5	0	21	42	135			
Chewy 100 Calorie Gran	O5509	Chocolate	.84 oz	35	9	0	25	17	75			
Breakfast Cookies	O7653	Oatmeal raisin	1.7 oz	24	8	0	31	33	190			
Breakfast Cookies	27326	Oatmeal chocolate chip	1.7 oz	28	10	0	29	31	190			
<b>Sara Lee Food's</b>												
Wholesome Indulgence Muffins												

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Blueberry			1.5 oz	24	7	0	30	24	120	.75 bread			
Banana Nut			1.5 oz	30	6	0	33	24	130	.75 bread			
Apple Cranberry			1.5 oz	23	8	0	28	22	100	.75 bread			
SL FS Muffin													
Blueberry			2 oz	32	5	0	27	27	150	1 bread			
<b>Simply Blues</b>													
Mini Honey Wheat Breakfast Bar			1.25oz	12	2	0	20	26	88	1 bread			
<b>Schwan Food Company</b>													
Power Alley Energy Burs	78725	Chocolate chip	1.76 oz	21	7	0	35	37	50	1 bread			
Power Alley Chewy Crisp	88044	Oatmeal Cinnamon Flavored	1.76 oz	25	9	0	24	35	55	1 bread			
	88044	Peanut Butter Flavored	1.76 oz	26	9	0	20	33	50	1 bread			
<b>Stauffer Snack Items</b>													
Fruit Bars	412509	Apple	1.3 oz	23	3	0	30	25	45				
	412610	Blueberry	1.3 oz	23	3	0	30	25	55				
	412611	Strawberry	1.3 oz	23	3	0	30	25	50				
<b>Vitalicious</b>													
Vitamuffins VitaTops		Banana Nut	2 oz	15	0	0	5	19	120				
		Deep Chocolate	2 oz	15	9	0	16	21	170				
<b>Winsor Foods</b>													
Elfin Loaves	31625	apple cinnamon	2 oz	30	5	0	28	16	170	1 bread			
	31609	banana	2 oz	33	5	0	28	16	170	1 bread			
	31633	blueberry	2 oz	35	5	0	28	16	170	1 bread			
<b>Beverages</b>													
<b>Apple and Eve</b>													
100 % Juice		apple	200 ml	100% juice									
		grape	200 ml	100% juice									
		fruit punch	200 ml	100% juice									
<b>Back to Nature</b>													
100% Juice		Fruit Punch	8 oz	100% juice									

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Brand	ProdCode	Description		Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes		
			Berry	8 oz	100% juice								
<b>Ardmore Farms</b>													
100% Juice Blend	45400	Orange	carton	4 oz	0	0	0	11	14	20	1/2 c fruit		
	45403	Grape	carton	4 oz	0	0	0	11	14	20	1/2 c fruit		
	45453	Grape	carton	6 oz	0	0	0	11	20	20	3/4 c fruit		
	45450	Orange	carton	6 oz	0	0	0	11	20	20	3/4 c fruit		
Aseptic Juice Boxes		apple		4.23oz/6.75 oz	100%	juice							
		tropical punch		4.23oz/6.75 oz	100%	juice							
		grape blend		4.23oz/6.75 oz	100%	juice							
		orange tangerine		4.23oz/6.75 oz	100%	juice							
		orange juice		4.23oz/6.75 oz	100%	juice							
		strawberry banana		4.23oz/6.75 oz	100%	juice							
		cranberry blend		4.23oz/6.75 oz	100%	juice							
<b>Hansen's</b>													
Juice Slam		Totally Tropical		6.75 oz	100% juice								
		Strawberry Banana		6.75 oz	100% juice								
		Apple		6.75 oz	100% juice								
		Burstin Berry		6.75 oz	100% juice								
<b>Juice Pac</b>													
