

## Elevate their experience with trusted brands.

We understand your passion for providing the best possible food experience, because we share that same commitment. With delicious taste and wholesome benefits, General Mills products are sure to delight your patients and retail customers.

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### CEREAL



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>3</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>BOWLPAK CEREAL</b>																												
Cheerios™ Bowlpak	100-16000-11941-0	Whole Grain Oats- First ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. No Artificial Colors & No Artificial Flavors. Gluten-Free.	19	70	16	x	x	x	x	x	x	x	x	OU	10	1	0	0	0	95	120	14	2	<1	2	1		
Cheerios™ Bowlpak (larger size)	100-16000-32262-9	Whole Grain Oats- First ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. No Artificial Colors & No Artificial Flavors. Gluten-Free.	28	100	23	x	x	x	x	x	x	x	x	OU	15	2	0.5	0	0	140	180	20	3	1	3	1		
Cinnamon Chex™ Bowlpak	100-16000-38387-3	Whole Grain Rice - First Ingredient. Sweetened rice cereal with real cinnamon.	28	120	9	x	x	x	x	x	x	x	x	OU	25	2.5	0	0	0	170	40	22	1	6	1	1.5		
Cinnamon Toast Crunch™ Bowlpak	100-16000-11815-4	Whole Grain Wheat - First Ingredient. A crisp, sweetened whole wheat and rice cereal made with real cinnamon. Contains no artificial flavors.	28	110	10	x	x	x	x	x	x	x		OUD	25	3	0.5	0	0	160	50	22	2	8	1	1.5		
25% Less Sugar Cinnamon Toast Crunch™ Bowlpak	100-16000-29444	Crispy, whole wheat and rice Cereal with 25% less sugar than original Cinnamon Toast Crunch. Real cinnamon & sugar in every bite. No colors from artificial sources & no artificial flavors.	28	110	10	x	x	x	x	x	x	x		OUD	25	3	0.5	0	0	160	45	22	3	6	1	1.5		
Corn Chex™	100-16000-33213-0	Whole Grain Corn - First Ingredient. Corn cereal with less than 3g of sugar per serving. Gluten free & no artificial colors or flavors from artificial sources.	28	100	11	x	x	x	x	x	x	x	x	OU	5	0.5	0	0	0	200	55	24	1	3	2	1.5		
Country Corn Flakes™ Bowlpak	100-16000-11968-7	Whole Grain Corn - First Ingredient. Flakes of corn with 12 vitamins and minerals	19	70	8	x	x	x	x	x	x	x		OU	5	0.5	0	0	0	160	45	16	<1	2	1	1		
Frosted Corn Flakes™ Bowlpak	100-16000-11768-3	Whole Grain Corn - First Ingredient. Sugar-frosted flakes of corn. Low in fat.	28	100	11	x	x	x	x	x	x	x		OU	5	0.5	0	0	0	170	55	24	1	8	1	1.5		

## CEREAL (continued)

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<b>BOWLPK CEREAL</b>																												
Honey Nut Cheerios™ Bowlpak	100-16000-11918-2	Whole Grain Oats - First Ingredient. Sweetened, whole grain cereal in ring-shaped pieces with real honey and natural almond flavoring. Contains no artificial flavors.	28	110	15	x	x		x	x	x	x	x	x	OU	10	1.5	0	0	0	160	115	22	2	9	2	1.5	
Lucky Charms™ Bowlpak	100-16000-31917-9	Whole Grain Oats - First Ingredient. A frosted, toasted, whole grain oat-based cereal with marshmallow pieces.	28	110	11	x	x	x	x	x	x	x	x	x	NA	10	1	0	0	0	180	55	23	2	10	2	1.5	
Rice Chex™ Bowlpak	100-16000-47595-0	Whole Grain Rice - First Ingredient. Whole grain, oven toasted rice cereal.	19	70	8	x	x	x	x	x	x	x	x	x	OU	0	0	0	0	0	160	35	16	<1	2	1	1	
Rice Chex™ Bowlpak (larger size)	100-16000-31921-6	Whole Grain Rice - First Ingredient. Whole grain, oven toasted rice cereal.	28	100	12	x	x	x	x	x		x	x	x	OU	5	0.5	0	0	0	250	50	24	1	2	2	1.5	
Total™ Raisin Bran Bowlpak	100-16000-12392-9	Whole Grain Wheat - First Ingredient. Crisp, whole grain wheat and bran flakes with raisins. Contains no artificial flavors.	33	110	17	x	x		x	x	x	x	x		OUT	5	0.5	0	0	0	140	125	28	3	12	2	2	
Golden Grahams Bowlpak	100-16000-11943-4	Whole Grain Wheat- First ingredient. Whole grain graham cereal in rectangular, ridged pieces. No High Fructose Corn Syrup. No Colors From Artificial Sources, & No Artificial Flavors.	28	100	9	x	x	x	x	x		x	x		OUT	10	1	0	0	0	220	60	24	1	8	1	1.5	
Assorted Wholesome Bowlpak	100-16000-45806-2	5 nutritious cereal brands in one convenient case. 12-Cheerios™, 30-Honey Nut Cheerios™, 18-Reduced Sugar Cinnamon Toast Crunch™, 16-Rice Chex™, 20-Total™ Raisin Bran.				x	x		x	x	x	x	x															See Bowlpak Cereal for product nutrition information.
<b>SINGLEPAK CEREAL</b>																												
Cheerios™ Singlepak	100-16000-11945-8	Whole Grain Oats - First Ingredient, Toasted whole grain oat cereal in ring-shaped pieces. Provides 12 vitamins and minerals including iron and zinc and one gram of sugar per 30g serving. Contains no artificial flavors.	17	60	14	x	x	x	x	x	x	x	x	x	OU	10	1	0	0	0	85	105	12	2	<1	2	1	
Honey Nut Cheerios™ Singlepak	100-16000-11960-1	Whole Grain Oats - First Ingredient. Whole grain sweetened oat cereal in ring-shaped pieces with real honey and natural almond flavoring. Provides 12 vitamins and minerals per 30g serving.	23	90	12	x	x		x	x	x	x	x	x	OU	10	1	0	0	0	130	95	18	2	8	2	1	
Total™ Raisin Bran Singlepak	100-16000-11659-4	Crunchy Whole Grain Wheat & Bran Flakes with Plump, Juicy Raisins .100% Daily Value of 11 vitamins and minerals.	33	110	17	x	x		x	x	x	x	x		OUT	5	0.5	0	0	0	140	125	28	3	12	2	2	

