

Student Nutrition Program 2016 Guideline Crackers, Cereal Bars and Cereals

Product formulations may change. For current nutrition facts and ingredient line information check

Crackers Limits		30g	8	140g	Whole Grain
Brand	Flavour	Serv Size	Sug(g)	Sod(mg)	1st Ingred
Boul Grissol	Rusks 60% Whole Wheat	3(28g)	1	140	Whole Wheat Flour
Boul Grissol	Melba 100% Whole Wheat with honey	5 (22g)	1	115	Whole Wheat Flour
Boul Grissol	Melba Multi Fiber	3 (28g)	1	140	Whole Wheat Flour
Christie	Ritz WHOLE GRAIN	6(20g)		140	Whole Wheat
Christie	Triscuits Low Sodium	6(29g)		54	Whole grain Wheat
Christie	Triscuits Original	5(24g)		138	Whole Grain Flour
Christie	Triscuits Balsamic&Basil	6(29g)		138	Whole grain Wheat
Christie	Triscuits Cracked Pepper&Olive Oil	6(29g)		138	Whole grain Wheat
Christie	Triscuits Whole Grain Brown Rice & Sweet Potato	6 (29g)		90	Whole Grain Brown Rice
Christie	Triscuits Whole Grain Brown Rice & Red Bean	6(29g)		120	Whole Grain Brown Rice
Christie	Triscuits Rosemary&Olive Oil	6(29)		130	Whole grain Wheat
Christie	Triscuits Smoked Gouda	5(24g)		131	Whole grain Wheat
Christie	Triscuits Dill,Seasalt & Olive Oil	4(19g)		115	Whole grain Wheat
Christie	Triscuits Roasted Garlic	5(24g)		125	Whole grain Wheat
Christie	Triscuits Thin Crisps Parm & Garlic	11(23g)		138	Whole grain Wheat
Christie	Triscuits Thin Crisps Sweet Chili	10(21g)		128	Whole grain Wheat
Christie	Wheat Thins Spicy Buffalo	10(21g)		130	Whole grain Wheat
Christie	Wheat Thins Sundried Tomato & Basil	12(24g)		138	Whole grain Wheat
Dare	Breton Multigrain	4(18g)		115	Whole Grains
Dare	Breton Original Bites	15(20g)		130	Whole Grain Whole Wheat Flo
Dare	Breton Sprouted Grains Seasalt	4(18g)		140	Sprouted Grains
Great Value	Wheat Crackers Black Pepper & Olive Oil	6(30g)		90	Whole Grain Whole Wheat
Great Value	Reduced Fat Wheat	6(24g)		132	Whole Grain Whole Wheat
Great Value	Wheat Black Pepper & Olive oil	6(30g)		90	Whole grain Wheat
Great Value	Woven Wheats	7(31g)		98	Whole Wheat

Kashi	Gourmet Original 7 Grain	10	3	105	7 Whole grains & Sesame Flour
Kashi	Gourmet Fire Roasted Veg	10	1	135	7 Whole grains & Sesame Flour
PC	Pita Crackers Chia & Quinoa	9(28)	1	130	Whole Grain Whole Wheat Flo
PC	Crisp & Thin Whole Grain w 8 grains & seeds	4(20)	2	130	Whole Grain Wholt Wheat Flo
PC	Multigrain Melba	1 pack (20g)	1	120	Whole Wheat Flour
Ryvita	Whole grain crisp bread	3(30)		90	Whole Grain Rye Flour
Ryvita	WholeGrainRye CrispBread - Rye & Oat Bran	3(30)		22	Whole Grain Rye Flour
Ryvita	WholeGrainRye CrispBread-Dark Rye	3(30)		90	Whole Grain Rye Flour
Ryvita	WholeGrainRye CrispBread-Light Rye	3(30)		60	Whole Grain Rye Flour
Ryvita	WholeGrainRye CrispBread-Multigrain	3(33)		60	Whole Grain Rye Flour
Corn Tortillia Chips					
Tostitos	Low Sodium Rounds Tortillis Chips	24(30g)		84	Corn
Solis Senioritos	Round Corn Chips	20(29)		99	Whole Grain corn
Tostitos	Bitesized Multigrain Rounds	20(29)		117	Whole Grain Corn
Cereal Bars					
Brand	Flavour	Serv Size	Sug(g)	Sod (mg)	1rst Ing
Quaker	Supergrains Oats & honey	1(26g)	4	90	Whole Oats
Quaker	Apple Fruit Crumble	1(26g)	7	50	Whole Oats
Quaker	Raspberry Fruit Crumble	1(26g)	7	45	Whole Oats
Taste Nature	Granola key Lime Pie	1(35g)	7	50	Whole Grain Oats
Nature Valley	Oatmeal Breakfast Cin& Brn Sugar	1(35g)	8	125	Whole Wheat
Nature Valley	Trail mix fruit & Nut Bars	1(35g)	7	65	Whole Grain rolled Oats
Nature Valley	Lunch Box Berry	1(26g)	4	75	Whole Grain Oats
Kashi	Whole Grain Bars Honey Almond Flax	1(35g)	5	115	Rolled Whole Grain Blend
Cold Cereals					
Brand	Flavour	Serv Size	Sug(g)	Sod (mg)	1rst Ing
Blue Menu	Multigrain o's	1 cup (30g)	6	120	Whole Grain Oat Flour

