



Whole Grain-Rich K-12 Product Examples

The following table displays examples of K-12 products that are whole grain-rich, based on an analysis conducted by the Center for Science in the Public Interest (CSPI) of select companies' K-12 portfolios. This is not an exhaustive list of whole grain-rich products in the marketplace. These products also do not exceed sodium reduction Target 3 for grades 9-12 lunch, an added sugar standard of no more than 10 percent of calories from added sugar for grades 9-12 lunch, and are free from artificial sweeteners of concern and synthetic food dyes. Availability of products and product formulation may change at any time. Inclusion on this list is not an endorsement by the NANA coalition or CSPI. Always confirm nutrition information provided by the manufacturer.

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Foster Farms	Breakfast burritos and sandwiches	WG Egg, Pork Sausage, Bean & Cheese Breakfast Burrito, IW, CN	220	310	2	0
Foster Farms	Breakfast burritos and sandwiches	WG Egg, Pork Sausage, Bean & Cheese Burrito, 3.50 Oz., Bulk, CN	220	310	2	0
Foster Farms	Breakfast burritos and sandwiches	WG Egg & Cheese Breakfast Burrito, 3.50 Oz., Bulk, CN	220	340	1	0
Foster Farms	Breakfast burritos and sandwiches	WG Cheese, Turkey Sausage & Egg Grab Wraps®, 2.81 oz., IW, CN	200	360	1	0.5
Foster Farms	Breakfast burritos and sandwiches	WG Egg, Turkey Sausage & Cheese Breakfast Burrito Individually Wrapped CN	210	300	1	0.5
Schwan Food Company	Breakfast burritos and sandwiches	BEACON STREET CAFÉ™ STUFFED BREAKFAST SANDWICHES cheese iw	160	260	2	1
Schwan Food Company	Breakfast burritos and sandwiches	BEACON STREET CAFÉ™ BREAKFAST SLIDERS sausage egg cheese iw	160	290	5	2
Schwan Food Company	Breakfast burritos and sandwiches	BEACON STREET CAFÉ™ BREAKFAST SLIDERS southwest egg cheese iw	160	300	4	2
Schwan Food Company	Breakfast burritos and sandwiches	BEACON STREET CAFÉ™ SLIDERS sausage egg cheese iw	160	290	5	2
Schwan Food Company	Breakfast burritos and sandwiches	BEACON STREET CAFÉ™ SLIDERS southwest egg cheese iw	160	300	4	2

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Breakfast burritos and sandwiches	Bosco® Individually Wrapped Whole Grain Egg & Cheese with Maple Cheddar Topping Stuffed Breadsticks (Product Code: 10024741120)	160	340	2	1
Tyson	Breakfast burritos and sandwiches	Tyson® IW Breaded Chicken Biscuit Mini Sandwich, 3.15 oz. (Product Code: 10365230928)	250	500	2	1
Tyson	Breakfast burritos and sandwiches	Bosco® Whole Grain Egg & Cheese with Maple Cheddar Topping Stuffed Breadsticks (Product Code: 10102001120)	150	380	2	2
Tyson	Breakfast burritos and sandwiches	AdvancePierre™ Fully Cooked Fiesta Egg & Cheese on a Whole Grain Bun, 2.36oz (Product Code: 10000097908)	150	260	4	3
Tyson	Cheeseburgers and similar beef/pork sandwiches	AdvancePierre™ Fully Cooked Individually Wrapped Loaded Cheeseburger Mini Twin Sandwiches, 4.86 oz. (Product Code: 10000037342)	280	500	2.5	2
Tyson	Cheeseburgers and similar beef/pork sandwiches	AdvancePierre™ Fully Cooked Mini Twin Flame broiled Beef Pattie with Onion & Cheese on a Whole Grain Bun, 5.50oz (Product Code: 10000011151)	360	710	8	7
Rich Products	Cheeseburgers and similar beef/pork sandwiches	Pork BBQ Slider with Traditional Sauce on WG Bun IW- Commercial	350	600	13	12
Rich Products	Cheeseburgers and similar beef/pork sandwiches	Pork BBQ Slider with Traditional Sauce on WG Bun IW- Commodity	340	540	13	12
Foster Farms	Hot dogs, corn dogs, and similar sausage sandwiches	Whole Grain Maple (Pork/Turkey) Pancake Wraps®,CN, w/Bags	240	370	5	5
Foster Farms	Hot dogs, corn dogs, and similar sausage sandwiches	Whole Grain Chicken Pop Dogs®), CN	260	470	7	6
Foster Farms	Hot dogs, corn dogs, and similar sausage sandwiches	Whole Grain Chicken Corn Dog, 4.0 Oz.,CN, Smart Snack Compliant	240	470	8	7
Foster Farms	Hot dogs, corn dogs, and similar sausage sandwiches	Whole Grain Chicken Corn Dogs, 4.0 Oz., IW, CN, Smart Snack Compliant	240	470	8	7
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Pancake-Flavored Chicken Sausage Bites, 0.58 oz. (10195430928)	220	360	unable to verify	4

