

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments** such as butter, margarine, cream cheese, jam and dips, e.g., crackers with butter or jam. Some listed products are not nutrient-rich foods. For example, whole grain-rich pretzels contain little to no fat or sugar, but do not provide any significant nutritional value, e.g., vitamins, minerals and fiber. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

| SNACKS | | | | | | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|--------------|---|-------------------------|------------|--|--------------------|---------|------------------------|-------------------|-------------------------------|---------------|--------------------------------|-------------|-----------|------------------|--------------------|---|---------------------------------------|---------------|--|---|---------------------------------|-----------------------------|-----------------------------|------------------|---|
| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | | ≤35% of total calories | | <10% of total calories | <0.5 g | No partially hydrogenated oils | ≤200 mg | | ≤15 g | ≤35% by weight | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | 100% whole grain | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | | | | |
| Annie's | Organic Cheddar Bunnies, 0.75 | 0.75 oz | 21 | WGR | 90 | 3.5 | 35.0% | 0.0 | 0.0% | 0 | yes | 130 | 1 | 0 | 0.0% | yes | yes | yes | HPC, Sysco, Thurston | UPC 13562-49828-4; Case (100 count) UPC 100-13562-49828-1 | 11/9/17 | X | X | | X |
| Bakecrafters | Snackables Pretzel Stickleets, Whole Grain, .75 oz | 0.75 oz | 21 | WGR | 80 | 1.0 | 11.3% | 0.0 | 0.0% | 0 | yes | 200 | 3 | 0 | 0.0% | yes | yes | yes | Jay Bee, | Code 5712; Case UPC 007-37410-57120-1. 100% whole grain | 4/12/13 | X | X | X | X |
| Campbell's | Pepperidge Farm 100 Calorie Cheddar Goldfish, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 0.5 | 4.5% | 0 | yes | 170 | 1 | 0 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, Jay Bee, Thurston | Code 18197; UPC 0-14100-18197-2; Case (100 count) UPC 10-01410-01819-79 | 3/1/19 | X | X | | |
| Campbell's | Pepperidge Farm Goldfish Colors, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 0.5 | 4.5% | 0 | yes | 170 | 1 | 0 | 0.0% | yes | yes | yes | Gordon's, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 04788; UPC 0-14100-04788-9; Case (300 count) UPC 10-01410-00478-86 | 3/1/19 | X | X | | |
| Campbell's | Pepperidge Farm Goldfish Pretzels, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 90 | 1.5 | 15.0% | 0.0 | 0.0% | 0 | yes | 200 | 1 | 0 | 0.0% | yes | yes | yes | Gordon's, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 14396; UPC 0-14100-14396-3; Case (300 count) UPC 10-01410-01439-60 | 3/4/19 | X | X | | |
| Campbell's | Pepperidge Farm Goldfish Snack Crackers, Cheddar, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 4.0 | 36% * | 0.5 | 4.5% | 0 | yes | 170 | 1 | 0 | 0.0% | yes | yes | yes | Gordon's, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 18105; UPC 0-14100-18105-7; Case (300 count) UPC 10-01410-01810-54 The manufacturer has documented that the unrounded nutrition data for calories from fat is 34.9%, which complies with the fat standard. | 11/12/19 | X | X | | |
| Campbell's | Pepperidge Farm Goldfish Snack Crackers, Mickey Cheddar, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 0.5 | 4.5% | 0 | yes | 160 | 1 | 0 | 0.0% | yes | yes | yes | Gordon's, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 27516; UPC 0-14100-27516-9; Case (300 count) 100-14100-27516-6 | 11/21/19 | X | X | | |