Atomic Blast		100% juice blend		6.75 oz	0	0	0	11	24	10	3/4 c fruit		
Punch-uation		100% juice blend		6.75 oz	0	0	0	11	25	15	3/4 c fruit		
Grapes of Math		100% juice blend		6.75 oz	0	0	0	12	28	15	3/4 c fruit		
<b>Kraft Foods</b>													
Capri Sun Fruit Waves		100% Juice pouches											
Apple Splash	142			6 oz	0	0	0	11	20	25	1 fruit		
Berry Breeze	144			6 oz	0	0	0	11	20	25	1 fruit		
Fruit Dive	146			6 oz	0	0	0	11	20	25	1 fruit		
<b>Libby's</b>													
Juicy Juice	Ready to drink	All flavors	100% juice	4.23 oz	0	0	0	13	16		1/2 c fruit		

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Juicy Juice Ready to Drink		All Flavors 100% juice	6.75 oz	0	0	0	13	25	15	3/4 c fruit			
<b>Minute Maid</b>													
Juice Box		100% juice and 100% juice blends	6.75 oz	0	0	0	11	23-25		3/4 c fruit			
		apple, apple strawberry, apple white grape, grape, mixed berry, orange, fruit punch											
"Just 10" Fruit Punch Pouch		(Splenda sweetened) 5% juice	6.5 oz	0	0	0	1	2	15	below 15 cal			
<b>Ridgefield's</b>													
Cup Slushies 100% juice													
Blue Raspberry	2001		5.5 oz	0	0	0	14	22	50	1 fruit			
Lemon-Lime	2002		5.5 oz	0	0	0	14	22	50	1 fruit			
Sour Apple	2003		5.5 oz	0	0	0	14	22	50	1 fruit			
Strawberry	2004		5.5 oz	0	0	0	14	22	50	1 fruit			
Sour Cherry	2005		5.5 oz	0	0	0	14	22	50	1 fruit			
SideKicks													
Strawberry-Sour Apple			4.4 oz	0	0	0	15	20	45	1 fruit			
BlueRaspberry-Lemon			4.4 oz	0	0	0	15	20	45	1 fruit			
<b>Riptide</b>													
Wave (flavored water)	80	Strawberry Swella	8 oz	0	0	0	0	0	0				
	81	Gonza Grape	8 oz	0	0	0	0	0	0				
<b>RWI</b>													
Ziptide F5		All Flavors(flavored water, nutrient dense, splenda)	8 oz	0	0	0	0	3	0				
<b>R. W. Knudsen</b>													
Lemonade		100% juice	8 oz	0	0	0	13	32	15				
<b>Stoker's</b>													
RiPS Pouch Packs		Several flavors (100% juice)	5.75 oz	0	0	0	20	33	65	1/2 c fruit			
<b>Swirl</b>													
Swirl to Go		100% juice pouch	6 oz	0	0	0	11	18	11				
		Strawberry Kiwi (also 4 oz and 8 oz)	6 oz	0	0	0	11	18	11				
		Orange mango (also 4 oz and 8 oz)	6 oz	0	0	0	11	18	11				
<b>Tropicana</b>													
Pure Premium Orange Juice		100% juice	6oz	0	0	0	10	20	0	3/4 c fruit			
Pure Premium Orange Juice		100% juice	8oz	0	0	0	10	26	0	1 c fruit			
Pure Premium Orange Juice& Calcium		100% juice	8 oz	0	0	0	10	26	0	1 c fruit			

DATE	3/11/2010					Foods in Compliance for TN Competitive Foods							
Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Pure Premium Healthy Kids Orange Juice	100 % juice		8oz	0	0	0	10	26	0	1 c fruit			
Tropicana Apple Juice		100% juice	6.75 oz	0	0	0	14	27	20	3/4 c fruit			
Tropicana Fruit Punch		100% Juice	6.75 oz	0	0	0	14	27	20	3/4 c fruit			
<b>Waterroos</b>													
Water		Apple	8 oz	0	0	0	0	0	5				
		Grape	8 oz	0	0	0	0	0	5				
<b>Frozen Desserts</b>													
<b>Arrezzio</b>													
