

Wellness Item Ideas for School Foodservice

The information in this booklet is from the manufacturer's product data sheets. Each school is required to develop their own wellness program, so not all items in this booklet may not fit the requirements of every wellness program.



For more information contact:

Heidi Wietjes
heidi.wietjes@cashwa.com
308.237.3151 ext. 7123



CWD
A La Carte Suggestions

CWD Product Code	Description	Nutrition Contribution (per serving) based on stated label information
22982	Cereal Crisp Rice Bowl Pack	0 calories from fat; 0 calories from saturated fat & trans fat; 9.5% weight from sugars; 200 mg sodium
22983	Cereal Corn Puffs Bowl Pack	0% calories from fat; 0% calories from saturated fat & trans fat; 9.5% weight from sugars; 190 mg sodium
25334	Chips Rachel's Apple Cinnamon Whole Grain	30% calories from fat; 0% calories from saturated fat & trans fat; 7% weight from sugars; 85 mg sodium
25338	Chips Rachel's Cheddar Whole Grain	30% calories from fat; 0% calories from saturated fat & trans fat; 14% weight from sugars; 60 mg sodium
25339	Chips Rachel's Carmel Whole Grain	30% calories from fat; 0% calories from saturated fat & trans fat; 15% weight from sugars; 60 mg sodium
25583	Sun chip Harvest Cheddar	36% calories from fat; 6% calories from saturated fat & trans fat; 7% weight from sugars; 160 mg sodium
25788	Nature Valley Strawberry Yogurt Bar	22% calories from fat; 1.5% calories from saturated & trans fat; 37% weight from sugars; 130 mg sodium
25809	Cereal Bar Special K Choc Drizzle	16% calories from fat; 10% calories from saturated fat; 36% weight from sugars; 105 mg sodium
25820	Cereal Bar Special K Strawberry	16.7% calories from fat; 10% calories from saturated fat; 34.7% weight from sugars; 95mg sodium
25867	Nature Valley Bar Oats & Honey	30% calories from fat; 2.5% calories from saturated fat; 26% weight from sugars; 160 mg sodium
25869	Nature Valley Bar Peanut Butter	35% calories from fat; 5% calories from saturated fat; 26% weight from sugars; 190 mg sodium
25870	Nature Valley Crunchy Maple Brown Sugar	30% calories from fat; 2.5% calories from saturated & trans fat; 26% weight from sugars; 160 mg sodium
25894	Nature Valley Trail Mix Bar Fruit & Nut	25.7% calories from fat; 3% calories from saturated fat; 37% weight from sugars; 95 mg sodium
25893	Cinn Toast Crunch Milk & Cereal Bar	20% calories from fat; 7.5% calories from saturated fat; 35.5% weight from sugars; 180 mg sodium
25895	Chex Mix Trail Mix	29% calories from fat; 10% calories from saturated fat; 22% weight from sugars; 230 mg sodium
25967	Simply Chex Cheddar Snack	22.5% calories from fat; 6% calories from fat & saturated fat; 14% weight from sugars; 260 mg sodium
26004	Cliff Bar Chocolate Chip Energy	18% calories from fat; 7.2% calories from trans & saturated fat; 30.9% weight from sugars; 150 mg sodium