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

| SNACKS | | | | | | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|--|---|-------------------------|------------|-------------------------------|----------|------------------------|---------------------|------------------------|-------------------------------|--------------------------------|---------------|-------------|-----------|------------------|---|---------------------------------------|---------------|---------------|--|---|---------------------------------|-----------------------------|-----------------------------|------------------|--|
| General Standards | | | | Nutrient Standards | | | | | | | | | | | | | | | | | | | | | |
| 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | | | | ≤200 calories | | ≤35% of total calories | | <10% of total calories | <0.5 g | No partially hydrogenated oils | ≤200 mg | | ≤15 g | ≤35% by weight | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | 100% whole grain | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | | | | |
| Campbell's | Pepperidge Farm Goldfish Snack Crackers, Xtra Cheddar, Made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 90 | 3.5 | 35.0% | 0.5 | 5.0% | 0 | yes | 200 | 1 | 0 | 0.0% | yes | yes | yes | Gordon's, HPC, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 23088; UPC 0-14100-23088-5; Case (300 count) UPC 10-01410-02308-82 | 3/1/19 | X | X | | |
| ConAgra Foods | Kangaroo Sea Salt Pita Chips, made with 51% whole grains, 1.25 oz | 1.25 oz | 35 | WGR | 160 | 5.0 | 28.1% | 0.0 | 0.0% | 0 | yes | 190 | 2 | 1 | 2.8% | yes | yes | yes | | Code 5096722; UPC 0-75436-97883-4; Case (70 count) UPC 100-75436-97883-1 | 3/1/19 | X | X | | |
| Darlington | Appleways Simply Wholesome Sweet Potato Crispy Crackers, 1.0 oz, Individually Wrapped | 1 oz | 28 | WGR | 110 | 2.0 | 16.4% | 0.0 | 0.0% | 0 | yes | 80 | 2 | 6 | 21.2% | yes | yes | yes | HPC | Code 76400; UPC 006-75825-76400-1; Case (108 count) UPC 006-75825-76400-2 | 10/25/19 | X | X | | |
| Darlington | Simply Wholesome Bean & Veggie Crispy Crackers, 1.2 oz | 1.2 oz | 34 | WGR | 140 | 4.5 | 28.9% | 0.5 | 3.2% | 0 | yes | 180 | 2 | 1 | 2.9% | yes | yes | yes | Cookies & More, HPC, PFG, US Foodservice | Code 76300; UPC 6-75825-76300-5; Case (108 count) UPC 00-675825-76300-5 | 1/17/18 | X | X | | |
| Darlington | Simply Wholesome Cheddar Cheese Crispy Crackers, 0.9 oz | 0.9 oz | 26 | WGR | 110 | 3.5 | 28.6% | 1.0 | 8.2% | 0 | yes | 180 | 2 | 0 | 0.0% | yes | yes | yes | Cookies & More, HPC, PFG, US Foodservice | Code 76100; UPC 6-75825-76100-1; Case (108 count) UPC 00-675825-76100-1 | 1/17/18 | X | X | | |
| Darlington | Spikerz Spicy Cracker Bites, Nacho Cheese Flavor, 0.9 oz | 0.9 oz | 26 | WGR | 100 | 3.0 | 27.0% | 0.0 | 0.0% | 0 | yes | 160 | 2 | 1 | 3.9% | yes | yes | yes | Cookies & More, HPC, PFG, US Foodservice | Code 51110; UPC 006-75825-51110-1; Bulk Code 51120; Bulk UPC 006-75825-51120-0 | 7/30/13 | X | X | | |
| Darlington | Spikerz Spicy Cracker Bites, Ranch Flavor, 0.9 oz | 0.9 oz | 26 | WGR | 100 | 3.0 | 27.0% | 0.0 | 0.0% | 0 | yes | 160 | 2 | 1 | 3.9% | yes | yes | yes | Cookies & More, HPC, PFG, US Foodservice | Code 51210; UPC 006-75825-51210-8; Bulk Code 51220; Bulk UPC 006-75825-51220-7 | 7/30/13 | X | X | | |
| ES Foods | Wheat Crackers, 1 oz | 1 oz | 28 | WGR | 110 | 3.5 | 28.6% | 0.0 | 0.0% | 0 | yes | 170 | 2 | 3 | 10.6% | yes | yes | yes | Food for Thought | UPC 8-97580-00047-2; Case UPC 1 8-97580-00017-2 | 7/20/15 | X | X | | |
| FreshKids LLC | Pretzel Stix, 1 oz | 1 oz | 28 | WGR | 110 | 1.0 | 8.2% | 0.0 | 0.0% | 0 | yes | 190 | 2 | 2 | 7.1% | yes | yes | yes | Cookies & More, Thurston | Tray UPC 8-50060-00601-2; Case UPC 108-50060-00601-9 | 10/21/15 | X | X | | |
| Frito Lay | Muncies Snack Mix Munch Mix, 0.875 oz | 0.875 oz | 25 | WGR | 110 | 4.0 | 32.7% | 0.5 | 4.1% | 0 | yes | 200 | 1 | 4 | 16.1% | yes | yes | yes | More, Gordon's, HPC, Jay Bee, Superior Vending, Sysco CT, Thurston, Vistar | UPC 0-28400-67240-5; Case (104 count) UPC 000-28400-36308-2 | 8/21/19 | | X | | |
| Frito Lay | Rold Gold Heartzels Pretzels, 0.7 oz | 0.7 oz | 20 | WGR | 80 | 1.0 | 11.3% | 0.0 | 0.0% | 0 | yes | 200 | 2 | <1 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, HPC, Jay Bee, Sysco CT, Thurston | UPC 0-28400-14962-4; Case UPC (104 COUNT) 000-28400-15940-1 | 8/21/19 | X | X | | |