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Jimmy Dean® Whole Grain Original Breakfast Sausage Bites, 0.90 oz. (Product Code: 10000019011)	210	430	unable to verify	5
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Jimmy Dean® Individually Wrapped Whole Grain Original Pancake & Breakfast Sausage Sticks, 2.51 oz. (Product Code: 10000019010)	200	380	7	6
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Jimmy Dean® Individually Wrapped Whole Grain Original Pancake & Turkey Sausage Breakfast Sticks, 2.5 oz. (Product Code: 10000038215)	140	360	6	6
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Tyson® NAE, Whole Grain Breaded Mini Chicken Corn Dogs, 0.67 oz. (Product Code: 10270240928)	310	490	unable to verify	6
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Jimmy Dean® Individually Wrapped Whole Grain Original Pancake & Breakfast Sausage Sticks, 2.51 oz. (Product Code: 10000019008)	200	380	7	7
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	Tyson® NAE, Whole Grain Battered Chicken Corn Dogs, 4.0 oz. (Product Code: 10363650928)	300	392	8	8
Tyson	Hot dogs, corn dogs, and similar sausage sandwiches	State Fair® Whole Grain Turkey Corn Dogs, 4 oz. (Product Code: 10000028322)	280	660	9	9
Foster Farms	Mexican-style entrees	WG Beef Chili, Cheese & Bean Burrito, 5.00 Oz, Pre-Fried, Bulk, CN	370	550	3	0
Foster Farms	Mexican-style entrees	WG Beef Enchilada, 2.50 oz., CN	140	250	1	0
Foster Farms	Mexican-style entrees	WG Beef, Bean & Red Chili Burrito, 4.50 oz., Bulk, CN, Smart Snack Compliant	280	470	1	0
Foster Farms	Mexican-style entrees	WG Beef, Bean & Red Chili Burrito, Pre-Fried, 4.0 oz, Bulk, CN	310	440	unable to verify	0
Foster Farms	Mexican-style entrees	WG Beef, Cheese & Bean Fiesta Burrito, 5.00 oz, CN	360	460	3	0
Foster Farms	Mexican-style entrees	WG Beef, Cheese & Bean Fiesta Burrito, 5.00 oz., IW, CN	380	460	3	0
Foster Farms	Mexican-style entrees	WG Chicken & Cheese Burrito, 5.00 Oz., Bulk, CN	330	570	3	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Foster Farms	Mexican-style entrees	WG Chicken Enchilada, 2.50 Oz., CN, Smart Snack Compliant	140	210	1	0
Foster Farms	Mexican-style entrees	WG Taco Snack, 5.0 Oz., Bulk, CN	350	560	3	0
Foster Farms	Mexican-style entrees	WG Taco Snack, 5.00 Oz., IW, CN	350	560	3	0
Foster Farms	Mexican-style entrees	WG Cheese & Bean Burrito, 4.50 Oz, Bulk, CN	290	400	4	0
Foster Farms	Mexican-style entrees	WG Cheese & Bean Red Chili Fiesta Burrito, 5.00 Oz., Bulk, CN	360	480	2	0
Foster Farms	Mexican-style entrees	WG Cheese Enchilada, 2.35 Oz., CN	170	350	1	0
Foster Farms	Mexican-style entrees	WG Cheese Quesadilla, CN	190	390	1	0
Schwan Food Company	Mexican-style entrees	COYOTE GRILL® QUESADILLA 51% WG Cheese	310	560	3	0
Schwan Food Company	Mexican-style entrees	COYOTE GRILL® QUESADILLA 51% WG chicken and cheese	300	570	3	0
Tyson	Mexican-style entrees	State Fair® Crispitos® Chicken & Cheese Filled Whole Grain Tortillas, 2.95 oz. (Product Code: 10245740821)	200	370	1	0
Tyson	Mexican-style entrees	State Fair® Crispitos® Chicken Chili Filled Whole Grain Tortillas, 3.45 oz. (Product Code: 10245690821)	270	370	1	0
Land O' Lakes	Mixtures and other mixtures with grain, meat/meat alternate, and/or vegetables	Land O Lakes® Prepared 25% Reduced Sodium and 50% Reduced Fat Macaroni and Cheese with Whole Grain	280	670	6	0
J.M. Smucker Co.	Peanut butter sandwich	Smucker's Uncrustables Peanut Butter & Strawberry Jam on Wheat Bread	300	280	14	12
J.M. Smucker Co.	Peanut butter sandwich	Smucker's Uncrustables Peanut Butter & Grape Jelly on Wheat Bread	300	280	14	12
Schwan Food Company	Pizza	BIG DADDY'S™ ORIGINAL ROLLED EDGE PIZZA pork pepperoni	410	730	9	1
Schwan Food Company	Pizza	BIG DADDY'S™ BOLD 51% WHOLE GRAIN ROLLED EDGE PIZZA Pork Pepperoni	410	580	7	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO PAR-BAKED CRUST PIZZA Pepperoni	350	570	7	1
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO PAR-BAKED CRUST PIZZA Pre-Sliced Uncured Turkey & Beef Pepperoni (8-cut)	350	570	7	1
Schwan Food Company	Pizza	BIG DADDY'S™ HARVEST 51% WHOLE GRAIN ROLLED EDGE PIZZA turkey pepperoni	350	560	6	1
Schwan Food Company	Pizza	BIG DADDY'S™ BOLD 51% WHOLE GRAIN ROLLED EDGE PIZZA Pre-Sliced Pork Pepperoni (10-cut)	330	470	5	1
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" WG RISING CRUST FOUR MEAT PIZZA	370	650	9	2
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" 51% WG TURKEY PEPPERONI PIZZA - PRE-SLICED (8-CUT)	360	580	9	2
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" WG RISING CRUST TURKEY PEPPERONI PIZZA	360	580	9	2
Schwan Food Company	Pizza	TONY'S® FRENCH BREAD PIZZA 51% WG Pork Pepp (Diced) Cheese/Cheese Sub	300	560	4	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THIN CRUST PIZZA 51% WG Pork Pepperoni (Diced)	300	550	7	2
Schwan Food Company	Pizza	TONY'S® CLASSIC WEDGE PIZZA 51% WG Pork Pepp (Diced) Cheese/Cheese Sub	300	550	7	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THIN CRUST PIZZA 51% WG Pork Pepperoni (Diced) Cheese/Cheese Substitute	310	530	8	2
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA wg pepperoni iw	310	520	8	2
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA 51% WG Turkey Pepperoni	310	510	8	2
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" WG CHEESEBURGER PIZZA	370	490	9	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THIN CRUST PIZZA 51% WG Turkey Sausage	300	470	8	2

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Schwan Food Company	Pizza	TONY'S® BREAKFAST PIZZA SQUARES 51% WG Turkey Sausage Cheese/Cheese Sub (Red Sauce)	210	350	5	2
Schwan Food Company	Pizza	TONY'S® BREAKFAST PIZZA SQUARES 51% WG Bacon Scramble	210	340	5	2
Schwan Food Company	Pizza	TONY'S® BREAKFAST PIZZA SQUARES 51% WG Turkey Sausage Cheese/Cheese Sub (Red Sauce) IW	240	340	4	2
Schwan Food Company	Pizza	TONY'S® BREAKFAST PIZZA SQUARES 51% WG Sausage & Country Gravy Breakfast Pizza	210	330	5	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THICK CRUST PIZZA pepperoni	350	610	11	3
Schwan Food Company	Pizza	TONY'S® 4"X6" THICK CRUST PIZZA sausage	330	540	10	3
Schwan Food Company	Pizza	TONY'S® 4" GALAXY PIZZA® PRODUCTS 51% WG Turkey Pepperoni (Diced)	290	490	5	3
Schwan Food Company	Pizza	TONY'S® 4" GALAXY PIZZA® PRODUCTS 51% WG Turkey Pepperoni (Diced) - IW	290	490	5	3
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA wg pepperoni	310	480	8	3
Schwan Food Company	Pizza	TONY'S® SIGNATURE 51% WHOLE GRAIN 7" STUFFED CRUST PIZZA turkey pepperoni cheese/cheese sub	370	650	9	4
Schwan Food Company	Pizza	TONY'S® SIGNATURE 51% WHOLE GRAIN 7" STUFFED CRUST PIZZA turkey pepperoni	370	630	10	4
Schwan Food Company	Pizza	BIG DADDY'S™ ORIGINAL ROLLED EDGE PIZZA cheese	400	580	9	1
Schwan Food Company	Pizza	TONY'S® FRENCH BREAD PIZZA 51% WG Multi Cheese Garlic Cheese/Cheese Sub	320	580	3	1
Schwan Food Company	Pizza	TONY'S® FRENCH BREAD PIZZA 51% WG Multi Cheese, Cheese/Cheese Sub - IW	320	580	3	1
Schwan Food Company	Pizza	TONY'S® FLATBREAD 51% WG Cheesy Garlic Cheese/Cheese Sub	320	550	6	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Schwan Food Company	Pizza	BIG DADDY'S™ HARVEST 51% WHOLE GRAIN ROLLED EDGE PIZZA cheese	340	500	6	1
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO PAR-BAKED CRUST PIZZA Four Cheese	360	470	6	1
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO PAR-BAKED CRUST PIZZA Pre-Sliced Four Cheese (8-cut)	350	470	7	1
Schwan Food Company	Pizza	BIG DADDY'S™ BOLD 51% WHOLE GRAIN ROLLED EDGE PIZZA Cheese	400	440	7	1
Schwan Food Company	Pizza	BIG DADDY'S™ 51% WHOLE GRAIN HAND TOSSED PIZZA cheese	340	420	7	1
Schwan Food Company	Pizza	BIG DADDY'S™ BOLD 51% WHOLE GRAIN ROLLED EDGE PIZZA Pre-Sliced Cheese (10-cut)	320	350	6	1
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" WG PRE-SLICED RISING CRUST FOUR CHEESE PIZZA - 8-CUT	360	490	9	2
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" WG RISING CRUST FOUR CHEESE PIZZA	360	490	9	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THIN CRUST PIZZA 51% WG Cheese/Cheese Substitute	310	480	8	2
Schwan Food Company	Pizza	TONY'S® CLASSIC WEDGE PIZZA 51% WG Cheese/Cheese Sub	300	480	8	2
Schwan Food Company	Pizza	TONY'S® CLASSIC WEDGE PIZZA 51% WG Cheese	310	450	9	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THIN CRUST PIZZA 51% WG Cheese	300	440	8	2
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA 51% wg cheese	310	440	9	2
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA wg cheese iw	310	440	9	2
Schwan Food Company	Pizza	TONY'S® FRENCH BREAD PIZZA 51% WG Cheese/Cheese Sub	290	440	4	2
Schwan Food Company	Pizza	TONY'S® 4" GALAXY PIZZA® PRODUCTS 51% WG Cheese	280	410	8	2