Italian Ice Tubes		Strawberry, Orange, Lemon, Cherry	4 fl oz	0	0	0	21	22-24	0				
<b>Blue Bell Creameries</b>													
Lowfat Frozen Yogurt	473		3 oz cup	15	10	0	23	17	50				
LF Ice Cr.Sandwich	128	Vanilla	3 fl oz	19	8	0	19	22	115				
	132	Cookies & Cream	3 fl oz	16	3	0	22	25	125				
LF Sundae Cup	112	Fiesta (Cinco de Mayo)	3 oz cup	15	10	0	20	16					
	465	Cookies & Cream	3 oz cup	20	10	0	27	17	60				
Low Fat Ice Cream Cup	126	Strawberry	3 oz cup	15	10	0	22	15	55				
	137	Chocolate	3 oz cup	15	10	0	22	15	55				
	466	Vanilla	3 oz cup	15	10	0	22	15	55				
Sherbet	457	Lime, rainbow, orange	3 oz cup	5	5	0	33	21	25				
Mini Rainbows	450		1.25 oz	0	0	0	19	17	5				
Fudgy Bar	105		2 fl oz.	0	0	0	22	15	50				
Rainbow Pop Up	139		2.75 fl. oz	6	6	0	28	17	20				
Freeze Bar	131	Cherry	1.75 fl oz.	0	0	0	26	16	5	1/4 c fruit			
	190	Grape	1.75 fl oz.	0	0	0	23	16	5	1/4 c fruit			
	188	Rainbow Freeze	3.75 fl. oz	0	0	0	19	27	10	1/4 c fruit			
Fruiti Bar	193		2.75 fl oz	0	0	0	26	24	10	1/4 c fruit			
Strawberry Banana Bar	114		2.5 fl oz	0	0	0	25	21	10	1/4 c fruit			
Strawberry Fruit Bar	119		2.5 fl oz	0	0	0	24	18	0	1/4 c fruit			
Orange Crème Bar	208	Orange	2.75 fl oz	6	0	0	20	18	30	1/4 c fruit			
<b>Balliro's</b>													
Italian Ice		Orange	4 fl oz	0	0	0	7	9	0				
		Sugar-Free Tangerine	4 fl oz	0	0	0	0	6	0				
		Sugar-Free Peach	4 fl oz	0	0	0	0	7	0				
		Sugar-Free Lemon	4 fl oz	0	0	0	0	7	0				

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes		
		Sugar-Free Blue Raspberry	4 fl oz	0	0	0	0	7	0			
CN Ice Fruit Drink		Orange	4 fl oz	0	0	0	7	3	0	1/2 fruit		
		Cherry	4 fl oz	0	0	0	7	3	0	1/2 fruit		
<b>California Natural Juice Bars</b>												
100% Juice Bars with 3 gm fiber	Cherry, Orange		3 oz	0	0	0	12	13	10	3/8 c Fruit		
<b>Frostar</b>												
Juice-On-A-Stick	Cherry, Orange		1.75 oz	0	0	0	16	11	15			
Pudding-On-A-Stick	Chocolate,		1.75 oz	23	8	NL	27	19	50			
Pudding-On-A-Stick	Swirl		1.75 oz	27	4.5	NL	27	19	50			
<b>Fruit-A-Freeze Bars</b>												
Cherry, Strawberry, Watermelon, Pineapple, Fruit Punch-Lemon, Lemon,			3 & 4 oz	0	0	0	11	17-26	50			
	Mango											
<b>Icee</b>												
Squeeze Tubes W/ Juice	Cherry, Blue Raspberry, Watermelon		4oz	0	0	0	19	21-24	10			
<b>J&amp;J Snack Foods</b>												
Whole Fruit Bar	23050300	Outrageous Orange	3 fl oz	0	0	0	11	14	10	3/8 cup		
(Premium Juice Bar)	23050200	Outrageous Orange	2 fl oz	0	0	0	11	10	5	1/4 cup		
	23050305	Wild Cherry	3 fl oz	0	0	0	11	14	10	3/8 cup		
	23050205	Wild Cherry	2 fl oz	0	0	0	11	10	5	1/4 cup		
	23050310	Very Berry	3 fl oz	0	0	0	11	14	10	3/8 cup		
	23050210	Very Berry	2 fl oz	0	0	0	11	10	5	1/4 cup		
	23050315	Sour Apple-licious	3 fl oz	0	0	0	11	14	10	3/8 cup		
	23050215	Sour Apple-licious	2 fl oz	0	0	0	11	10	5	1/4 cup		
<b>Luigi's</b>												
Sherbet Cups	Chocolate, Orange, Raspberry, Lime, Grape		4oz	11.3	7.5	0	20	17	20	1/4 c fruit serv		