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26021	Cliff Bar Carrot Cake Energy	15% calories from fat; 5.6% calories from trans & saturated fat; 30.9% weight from sugars; 150 mg sodium	
26027	Cliff Bar Chocolate Brownie	16.9% calories from fat; 5.6% calories from saturated fat; 29% weight from sugars; 150 mg sodium	
26037	Cereal Bar Special K Vanilla Crisp	15% calories from fat; 10% calories from saturated & trans fat; 31% weight from sugars; 100 mg sodium	
26077	Cliff Bar Blueberry Crisp	18.75% calories from fat; 1.9% calories from saturated & trans fat; 30.9% weight from sugars; 150 mg sodium	
26159	Fiber One Chewy Oats & Chocolate Bar	25.7% calories from fat; 9.6% calories from saturated & trans fat; 25% weight from sugars; 95 mg sodium	
26204	Baked Lays Original	12% calories from fat; 0 calories from saturated/trans fat; 7% weight from sugars; 150 mg sodium	
26205	Sun chip Harvest Cheddar	38% calories from fat; 6% calories from saturated/trans fat; 7% weight from sugars; 240 mg sodium	
26207	Baked Lays BBQ Chip	22.5% calories from fat; 3.75% calories from saturated/trans fat; 10.7% weight from sugars; 210 mg sodium	
26209	Baked Lays Sour Cream & Onion	22.5% Calories from fat; 0% calories from saturated/trans fat; 11% weight from sugars; 210 mg sodium	
26217	Baked Doritos Nacho Cheese	22% calories from fat; 3.8% calories from saturated/trans fat; 3.6% weight from sugars; 300 mg sodium	
26218	Baked Cheetos Crunchy Cheese Snacks	34.6% calories from fat; 6.9% calories from saturated/trans fat; 3.6% weight from sugars; 360 mg sodium	
26219	Baked Cheetos Flaming Hot Cheese Snacks	34.6% calories from fat; 3/4% calories from saturated/trans fat; 3.6% weight from sugars; 360 mg sodium	
26222	Sun chips Garden Salsa	38.5% calories from fat; 6.4% calories from saturated/trans fat; 7% weight from sugars; 240 mg sodium	
26538	Rice Krispie Chewy Apple Cinnamon Bar	19% calories from fat; 3.2% calories from saturated & trans fat; 25% weight from sugars; 110 mg sodium	
26539	Cocoa Krispies Chewy Cereal Bar Chocolate	27% calories from fat; 6% calories from saturated & trans fat; 27.8% weight from sugars; 140 mg sodium	
26605	Simply Chex BBQ Snack	22.5% calories from fat; 0.3% calories from trans & saturated fat; 14% weight from sugars; 200 mg sodium	
26606	Simply Chex Sour Cream Snack	25.7% calories from fat; 6% calories from saturated & trans fat; 11% weight from sugars; 170 mg sodium	
28000	Rice Krispie Treat	22% calories from fat; 5% calories from saturated fat; 36% weight from sugars; 100 mg sodium	
28001	Rice Krispie Treat	20% calories from fat; 5% calories from saturated fat; 36% weight from sugars; 100 mg sodium	

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28013	Nutri-Grain Yogurt Bar Strawberry	19% calories from fat; 3% calories from saturated fat; 37.8 % weight from sugars; 110 mg sodium	
28020	Nutri-Grain Bar Apple Cinnamon	19% calories from fat; 3.2% calories from saturated fat; 35% weight from sugars; 110 mg sodium	
28023	Granola Bar Kashi Trail Mix	32% calories from fat; 3.2% calories from saturated & trans fat; 17% weight from sugars; 105 mg sodium	
28024	Granola Bar Kashi Chewy Honey Almond Flax	32% calories from fat; 0 calories from saturated & trans fat; 14% weight from sugars; 105 mg sodium	
28025	Nutri-Grain Bar Blueberry	17.8% calories from fat; 3.2% calories from saturated fat; 35% weight from sugars; 110 mg sodium	
28030	Nutri-Grain Bar Strawberry	29% calories from fat; 3.2% calories from saturated fat; 25% weight from sugars; 110 mg sodium	
28074	Pop Tart Brown Sugar Cinnamon Whole Grain	27% calories from fat; 9% calories from saturated & trans fat; 24% weight from sugars; 160 mg sodium	
28079	Pop Tart Strawberry Whole Grain	23.7% calories from fat; 75 calories from saturated & trans fat; 26% weight from sugars; 150 mg sodium	
28437	Cracker Scooby Doo Graham Sticks	30% calories from fat; 4% calories from saturated & trans fat; 29% weight from sugars; 115 mg sodium	
30535	Fruit by the Foot Berry Tie Dye	16.8% calories from fat; 5.6% calories from saturated & trans fat; 33.3% weight from sugars; 40 mg sodium	
31439	Powerbar Perf Cookies & Cream	9.8% calories from fat; 1.9% calories from saturated fat; 30.7% weight from sugars; 90 mg sodium	
31440	Powerbar Perf Chocolate	7.8% calories from fat; 1.9% calories from saturated fat; 30.7% weight from sugars; 90 mg sodium	
31441	Powerbar Perf PNB	13% calories from fat; 1.9% calories from saturated fat; 24.6% weight from sugars; 120 mg sodium	
31442	Powerbar Harvest Toffee Choc Chip	18% calories from fat; 7.2% calories from saturated fat; 30.7% weight from sugars; 100 mg sodium	
31443	Powerbar Harvest PNB Choc Chip	16.9% calories from fat; 3.75% calories from saturated fat; 24.6% weight from sugars; 80 mg sodium	
31444	Powerbar Perf Vanilla Crisp	9.7% calories from fat; 1.9% calories from saturated fat; 30.7% weight from sugars; 90 mg sodium	
31445	Powerbar Perf Oatmeal Raisin	9.7% calories from fat; 1.9% calories from saturated fat; 30.7% weight from sugars; 110 mg sodium	
31446	Powerbar Harvest Double Choc	18% calories from fat; 9% calories from saturated fat; 30.7% weight from sugars; 100 mg sodium	
31459	Powerbar Perf Choc PNB	11.25% calories from fat; 3.75% calories from saturated fat; 30.7% weight from sugars; 95 mg sodium	