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Schwan Food Company	Pizza	TONY'S® 4" GALAXY PIZZA® PRODUCTS 51% WG Cheese - IW	280	410	8	2
Schwan Food Company	Pizza	BIG DADDY'S™ PRIMO 16" 51% WG SCRATCH READY CHEESE	270	300	9	2
Schwan Food Company	Pizza	TONY'S® 4"X6" THICK CRUST PIZZA cheese	350	510	10	3
Schwan Food Company	Pizza	TONY'S® SIGNATURE 51% WHOLE GRAIN 7" STUFFED CRUST PIZZA cheese/cheese sub	370	600	10	4
Schwan Food Company	Pizza	TONY'S® SIGNATURE 51% WHOLE GRAIN 7" STUFFED CRUST PIZZA cheese	370	580	10	4
Schwan Food Company	Pizza	TONY'S® 5" DEEP DISH PIZZA wg cheese	300	440	9	4
Tyson	Pizza	Bosco® Whole Grain Reduced Fat Stuffed Crust Pizza (Product Code: 17014221120)	310	540	4	3
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BEACON STREET CAFÉ™ WHOLE GRAIN STUFFED SANDWICHES 51 wg turkey pepperoni	300	680	4	0
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BEACON STREET CAFÉ™ WHOLE GRAIN STUFFED SANDWICHES 51 wg turkey pepperoni iw	300	680	4	0
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BEACON STREET CAFÉ™ WHOLE GRAIN STUFFED STICKS 51 wg 100 mozzarella	290	500	5	1
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BEACON STREET CAFÉ™ WHOLE GRAIN STUFFED STICKS 51 wg cheese/cheese sub	290	550	5	1
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BIG DADDY'S™ WHOLE GRAIN STUFFED SANDWICHES buffalo style chicken	290	630	4	1
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BIG DADDY'S™ WHOLE GRAIN STUFFED SANDWICHES fiestada beef	320	590	6	1
Schwan Food Company	Pizza pockets, pizza sticks, and calzones	BIG DADDY'S™ WHOLE GRAIN STUFFED SANDWICHES pepperoni pizza	300	590	5	1
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain 100% LMPS Cheese Stuffed Breadsticks (Product Code: 17022101120)	160	260	1	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Pepperoni & Cheese Stuffed Breadsticks (Product Code: 17031121120)	120	230	1	1
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Reduced Fat Cheese Stuffed Breadsticks (Product Code: 17020111120)	140	210	unable to verify	1
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Reduced Fat Cheese Stuffed Breadsticks (Product Code: 17021101120)	210	270	2	1
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Reduced Fat Cheese Stuffed Breadsticks (Product Code: 17031141120)	110	140	1	1
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Individually Wrapped Whole Grain Cheese Stuffed Breadsticks (Product Code: 17026721120)	190	220	3	2
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Cheese Pizza Sticks, 3.77 oz. (Product Code: 10296491120)	230	440	4	3
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Pizza Stuffed Breadsticks (Product Code: 17023721120)	250	510	3	3
Tyson	Pizza pockets, pizza sticks, and calzones	Bosco® Whole Grain Pretzel Sticks Stuffed with Cheddar Cheese (Product Code: 17056721120)	200	230	3	3
Tyson	Sandwich with plain meat or poultry	Tyson® Fully Cooked Chicken Ham & Cheese on a Whole Grain Hoagie Bun, 5.22 oz. (Product Code: 10342600928)	350	570	7	5
Tyson	Sandwich with plain meat or poultry	Tyson® IW Breaded Chicken Mini Twin Sandwiches, 5.33 oz. (Product Code: 10336070928)	350	580	7	6
Tyson	Sandwich with plain meat or poultry	Tyson® IW Grilled Chicken with Hot Pepper Cheese Mini Twin Sandwiches, 4.66 oz. (Product Code: 10336050928)	340	550	7	6
PepsiCo Foodservice	Grain-based desserts, cookies and brownies	GRANDMA'S® MINI BITES BLUEBERRY VANILLA NATURALLY FLAVORED MINI BITES	130	70	5	4
PepsiCo Foodservice	Grain-based desserts, cookies and brownies	GRANDMA'S® WHOLE GRAIN RICH MINI CHOCOLATE CHIP COOKIES - 1.22OZ.	160	160	11	9
Rich Products	Grain-based desserts, cookies and brownies	WGR Confetti Cake Filled Cookie with Vanilla Frosting Filling	190	160	13	13

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Grain-based desserts, cookies and brownies	WGR Chocolate Chip Cookie made with Hershey's Chocolate Chips-IW-Nut Free	200	170	15	14
Rich Products	Grain-based desserts, cookies and brownies	WGR Triple Chocolate Filled Cookie with Fudge Filling made with Hershey's Chocolate Chips- IW	200	135	15	14
General Mills Convenience & Foodservice	Biscuits, cornbread, muffins, and sweet/quick breads	Pillsbury™ Whole Grain-Rich Baked Biscuit Mini 1.0 oz	90	160	1	0
General Mills Convenience & Foodservice	Biscuits, cornbread, muffins, and sweet/quick breads	Pillsbury™ Whole Grain-Rich Baked Biscuit Easy Split™ 2.0 oz	210	400	2	1
General Mills Convenience & Foodservice	Biscuits, cornbread, muffins, and sweet/quick breads	Pillsbury™ Whole Grain-Rich Biscuit Dough 2.51 oz	210	330	3	2
General Mills Convenience & Foodservice	Biscuits, cornbread, muffins, and sweet/quick breads	Pillsbury™ Whole Grain-Rich Biscuit Dough Easy Split™ 2.51 oz	210	330	3	2
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Biscuit Stick Dough	110	370	1	0
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Petite Biscuit Dough	110	250	1	0
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Biscuit Dough	170	380	2	1
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Traditional Biscuit Dough	210	460	2	1
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Cornbread Poppers	150	200	5	4