Real Italian Ice Squeeze-up Tube	Cherry, Strawberry, Lemon		4oz	0	0	0	13	17	15			
Sourpuss	Cherry, watermelon		2.25 oz	0	0	0	22	30	0	1/4 c. fruit		
Sourpuss	Cherry, Watermelon		3.1 oz	0	0	0	22	31	5	3/8c fruit		
<b>Mayfield Dairy</b>												
Fudge Bar			2.5 fl oz	0	0	0	24	24	70			
Fudge Stix			1.75 oz	0	0	0	24	17	50			

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Fudge Stix Bullet Bar Jr.			1.75 oz	0	0	0	9	12	60				
Fudge Bar NSA			1.75 oz	0	0	0	18	12	60				
Push-Ups Sherbet			3.0 oz	2	2	0	18	16	20				
Real Fruit Bars			2 oz	0	0	0	21	16	0				
Fruit Stix NSA			1.75 oz	0	0	0	1	15	15				
Lowfat Ice Cream Cup		Chocolate, vanilla	4 oz	13.5	9	0	21	18	60				
Lowfat Ice Cream Sandwich			4 fl oz	17	6	0	23	30	180				
Vanilla LF Frozen Yogurt			3 fl oz	23	10	0	20	14	50				
Firecracker Jr.(70% juice)		Cherry, lemon, raspberry	1.6 fl oz	0	0	0	16	8	0				
Orange Cream Bar			3 fl oz	8	6	0	22	15	35				
Birmingham Orange Sherbet Cup			3 fl oz	15	10	0	20	19	15				
Mayfield Blue Blast Yogurt Bars		633473	3 oz	14	9	0	20	10	26				
Mayfield Real Fruit Bars		633449	1.75 oz	0	0	0	21	18	26				
<b>Madrina's</b>													
Horchata	82269-68074	Pina	4 oz	11	0	0	15	18	10				
	82269-68034	Coconut	4 oz	11	0	0	15	18	10				
	82269-68054	Mango	4 oz	11	0	0	15	18	10				
<b>Minute Maid</b>													
Juice Bars	Blue Rasp, Cherry, Cherry Apple, Fruit Punch, Grape,		2.25 oz &	0	0	0	22	15	10	1/4c fruit			
	Green Apple, Orange, Pink Lemonade, Strawberry		3.1 oz	0	0	0	22	21	10	3/8 c fruit			
<b>North Star</b>													
Lowfat Ice cream cup	24480506	vanilla	3 oz	19	0	0	21	12	45				
	24490506	chocolate	3 oz	19	0	0	21	12	45				
	24500206	strawberry	3 oz	19	0	0	21	12	45				
Banana Blast	23030807	banana cream bar	3.5 oz	15	9	0	16	20	45				
Fat Free No Sugar Added Ice Cream		Chocolate, vanilla, strawberry	4 fl oz	0	0	0	6	27	85				
Fudge Bar			2.5 fl oz	0	0	0	14	10	70				
LowFat Ice Cr Bar		Vanilla &Chocolate	2.5 fl oz	17	8	0	24	12	50				
		Strawberries and Cream	2.5 fl oz	17	8	0	22	11	50				
Cookies & Cream Bar		lowfat	2.5 oz	15	9	0	33	19	70				
Dream Bar		orange	2.5 oz	12	7	0	21	15	30				
Strawberry Juice Bar		50% Juice	2.5 fl oz	0	0	0	19	16	5				
Raspberry Sherbet			4 fl oz	9	8	0	17	25	15				

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Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes			
Lime Sherbet			4 fl oz	9	8	0	17	25	15				
Orange Sherbet			4 oz	9	8	0	16	18	10				
Lemon Lime Sherbet		Frog Spit (tube)	3 fl oz	12	6	0	22	18	10				
		Bar	2.5 oz	11	6	0	21	15	30				
Rootbeer Float			3.5 fl oz	17	10	0	19	19	45				
Red Fat Ice Cr Sand			3.5 fl oz	25	10	0	14	25	85				
Mini Sundae Cone		Lowfat	2 fl oz	20	9	0	23	14	50				
Totally Tubular Sherbet		Orange	3.0 oz	11	6	0	22	18	10				
Frozen Yogurt		Vanilla	3 oz cup	14	6	0	12	14	45				