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

| SNACKS | | | | | | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|---------------|---|-------------------------|------------|--|--------------------|---------|------------------------|-------------------|-------------------------------|---------------|--------------------------------|-------------|-----------|------------------|--------------------|---|---------------------------------------|---------------|--|---|---------------------------------|-----------------------------|-----------------------------|------------------|---|
| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | | ≤35% of total calories | | <10% of total calories | <0.5 g | No partially hydrogenated oils | ≤200 mg | | ≤15 g | ≤35% by weight | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | 100% whole grain | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | | | | |
| Frito Lay | Sunchips Garden Salsa Snack Mix, 0.875 oz | 0.875 oz | 25 | WGR | 110 | 4.0 | 32.7% | 0.0 | 0.0% | 0 | yes | 170 | 2 | 1 | 4.0% | yes | yes | yes | Cookies & More, Gordon's, Jay Bee | UPC 0-28400-26597-3; Case UPC 000-28400-30821-2 | 5/9/14 | X | X | | |
| General Mills | Chex Mix Hot N' Spicy, 0.92 oz | 0.92 oz | 26 | WGR | 110 | 3.0 | 24.5% | 0.5 | 4.1% | 0 | yes | 160 | 1 | 2 | 7.7% | yes | yes | yes | Gordon's, HPC, Sysco CT, Thurston | UPC 0-16000-31934-9; Case (60 count) UPC 100-16000-31934-6 | 2/24/17 | | | | |
| General Mills | Simply Chex Cheddar, 0.92 oz | 0.92 oz | 26 | WGR | 110 | 2.5 | 20.5% | 0.5 | 4.1% | 0 | yes | 135 | 2 | 4 | 15.3% | yes | yes | yes | Gordon's, HPC, Jay Bee, Sysco CT, Thurston | UPC 0-16000-31932-5; Case UPC 100-16000-31932-2 | 7/18/13 | | | | |
| General Mills | Simply Chex Chocolate Caramel, 1.03 oz | 1.03 oz | 29 | WGR | 120 | 4.0 | 30.0% | 1.0 | 7.5% | 0 | yes | 65 | 2 | 7 | 24.0% | yes | yes | yes | Gordon's, HPC, Sysco CT, Thurston | UPC 0-16000-31933-2; Case (60 count) UPC 100-16000-31933-9 | 2/24/17 | | | | |
| General Mills | Simply Chex Habenero Lime, 0.92 oz | 0.92 oz | 26 | WGR | 110 | 2.5 | 20.5% | 0.5 | 4.1% | 0 | yes | 170 | 2 | 3 | 11.5% | yes | yes | yes | Cookies & More, Gordon's, Jay Bee | UPC 1-6000-46153-6; CASE UPC 100-16000-46153-3 | 4/23/14 | | | | |
| General Mills | Simply Chex Strawberry Yogurt, 1.03 oz | 1.03 oz | 29 | WGR | 120 | 3.0 | 22.5% | 1.0 | 7.5% | 0 | yes | 55 | 2 | 8 | 27.4% | yes | yes | yes | Cookies & More, Gordon's, HPC, Jay Bee, Sysco CT, Thurston | UPC 0-16000-31937-0; Case UPC 100-16000-31937-7 | 7/18/13 | X | X | | |
| Hyde & Hyde | Whole Grain Croutons, Garlic Butter, 0.8 oz | 0.8 oz | 23 | WG | 81 | 1.0 | 11.1% | 0.0 | 0.0% | 0 | yes | 117 | 2.5 | 1 | 4.4% | yes | yes | yes | | Code 23484; Case UPC 0-27509-23484-2 | 6/17/14 | X | X | X | X |
| Kellogg's | Special K Cracker Chips Baked Snacks, Honey Barbecue, 0.87 oz | 0.87 oz | 25 | FG | 90 | 2.0 | 20.0% | 0.0 | 0.0% | 0 | yes | 180 | 2 | 2 | 8.1% | yes | yes | yes | Cookies & More, Gordon's, Jay Bee, Vistar | UPC 0-38000-78431-6; Case UPC 000-38000-76590-2 | 11/22/13 | X | X | | |
| Kellogg's | Special K Cracker Chips Baked Snacks, Sour Cream & Onion, 0.88 oz | 0.88 oz | 25 | FG | 90 | 2.0 | 20.0% | 0.0 | 0.0% | 0 | yes | 190 | 3 | 0 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, Jay Bee, Sysco CT, Thurston | UPC 0-38000-70446-8; Case UPC 000-38000-75520-0 | 7/29/13 | X | X | X | |
| Kellogg's | Sunshine Cheez-Its made with Whole Grain (Bulk), 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 1.0 | 9.0% | 0 | yes | 150 | 1 | 0 | 0.0% | yes | yes | yes | Costa, Gordon's, Sysco CT, Thurston, USFS Norwich, | Bulk item. Serving size is 20 crackers. Box UPC 24100-10971; Case UPC 000-24100-10971-5 | 2/25/16 | X | X | | |