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Biscuits, cornbread, muffins, and sweet/quick breads	WGR Honey Corn Biscuit Dough	230	510	5	5
Flowers Foods Inc. (Flowers Foodservice)	Bread or bread alternate with added fat	B4S 1" Garlic Toast made with Whole Grains	90	100	1	0
Flowers Foods Inc. (Flowers Foodservice)	Bread or bread alternate with added fat	B4S Garlic Breadstick made with Whole Grains, 1 oz.	100	95	1	1
General Mills Convenience & Foodservice	Bread or bread alternate with added fat	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese	230	190	13	12
General Mills Convenience & Foodservice	Bread or bread alternate with added fat	Pillsbury™ Mini Bagels Strawberry Creamy Cheese	230	190	13	12
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 100% Whole Wheat Pullman Bread, 25 oz.	70	120	1	1
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 2.2 oz. English Muffin made with Whole Grains	120	200	1	1
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S Plain Breadstick made with Whole Grains, 1 oz.	80	65	1	1
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 2.5" Hamburger Bun made with Whole Grain, Sliced	80	125	2	2
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S Dinner Roll made with Whole Grains	80	125	2	2

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S White Pullman made with Whole Grains, 24 oz.	80	120	2	2
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 3.5" Hamburger Bun made with Whole Grains, Sliced	150	240	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 4" Hamburger Bun made with Whole Grains, Sliced	150	240	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 5" Hoagie made with Whole Grain, Sliced	140	200	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 5" Hoagie made with Whole Grains, Hinge Sliced	140	200	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 6" Individual Hot Dog Bun made with Whole Grains, Sliced	150	240	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 7/8" Whole Grain Texas Toast 30 oz. 10/1 pk	170	270	4	4
Flowers Foods Inc. (Flowers Foodservice)	Breads, rolls, bagels, and other plain breads	B4S 6" Hoagie made with Whole Grains, Sliced	190	270	5	5
General Mills Convenience & Foodservice	Breads, rolls, bagels, and other plain breads	Pillsbury™ French Bread	160	240	1	0
General Mills Convenience & Foodservice	Breads, rolls, bagels, and other plain breads	Pillsbury™ Press-less Panini Bread	180	180	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	12" x 16" Whole Grain Par-Baked Pizza Crust	160	270	2	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Breads, rolls, bagels, and other plain breads	14" White Wheat Par-Baked Pizza Crust	150	270	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	16" White Wheat Par-Baked Pizza Crust	140	260	1	1
Rich Products	Breads, rolls, bagels, and other plain breads	16" Whole Grain Par-Baked Pizza Crust	160	270	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	4" Whole Grain Rich Mini Round Flatbread	150	290	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	6" 6" Whole Grain Rich Oven-Fired Flat	180	330	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	6" Whole Grain Rich Round Flatbread	160	150	2	1
Rich Products	Breads, rolls, bagels, and other plain breads	Flatbread Stackables	150	140	1	1
Rich Products	Breads, rolls, bagels, and other plain breads	WGR Breadstick Par-Baked (thaw and bake)	70	130	1	1
Rich Products	Breads, rolls, bagels, and other plain breads	Rustic Whole Wheat Flatbread	190	290	3	2
Rich Products	Breads, rolls, bagels, and other plain breads	WGR 16" Fresh N Ready Oven Risin Sheeted Pizza Dough	170	320	3	2
Rich Products	Breads, rolls, bagels, and other plain breads	WGR Dinner Roll Dough	80	70	2	2
Rich Products	Breads, rolls, bagels, and other plain breads	WGR Rip Stick Breadstick Dough (proof and bake)	80	95	2	2
Rich Products	Breads, rolls, bagels, and other plain breads	12" x 16" Whole Grain Rich Sheeted Dough	140	135	3	3
Rich Products	Breads, rolls, bagels, and other plain breads	14" Whole Grain Rich Sheeted Dough	140	135	3	3
Rich Products	Breads, rolls, bagels, and other plain breads	16" Whole Grain Rich Sheeted Dough	160	150	4	3
Rich Products	Breads, rolls, bagels, and other plain breads	5" Whole Grain Rich Sheeted Dough	160	140	4	3

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Breads, rolls, bagels, and other plain breads	Made with Whole Grain Roll Dough (RTO)	130	190	3	3
Rich Products	Breads, rolls, bagels, and other plain breads	12" WGR Sub Roll	240	370	5	4
Rich Products	Breads, rolls, bagels, and other plain breads	4" Whole Grain Rich Maple Waffle Flatbread	110	105	4	4
Rich Products	Breads, rolls, bagels, and other plain breads	6" Mini WGR Sub Roll Dough	160	180	4	4
Rich Products	Breads, rolls, bagels, and other plain breads	WGR Hawaiian Roll Dough	110	180	4	4
Rich Products	Breads, rolls, bagels, and other plain breads	WGR Roll Dough	160	135	4	4
Tyson	Breads, rolls, bagels, and other plain breads	Mexican Original® 5.5" 100% Whole Grain Corn Tostada Shells, 200 Count (Product Code: 10231940621)	80	0	0	0
Tyson	Breads, rolls, bagels, and other plain breads	Mexican Original® 6" Whole Grain Corn Taco Shells, 200 Count (Product Code: 10248500621)	150	0	0	0
Tyson	Breads, rolls, bagels, and other plain breads	10" Flour Tortillas, 2.5 oz. (Product Code: 10144990621)	200	280	unable to verify	1
Tyson	Breads, rolls, bagels, and other plain breads	Receta De Oro® 9" Shelf Stable Whole Grain Reduced Sodium Flour Tortillas (Product Code: 10239990621)	170	210	2	1
Tyson	Breads, rolls, bagels, and other plain breads	Receta De Oro® 9" Shelf Stable Whole Grain Reduced Sodium Sun Dried Tomato Basil Flour Tortillas (Product Code: 10240010621)	160	200	2	1
Tyson	Breads, rolls, bagels, and other plain breads	Receta De Oro® 6.25" Shelf Stable Whole Grain Reduced Sodium Flour Tortillas (Product Code: 10222590621)	90	110	1	0.5
General Mills Convenience & Foodservice	Cold cereal	Cheerios™ Single Serve Bowlpak 1 oz	100	140	1	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Cold cereal	Cheerios™	140	190	2	2
General Mills Convenience & Foodservice	Cold cereal	Kix™ Cereal Single Serve Bowlpak .625 oz	70	100	2	2
General Mills Convenience & Foodservice	Cold cereal	Rice Chex™	100	250	2	2
General Mills Convenience & Foodservice	Cold cereal	Corn Chex™	100	200	3	3
General Mills Convenience & Foodservice	Cold cereal	Rice Chex™	160	330	3	3
General Mills Convenience & Foodservice	Cold cereal	Corn Chex™	150	280	4	4
General Mills Convenience & Foodservice	Cold cereal	Kix™ Cereal Bulkpak 25 oz	160	220	4	4
General Mills Convenience & Foodservice	Cold cereal	Rice Chex™	210	460	4	4
General Mills Convenience & Foodservice	Cold cereal	25% Less Sugar Cinnamon Toast Crunch™	120	160	6	6
General Mills Convenience & Foodservice	Cold cereal	Cinnamon Chex™	120	170	6	6

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Cold cereal	Cinnamon Toast Crunch™ Cereal Single Serve Bowlpak 1 oz	120	160	6	6
General Mills Convenience & Foodservice	Cold cereal	Multi Grain Cheerios™	110	110	6	6
General Mills Convenience & Foodservice	Cold cereal	25% Less Sugar Trix™	110	140	7	7
General Mills Convenience & Foodservice	Cold cereal	Total™ Raisin Bran	120	140	12	7
General Mills Convenience & Foodservice	Cold cereal	25% Less Sugar Cocoa Puffs™	120	120	8	8
General Mills Convenience & Foodservice	Cold cereal	Apple Cinnamon Cheerios™	110	110	9	9
General Mills Convenience & Foodservice	Cold cereal	Cocoa Puffs™ Cereal Bar	160	105	9	9
General Mills Convenience & Foodservice	Cold cereal	Fruity Cheerios™ Cereal Bars	150	105	9	9
General Mills Convenience & Foodservice	Cold cereal	Fruity Cheerios™	120	140	9	9
General Mills Convenience & Foodservice	Cold cereal	Golden Grahams™ Cereal Bars (96 ct) 1.42 oz	160	115	9	9