<b>Papa's</b>													
Fruit Freeze	All Flavors		4 oz	0	0	0	16	18	4	3/8 c fruit			
<b>Purity</b>													
Lowfat Vanilla Cup		630131	4 oz	14	9	0	23	20	65				
Lowfat Chocolate Cup		630137	4 oz	14	9	0	22	19	50				
Lowfat Strawberry Cup		630138	4 oz	14	9	0	23	19	45				
Orange Sherbet Cup		630109	4 oz	9	5	0	23	26	5				
98% Fat Free Ice Cream Sandwich		630193	4 oz	16	6	0	23	15	16				
98% /Fat Free Mini IC Sandwich		630102	2.25 oz	9	5	0	25	15	50				
Orange Sherbet Pop Ups		630105	3 oz	13	6	0	18	18	0				
Fudge Bars		520170	2.5 oz	0	0	0	24	12	15				
Fudge Pops		590170	1.75 oz	0	0	0	25	12	14				
NSA Fudge Pops		560119	1.75 oz	0	0	0	6	12	15				
Orange Yogurt Bars		520171	3 oz	9	9	0	22	10	18				
Popsicle Brand Fudge Bars		630370	2.7 oz	3	2	0	21	12	25				
Popsicle Firecracker Jr. w/Juice		670335	1.6 oz	0	0	0	16	15	10				
Popsicle Scribblers w/ Juice		630377	2.4 oz	0	0	0	14	11	10				
Popsicle Pop Up Orange Burst		630305	2.75 oz	10	10	0	17	15	10				
Edy's Strawberry Fruit Bar		630250	4 oz	0	0	0	23	18	10				
Strawberry Freeze Smoothie Cup		630115	4 oz	10	9	0	21	22	30				
Good Humor Cookies & Cream Bar		630318	2.7 oz	13	8	0	20	12	25				
<b>Repicci's</b>													

DATE	Foods in Compliance for TN Competitive Foods										
	Brand	ProdCode	Description	Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes
3/11/2010											
	<b>Rosati</b>		Italian Ice	cup/tube	4oz cup/tu	0	0	0	25	25	5
	<b>Shape Ups</b>		Italian ice Cup	All flavors	4 fl oz	0	0	0	22	25	15 1/2c. Fruit
			Frozen Dessert	Cherry, Orange, Grape	3oz	0	0	0	23	18	25
			Frozen Juice Cup	Holiday Cups-Halloween, Winter Wonderland, Shamrock, American Flag, Heart	3 oz	0	0	0	19	18	10 1/4 c fruit
	<b>Slush Puppie</b>		Slush Pups	100% juice pops	3.3 oz	0	0	0	11	11	15
	<b>Snapple</b>		Snapple on Ice	Kiwi-Strawberry	3.5 oz	0	0	0	15	18	10
	<b>Sunshine Swirl</b>		Smooth Ice Cups	Blue Razzin Lemonade, Strawberry Banana Blast, Cotton Candy, Bubble Gum Burst	4 oz	0	0	0	19	26	5
	<b>Tio Pepe's</b>		Horchata Congelada	Rice/Cinnamon/Vanilla a (tubes)	4oz	3	0	0	30	34	0
			Horchata Congelada	Rice/Cinnamon/Vanilla a M-pak	3oz	0	0	0	30	27	0
	<b>Turner</b>		Frozen Flavored Juice Bar	Tropical Punch, Strawberry, Orange	2.25 fl oz	0	0	0	14	14	0
			Good Humor Vanilla Low Fat Ice Cream Sandwich		3.0 fl oz	12	7	0	21	26	110
			Good Humor Cookies and Cream Low Fat Ice Cream Bar		2.7 fl oz	10	10	0	18	18	35
			Madrina's Frozen Dessert	Coconut	4 fl oz	11	0	0	15	18	56
				Horchata	4 fl oz	11	0	0	15	18	10
				Mango	4 fl oz	11	0	0	15	18	56
				Pina	4 fl oz	11	0	0	15	18	56
	<b>Unilever</b>		Popsicle Pop Ups	Orange Burst, Reckless Rainbow	2.75 fl oz	9	0	0	19	15	15
			Popsicle Firecracker Jr.	with real fruit juice	1.6 fl oz	0	0	0	16	15	0
			Popsicle Scribblers		2.4 fl oz	0	0	0	14	15	5
	<b>Wawona Frozen Foods</b>		Frozen Fruit Pops	Strawberry	2.75 oz	0	0	0	21	18	9