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31462	Powerbar Harvest Apple Crisp	15% calories from fat; 1.9% calories from saturated fat; 27.7% weight from sugars; 140 mg sodium	
33352	Snackwells Cookies Crème Sandwich	21% calories from fat; 4% calories from saturated fat; 37.5% weight from sugars; 240 mg sodium	
33387	Cookies Barnum Animal	27.7% calories from fat; 3.5% calories from saturated fat; 23% weight from sugars; 150 mg sodium	
33341	Cookies Fig Newtons	18% calories from fat; 2,25% calories from saturated fat; 38% weight from sugars; 230 mg sodium	
42285	Cereal Ind Oatmeal Inst Var PK		
	Peaches N Cream	16% calories from fat; 3% calories from saturated fat; 34% weight from sugars; 190 mg sodium	
	Apples & Cinnamon	10.4% calories from fat; 3.4% calories from saturated fat; 34% weight from sugars; 170 mg sodium	
	Raisins & Spice	12% calories from fat; 3% calories from saturated fat; 37% weight from sugars; 240 mg sodium	
	Maple & Brown Sugar	11.25% calories from fat; 0% calories from saturated fat; 30% weight from sugars; 260 mg sodium	
42381	Cereal Bowl Honey Nut Cheerios	12% calories from fat; 0% calories from saturated fat; 35.7% weight from sugars; 200 mg sodium	
42382	Cereal Bowl Cheerios	12.8% calories from fat; 0% calories from saturated fat; 180 mg sodium	
42384	Cereal Bowl Golden Grahams	30% calories from fat; 3.75% calories from saturated fat; 32% weight from sugars; 200 mg sodium	
42385	Cereal Bowl Cinn Toast Crunch	22.5% calories from fat; 3.75% calories from saturated fat; 32% weight from sugars; 200 mg sodium	
42386	Cereal Bowl Kix	7.8% calories from fat; 0% calories from saturated fat; 11.7% weight from sugars; 120 mg sodium	
42395	Cereal Bowl Trix Less Sugar	9% calories from fat; 0% calories from saturated fat; 8% weight from sugars; 160 mg sodium	
42396	Cereal Bowl Cinn Toast Crunch Less Sugar	27% calories from fat; 0% calories from saturated fat; 7% weight from sugars; 160 mg sodium	
42401	Cereal Bowl Cinnamon Toasters	26% calories from fat; 3.7% calories from saturated & trans fat; 32% weight from sugars; 130 mg sodium	
42402	Cereal Bowl Toasty O's	12,9% calories from fat; 0 calories from saturated & trans fat; 5% weight from sugars; 180 mg sodium	
42403	Cereal Bbowl Special K	0 calories from fat; 0 calories from saturated & trans fat; 11/4% weight from sugars; 130 mg sodium	