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Cold cereal	Honey Nut Cheerios™	110	160	9	9
General Mills Convenience & Foodservice	Cold cereal	Honey Nut Chex™	120	200	9	9
General Mills Convenience & Foodservice	Cold cereal	Reese's Puffs®	120	150	9	9
General Mills Convenience & Foodservice	Cold cereal	25% Less Sugar Cinnamon Toast Crunch™ K12 2oz Eq Grain	240	320	11	11
General Mills Convenience & Foodservice	Cold cereal	Chocolate Chex™	180	270	11	11
General Mills Convenience & Foodservice	Cold cereal	Cinnamon Toast Crunch™ K12 2oz Eq Grain	412	320	17	11
General Mills Convenience & Foodservice	Cold cereal	Cinnamon Chex™ K12 2oz Eq Grain	240	340	12	12
General Mills Convenience & Foodservice	Cold cereal	Cinnamon Toast Crunch™ Cereal Bulkpak 45 oz	180	230	12	12
General Mills Convenience & Foodservice	Cold cereal	Golden Grahams™	160	300	12	12
General Mills Convenience & Foodservice	Cold cereal	Honey Nut Cheerios™	140	210	12	12

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Cold cereal	Cascadian Farm™ Oats & Honey Granola	270	55	14	14
General Mills Convenience & Foodservice	Cold cereal	25% Less Sugar Cocoa Puffs™ K12 2oz Eq Grain	230	220	15	15
Kellogg	Cold cereal	Kellogg's Raisin Bran cereal	110	120	10	5
Kellogg	Cold cereal	Kellogg's Cinnamon Flakes Mult-Grain Cereal for Schools	100	180	6	6
Kellogg	Cold cereal	Kellogg's Frosted Mini-Wheats Bite Size cereal	100	0	6	6
Kellogg	Cold cereal	Kellogg's Frosted Flakes Multigrain For Schools	100	170	7	7
Kellogg	Cold cereal	Kellogg's Chewy Granola Bar Apple Cinnamon	140	110	9	9
Kellogg	Cold cereal	Kellogg's Cooca Krispies Chewy Granola Bar Chocolate	150	150	10	10
Kellogg	Cold cereal	Kellogg's Low Fat Granola Crunchy Clusters	220	95	16	15
Post Holdings Inc.	Cold cereal	Scooters- bulk	150	200	0	0
Post Holdings Inc.	Cold cereal	Scooters- small	110	140	0	0
Post Holdings Inc.	Cold cereal	Cinnamon Granola- bulk	90	40	5	5
Post Holdings Inc.	Cold cereal	Frosted Shredded Wheat Blueberry- small	100	0	5	5
Post Holdings Inc.	Cold cereal	Honey Bunches of Oats Vanilla- small	110	75	6	5
Post Holdings Inc.	Cold cereal	Honey Bunches of Oats Whole Grain Honey Crunch- small	110	75	6	5
Post Holdings Inc.	Cold cereal	Raisin Bran- small	110	140	11	5
Post Holdings Inc.	Cold cereal	Frosted Shredded Wheat- small	100	0	6	6

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Post Holdings Inc.	Cold cereal	Honey Scooters- small	110	170	6	6
Post Holdings Inc.	Cold cereal	Alpha-Bits- small	110	120	9	9
Post Holdings Inc.	Cold cereal	Cinnamon Toasters®- small	120	135	9	9
Post Holdings Inc.	Cold cereal	Honey Graham Toasters- small	110	240	10	9
Post Holdings Inc.	Cold cereal	Raisin Bran- bulk	190	240	20	9
Post Holdings Inc.	Cold cereal	Raisin Bran- bulk	190	240	20	9
Post Holdings Inc.	Cold cereal	Frosted Shredded Wheat Blueberry- large	200	5	11	11
Post Holdings Inc.	Cold cereal	Frosted Shredded Wheat- large	190	5	12	11
Post Holdings Inc.	Cold cereal	Honey Bunches of Oats Vanilla- large	220	150	12	11
Post Holdings Inc.	Cold cereal	Honey Bunches of Oats Whole Grain Honey Crunch- large	220	150	12	11
Post Holdings Inc.	Cold cereal	Frosted Mini Spooners- bulk	210	5	12	12
Post Holdings Inc.	Cold cereal	Honey Scooters- bulk	160	280	12	12
Post Holdings Inc.	Cold cereal	Maple & Brown Sugar Oatmeal	160	240	14	13
Post Holdings Inc.	Cold cereal	Cinnamon Toasters- bulk	180	200	14	14
Post Holdings Inc.	Cold cereal	Honey Graham Toasters- bulk	170	370	14	14
Post Holdings Inc.	Cold cereal	Honey Scooters- large	220	390	17	17

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Post Holdings Inc.	Cold cereal	Cinnamon Toasters®- large	240	270	19	19
Post Holdings Inc.	Cold cereal	Honey Graham Toasters- large	230	490	19	19
General Mills Convenience & Foodservice	Corn/tortilla chips	Pancho Villa™ 5" Crunchy Corn Taco Shells	150	0	1	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® BAKED SCOOPS!® TORTILLA CHIPS - .875OZ.	110	125	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® BAKED SCOOPS!® TORTILLA CHIPS – 16OZ. BULK	120	140	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® BITE SIZE ROUNDS TORTILLA CHIPS - 2 OZ.	290	230	<1	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® CRISPY ROUNDS TORTILLA CHIPS - 3 OZ.	440	340	<1	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® REDUCED FAT CRISPY ROUND TORTILLA CHIPS .875OZ.	120	100	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® REDUCED FAT CRISPY ROUND TORTILLA CHIPS 1.45OZ.	200	160	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® RESTAURANT STYLE TORTILLA CHIPS - 16 OZ	140	115	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® THICK CUT YELLOW ROUNDS TORTILLA CHIPS	140	110	0	0
PepsiCo Foodservice	Corn/tortilla chips	TOSTITOS® WHOLE GRAIN RICH CRISPY ROUNDS TORTILLA CHIPS - 16OZ.	140	115	0	0
Tyson	Corn/tortilla chips	Mexican Original® Tri-Cut Salted White Corn Tortilla Chips (Product Code: 10103010621)	160	50	0	0
Tyson	Corn/tortilla chips	Mexican Original® Yellow Corn Round Salted Tortilla Chips (Product Code: 10077210621)	110	40	0	0
Tyson	Corn/tortilla chips	Mexican Original® Yellow Corn Tri-Cut Salted Tortilla Chips (Product Code: 10077230621)	150	60	0	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - 100 Calorie Cheddar	100	170	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - Cheddar	130	220	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - Cheddar	100	170	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - Cheddar Colors	100	170	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - Pretzel	90	200	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers - XTRA Cheddar	90	200	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Crackers Disney's Mickey Mouse Cheddar	100	160	0	0
Campbell's Foodservice	Crackers, croutons, pretzels	Giant Goldfish® Baked with Whole Grain Grahams – Cinnamon	120	140	7	7
Campbell's Foodservice	Crackers, croutons, pretzels	Giant Goldfish® Baked with Whole Grain Grahams – Vanilla	120	105	7	7
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Grahams – French Toast	130	140	8	8
Campbell's Foodservice	Crackers, croutons, pretzels	Goldfish® Baked with Whole Grain Grahams – Honey Bun	130	130	8	8
General Mills Convenience & Foodservice	Crackers, croutons, pretzels	Annie's™ Cheddar Bunnies™ Baked Snack Crackers	90	130	0	0
General Mills Convenience & Foodservice	Crackers, croutons, pretzels	Chex Mix™ Hot 'n Spicy	110	150	2	2
General Mills Convenience & Foodservice	Crackers, croutons, pretzels	Annie's™ Bunny Grahams™ Honey	160	140	8	7