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<b>SINGLEPAK CEREAL</b>																											
Family Assorted Pack	100-6000-11994-6	Family Favorite Assortment: Cheerios™, Cinnamon Toast Crunch™, Honey Nut Cheerios™, Lucky Charms™, Total™ Raisin Bran, Total™ Whole Grain, Wheaties™				x	x		x	x	x	x	x														See Cup Cereal for product nutrition information.
Favorites Assorted Pack	100-16000-11673-0	Branded Single Serve box. Contains, 7-Cheerios®, 14-Honey Nut Cheerios®, 14-Lucky Charms®, 14-Golden Grahams®, 7-Trix®, 14-Cinnamon Toast Crunch®				x	x		x	x	x	x	x														See Cup Cereal for product nutrition information.
<b>BULKPAK CEREAL</b>																											
Nature Valley™ Granola -Oats 'n Honey	100-16000-27111-8	Whole Grain Oats - First Ingredient. Delicious Nature Valley™ Granola with toasted oats. Pair with Yoplait® Yogurt for the perfect parfait!	55	250	27	x	x	x	x	x	x	x	x		NA	80	9	1	0	0	190	110	38	3	15	4	2.5
Nature Valley Bulk Oats & Dark Chocolate Granola 50 oz	100-16000-15498-5	Dark chocolate pieces and 100% whole grain oat clusters make the perfect topping, base, or snack to any part of the day. This Nature Valley™ granola does not contain artificial flavors, artificial colors.	27	120	13	x	x	x	x	x	x	x	x		OU	45	5	1	0	0	80	0	19	2	8	2	1
Nature Valley™ Low Fat Fruit Granola	100-16000-11987-8	Whole Grain Oats - First Ingredient. Delicious low fat Nature Valley™ Granola combined with fruit pieces. Pair with Yoplait® Yogurt for the perfect parfait!	48	190	22	x	x	x	x	x	x	x	x		OUT	30	3.5	0.5	0	0	80	130	37	3	16	4	2.5
Cascadian Farm™ Oats & Honey Granola	100-21908-12772-6	Certified USDA Organic Oats and Honey Granola. 2.0 oz eq grain.	61	260	35	x	x	x	x	x	x	x	x		NA	70	7	1	0	0	55	160	45	3	14	5	3
Cheerios™	100-16000-11977-9	Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Pair with Yoplait® Yogurt for the perfect parfait!	28	100	23	x	x	x	x	x	x	x	x		NA	15	2	0.5	0	0	140	180	20	3	1	3	1.5
Honey Nut Cheerios™	100-16000-11988-5	Whole Grain Oats - First Ingredient. Sweetened whole grain, oat cereal in ring-shaped pieces with real honey and natural almond flavoring. Contains no artificial flavors. Pair with Yoplait® Yogurt for the perfect parfait!	28	110	14	x	x		x	x	x	x	x		NA	10	1.5	0	0	0	160	115	22	2	9	2	1.5
Country Corn Flakes™	100-16000-11976-2	Whole Grain Corn - First Ingredient. Toasted corn flakes. Contains no artificial flavors.	33	120	13	x	x	x	x	x		x	x		NA	10	1	0	0	0	270	80	27	1	3	2	2
Rice Chex™	100-16000-13325-6	Whole Grain Rice - First Ingredient. Whole grain, oven toasted rice cereal.	30	110	13	x	x	x	x	x		x	x	x	OU	5	0.5	0	0	0	240	60	25	1	2	2	1.5
Total™ Raisin Bran	100-16000-11663-1	Whole Grain Wheat - First Ingredient. Crisp, whole grain wheat and bran flakes with raisins. Contains no artificial flavors.	53	180	28	x	x			x		x	x		NA	5	1	0	0	0	220	200	44	5	19	3	3

## CEREAL (continued)

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<b>CUP CEREAL</b>																												
Assorted Family Pack Cup Cereal	100-16000-14151-0	Family Favorite Assortment: Cheerios™, Cinnamon Chex™, Cinnamon Toast Crunch™, Cocoa Puffs®, Honey Nut Cheerios™, Lucky Charms™.				x			x	x	x	x	x														See Cup Cereal for product nutrition information.	
Assorted Adult Pack Cup Cereal	100-16000-31079-4	Adult Assortment: Cheerios™, Cinnamon Toast Crunch™, Honey Nut Cheerios™, Total™ Raisin Bran, Total™ Whole Grain.				x			x	x	x	x	x														See Cup Cereal for product nutrition information.	
Assorted Goodness Pack Cup Cereal	100-16000-31154-8	Goodness Assortment: Cheerios™, Chocolate Chex™, Cinnamon Chex™, Cinnamon Toast Crunch™, Honey Nut Cheerios™, Nature Valley™ Low Fat Fruit Granola.				x			x	x	x	x	x														See Cup Cereal for product nutrition information.	

## YOGURT



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices
Yoplait ParfaitPro® Yogurt Multiserve Pouch, Low Fat Vanilla, 64 oz	100-70470-16632-9	Bulk, low fat yogurt in a convenient multiserve pouch. Three step tear, squeeze, toss process lets you make parfaits in less time, with less mess & waste.	170	150	0	x		x	x	x	x	x	x	x	KD	9	1	0.5	0	<5	80	240	31	0	22	5	2
Yoplait ParfaitPro® Yogurt Multiserve Pouch, Low Fat Strawberry, 64 oz	100-70470-16631-2	Bulk, low fat yogurt in a convenient multiserve pouch. Three step tear, squeeze, toss process lets you make parfaits in less time, with less mess & waste.	170	150	0	x		x	x	x	x	x	x	x	KD	9	1	0.5	0	<5	80	240	31	0	22	5	2
Yoplait ParfaitPro® Greek Yogurt Multiserve Pouch, Fat Free Vanilla, 64 oz	100-70470-41167-2	Greek, fat free bulk yogurt in a convenient multiserve pouch. Four step knead, open, squeeze, toss process lets you make parfaits in less time, with less mess & waste.	225	180	0	x		x		x	x	x	x	x	KD	0	0	0	0	<5	75	260	26	0	19	20	1.5
Yoplait® Low Fat Strawberry, 32 oz	100-70470-00430-0	Yoplait® Low Fat Strawberry Yogurt is a great staple for any salad or parfait bar.	170	150	0	x		x	x	x	x	x	x	x	KD	9	1	0.5	0	<5	80	240	31	0	22	5	2
Yoplait® Low Fat Vanilla, 32 oz	100-70470-00439-3	Bulk, low fat vanilla yogurt in a 32 ounce tub. Yoplait® Original Yogurt is smooth, flavorful, delicious, and creamy for your low volume bulk yogurt applications	170	150	0	x		x	x	x	x	x	x	x	KD	9	1	0.5	0	<5	80	240	31	0	22	5	2