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42404	Cereal Cup Cheerios	16% calories from fat; 3% calories from saturated fat; 5% weight from sugars; 260 mg sodium	
42421	Cereal Ind Cheerios	15% calories from fat; 0% calories from saturated fat; 160 mg sodium	
42443	Cereal Bowl Fruit Loops Less Sugar	6% calories from fat; 0% calories from saturated fat; 31.5% weight from sugars; 105 mg sodium	
42444	Cereal Frosted Flakes Less Sugar	0% calories from fat; 0% calories from saturated fat; 28.5% weight from sugars; 160 mg sodium	
42449	Cereal Bowl Corn Flakes	0% calories from fat; 0% calories from saturated fat; 9.5% weight from sugars; 150 mg sodium	
42451	Cereal Bowl Rice Krispies	0% calories from fat; 0% calories from saturated fat; 11% weight from sugars; 170 mg sodium	
42453	Cereal Bowl Raisin Bran	8% calories from fat; 0% calories from saturated fat; 31% weight from sugars; 210 mg sodium	
42464	Cereal Ind Box Rice Krispies	0 calories from fat; 0 calories from trans & saturated fat; 12% weight from sugars; 170 mg sodium	
42466	Cereal Ind Box Special K	0 calories from fat; 0 calories from trans & saturated fat; 13% weight from sugars; 170 mg sodium	
42473	Cereal Bowl Bite Size Frosted Mini Wheats	0 calories from fat; 0 calories from saturated fat & trans fat; 21% weight from sugars;	
42491	Cereal Honey Nut Cheerios Ind	10% calories from fat; 0% calories from saturated fat; 34.7% weight from sugars; 160 mg sodium	
42552	Cereal Bowl Little Bites Chocolate Frosted Mini Wheats	9% calories from fat; 0 calories from saturated & trans fat; 21.4% weight from sugars; 105 mg sodium	
43031	Cracker Ind Graham	25% calories from fat; 0 calories from saturated & trans fat; 21% weight from sugars; 65 mg sodium	
43032	Cracker Ind Graham	30% calories from fat; 10% calories from saturated fat; 19% weight from sugars; 100 mg sodium	
43136	Crackers Graham Cinnamon Bun	31% calories from fat; 5.8% calories from saturated fat; 24% weight from sugars; 230 mg sodium	
43137	Crackers Graham French Toast	31% calories from fat; 5.8% calories from saturated fat; 26% weight from sugars; 210 mg sodium	
43151	Cracker Ind Bug Bite Grahams	29% calories from fat; 6.4% calories from saturated & trans fat; 29% weight from sugars; 130 mg sodium	
43153	Crackers Graham Grips Cinnamon	27% calories from fat; 9% calories from saturated & trans fat; 20% weight from sugars; 75 mg sodium	
43154	Cheez-It Scrabble Crackers	31.5% calories from fat; 9% calories from saturated fat & trans fat; 0 added sugars; 170 mg sodium	

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44750	Apple Juice Ind Can	100% Juice	
44810	Orange Juice Ind Can	100% Juice	
44830	Tomato Juice Campbell's	100% Juice	
44835	Tomato Juice Sacramento	100% Juice	
44850	V8 Vegetable Juice	100% Juice	
44852	Spicy Hot V8 Vegetable Juice	100% Juice	
44853	V8 Juice Low Sodium	100% Juice	
44962	Welch's 100% Grape Juice	100% Juice	
45060	V8 Vegetable Juice	100% Juice	
45812	Juice Fruit 66 Sparkling Fruit Punch	100% Juice (1 Fruit Serving per Can)	
45813	Juice Fruit 66 Sparkling Kiwi Strawberry	100% Juice (1 Fruit Serving per Can)	
45814	Juice Fruit 66 Sparkling Apple Berry	100% Juice (1 Fruit Serving per Can)	
45815	Juice Fruit 66 Sparkling Orange Tangerine	100% Juice (1 Fruit Serving per Can)	
45835	Orange Juice 10 oz	100% Juice	
45836	Grapefruit Juice - 10 oz	100% Juice	
45837	Apple Juice 10 oz	100% Juice	
45838	Grape Juice - 10 oz	100% Juice	
45873	Main Street Smoothie Strawberry	6% calories from fat; 3.5% calories from saturated fat; 0 trans fat; 15% weight from sugars; 300 mg sodium	
45874	Main Street Smoothie Mixed Berry	7% calories from fat; 5% calories from saturated fat; 0 trans fat; 13% weight from sugars; 300 mg sodium	