DATE						Foods in Compliance for TN Competitive Foods							
	Brand	ProdCode	Description			Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes
		Peach				3.0 oz	0	0	0	19	18	7	
		Strawberry				1.5 oz	0	0	0	23	18	5	
		Peach				1.5 oz	0	0	0	21	18	4	
<b>Other</b>													
	Crystal Light On the Go		Lemonade, classic orange			0.17oz	0	0	0	0	0	0	
	Crystal Light On the Go		Raspberry Ice(powder)			0.17oz	0	0	0	0	0	0	
	On the Run Drinkmix Sticks		Sugarfree, no caffeine all flavors			0.01 oz	0	0	0	0	0	35	
	FulFill Fitness Drink Mix Sticks		all flavors			0.07 oz	0	0	0	0	0	35	
	Slosh Drink Mix Sticks		Dragon fruit, Blue raspberry, Bubble gum			0.10 oz	0	0	0	0	0	35	
	Replenish Sports Drink Mix Sticks		all flavors			0.10 oz	0	0	0	0	0	110	
	Moo Magic Milk Mix Sticks		all flavors			0.05 oz	0	0	0	0	0	0	
<b>Kraft</b>													
	Tang Fitness Drink Mix		Fruit punch, Lemon Lime			.14 oz	0	0	0	0	0	110	
<b>4 C</b>													
	Totally Light 2 Go		Lemonade			.07 oz	0	0	0		0	35	
			Pink Lemonade			.07 oz	0	0	0		0	0	
			Cranberry Pomegrante			.07 oz	0	0	0		0	10	
			Fruit Punch			.07 oz	0	0	0		0	10	
			Just Apple			.07 oz	0	0	0		0	10	
			Morning Orange			.07 oz	0	0	0		0	10	
			Wild Berry Pomegrante			.07 oz	0	0	0		0	10	
			Red Tea (naturally decaffienated)			.07 oz	0	0	0		0	10	
	Vitamin Stix		Strawberry Kiwi			.07 oz	0	0	0		0	10	
<b>Non-Frozen Yogurt</b>													
<b>Dannon</b>													
	Danimals		All Flavors			4oz	10	6	0	17	15	80	
	Danimals		All Flavors			8oz.	10	6	0	17	30	150	
	Dannon Frusion		Wild Berry Blend and Banana Berry Blend			7oz.	13	8	0	17	35	90	
	Light 'n Fit Smoothie		Raspberry, Strawberry, Strawberry Banana,Tropical, Tropical			7oz.	0	0	0	7	17	70	
	Danimals XL		Orange Strawberry Banana Blowout, Cherry Berry Blast			5.75 oz	16	8	0	17	29	105	
			Strawberry Explosion						0				
	Danimals Drinkable		Strawberry Explosion , Strikin' Strawberry Kiwi,			3.1 oz	15	10	0	15	17	55	

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		Strawberry Exp	Banana & Rockin' Raspberry, Strikin'									
		Kiwi										
<b>General Mills</b>												
			Strawberry Banana	5oz.	1	0	0	14	19	100		
			Strawberry Banana	8 oz	0	0	0	4	22	120		
<b>Horizon Organic</b>												
			Organic Lowfat Yogurt Strawberry	2 oz	8	8	0	18	11	40		
<b>Stonyfield Farm</b>												
			Smoothie Lowfat Yogurt Strawberry	4.6 oz	14	6	0	13	23	90		
<b>Upstate Farms</b>												
			Yogurt Nonfat, Fortified Strawberry, Peach, Raspberry, Strawberry Banana, Cherry Vanilla, Blueberry	4 oz	0	0	0	18	22	75		
<b>Yoplait</b>												
			Light Nonfat Yogurt Cherry, Peach	6 oz	0	0	0	8	19	85		
		17726	Strawberry Banana Bash	4 oz	9	9	0	15	21	55		
		17725	Trix Raspberry Rainbow	4 oz	9	9	0	15	21	55		
		720	Trix Raspberry Rainbow/Strawberry Banana Bash	4oz	9	9	0	15	21	55		
		17727	Trix Watermelon Burst	4 oz	9	9	0	15	21	55		