## YOGURT (continued)

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<b>BULK YOGURTS</b>																											
Yoplait® Fat Free Plain, 32 oz	100-70470-00438-6	Yoplait® Fat Free Plain Yogurt is a great staple for any salad or parfait bar.	170	100	0	x		x	x	x	x	x	x	x	KD	0	0	0	0	5	125	430	16	0	13	10	1
Yoplait® Greek Vanilla, 32 oz	100-70470-49051-6	Greek offering provides a back of house solution for Greek yogurt parfaits and recipes. Gluten Free.	225	210	0	x		x		x	x	x	x	x	KD	0	0	0	0	<5	75	270	34	0	28	17	2
Mountain High Original Plain, 32 oz	100-75270-00160-3	For whole-milk goodness and the protein and calcium your body needs, original style Mountain High Yoghurt hits the spot. It has great flavor, a great price and is excellent in recipes.	225	170	0	x		x	x	x	x		x	OKD	70	7	4.5	0	30	160	450	15	0	12	10	1	
Yoplait® Greek Nonfat Yogurt Plain, 32 oz	100-70470-38414-3	Yoplait® Greek Nonfat Plain Yogurt is a great staple for any salad or parfait bar.	225	130	0	x		x	x	x	x	x	x	OKD	0	0	0	0	<5	90	330	11	0	6	21	0.5	
<b>YOPLAIT® ORIGINAL YOGURT 4OZ</b>																											
Yoplait® Original Yogurt Strawberry/Strawberry Banana	100-70470-17729-8	Low fat yogurt made with real fruit. Has vitamin A, vitamin D and calcium. Contains live and active cultures.	100	13.5	0	x		x	x	x	x	x	x	KD		1.5	1	0	5	65	200	17	0	13	4	1	
Yoplait® Original Yogurt Red Raspberry/Harvest Peach	100-70470-17728-1	Low fat yogurt made with real fruit. Has vitamin A, vitamin D and calcium. Contains live and active cultures.	100	13.5	0	x		x	x	x	x	x	x	KD		1.5	1	0	5	65	200	17	0	13	4	1	
<b>YOPLAIT® LIGHT YOGURT 4OZ</b>																											
Yoplait® Light Yogurt Blueberry Patch, Very Vanilla	000-70470-48362-7	Value-sized Light blended yogurt, perfect for serving as part of a complete meal. Loose cups enable quick placement. Good source of calcium. Kosher certified. Gluten-Free.	60	0	0			x	x	x	x	x	x	KD		0	0	0	0	60	165	11	0	6	4	0	
Yoplait® Light Yogurt Strawberry, Strawberry-Banana	100-70470-19735-4	Value-sized Light blended yogurt, perfect for serving as part of a complete meal. Loose cups enable quick placement. Good source of calcium. Kosher certified. Gluten-Free.	60	0	0			x	x	x	x	x	x	KD		0	0	0	0	60	160	11	0	6	4	0	
<b>YOPLAIT® GREEK 3.5OZ</b>																											
Yoplait® Greek Cup Blueberry	100-70470-49159-9	Deliciously Creamy, Strained Greek Yogurt With Fruit Blended In. Gluten Free.	90	0	0	x		x	x	x	x	x	x	KD		0	0	0	0	35	130	15	0	12	8	1	
Yoplait® Greek Cup Strawberry	100-70470-49158-2	Deliciously Creamy, Strained Greek Yogurt With Fruit Blended In. Gluten Free.	90	0	0	x		x	x	x	x	x	x	KD		0	0	0	0	35	130	15	0	12	8	1	

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<b>YOPLAIT® LIGHT YOGURT 6OZ</b>																												
Yoplait® Blueberry Patch	100-70470-00652-6	Exquisite taste. Fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	90	0			x	x	x	x	x	x	x	KD	0	0	0	0	<5	80	240	16	0	10	5	1	
Yoplait® Light Harvest Peach	100-70470-00655-7	Exquisite taste. Fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	90	0			x	x	x	x	x	x	x	KD	0	0	0	0	<5	80	245	16	0	10	5	1	
Yoplait® Light Strawberry	100-70470-00650-2	Exquisite taste. Fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	90	0			x	x	x	x	x	x	x	KD	0	0	0	0	<5	80	245	16	0	10	5	1	
Yoplait® Light Very Vanilla	100-70470-00643-4	Exquisite taste. Fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	90	0			x	x	x	x	x	x	x	KD	0	0	0	0	<5	80	255	16	0	10	5	1	
Yoplait® Light Variety Pack: Light Strawberry, Light Harvest Peach, Light Blueberry Patch	100-70470-18819-2	Exquisite taste. Fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	90	0			x	x	x	x	x	x	x	KD	0	0	0	0	<5	80	160	16	0	10	5	1	
<b>YOPLAIT® ORIGINAL YOGURT 6OZ</b>																												
Yoplait® Harvest Peach	100-70470-00307-5	Exquisite taste. Now 25% less sugar and 99% fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	150	0	x		x	x	x	x	x	x	x	KD	15	2	1	0	10	105	285	26	0	19	6	1.5	
Yoplait® Mountain Blueberry	100-70470-00302-0	Exquisite taste. Now 25% less sugar and 99% fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	150	0	x		x	x	x	x	x	x	x	KD	15	2	1	0	10	105	265	26	0	19	6	1.5	
Yoplait® Strawberry	100-70470-00300-6	Exquisite taste. Now 25% less sugar and 99% fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	150	0	x		x	x	x	x	x	x	x	KD	15	2	1	0	10	105	315	26	0	19	6	1.5	
Yoplait® Variety Pack: Strawberry, Peach, Blueberry	100-70470-18824-6	Exquisite taste. Now 25% less sugar and 99% fat free. Excellent source of calcium, good source of protein and Vitamin D. Gluten Free.	170	150	0	x		x	x	x	x	x	x	x	KD	15	2	1.0	0	10	105	≥250	26	0	19	6	1.5	
Yoplait® Thick & Creamy Vanilla	100-70470-00112-5	Low fat 1½% milkfat yogurt. This yogurt has vitamins A & D and contains live and active cultures. 30% daily value of calcium.	170	180	0	x		x			x	x	x	x	KD	25	3	2	0	15	110	290	31	0	28	7	2	