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Kellogg	Crackers, croutons, pretzels	Cheez-It Crackers Made With Whole Grain	140	220	0	0
Kellogg	Crackers, croutons, pretzels	Keebler Zesta Mini Saltine Crackers Whole Grain	50	60	0	0
Kellogg	Crackers, croutons, pretzels	Keebler Grahams Original	90	100	4	4
Kellogg	Crackers, croutons, pretzels	Keebler Gripz Grahams Cinnamon	110	80	5	5
Kellogg	Crackers, croutons, pretzels	Keebler Elf Graham Chocolate	120	125	7	7
Kellogg	Crackers, croutons, pretzels	Keebler Bug Bites Graham Crackers	120	115	8	8
Kellogg	Crackers, croutons, pretzels	Keebler Elf Graham Cinnamon	120	105	8	8
Kellogg	Crackers, croutons, pretzels	Keebler Elf Graham Original	120	105	8	8
Kellogg	Crackers, croutons, pretzels	Keebler Grahams Cinnamon	120	105	8	8
Kellogg	Crackers, croutons, pretzels	Keebler Scooby-Doo Graham Cracker Sticks Cinnamon	120	115	8	8
Mondelez International	Crackers, croutons, pretzels	Premium Saltine Crackers with Whole Grain	60	180	0	0
Mondelez International	Crackers, croutons, pretzels	Honey Maid Grahams	60	70	4	3
Mondelez International	Crackers, croutons, pretzels	Nabisco Grahams	60	80	4	3
Mondelez International	Crackers, croutons, pretzels	Honey Maid Grahams	90	105	5	5
Mondelez International	Crackers, croutons, pretzels	Nabisco Grahams	90	115	5	5
Mondelez International	Crackers, croutons, pretzels	Teddy Grahams Cinnamon	90	70	5	5

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Mondelez International	Crackers, croutons, pretzels	Teddy Grahams Cinnamon	120	90	7	6
Mondelez International	Crackers, croutons, pretzels	Honey Maid Lil' Squares Honey	130	150	8	8
PepsiCo Foodservice	Crackers, croutons, pretzels	ROLD GOLD® HEARTZELS® PRETZELS - .7OZ.	80	200	<1	0
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Chewy Granola Bars Variety Pack Chocolate Chunk and Oatmeal Raisin	90	55	6	4
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Chewy Granola Bars Chocolate Chunk	100	60	6	6
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Chewy Trail Mix Bar - Fruit & Nut	150	70	6	6
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Crunchy Granola Bars Oats 'N Honey (Single Bar)	90	70	6	6
General Mills Convenience & Foodservice	Granola and breakfast bars	Betty Crocker™ Oatmeal Bar Butterscotch	150	105	9	8
General Mills Convenience & Foodservice	Granola and breakfast bars	Betty Crocker™ Oatmeal Bar Chocolate Chip	150	105	8	8
General Mills Convenience & Foodservice	Granola and breakfast bars	Betty Crocker™ Oatmeal Bar Double Chocolate	150	110	9	8
General Mills Convenience & Foodservice	Granola and breakfast bars	Cinnamon Toast Crunch™ Cereal Bars (96 ct)	160	120	8	8

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Backpacker™ Chewy Oatmeal Snacks Chocolate Chip (6 ct) 1.24 oz	160	120	9	9
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Backpacker™ Chewy Oatmeal Snacks S'mores (6 ct) 1.24 oz	160	120	10	9
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Crisps Chocolate Chip	150	140	9	9
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Crisps Cinnamon	150	140	9	9
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Crunchy Granola Bars Oats 'n Honey (Double Bar)	190	140	11	11
General Mills Convenience & Foodservice	Granola and breakfast bars	Nature Valley™ Crunchy Granola Bars Peanut Butter (Double Bar)	200	160	11	11
General Mills Convenience & Foodservice	Granola and breakfast bars	Cinnamon Toast Crunch™ Soft Filled Bar	260	290	15	13
General Mills Convenience & Foodservice	Granola and breakfast bars	Cocoa Puffs™ Soft Filled Bar	260	310	15	13
Kellogg	Granola and breakfast bars	Kashi Chewy Granola Bars Honey Almond Flax	130	95	7	6
Kellogg	Granola and breakfast bars	Kashi Chewy Granola Bars Trail Mix	130	105	7	6
Kellogg	Granola and breakfast bars	Kellogg's Rice Krispies Chewy Granola Bar Berry	130	110	9	9
Kellogg	Granola and breakfast bars	Cocoa Krispies Chewy Granola Bar Chocolate	150	150	10	10
Kellogg	Granola and breakfast bars	Kellogg's Nutri-Grain Soft Baked Breakfast Bars Apple Cinnamon	130	125	13	12
Kellogg	Granola and breakfast bars	Kellogg's Nutri-Grain Soft Baked Breakfast Bars Blueberry	130	125	13	12

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Kellogg	Granola and breakfast bars	Kellogg's Nutri-Grain Soft Baked Breakfast Bars Raspberry	130	125	12	12
Mondelez International	Granola and breakfast bars	BelVita Snack Packs Blueberry	130	80	7	6
Mondelez International	Granola and breakfast bars	BelVita Snack Packs Chocolate	120	70	7	6
Mondelez International	Granola and breakfast bars	BelVita Snack Packs Cinnamon Brown Sugar	130	60	6	6
Mondelez International	Granola and breakfast bars	BelVita Protein Blueberry Almond	200	220	11	9
Mondelez International	Granola and breakfast bars	BelVita Sandwich Peanut Butter	230	180	10	9
Mondelez International	Granola and breakfast bars	BelVita Breakfast Biscuits Golden Oat	230	220	11	10
Mondelez International	Granola and breakfast bars	BelVita Protein Oats, Honey, and Chocolate	200	210	11	10
Mondelez International	Granola and breakfast bars	BelVita Breakfast Biscuits Blueberry	230	210	13	11
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR 25% LESS SUGAR CHOCOLATE CHIP - .84OZ.	100	75	5	5
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR 25% LESS SUGAR COOKIES N CREAM - .84OZ.	90	85	5	5
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR 25% LESS SUGAR SUGAR PEANUT BUTTER CHOCOLATE CHIP - .84OZ.	90	95	5	5
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA OATMEAL RAISIN - .84OZ.	90	80	7	6
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR CHOCOLATE CHIP - .84 OZ.	100	70	7	7
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR DARK CHOCOLATE CHUNK - .84OZ.	90	80	7	7