Compliments	Bran Flakes	3/4 cup (30g)	3	130	Whole Wheat
Gen Mills	Fibre 1 Crunchy Original	1/2 cup (31g)	0	110	Whole Grain Wheat
Gen Mills	Kix Berry Berry	1 cup(28g)	6	140	Whole Grain Corn
Gen Mills	Fibre 1 Honey Clusters (cont. sucrolose)	1/2 cup (27g)	3.5	135	Whole Grain Wheat
Kashi	7 Whole Grain Honey Puffed	1 cup	7	0	Whole Hard Red Wheat
Kashi	Go Lean Original	1/2 cup (29g)	4	57	Whole Hard Red Wheat
Kellog's	Special K Granola	1/4 cup (27g)	5	52.5	Whole Grain Oats
Kellog's	All Bran Cranberry & Clusters	1/2 cup (26g)	6	110	Whole Grain Wheat
Kellogs	Bran Flakes	3/4 cup (27g)	7.5	120	
Kellogs	Just Right	1/2 cup(30g)	5	134	Whole Grain Wheat
Kellogs	Spoon Sized Shredded Wheat	2/3 cup (30g)	0	0	Whole Grain Wheat
Kellogs	Speck Protien	1/2 cup(25g)	4.5	125	Whole Grain Oats
Kellogs	Shredded Wheat & Bran spoon sized	3/4 cup(35g)	0	0	Whole Grain Wheat
Natures Path	Sunrise Crunchy Maple	2/3 cup (30g)	7	130	Whole Grain Corn Meal
Nature's Path	Kamut Puffs	2 cups (32g)	0	0	Whole KAMUT® khorasan whe
PC	Wheat Squares	1/2 cup (25g)	3	100	Whole Grain Whole Wheat
PC	Puffed Wheat	2 cups (30g)	0	10	Whole Wheat
PC Organics	7 Reasons Multigrain	1/2 cup (30g)	2	60	Organic Whole Wheat Flour
PC	Bran Flakes	3/4 cup (30g)	2	120	Whole Grain Whole Wheat
Post	Original Shreddies	1/2 cup (27g)	4.5	100	Whole Grain wheat
Post	Honey Shreddies	1/2 cup (28g)	6.5	100	Whole Grin Wheat
Post	Honey Bunch of Oats Honey Roasted	2/3 cup (30g)	6	140	Corn
Quaker	Shredded Wheat Muffets	2 Muffets (42g)	0	0	Whole Wheat
Quaker	Oatmeal Squares	1/2 cup (30g)	4.5	113	Whole Grain Oats
Quaker	Life Multigrain	3/4 cup (30g)	5	105	Oat Bran
Weetabix	Grain Shop	1/2 cup (30g)	4.5	113	Whole Grain Wheat

Weetabix	Whole Grain Original	2 (35g)	2	130	Whole Wheat
Hot Cereals					
Gluten Freeda	Instant Oatmeal	1 pack (50g)	1	0	Certified Gluten Free Oats
PC	Regular Instant	1 pack (28g)	0	75	Whole Grain Rolled Oats
Quaker	Regular Instant	1 pack (28g)	0	100	Whole Grain rolled Oats
Quaker	Apple/cinnamon Lightly Sweetened	1 pack (29g)	4	140	Whole Grain Rolled Oats
Quaker	Gluten Free Rolled Oats	1/3 cup (30g)	0	0	Gluten Free Rolled Oats
Quaker	Quick, Steel cut, Large Flake, One Min Oats	1/3 cup (30g)	0	0	Whole Grain Rolled Oats
Please use this list as a guide only. Always check the Ingredients and Nutrition Label on the package.					
Product formulations may change.					

product packaging.

Known Allergy Info
Nut free facility
Nut free facility
Nut free facility
ur
peanut free facility
peanut free facility

r
r
ur
ur
Allergy Info
peanut free facility
peanut free facility
peanut free facility
contains almond, peanuts
peanut free facility
contains almonds, peanuts, tree nuts
Allergy Info
May contain tree nuts

Gluten Free
Gluten Free