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<b>OUI BY YOPLAIT® FRENCH STYLE YOGURT</b>																												
Vanilla	100-70470-49646-4	Made with simple ingredients like whole milk and real fruit, Oui is a satisfyingly thick and creamy textured yogurt inspired by our traditional French recipe that patrons love. Poured, set and served in recyclable glass pots. No artificial flavors and no colors from artificial sources.	141	170	0	x	x	x	x	x	x	x	x	KD	80	8	5	0	30	85	270	16	0	15	5	1		
Strawberry	100-70470-49647-1	Made with simple ingredients like whole milk and real fruit, Oui is a satisfyingly thick and creamy textured yogurt inspired by our traditional French recipe that patrons love. Poured, set and served in recyclable glass pots. No artificial flavors and no colors from artificial sources.	141	160	0	x	x	x	x	x	x	x	x	KD	60	7	5	0	25	80	245	18	0	15	5	1		
Black Cherry	100-70470-49654-9	Made with simple ingredients like whole milk and real fruit, Oui is a satisfyingly thick and creamy textured yogurt inspired by our traditional French recipe that patrons love. Poured, set and served in recyclable glass pots. No artificial flavors and no colors from artificial sources.	141	160	0	x	x	x	x	x	x	x	x	KD	60	7	5	0	25	80	300	18	0	15	5	1		
Lemon	100-70470-49651-8	Made with simple ingredients like whole milk and real fruit, Oui is a satisfyingly thick and creamy textured yogurt inspired by our traditional French recipe that patrons love. Poured, set and served in recyclable glass pots. No artificial flavors and no colors from artificial sources.	141	160	0	x	x	x	x	x	x	x	x	KD	60	7	5	0	25	110	230	19	0	15	5	1		
<b>YOPLAIT® GREEK 5.3OZ</b>																												
Yoplait® Greek 100 Whips!™ Strawberry Cheesecake	100-70470-44614-8	Delicious, light and fluffy whipped fat free yogurt mousse with 100 calories. Gluten-Free.	113	100	0		x	x	x	x	x	x	x	KD	0	0	0	0	0	50	135	15	0	12	9	1		
Yoplait® Greek 100 Whips!™ Vanilla Cupcake	100-70470-44616-2	Delicious, light and fluffy whipped fat free yogurt mousse with 100 calories. Gluten-Free.	113	100	0		x	x	x	x	x	x	x	KD	0	0	0	0	0	50	130	15	0	12	9	1		
Yoplait® Greek 100 Black Cherry	100-70470-43379-1	Fat free, Greek-style yogurt. Contains 14g of protein and 100 calories per cup, vitamin D and live and active cultures. No high fructose corn syrup. 15% daily value of calcium.	150	100	0		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	55	210	11	0	7	14	0.5		
Yoplait® Greek 100 Peach	100-70470-43333-9	Fat free, Greek-style yogurt. Contains 14g of protein and 100 calories per cup, vitamin D and live and active cultures. No high fructose corn syrup. 15% daily value of calcium.	150	100	0		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	55	210	11	0	7	14	0.5		
Yoplait® Greek 100 Strawberry	100-70470-43332-2	Fat free, Greek-style yogurt. Contains 14g of protein and 100 calories per cup, vitamin D and live and active cultures. No high fructose corn syrup. 10% daily value of calcium.	150	100	0		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	55	210	11	0	7	14	0.5		
Yoplait® Greek 100 Vanilla	100-70470-43329-2	Fat free, Greek-style yogurt. Contains 15g of protein and 100 calories per cup, vitamin D and live and active cultures. No high fructose corn syrup. 15% daily value of calcium.	150	100	0		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	60	210	10	0	7	15	0.5		

## YOGURT (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>3</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices
<b>YOPLAIT® GREEK 5.3OZ</b>																											
Yoplait® Greek Yogurt Strawberry Raspberry	100-70470-45915-5	Deliciously creamy, strained Greek yogurt with fruit blended in. Gluten Free.	150	140	0	x		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	50	195	23	0	18	12	1.5
Yoplait® Greek Yogurt Vanilla	100-70470-45913-1	Deliciously creamy, strained Greek yogurt with fruit blended in. Gluten Free.	150	140	0	x		x	x	x	x	x	x	x	OKD	0	0	0	0	<5	50	180	22	0	19	13	1.5

## SNACKS



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>3</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices
<b>LARABAR®</b>																											
Larabar®, Peanut Butter Chocolate Chip, 16ct Caddy (64ct/1.6oz)	000-21908-41869-8	Just 4 ingredients: dates, peanuts, Fair Trade Certified™ chocolate chips, and salt combine to make the perfect, irresistible pick-me-up snack.	45	210	0	x	x				x	x		x	OU	110	12	3	0	0	65	280	23	3	17	5	1.5
Larabar®, Cashew Cookie, 16ct Caddy (64ct/1.7oz)	000-21908-41873-5	With rich and creamy flavor, this 2-ingredient snack is a simple blend of cashews and dates.	48	220	0	x	x				x	x		x	OU	120	12	2.5	0	0	5	340	25	2	15	5	1.5
Larabar®, Apple Pie, 16ct Caddy (64ct/1.6oz)	000-21908-41871-1	Made with dates, almonds, apples, walnuts, raisins and cinnamon, this snack contains half a cup of fruit and 5g of fiber.	45	200	0	x	x			x	x	x		x	OU	80	9	1	0	0	10	300	25	4	18	4	1.5
<b>FOOD SHOULD TASTE GOOD®</b>																											
Food Should Taste Good®, Sweet Potato, 24ct/1.5oz	000-21908-81237-3	The natural nuttiness of the sweet potato in a chip that is a riff on a classic baked sweet potato.	28	140	17	x	x	x	x	x	x	x		x	OU	60	7	0.5	0	0	80	0	18	2	3	2	1
Food Should Taste Good®, Multigrain 24/ct1.5oz	000-21908-81233-5	Flax, sunflower and sesame seeds add to the distinctively nutty flavor, making this chip a wholesome, perfect snack.	28	140	18	x	x	x	x	x	x	x		x	OU	60	7	0.5	0	0	75	0	17	2	0	2	1