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

| SNACKS | | | | | | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|--------------------------------|---|-------------------------|------------|--|--------------------|------------------------|------------------------|-------------------|--------------------------------|---------------|---------------|----------------|---|---------------------------------------|--------------------|---------------|---------------|---------------|---|---|----------------|---------------------------------|-----------------------------|-----------------------------|------------------|
| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | ≤35% of total calories | <10% of total calories | <0.5 g | No partially hydrogenated oils | ≤200 mg | ≤15 g | ≤35% by weight | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | 100% whole grain |
| Kellogg's | Sunshine Cheez-Its made with Whole Grain, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 1.0 | 9.0% | 0 | yes | 150 | 1 | 0 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, Sysco CT CT | UPC 0-24100-79482-9; Case UPC 000-24100-79263-4 | 3/12/13 | X | X | | |
| Kellogg's | Sunshine Cheez-Its made with Whole Grain, 1 oz | 1 oz | 28 | WGR | 130 | 4.5 | 31.2% | 1.0 | 6.9% | 0 | yes | 200 | 2 | 0 | 0.0% | yes | yes | yes | Berkshire, Cookies & More, Gordon's, Jay Bee, Vistar | UPC 0-24100-10481-9; Case UPC 000-24100-10480-2 | 6/9/14 | X | X | | |
| Kellogg's | Sunshine Cheez-Its made with Whole Grain, Atomic Cheddar, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 1.0 | 9.0% | 0 | yes | 200 | 1 | 0 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, HPC, PFG Springfield, Thurston, US Foods CT | UPC 0-24100-10300-3; Case UPC 000-24100-10238-9 | 7/1/15 | | X | | |
| Kellogg's | Sunshine Cheez-Its made with Whole Grain, Loco, 0.75 oz | 0.75 oz | 21 | WGR | 100 | 3.5 | 31.5% | 1.0 | 9.0% | 0 | yes | 160 | 1 | 0 | 0.0% | yes | yes | yes | Cookies & More, Gordon's, HPC, PFG Springfield, Thurston, US Foods CT | UPC 0-24100-10672-1; Case UPC 000-24100-10671-4 | 7/1/15 | | X | | |
| Kellogg's | Zesta Mini Saltine Crackers, made with whole grain, 0.39 oz pouch | 0.39 oz | 11 | WGR | 50 | 1.5 | 27.0% | 0.0 | 0.0% | 0 | yes | 60 | <1 | 0 | 0.0% | yes | yes | yes | Berkshire, Gordon's, Superior Vending | UPC 0-30100-10089-8; Case UPC 000-30100-10088-1 | 7/29/13 | X | X | X | |
| MJM Marketing | Savory Bites Herb Crackers, 0.8 oz | 0.8 oz | 22 | WGR | 90 | 3.0 | 30.0% | 0.00 | 0.0% | 0.00 | yes | 190 | 1 | 2 | 9.1% | yes | yes | yes | Thurston, J.Kings, HPC, GFS, USF, Original Pizza | Item 803155; Case (155 count) UPC 006-82830-80315-2 | 5/8/18 | X | X | | |
| MJM Marketing | Savory Bites Pizza Crackers, 0.8 oz | 0.8 oz | 22 | WGR | 80 | 2.0 | 22.5% | 0.00 | 0.0% | 0.00 | yes | 190 | 2 | 2 | 9.1% | yes | yes | yes | Thurston, J.Kings, HPC, GFS, USF, Original Pizza | Item 804155; Case (155 count) UPC 006-82830-80415-9 | 5/8/18 | X | X | | |
| MJM Marketing | Savory Bites Wheat Crackers, 0.8 oz | 0.8 oz | 22 | WGR | 90 | 2.5 | 25.0% | 0.00 | 0.0% | 0.00 | yes | 190 | 2 | 2 | 9.1% | yes | yes | yes | Thurston, J.Kings, HPC, GFS, USF, Original Pizza | Item 801155; Case (155 count) UPC 006-82830-80115-8 | 12/11/19 | X | X | | |
| MJM Marketing | Tiki Crackers, Savory Wheat, 3 count, 0.78 oz | 0.78 oz | 22 | WGR | 80 | 2.5 | 28.1% | 0.0 | 0.0% | 0 | yes | 200 | 2 | 2 | 9.0% | yes | yes | yes | Thurston, J.Kings, HPC, GFS, USF, Original Pizza | Code 901312; Case (312 count) UPC 006-82830-20120-0 | 5/9/19 | X | X | | |
| Nabisco/Mondelēz International | Premium Saltine Crackers with Whole Grain, 0.23 oz package (2 crackers) | 0.23 oz | 7 | WGR | 60 | 1.5 | 22.5% | 0.0 | 0.0% | 0 | yes | 180 | <1 | 0 | 0.0% | yes | yes | yes | Jay Bee, Thurston | Code 00192; UPC 0-01932-00019-2; Case UPC 000-01932-000192-5 | 4/6/15 | X | X | X | |