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR PEANUT BUTTER & CHOCOLATE CHIP - .84OZ.	100	95	7	7
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® BREAKFAST FLATS CRANBERRY ALMOND - 4 BARS	180	135	10	8
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR COOKIES N CREAM - 1.37OZ.	150	135	9	8
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR S'MORES - .84OZ.	90	75	8	8
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR MAPLE BROWN SUGAR - 1.26OZ.	140	125	10	10
PepsiCo Foodservice	Granola and breakfast bars	QUAKER® CHEWY GRANOLA BAR CHOCOLATE CHUNK - 1.41OZ.	160	135	12	12
General Mills Convenience & Foodservice	Hot cereal	Enriched Quick Grits 12/24 oz	170	0	0	0
PepsiCo Foodservice	Hot cereal	Buckeye Old Fashioned Oats- 50 lbs	150	0	1	0
PepsiCo Foodservice	Hot cereal	Buckeye Quick Rolled Oats- 50 lbs	150	0	1	0
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL REGULAR FLAVOR - 1OZ. PER PACKET	100	75	0	0
PepsiCo Foodservice	Hot cereal	QUAKER® OLD FASHIONED OATS - 42OZ.	150	0	1	0
PepsiCo Foodservice	Hot cereal	QUAKER® QUICK OATS - 42OZ.	150	0	1	0
PepsiCo Foodservice	Hot cereal	QUAKER® STEEL CUT QUICK OATS - 25OZ.	170	0	1	0
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL APPLES & CINNAMON - 1.51OZ. PER PACKET	160	140	11	8
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL CUPS APPLES & CINNAMON - 1.51OZ.	160	200	12	8

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL CINNAMON SPICE - 1.51OZ. PER PACKET	160	200	10	10
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL CUPS HONEY & ALMONDS - 1.76OZ.	190	180	10	10
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL MAPLE BROWN SUGAR - 1.5OZ. PER PACKET	160	260	12	12
PepsiCo Foodservice	Hot cereal	QUAKER® INSTANT OATMEAL CUPS MAPLE BROWN SUGAR - 1.69 OZ.	180	290	14	14
Post Holdings Inc.	Hot cereal	Old Fashioned Oatmeal	140	0	0	0
Post Holdings Inc.	Hot cereal	Quick Oatmeal Tube	140	0	0	0
Post Holdings Inc.	Hot cereal	Regular Instant Oatmeal	100	105	0	0
Post Holdings Inc.	Hot cereal	Apples & Cinnamon Oatmeal	120	200	15	11
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Gold Medal™ Whole Grain Complete Pancake Mix	180	550	5	5
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Blueberry Bash Mini Waffles	200	170	10	9
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Maple Burst'n™ Mini Pancakes	220	270	11	10
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Triple Berry Blast™ Mini French Toast	210	190	11	10
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Cinnamon Rush™ Mini French Toast	220	200	11	10

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Maple Madness Mini Waffles	200	170	13	12
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Strawberry Splash™ Mini Pancakes	230	260	14	13
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Mini Pancakes Chocolatey Chip Explosion 3.17oz	240	280	15	14
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Bites Mini French Toast Chocolate Chip	190	260	11	10
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Bites Mini Pancakes Blueberry	210	310	11	10
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Bites Mini Waffles Maple	190	220	11	10
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Cinnamon Toast Waffles	190	260	11	10
Kellogg	Pancakes, waffles, French toast, and pastries	Eggo Bites Mini Pancakes Confetti	220	300	11	11
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Bites Mini Pancakes Maple	200	320	12	11
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Eggo Bites Mini French Toast Original	190	240	13	13
McCain Foods USA	Pancakes, waffles, French toast, and pastries	McCain® Grabitizers™ Battered Whole Wheat French Toast Sticks 5X2 LB (51% WG)	210	125	9	8
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Pancake Bites	190	260	7	6
Rich Products	Pancakes, waffles, French toast, and pastries	WGR French Toast Bites	190	270	7	7
Rich Products	Pancakes, waffles, French toast, and pastries	WGR French Toast Sticks (3 piece)	250	300	7	7

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Pancakes, waffles, French toast, and pastries	WGR French Toast Sticks (4 piece)	260	300	9	8
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Filled Crescent™ Grape	220	260	9	7
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Filled Crescent™ Chocolate	240	270	11	9
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Frudel™ Apple	210	250	10	9
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Frudel™ Cherry	210	260	11	10
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ K12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7oz	270	360	11	10
General Mills Convenience & Foodservice	Pancakes, waffles, French toast, and pastries	Pillsbury™ Mini Cinnis™	240	270	14	13
Kellogg	Pancakes, waffles, French toast, and pastries	Kellogg's Pop-Tart Made with Whole Grain Frosted Fudge	170	190	15	14
Kellogg	Pancakes, waffles, French toast, and pastries	Pop-Tarts Low Fat Frosted Brown Sugar Cinnamon with Whole Grain and Fiber	170	190	15	15
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Yeast Donut Holes	230	260	5	4
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Petite Cinnamon Swirl Roll Dough	90	70	5	5
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Yeast Donut Ring	280	310	6	5
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Cinnamon Ring Donut (Heat and Serve)	210	320	7	6