# SNACKS (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>BARS</b>																												
Nature Valley and Fiber One Snack Bar Variety Pack (118ct/weight varies)	000-16000-41504-1	Includes a variety of top selling granola bars: NV Crunchy Oats 'N Honey (3x18ct), NV Fruit & Nut Chewy Trail Mix (1x16ct), NV Sweet & Salty Peanut (1x16ct), Fiber One Oats & Chocolate Chewy Bars (2x16ct)			NA	x			x	x	x	x	x														See individual pack for product nutrition information.	
Nature Valley Core Bar Variety Pack	000-16000-15554-1	Includes a variety of our top-selling core Nature Valley™ bars: 2 Oats & Honey Bars 1.49 oz, 1 Peanut Butter Crunchy Granola Bar 1.49 oz, 1 Sweet & Salty Nut Granola Bar Peanut 1.2 oz.			See individual bars, variety includes: Oats & Honey Bars, Peanut Butter Crunchy Granola Bar, Sweet & Salty Nut Granola Bar Peanut																							
Nature Valley Crunchy Oats 'n Honey (Double Bar) (108ct/1.49oz)	100-16000-33530-8	This classic NV Crunchy granola bar combines real honey and rolled oats, to produce a sweet, wholesome snack with 16g whole grain per serving.	42	190	16	x	x			x	x	x	x		OU	60	7	1	0	0	180	85	29	2	11	3	2	
Nature Valley Sweet & Salty Bar, Peanut (128ct/1.2oz)	100-16000-42067-7	NV Sweet & Salty Peanut granola bar offers a perfect balance of savory nuts and sweet granola. Each bar is bursting with peanuts and dipped in a creamy peanut-butter coating.	35	170	5	x			x		x	x			NA	80	8	2.5	0	0	140	80	20	1	7	4	1	
Nature Valley Crunchy Granola Bars Peanut Butter	16000- 33550		42	190	19	x	x			x	x	x			OU	80	8	1	0	0	180	100	27	2	11	4	2	
Nature Valley High Taste Bar Variety Pack	000-16000-15555-8	The fastest turning high-taste Nature Valley™ bars in smaller cases to drive revenue. Includes sleeves of 1 Almond Butter Chocolate Three Layer Bar 1.38 oz, 1 Peanut Butter Chocolate Granola Cups 1.35 oz, 1 Peanut Butter Chocolate Wafer Bar 1.3 oz, and 1 Almond Butter Biscuit.			See individual bars, variety includes: Almond Butter Chocolate Three Layer Bar, Peanut Butter Chocolate Granola Cups, Peanut Butter Chocolate Wafer Bar and Almond Butter Biscuit.																							
Nature Valley Three Layer Bar Almond Butter Chocolate	16000-36454		39	190	4	x					x	x				90	10	3.5	0	0	160	140	21	2	8	4	1.5	
Nature Valley Peanut Butter Chocolate Naturally Flavored Granola Cups	16000- 49133		38	190	15	x					x	x			OU	80	9	4	0	0	170	100	22	2	9	4	1.5	
Nature Valley Crispy Creamy Wafer Bars Peanut Butter Chocolate	16000 - 15263		36	200	7	x					x	x				110	12	5	0	0	130	140	18	3	8	5	1	
Nature Valley Sweet & Salty Bar, Almond (128/1.2oz)	100-16000-42068-4	NV Sweet & Salty Almond granola bar is a perfect balance of chewy granola and delicious almonds, dipped in an almond butter coating.	35	160	6	x			x		x	x			NA	60	7	2	0	0	140	100	22	1	8	3	1.5	
Nature Valley Chewy Fruity & Nut Bars - Trail Mix (128ct/1.2oz)	100-16000-15120-5	NV Trail Mix Fruit & Nut Bars mix three different kinds of nuts and seeds with dried cranberries and raisins for a wholesome snack.	35	140	9	x	x		x	x	x	x	x		NA	35	4	0.5	0	0	65	100	25	2	7	3	1.5	
Nature Valley Protein - Peanut Butter Dark Chocolate (128ct/1.42oz)	100-16000-31849-3	This gluten free NV Protein Bar is a tempting combination of roasted peanuts and luscious peanut butter - all flavored with a rich dark chocolate. 10g of protein, 6g of sugar.	40	190	0	x					x	x			NA	110	12	3.5	0	<5	160	130	15	6	7	10	1	

## SNACKS (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices
<b>BARS</b>																											
Fiber One™ Chewy Bars Oats & Chocolate (128ct/1.4oz)	100-16000-14652-2	Rich chocolate chips and hearty oats combine to make a chewy bar with 35% of the daily value of fiber.	40	140	8	x			x	x	x	x		NA	35	4	1.5	0	0	95	75	29	9	10	2	2	
Nature Valley Chewy Variety Pack: Chocolate Chunk & Oatmeal Raisin (120ct/0.89oz)	100-16000-11591-7	Whole Grain Oats - First Ingredient. Includes Nature Valley® Chewy Oatmeal Raisin Chewy Oatmeal Raisin and Chewy Chocolate Chunk bars. Chewy Chocolate Chunk	28	110	8	x		x	x	x	x	x		OUT	25	2.5	0.5	0	0	50	0	21	1	7	2	1.5	
Nature Valley Crunchy Oats 'n Honey (Single Bar) (144ct/.74oz)	100-16000-11582-5	Whole Grain Oats - First Ingredient. A crunchy granola bar providing 8g whole grain.	21	90	8	x	x		x	x	x	x		OU	30	3	0	0	0	80	15	15	1	6	2	1	
Betty Crocker™ Chocolate Chip Oatmeal Bar (144ct/ 1.24oz)	100-16000-45977-6	A 100% whole grain oatmeal bar made with 17g of whole grain.	35	150	17	x		x	x	x	x	x		OUT	0	45	1	0	0	105	180	25	2	8	2	1.5	
<b>CHEX™ SNACK MIX - SINGLE SERVE</b>																											
Simply Chex™ - Strawberry Yogurt (60ct/1.03oz)	100-16000-31937-7	Whole Wheat - First Ingredient. Whole grain Chex™ cereal pieces with a great tasting strawberry and yogurt flavoring. Contains 70% less fat than regular potato chips.	29	120	14	x		x	x	x	x	x		OUT	25	3	1	0	0	55	70	23	2	6	2	1.5	
Simply Chex™ - Cheddar (60ct/0.92oz)	100-16000-31932-2	Whole Wheat - First Ingredient. Whole grain Chex™ cereal pieces with a cheddar flavoring. Contains 70% less fat than regular potato chips.	26	110	11	x		x	x	x	x	x		OUT	25	2.5	0.5	0	0	125	60	20	2	4	2	1	
Simply Chex™ - Chocolate Caramel (60ct/1.03oz)	100-16000-31933-9	Whole Wheat - First Ingredient. Whole grain Chex™ cereal pieces with great tasting chocolate and caramel flavors. Contains 60% less fat than regular potato chips.	29	120	13	x	x	x	x	x	x	x		OUT	35	3.5	0.5	0	0	50	90	22	2	6	2	1.5	
Chex™ Traditional (60ct/1.75oz)	000-16000-12400-4	Corn Chex™, Wheat Chex™, pretzels, rye chips and mini breadsticks combined with a unique seasoning blend. Contains 60% less fat than regular potato chips.	49	210	14	x	x	x		x		x		OUT	54	6	1	0	0	370	100	37	3	3	4	2.5	
Chex Mix Snack Mix™ Cheddar (60ct/1.75oz)	000-16000-12408-0	With Corn Chex™, Wheat Chex™, pretzels, mini breadsticks and crispy, cheddary crackers in the mix, you'll get cheesy, crunchy and delicious all in one!	49	210	13	x		x		x		x		OUT	54	6	1	0	0	380	90	36	2	5	3	2.5	
<b>NATURE VALLEY™ BISCUITS</b>																											
Nature Valley™ Biscuits Almond Butter	100-16000-47879-1	Crunchy, creamy and delicious with the satisfying power of whole grains.	38	190	14	x				x	x	x		NA	90	10	2	0	0	140	60	23	3	11	3	1.5	
Nature Valley™ Biscuits Peanut Butter	100-16000-47878-4	The creamy goodness of peanut butter sandwiched between two crunchy biscuits	38	190	15	x					x	x		NA	100	11	2.5	0	0	170	130	21	3	8	5	1.5	