CRACKERS, including crackers, hard pretzels, pita chips, snack mix, croutons

| SNACKS | | | | | | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|--|---|-------------------------|------------|-------------------------------|----------|------------------------|---------------------|------------------------|-------------------------------|--------------------------------|---------------|-------------|-----------|------------------|---|---------------------------------------|---------------|---------------|-------------------------------|---|---------------------------------|-----------------------------|-----------------------------|------------------|---|
| General Standards | | | | Nutrient Standards | | | | | | | | | | | | | | | | | | | | | |
| 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | | | | ≤200 calories | | ≤35% of total calories | | <10% of total calories | <0.5 g | No partially hydrogenated oils | ≤200 mg | | ≤15 g | ≤35% by weight | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | 100% whole grain | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | | | | |
| Snyder's of Hanover | Whole Grain Mini Pretzels, 0.92 oz | 0.92 oz | 26 | WGR | 100 | 0.5 | 4.5% | 0.0 | 0.0% | 0 | yes | 200 | 2 | <1 | 0.0% | yes | yes | yes | Jay Bee, Vistar | Item 107641; UPC 0-77975-09234-7; 100-77975-09234-4 | 3/22/17 | X | X | | |
| Sun Opta Aseptic, Inc | Sunrich Naturals Cool Ranch Toasted Corn, 1 oz | 1 oz | 28 | WGR | 110 | 2.5 | 20.5% | 0.0 | 0.0% | 0 | yes | 200 | 2 | 1.0 | 3.5% | yes | yes | yes | Jay Bee | UPC 8-10304-01518-7; Case UPC UPC 108-10304-01518-4. 100% whole grain. | 8/20/13 | X | X | | X |
| Sun Opta Aseptic, Inc | Sunrich Naturals Kettle Corn Toasted Corn, 1 oz | 1 oz | 28 | WGR | 110 | 3.5 | 28.6% | 0.0 | 0.0% | 0 | yes | 60 | 2 | 3.0 | 10.6% | yes | yes | yes | Jay Bee | UPC 8-10304-01511-8; Case UPC UPC 108-10304-01511-5. 100% whole grain. | 8/20/13 | X | X | | X |
| Westminster Bakers Co. | Whole Wheat Hearty Squares Crackers, 0.26 oz package (two crackers) | 0.26 oz | 7 | WGR | 30 | 1.0 | 30.0% | 0.0 | 0.0% | 0 | yes | 50 | 0.5 | 0 | 0.0% | yes | yes | yes | HPC, Thurston | Code 30017; UPC 0-93215-30017-1; Case UPC 000-93215-30017-1 | 3/25/14 | X | X | | |
| Westminster Bakers Co. | Whole Wheat Snack Crackers, 0.4 oz package | 0.4 oz | 11 | WGR | 45 | 1.5 | 30.0% | 0.0 | 0.0% | 0 | yes | 75 | 1 | 0 | 0.0% | yes | yes | yes | HPC, Thurston | Code 30027; UPC 0-93215-30027-0; Case UPC 000-93215-72003-0 | 3/25/14 | X | X | | |
| Westminster Bakers Co. | Whole Wheat Snack Crackers, 0.8 oz package | 0.8 oz | 23 | WGR | 100 | 3.0 | 27.0% | 0.0 | 0.0% | 0 | yes | 150 | 1 | 0 | 0.0% | yes | yes | yes | Cookies & More, HPC, Thurston | Code 15017; UPC 0-93215-15017-2; Case UPC 000-93215-71051-2 | 3/25/14 | X | X | | |