<b>Dairy</b>												
			Milk (any brand) Reduced fat, low fat, or skim All Brands & Flavors	8 oz.	varies	varies	0	varies	12-13 w	varies	1 milk	
<b>Coca Cola Ent. and Bravo Foods</b>												
			Slammers Low fat Milk Pro Chocolate, Pro Vanilla, Organic White, Pro Strawberry, Three Muskateers	8 oz	100% m	varies	0	varies	17 flav	varies	1 milk	
<b>Nestle</b>												
		61650	Nesquick Chocolate	8 oz	100% milk						1 milk	
		8590	Nesquick Strawberry	8 oz	100% milk						1 milk	

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	<b>Frigo</b>										
	Cheese Heads Light	(like string cheese)		1oz	37	30	0	0	0	200	>3.5gm fat 1 oz meat alt
	<b>Gehl's</b>										
	Pudding Please!	Milk Choc, vanilla		4oz	7	0	0	20	27	180	
	<b>Kozy Shack</b>										
	Puddings	189232	Crazy Chocolate Poppin	4 oz	8	4	0	13	20	110	
		189234	Very Vanilla Poppin	4 oz	8	4	0	13	20	135	
		189230	Balistic Banana Poppin	4 oz	8	4	0	12	17	95	
		130300	Chocolate Soy	4.5 oz	17	4	0	10	23	80	
		130310	Vanilla Soy	4.5 oz	17	4	0	10	21	80	
	<b>Kraft</b>										
	Handi Snacks Sugar Free		Reduced calorie pudding (splenda)								
	Chocolate			3.5 oz	20	10	0	0	9	160	
	<b>Land O Lakes</b>										
	Light Mozz String Cheese	59703	Mozzarella string cheese	1 oz	33						>3.5 gm fat
	<b>Sargento</b>										
	Light String Cheese			.75oz	37	22	0	0	0	180	>3.5 gm fat
	<b>Schrieber</b>										
	Light String Cheese		Mozzarella Cheese	1 oz							>3.5 gm fat
	<b>Yoplait</b>										
	Yoplait Light Smoothie	All Flavors		8oz	0	0	0	4	18	120	
	<b>Fruits</b>										
	<b>Brothers-All-Natural</b>										
	Fruit Crisps	100%	sliced freeze dried fruit	100 % frui	0	0	0	73	14	0	
			apple, mango, strawberry, pineapple, banana								
			strawberry banana								

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<b>Concept Foods</b>													
Fruit Tubes		Banana, Guava, Pineapple,Mango, Jack Fruit	2oz tube	100% fruit (frozen individual servings)							1/4 c fruit		
<b>Knouse Foods</b>													
Apple Sauce - sweetened Splenda			4oz cup	0	0	0	8	12	3	1/2 fruit			
Fruit'n Sauce-sweetened splenda	All Flavors		4oz. Cup	0	0	0	8	14	10	1/2 fruit			
<b>Dole</b>													
Fruit Bowls	All Fruits	100% fruit	4.3 oz	16	8	0	17	19	10	1/2 fruit			
<b>Materne</b>													
Applesauce GoGo Squeeze			3.17 oz	0	0	0	17	14	3				
<b>Pierre Foods</b>													
Fruit Cups	80340	Pineapple	4 oz	0	0	0	20	25	4	1 fruit			
	11040	Applesauce	4 oz	0	0	0	12	15	4	1 fruit			
	10104	Chunky applesauce	4 oz	0	0	0	14	18	4	1 fruit			
	10204	Cinnamon Applesauce	4 oz	0	0	0	18	23	5	1 fruit			
	10704	Strawberry applesauce	4 oz	0	0	0	14	20	9	1 fruit			
	80140	Peaches	4 oz	0	0	0	13	16	5	1 fruit			
	80240	Pears	4 oz	0	0	0	14	17	8	1 fruit			
<b>Sunkist</b>													
Fun Fruits													
Pals, Giggles, Smiles, Grins, Carrots		Prepackaged fresh fruits and vegetables		No limit on fresh fruits and vegetables									