# MIXES/ICING



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>3</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices
<b>BACK-OF-HOUSE MIX</b>																											
Gold Medal™ Yellow Cake	100-16000-11152-3	Gold Medal™ cakes are moist and tender - from the first to the final slice.	54	230	0	x		x				x	x		OUT	50	6	3	0	10	370	50	41	<1	24	3	3
Gold Medal™ White Cake	100-16000-11132-5	Gold Medal™ cakes are moist and tender - from the first to the final slice.	54	220	0	x		x				x	x		OUT	50	6	3	0	0	380	50	41	<1	23	3	3
Gold Medal™ Devil's Food Cake	100-16000-11112-7	Gold Medal™ cakes are moist and tender - from the first to the final slice.	54	230	0	x		x				x	x		OUT	70	8	4	0	20	410	260	38	2	21	4	2.5
Chocolate Cake Mix	100-16000-11116-2	Dark chocolate cake mix in an easy-to-use just add water format. Traditional flavor. High ratio formula means cakes are tender and moist. 0g trans fat per serving.	54	230	0	x		x		x		x	x		OUT	60	7	2.5	0	10	450	130	39	2	23	4	2.5
Southern Style Cornbread Mix	100-16000-11422-4	Southern style cornbread mix in an easy, "just add water" format from Gold Medal™. Formulated to produce southern style cornbread with traditional flavor and texture.	32	120	0	x		x		x		x	x		OUT	20	2.5	1	0	0	490	1	7	<1	2	2	1.5
Gold Medal™ Corn Muffin	100-16000-11442-1	Very sweet, northern style. Can also be made into cornbread.	45	190	0	x		x		x		x	x		OUT	45	5	1	0	<5	390	50	33	<1	13	2	2
Sweet Rewards LF Muffin Mix	100-16000-11560-3	Sweet Rewards™ Low fat muffin mix in an easy-to-use "just add water" format. Mix can be used as a base for a variety of muffin and quick bread recipes. 0g trans fat per serving.	38	150	0	x		x	x	x		x	x		OUT	15	1.5	0	0	25	300	30	31	0	18	2	2
Gold Medal™ Variety Muffin	100-16000-11544-6	Golden brown-baked color and bold mushroom-shaped crown give muffins a desirable scratch- like appearance.	44	190	0	x		x				x	x		OUT	50	5	3	0	0	290	60	33	0	18	2	2
Gold Medal™ Whole Grain Variety Muffin Mix	100-16000-31529-4	Made with 100% Whole Wheat. Great tasting muffin mix with the benefits of whole grain.	39	160	18	x		x	x			x			OUT	40	4.5	2	0	<5	260	70	29	1	13	2	2
Gold Medal™ Buttermilk Pancake	100-16000-11827-7	Consistent, scratch-like taste and superior results every time.	54	200	0	x		x		x		x	x		OUT	35	4	1	0	10	460	220	37	1	7	5	2.5
Gold Medal™ Whole Grain Complete Pancake Mix	100-16000-31527-0	Made with 100% Whole Wheat. Great tasting pancake mix with the benefits of whole grain.	50	190	38	x		x		x		x	x		OUT	30	3.5	1.5	0	5	550	130	34	3	6	5	2

## MIXES/ICING (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>BACK-OF-HOUSE MIX</b>																												
Gold Medal™ Chocolate Brownie	100-16000-11312-0	Gold Medal™ brownies are moist with a rich chocolate flavor.	35	150	0	x	x	x	x	x	x				OUT	40	4.5	2	0	0	135	110	26	1	19	2	2	
Lemon Bar Mix	100-16000-11241-4	Lemon bar mix in an easy-to-use "just add water" format. Mix produces a rich shortbread crust with a tart, sweet lemon filling. Includes separate box for crust mix. 0g trans fat per serving.	31	140	0	x	x	x	x	x	x	x			OUT	30	3.5	1.5	0	25	85	20	24	0	17	1	1.5	
Gold Medal™ Buttermilk Biscuit	100-16000-11765-5	Gold Medal™ biscuits offer desirable scratch-like appearance and 'melt-in-your-mouth' texture.	38	170	0	x	x	x				x			OUT	70	7	4	0	0	390	50	22	<1	<1	3	1.5	
<b>GOLD MEDAL™ READY-TO-SPREAD ICING</b>																												
Gold Medal™ Ready-to-Spread Chocolate Fudge Icing	100-16000-11215-5	Ultra versatile - use for icing or melt for drizzling.	35	140	0	x	x	x			x	x			OUT	50	6	3	0	0	90	75	23	<1	21	0	1.5	
Gold Medal™ Ready-to-Spread Vanilla Icing	100-16000-11216-2	Ultra versatile - use for icing or melt for drizzling.	35	150	0	x	x	x			x	x			OUT	50	5	3	0	0	75	20	25	0	23	0	1.5	

## BISCUITS



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>BISCUITS - FROZEN DOUGH</b>																												
2.2 oz Southern Style Biscuit Dough	100-94562-06252-8	Southern Style biscuit in pre-portioned, easy-to-use freezer-to-oven format. Rich, buttery flavor. Formulated to produce light and fluffy biscuits every time.	62	180	0	x		x							OUT	70	8	2	4	0	580	40	24	<1	2	4	1.5	
3.17 oz Southern Style Easy Split® Biscuit Dough	100-94562-06249-8	Southern Style biscuit in pre-portioned, easy-to-use freezer-to-oven format. Rich, buttery flavor. Formulated to produce light and fluffy Easy Split® biscuits, ideal for sandwiches.	90	270	0	x		x							OUT	110	12	3	6	0	840	55	34	<1	3	6	2	
Southern Style 2.75" diameter, reduced sodium	100-94562-31151-0	Reduced sodium, Southern Style biscuit dough in pre-portioned, easy freezer-to-oven format from Pillsbury™. Formulated to produce light and fluffy 2.2 oz biscuits with rich, buttery flavor. Great for both sweet and savory uses.	62	180	0	x		x				x			OUT	70	7	3.5	0	0	430	140	25	<1	3	4	1.5	