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Rich Products	Pancakes, waffles, French toast, and pastries	WGR Cinnamon Swirl Roll Dough	170	135	10	10
Tyson	Pancakes, waffles, French toast, and pastries	Bosco® Individually Wrapped Whole Grain Stuffed Breadsticks with Apple Filling (Product Code: 17030721120)	200	170	9	8
Tyson	Pancakes, waffles, French toast, and pastries	Bosco® Whole Grain Stuffed Breadsticks with Apple Filling (Product Code: 17021721120)	200	170	9	8
Schwan Food Company	Rice	MINH® FRIED RICE WG Vegetable Fried Rice- CN	270	440	3	0
Foster Farms	Chicken, turkey, and meat, breaded or fried	FC Whole Grain Breaded NAE Chicken Breast Strips	280	480	<1	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	CLUX DELUX® FULLY COOKED, HOT AND SPICY, WHOLE GRAIN BREADED CHICKEN BREAST FILETS, WITH RE-PACK FOIL BAGS, FROZEN	230	480	1	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	CLUX DELUX® FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST CHUNK (BONELESS WINGS), WITH RE-PACK BOXES, FROZEN	210	370	1	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	CLUX DELUX® FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST FILETS, 4 OZ., WITH RE-PACK FOIL BAGS, FROZEN	240	480	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	CLUX DELUX® FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST TENDERLOIN FRITTERS, WITH RE-PACK BOXES, FROZEN	190	330	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, SPICY, WHOLE GRAIN CHICKEN BREAST PATTIE FRITTERS, CN LABELED, FROZEN	260	460	0	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST PATTIES, 2.9 OZ., CN LABELED, FROZEN	210	370	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED, CHICKEN BREAST BREAKFAST PATTIES, CN LABELED, FROZEN	110	190	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN CHICKEN BREAST PATTIE FRITTERS, CN LABELED, FROZEN	250	420	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST NUGGETS, CN LABELED, FROZEN	220	380	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED TENDER SHAPED CHICKEN BREAST PATTIES, 1.0 OZ., CN LABELED, FROZEN	220	380	0	0
Perdue Foods	Chicken, turkey, and meat, breaded or fried	PERDUE® SNACK-ATIZERS® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST CHUNKS, CN LABELED, FROZEN	290	480	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Dark Meat Popcorn Smacker	240	570	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	Chris P. Chicken Whole Grain Breast Chunks, 0.8 oz	210	570	1	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	Chris P. Chicken Whole Grain Breast Fillets, 4.0 oz	210	610	1	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	Chris P. Chicken Whole Grain Spicy Breast Fillets, 4.0 oz	210	560	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Spicy Whole Grain Breaded Patty with ISP	210	240	0	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Fillet	220	430	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Nugget	280	340	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Popcorn Chicken	220	430	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Popcorn Smacker	260	550	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Breaded Tender	220	470	1	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Homestyle Breaded Breakfast Patty with ISP	110	220	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Homestyle Breaded Chicken Patties	200	400	1	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	CN Whole Grain Homestyle Breaded Nugget with ISP	200	400	1	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	Whole Grain Breaded Chicken Drumsticks, 4.80 oz	220	420	0	0
Pilgrim's Pride	Chicken, turkey, and meat, breaded or fried	Whole Grain Breaded Chicken, 8-piece, 8.75 oz	260	570	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson Mega Minis® NAE, Fully Cooked, Whole Grain Breaded Homestyle Made With Whole Muscle Chicken Chunks, 0.42 oz. (Product Code: 10269760928)	260	490	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® Krisp N' Krunchy™ NAE, Fully Cooked, Whole Grain Breaded Chicken Tenders, 1.2 oz. (Product Code: 10038590928)	250	730	1	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, 100% All Natural*, Fully Cooked, Whole Grain Breaded Homestyle Chicken Nuggets, 0.79 oz. (Product Code: 10037320928)	280	490	0	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked Whole Grain Chicken Breast Pattie Fritters 3.19 oz. (Product Code: 10058090928)	240	520	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Breast Patties CN, 3.63 oz.,60 Pieces, 2/6.7 Lb (Product Code: 10023790928)	240	490	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Breast Patties, 3.63 oz., 60 Pieces, 2/6.7 Lb (Product Code: 10023760928)	260	530	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Chicken Breast Chunks 0.67 oz. (Product Code: 10058100928)	260	540	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Chicken Breast Chunks 0.69 oz. (Product Code: 10023780928)	220	470	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Chicken Nuggets, 0.6 oz. (Product Code: 10703640928)	240	440	1	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Chicken Patties, 1.6 oz. (Product Code: 10057780928)	90	220	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Made With Whole Muscle Boneless Chicken Wings, 0.79 oz. (Product Code: 10703620928)	200	330	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Made With Whole Muscle Chicken Breast Filets, 3.75 oz. (Product Code: 10703020928)	200	290	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Patties, 3.00 oz. (Product Code: 10703040928)	240	440	1	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Popcorn Chicken, 0.28 oz. (Product Code: 10703680928)	250	380	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Homestyle Chicken Patties, 4.07 oz. (Product Code: 10037310928)	270	510	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Homestyle Pepper Chicken Nuggets, 0.72 oz. (Product Code: 10047140928)	260	550	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Homestyle Popcorn Chicken, 0.257 oz. (Product Code: 10029400928)	290	290	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Chicken Drumsticks (Product Code: 10300160928)	210	380	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Chicken Patties, 3.26 oz. (Product Code: 10055670928)	210	470	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Made With Whole Muscle Chicken Tenders, 1.38 oz. (Product Code: 10703420928)	220	370	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Southern Style Made With Whole Muscle Chicken Breast Filets, 2.12 oz. (Product Code: 10703030928)	140	250	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Traditional Drumsticks (Product Code: 16660100928)	220	530	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Traditional ProPortion® Bone-In Chicken (Product Code: 16660000928)	190	470	0	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Whole Muscle Tenderloins, 1.14 oz. (Product Code: 10368640928)	200	440	1	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breast Patties 3.2 oz. (Product Code: 10047180928)	250	520	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Krisp N' Krunchy™ Fully Cooked Whole Grain Breaded Chicken Patties, 3.53 oz. (Product Code: 10038570928)	240	710	1	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Whole Grain Battered Tempura Style Chicken Nuggets, 0.75 oz. (Product Code: 10221780928)	260	350	unable to verify	0
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® Breaded Dinosaur Shaped Chicken Nuggets, 0.69 oz. (Product Code: 10349310928)	300	460	unable to verify	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked Whole Grain Breaded Golden Crispy Chicken Fries, 0.43 oz. (Product Code: 10703670928)	260	390	unable to verify	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Chicken Nuggets, 0.66 oz. (Product Code: 10021550928)	240	470	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Chicken Patties, 3.29 oz. (Product Code: 10021540928)	240	460	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Chicken Tenders, 1.13 oz. (10703340928)	260	390	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Golden Crispy Made With Whole Muscle Chicken Tenders, 1.41 oz. (Product Code: 10703320928)	230	410	unable to verify	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Homestyle Made With Whole Muscle Chicken Strips, 1.5 oz. (Product Code: 17033220928)	280	470	unable to verify	1

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Homestyle Whole Muscle Chicken Breast Filets, 4.0 oz. (Product Code: 10703000928)	240	480	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Chicken Patties, 3.53 oz. (Product Code: 10703140928)	270	400	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Chicken Tenders, 1.14 oz. (Product Code: 10703440928)	260	390	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Made With Whole Muscle Boneless Chicken Wings, 0.76 oz. (Product Code: 10703720928)	200	340	unable to verify	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson® NAE, Fully Cooked, Whole Grain Breaded Hot 'N Spicy Made With Whole Muscle Chicken Breast Filets, 3.75 oz. (Product Code: 10703120928)	200	330	1	1
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson Mega Minis® NAE, Fully Cooked, Whole Grain Breaded Nashville Hot Made With Whole Muscle Chicken Chunks, 0.45 oz. (Product Code: 10286860928)	240	600	unable to verify	2
Tyson	Chicken, turkey, and meat, breaded or fried	Tyson Mega Minis® NAE, Fully Cooked, Whole Grain Breaded Waffle Flavored Made With Whole Muscle Chicken Chunks, 0.54 oz. (Product Code: 10294940928)	210	320	2	2
Tyson	Chicken, turkey, and meat, breaded or fried	AdvancePierre™ Fully Cooked Whole Grain Breaded Country Fried Beef Patties, 3.82.00 oz (Product Code: 10000003044)	310	490	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	AdvancePierre™ Fully Cooked Whole Grain Breaded Country Fried Beef Patties, 3.89 oz (Product Code: 10000016801)	350	320	1	0

Company	Category	Product Name	Calories	Sodium (mg)	Total Sugars (g)	Added Sugars (g)
Tyson	Chicken, turkey, and meat, breaded or fried	AdvancePierre™ Fully Cooked Whole Grain Breaded Country Fried Beef Steak, 3.79 oz (Product Code: 10000068131)	310	380	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	AdvancePierre™ Fully Cooked Whole Grain Breaded Country Fried, Stick Shaped Beef Steak Patties, 3.79 oz (Product Code: 10000002316)	320	510	0	0
Tyson	Chicken, turkey, and meat, breaded or fried	AdvancePierre™ Fully Cooked, Whole Grain Beef Steak Fritter, 1.96 oz (Product Code: 10000068033)	190	380	0	0
Rich Products	Other protein, cheese	WGR Breaded Mozzarella Cheese Sticks	210	360	2	0
Rich Products	Other protein, cheese	WGR Reduced Sodium Cheese Sticks	240	460	2	0
Rich Products	Other protein, cheese	WGR Mozzarella Bites	330	510	6	4