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45875	Main Street Smoothie Peach	6.9% calories from fat; 5% calories from saturated fat; 0 trans fat; 13% weight from sugars; 300 mg sodium	
54068	Cinnamon Roll Mini Cinnis	26% calories from fat; 3.75% calories from saturated fat; 0 trans fat; 23% weight from sugars; 300 mg sodium	
55743	Pretzel Baked 2.5 oz	5% calories from fat; 0% calories from saturated fat; 1.4% weight from sugars; 150 mg sodium	
58803	Bagel Mini Sliced	0% calories from fat; 0% calories from saturated fat; 7% weight from sugars; 150 mg sodium	
58077	Shape Ups (Orange) 2.25 oz	0% calories from fat; 22% weight from sugars; 5 mg sodium	
58087	Juice Orange Pineapple 100%	100% Juice	
58088	Juice Orange 100% Cup	100% Juice	
58095	Shape Ups (Cherry) 2.25 oz	0% calories from fat; 22% weight from sugars; 5 mg sodium	
58097	Ice Luigi's Italian Lemon (4 oz)	0% calories from fat; 14% weight from sugars; 5 mg sodium	
58098	Ice Luigi's Italian Strawberry (4 oz)	0% calories from fat; 14% weight from sugars; 5 mg sodium	
58099	Shape Ups (Strawberry) 2.25 oz	0% calories from fat; 22% weight from sugars; 5 mg sodium	
58105	Juice Apple 100%	100% Juice	
58176	Juice Grape 100%	100% Juice	
58686	Banana Nut Mini Muffin	(2 each) 28% calories from fat; 5% calories from saturated fat; 24% weight from sugars; 135 mg sodium	
58689	Blueberry Mini Muffin	(2 each) 35% calories from fat; 10% calories from saturated fat; 35% weight from sugars; 160 mg sodium	
58696	Bagel Cinnamon Raisin	2.5% calories from fat; 0 grams saturated fat; 18% weight from sugars; 180 mg sodium	
58803	Mini Bagel Sliced	0 grams fat; 0 grams saturated fat; 7% weight from sugars; 150 mg sodium	
59878	CoolDaze Ice Cream Sandwich	18% calories from fat; 9% calories from trans & saturated fat; 23% weight from sugars; 95 mg sodium	
59153	Cookie Oatmeal Raisin	33% calories from fat; 8% calories from saturated fat; 28% weight from sugars; 65 mg sodium	

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59173	Cookie Oatmeal Raisin	34% calories from fat; 8.6% calories from saturated fat; 28% weight from sugars; 125 mg sodium	
66395	Yogurt Trix Strawberry Banana Bash	5% calories from fat; 0% calories from saturated fat; 12% weight from sugars; 50 mg sodium	
66398	Yogurt Red Raspberry/Harvest Peach	8% calories from fat; 4% calories from saturated fat; 16% weight from sugars; 55 mg sodium	
66408	Yogurt Yoplait Strawberry/Strawberry Banana	8% calories from fat; 4% calories from saturated fat; 16% weight from sugars; 55 mg sodium	
319110	Teddy Grahams Snacks	27.8% calories from fat; .05% calories from saturated fat; 23.8% weight from sugars; 95 mg sodium	
736736	Pop Tart Frosted Blueberry	22.5% calories from fat; 4.5% calories from saturated fat; 34.6% weight from sugars; 170 mg sodium	
736738	Pot Tart Frosted Brown Sugar Cinnamon	30% calories from fat; 6.4% calories from saturated fat; 34% weight from sugars; 180 mg sodium	
736740	Pop Tart Frosted Cherry	22.5% calories from fat; 4.5% calories from saturated fat; 36.5% weight from sugars; 170 mg sodium	
736744	Pop Tart Frosted S'mores	27% calories from fat; 4.5% calories from saturated fat; 34.6% weight from sugars; 200 mg sodium	
736750	Pop Tart Frosted Strawberry	22.5% calories from fat; 4.5% calories from saturated fat; 36.5% weight from sugars; 170 mg sodium	
736752	Pop Tart Unfrosted Strawberry	22.5% calories from fat; 4.5% calories from saturated fat; 28.8% weight from sugars; 190 mg sodium	
742806	Chex Mix Trail Mix	29% calories from fat; 10% calories from saturated fat; 22% weight from sugars; 230 mg sodium	