## BISCUITS (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>BISCUITS - FROZEN DOUGH</b>																												
Southern Style Mini 2.25" diameter	100-94562-06263-4	Mini Southern Style biscuit in pre-portioned, easy-to-use freezer-to-oven format. Rich, buttery flavor. Formulated to produce light and fluffy biscuits every time	34	100	0	x		x	x			x			OUT	40	4.5	3	0	0	320	20	13	0	1	2	1	
Whole Grain - Rich* Biscuit Dough 2.51 oz	100-94562-32267-7	Whole Wheat Flour - First Grain Ingredient. Pre-portioned, pre-formed frozen biscuit dough 2.75" diameter, bulk packed 216 ct. Contains 0g trans fat per serving.	71	210	16	x		x				x			OUT	80	9	4.5	0	0	340	270	28	2	3	5	2	
Whole Grain- Rich* Biscuit Dough Easy Split* 2.51 oz	100-94562-32268-4	convenience and easy prep. 2.75" diameter, bulk packed 216 ct. Contains 0g trans fat per serving.	71	210	16	x		x				x			OUT	80	9	4.5	0	0	340	270	27	2	3	5	2	
Whole Grain - Rich* Biscuit Dough Mini 1.25 oz	100-94562-32269-1	Whole Wheat Flour - First Grain Ingredient. Pre-portioned, pre-formed frozen biscuit dough. 2.25" diameter, bulk packed 210 ct. Contains 0g trans fat per serving.	35	100	8	x		x	x		x	x			OUT	40	4.5	2.5	0	0	170	140	14	1	1	2	1	
Pillsbury™ Frozen Biscuit Dough Garlic & Cheddar Mini 1.2 oz	100-94562-06331-0	Pre-portioned mini garlic and cheese biscuit dough in an easy, freezer-to-oven format. Formulated to product light and fluffy 1.2 ounce biscuits, every time, with savory cheese and garlic flavors and scratch-like texture and appearance.	34	100	0	x		x	x			x				45	5	3	0	0	390	28	12	0	2	2	1	
Pillsbury™ Frozen Biscuit Dough Easy Split™ Southern Style 2.2 oz	100-94562-06346-4	Southern Style frozen biscuit dough in pre-portioned, easy freezer-to-oven format from Pillsbury™. Formulated to produce light and fluffy 2.2 oz Easy Split™ biscuits with rich, buttery flavor. No knife necessary!	62	180	0	x		x				x			OUT	70	8	5	0	0	580	0	24	1	2	4	1.5	
<b>BISCUITS - FROZEN BAKED</b>																												
Pillsbury® Baked Biscuit Golden Buttermilk 2.25oz	100-94562-06235-1	Golden buttermilk biscuit in pre-baked, easy-to-use freezer-to-oven format. Rich, buttermilk flavor and homemade taste. Formulated to produce moist and fluffy biscuits every time.	75	220	0	x		x		x					OUT	80	9	2	4	0	770	45	31	<1	3	5	2	
Golden Buttermilk Easy Split™ 2.875" diameter, reduced sodium	100-94562-32391-9	Reduced sodium, golden buttermilk biscuit in pre-baked, easy-to-use freezer-to-oven format. Rich, buttermilk flavor and homemade taste. Formulated to produce light and fluffy Easy Split™ biscuits, ideal for sandwiches.	69	200	0	x		x				x			OUT	70	8	4.5	0	0	410	45	28	<1	3	5	2	
Pillsbury™ Baked Biscuit Southern Style 2 oz	100-94562-06263-4	Pre-portioned mini Southern Style biscuit dough in an easy, freezer-to-oven format. Formulated to produce light and fluffy 1.2 ounce biscuits, every time, with rich, buttery flavor and scratch-like texture and appearance.	34	100	0	x		x	x			x			OUT	40	4	3	0	0	330	0	13	0	1	2	1	
Pillsbury™ Baked Biscuit Easy Split™ Golden Buttermilk 2.85 oz	100-94562-06237-5	Golden buttermilk biscuit in pre-baked, easy, freezer-to-oven format. Formulated to produce moist and fluffy 2.85 oz Easy Split™ biscuits with more buttermilk for a richer and creamier flavor that are easy to separate for sandwich applications.	81	260	0	x		x				x	x		OUT	90	10	4.5	0	0	780	0	37	1	3	6	2.5	