				No limit on fresh fruits and vegetables									
<b>Pastas, Meats, Soups</b>													
<b>Highland Beef Farms</b>													
Honey Pep TurkeyStick	211	Turkey	.8 oz	35	0	0	5	1	150				
Honey Pep ChixStick	064	Chicken	.8 oz	35	0	0	5	1	150				

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<b>Jack's Links</b>													
Beef Jerky	113	Sweet & Hot	1 oz	12	6	0	14	5	440				
	173	Teriyaki	1oz	12	6	0	14	5	440				
	183	KC Masterpiece Barbecue	1 oz	12	6	0	21	7	390				
	47388	Chicken Fajita	1 oz	28	6	0	11	4	450				
	47383	Teriyaki Beef Steak Nuggets	1 oz	28	6	0	11	4	450				
	47387	Pork Tender Cuts	1 oz	28	6	0	11	4	450				
		Original	.9 oz	14	0	0	12	3	430				
		Peppered	.9 oz	14	0	0	12	4	360				
		Sweet & Hot	.9 oz	14	0	0	16	4	420				
		Teriyaki	.9 oz	14	0	0	16	4	410				
<b>Main Dishes</b>													
<b>Pierre Foods</b>													
Peanut Butter and Jelly Bar with Graham Wafer	92100		2.2 oz	55	11	2	16	27	267	1 meat+1bread			
Peanut Butter and Jelly Jamwich	92127	Strawberry jam on wheat bread	2.8 oz	49	11	2	26	33	309	1 meat+1bread			
	92123	Grape jelly on wheat bread	2.8 oz	49	11	2	26	36	308	1 meat+1bread			
<b>Schwan</b>													
Tony's Pizza Strips	Pepperoni		3.1 oz	23	9	0	4	28	460	2bread + 1oz meat alt			
<b>Smuckers</b>													
Uncrustables	6650	PB & Grape Jelly, white bread	2.8 oz	54	9	0	18	33	354	1M + 1B			
	6651	PB & Jelly-Wheat bread	2.8 oz	54	9	0	18	33	354	1M + 1B			
	6659	PB & Strawberry Jam, white bread	2.8 oz	54	9	0	18	33	354	1M + 1B			
	6675	PB, Honey and Wheat Bread	2.8 oz	47	8	0	16	24	330	1M + 1B			
	5150006673	PB & Grape Jelly, with soy protein	2.5 oz	38	7	0	18	31	290	1M + 1B			
<b>Schwans</b>													

DATE	3/11/2010						Foods in Compliance for TN Competitive Foods							
Brand	ProdCode	Description			Weight per portion	%cal Fat	%cal Sat Fat	gm Tran Fat	% Sugar	gm CHO	mg Na	Notes		
Classic Crust Pizza	16"	Cheese, Pepperoni			1/10 pie	30	8	0	2	38	600	1.5M,2.25B		
Harvest Pizza	16"	Cheese			1/10 pie	28	10	0	2	37	600	1.5M,2.25B		
<p>Products bought for the NSLP should adhere to the Buy American procurement regulations.</p> <p>This does not mean that these products are approved or endorsed by the School Nutrition Program.</p> <p>Nor does an exemption indicate that these products have significant nutritional value. In addition, the exemptions should not be perceived as guidance or encouragement to school food authorities concerning their possible purchase.</p> <p>For the rules on this, visit the following link: <a href="http://state.tn.us/sos/rules/0520/0520-01/0520-01-06.pdf">http://state.tn.us/sos/rules/0520/0520-01/0520-01-06.pdf</a></p> <p>0520-1-6-.04 MINIMUM NUTRITIONAL STANDARDS FOR INDIVIDUAL FOOD ITEMS SOLD OR OFFERED FOR SALE TO PUPILS IN GRADES PRE-K-8</p>														