# FROZEN BAKED GOODS



Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>3</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>FROZEN BAKED GOODS</b>																												
Pillsbury Supreme Place & Bake Mini Frozen Cinnamon Roll Dough 0.9oz	107-21582-11144-7	No proofing required. Soft, tender dough wrapped around a rich, gooey cinnamon filling delivers homestyle indulgence in 0.9 ounce "mini" cinnamon rolls.	51	160	0	x		x	x			x	x		OU	54	6	3	0	0	250	30	22	<1	6	4	1.5	
Pillsbury® Supreme™ Cinnamon Roll Dough 1.5oz	100-94562-05357-1	Soft, tender dough wrapped around a rich, gooey cinnamon filling delivers homestyle indulgence.	43	130	0	x		x	x						OU	50	5	1.5	1	10	230	30	18	<1	5	3	1	
Pillsbury™ Place & Bake™ Frozen Cinnamon Roll Twist Dough Cinnamon 4.25 oz	100-94562-05385-4	Frozen cinnamon roll dough in an easy, freezer-to-oven format with no proofing required from Pillsbury™. Unique, danish-like dough twisted around a sweet cinnamon filling delivers homestyle indulgence in 4.25 ounce cinnamon rolls twists.	120	440	0	x		x				x			OU	200	22	11	0	25	480	110	53	2	17	8	3.5	
Pillsbury® Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 3oz	100-94562-05358	No proofing required. Soft, tender dough wrapped around a rich, gooey cinnamon filling delivers homestyle indulgence.	85	260	0	x		x				x			OU	100	11	5	0	0	420	60	36	1	9	6	2.5	
Pillsbury Best™ Place & Bake™ Cinnamon Roll Twirl Dough Cinnamon 5 oz	100-94562-06226-9	Frozen cinnamon twirls from Pillsbury™ in an easy, freezer-to-oven format with no proofing and no thawing required. Unlike other cinnamon rolls, Pillsbury™ Twirls bake to a flaky, golden brown with a moist, tender center with sweet, cinnamon filling and distinctive, scratch-like appearance.	142	450	0	x		x				x			OU	180	20	10	0	0	1130	15	60	2	18	7	4	
Pillsbury® Place & Bake™ Freezer-to-Oven Scone Dough Fruit Variety Pack OgTFA	100-94562-08135-2	Enhance your baked good offerings with the scratch-like quality of Pillsbury™ Place & Bake™ Scones. Formulated to produce a crispy crust with a moist, soft interior, every time, with no thawing required. Fruit variety pack includes: blueberry, raspberry, white chocolate chunk, and apple cinnamon flavors	106	400	NA	x		x				x			OU	180	20	10	0	15	330	65	51	1	22	5	3.5	
Pillsbury™ Place & Bake™ Freezer-to-Oven Scone Dough Sweet Variety Pack	100-94562-30472-7	Scratch-like appearance and dual texture - crispy crust with a moist, soft interior. Sweet variety pack includes Blueberry, Chocolate Chunk, and Brown Sugar Cinnamon scone flavors. No thawing required - just place, bake, and serve!	106	430	0	x		x				x			OU	190	21	11	0	10	300	75	56	1	28	4	4	
Pillsbury™ Place & Bake™ Frozen Scone Dough Blueberry 3.75 oz	100-94562-08150-5	Frozen scone dough in an easy, freezer-to-oven format made with sweet, juicy blueberries blended throughout. No thawing required: just separate, place, bake, and serve.	106	410	0	x		x				x			OU	180	20	10	0	10		55	51	1	22	5	3.5	
Pillsbury™ Place & Bake™ Frozen Scone Dough White Chunk Raspberry 3.75 oz	100-94562-08151-2	Frozen scone dough in an easy, freezer-to-oven format made with velvety white chocolate and real, red raspberries blended throughout. No thawing required: just separate, place, bake, and serve.	106	440	0			x				x				200	22	11	0	10	330	0	54	1	26	6	3.5	
Pillsbury™ Croissant Baked Plain Pinched Sliced 2.5oz	100-94562-32103-8	Plain, pinched and sliced croissants in pre-baked, easy-to-use thaw and serve format. Sweet dairy flavor. Formulated to produce flaky and tender croissants.	71	270	0	x		x				x			OU	110	12	5	0	0	270	80	35	1	5	5	2	

## FROZEN BAKED GOODS (continued)

Product	UPC	Description	Serving Wt. (g)	Calories Serving/Container	Grams of Whole Grain <sup>1</sup>	No Labeled Artificial Sweeteners	No Dairy <sup>2</sup>	No Nuts <sup>2</sup>	≤ 175 Calories	≤ 10% Calories from Sat. Fat	≤ 200mg Sodium	0g Trans Fat	≤ 35% Calories from Fat	Gluten Free	Kosher Status	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Carbohydrate Choices	
<b>FROZEN BAKED GOODS</b>																												
Pillsbury™ Baked Croissant Plain Pinched Sliced 2 oz	100-94562-32102-1	Plain, pinched and sliced croissants with sweet dairy flavor in a pre-baked, easy-to-use thaw and serve format, formulated to produce flaky and tender 2 ounce croissants.	56	210	0	x	x					x			OU	90	10	4	0	0	220	0	28	1	4	4	2	
Pillsbury™ TubeSet™ Muffin Batter Cranberry Orange 3 lb	100-94562-08070-6	Premium, frozen cranberry orange muffin batter with traditional cranberry and orange flavors blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the tube with no measuring required.	100	290	0	x	x					x			OU	110	12	2	0	35	270	110	41	1	24	3	3	
Pillsbury Tubeset Muffin Batter Chocolate Chip 3 lb.	100-94562-11158-5	Premium muffin batter with chocolate chips blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the tube with no measuring required.	100	390	0	x	x		x			x			OU	171	19	5	0	35	270	150	48	1	32	4	3	
Pillsbury™ Banana Nut Muffin Batter TubeSet	100-94562-08021-8	Premium, frozen banana walnut muffin batter with banana flavor and nuts blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the tube with no measuring required.	100	340	0	x				x		x			OU	130	15	2	0	30	410	170	47	1	24	4	3	
Pillsbury™ Blueberry Muffin Batter TubeSet	100-94562-08026-3	Premium muffin batter with blueberry pieces blended throughout. Thaw and portion batter directly from tube. Formulated to produce tender and moist muffins every time.	100	340	0	x	x		x			x			OU	150	16	2.5	0	35	280	0	44	<1	25	3	3	
Pillsbury™ TubeSet™ Muffin Batter Chocolate Chocolate Chip 3 lb	100-94562-08011-9	Premium, frozen chocolate chip muffin batter with chocolate chips blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the tube with no measuring required.	100	340	0	x	x		x			x			OU	135	15	4	0	25	340	180	46	1	28	4	3	
Pillsbury™ TubeSet™ Muffin Batter Orange Blossom 3 lb	100-94562-08085-0	Premium, frozen muffin batter with orange-citrus flavor blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the easy-to-squeeze tube with no mixing or measuring required.	100	320	0	x	x	x		x		x			OU	125	14	3	0	30	240	0	45	1	30	3	3	
Pillsbury™ TubeSet™ Muffin Batter Apple Cinnamon 3 lb	100-94562-08005-8	Premium, frozen muffin batter with sweet cinnamon and apple flavor blended throughout in a convenient, three-pound pipeable tube. Thaw and portion batter directly from the easy-to-squeeze tube with no mixing or measuring required.	100	350	0	x	x			x					OU	155	17	4	0	45	330	0	44	1	23	3	3	

### Nutritional Information updated as of January 2019.

- At least 48g of whole grain recommended daily.
- As of February 2017. Subject to change. See product label to verify ingredients and allergens.
- Yoplait® Greek has 8g protein per 4 oz. Yoplait® regular non-Greek has 4g protein per 4 oz.
- Yoplait® Greek Blended has 11g protein per 5.3 oz. Yoplait® regular non-Greek yogurt has 5g protein per 5.3 oz.

All General Mills yogurts provide a good source of calcium even at smaller portion sizes.

The Reference Amount Customarily Consumed (RACC) as established by the FDA is 8 oz for yogurt.

A good source of calcium per RACC is 10% DV.

\*Meets Whole Grain - Rich criteria established by USDA Food and Nutrition Services grain requirements for school meal programs (SP30-2012).



For a complete list of all General Mills products and complete nutrition information,  
call **1-800-767-5404** or visit **[generalmillscf.com](http://generalmillscf.com)**