

DATE	1/23/2007	Foods in Compliance for TN Competitive Foods									
	Brand	Description	Weight per portion	%cal Fat	%cal Sat Fat	%cal Sugar	Na (mg)	Notes			
<b>Chips and Snacks</b>											
<b>Frito Lay</b>											
		Crunchy Regular	0.875oz	35	4		210				
		Crunchy Flamin' Hot	0.875 oz	34	0		210				
		Nacho Cheese	.75oz	22	0	5%	160				
		Nacho Cheese, Cooler Ranch	1oz	35	7		220				
	Quaker	Snack Mix	1oz	30	7	15%	230				
	Baked Lay's	KC Masterpiece BBQ	0.875 oz	20	0		190				
	Baked Lay's	Cheddar Sour Cream	0.875 oz	35	4	12	190				
	Baked Lay's	Original	1.125oz	3	0	6%	170				
	Cheetos Fantastix	Chili Cheese	1 oz	35	7	0%	190				
<b>Baked Classics</b>											
	Potato Crisps	Sour Cream & Onion, Mesquite BBQ	.5 oz	11	0	7	135				
	Potato Crisps	Sour Cream & Onion, Mesquite BBQ	1 oz	11	0	7	135				
<b>California Classics</b>											
	Crunchy Cheese Curls		0.75	31	5	7	150				
	Cheese Balls		0.75	30	10	5	150				
<b>Pepperidge Farm</b>											
	Giant Goldfish Grahams	Cinnamon	0.9 oz	29	7.5	23	150	1bread serv			
	Giant Goldfish Grahams	Chocolate	0.9 oz	25	8	23	105	1bread serv.			
	Goldfish PhysEdibles	Strawberry ,Lemon	0.9oz	29	7.5	26	150				
	Goldfish Baked Snack Crackers	Parmesan	0.75oz	27	10	0	230				
	Cheddar Goldfish	Cheddar	0.75 oz	32	9	0	180				
<b>Nabisco</b>											
	100 Calorie Packs	Wheat Thins minis	.74 oz	25	5	14	200				
	Animal Crackers		1 oz	24	3	21	150	1 bread			
<b>Azar Nut Company</b>											
	Carnival Crunch		.75 oz	13	0	15	180				
	Power Snacks Peanuts	Roasted, salted	1 oz	71	11	0	100				
	Power Snacks Sunflower Kernels	Roasted, salted	1 oz	76	8	4	110				
	Power SnacksSunflower Kernels	Honey roasted	1 oz	71	6	7	88				
	Power Snacks Sunflower Kernels	Barbecue	1 oz	76	11	7	60				
	Power Snacks Raisins		1 oz					raisins, plain			
<b>Dakota Gourmet</b>											
	S'more Mix	Choc Graham Square Mix	1.25 oz	30	7	14	70				

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			Blaze-In Hot			1oz	85	8	1	115	seeds	
			Soybeans			1oz	39	7	11	55	nonfried veg	
			lightly salted			1oz	74	8	1	85	seeds	
			honey roasted			1oz	68	9	15	85	seeds	
<b>Planters</b>												
			Honey Roasted Peanuts			1 oz	73	11	14	110	nuts	
			Peanuts, salted			1 oz	79	11	4	115	nuts	
<b>Lance</b>												
			Nacho Cheese Baked Tortilla Chips			7/8 oz	25	4	4	180		
<b>Keebler</b>												
			Graham Selects									
			Apple Cinnamon			.74 oz	27	0	19	85		
			French Vanilla			.78 oz	15	0	23	95		
			Cinnamon Crisp			.74 oz	30	0	19	85		
			Chocolate			.78 oz	32	0	23	120		
			Elf Graham's			1oz	29	7.5	25	100		
			Honey Graham Crackers			.81 oz	27	0	21	75		
			Animal Crackers			.75 oz	27	5	24	110		
			Elf Graham's with Calcium			1 oz	34	7.5	21	105		
			Graham's			.74 oz	30	0	19	95		
			Honey Rite Graham's			.74 oz	25	0	24	100		
			Graham Selects			.74 oz	30	0	19	85		
			Honey Graham's with Fiber			.81 oz	25	0	17	95		
			Scooby-Doo Baked Cinnamon Graham Sticks			1 oz	29	4	29	75	1 bread	
<b>Sunkist</b>												
			Fruit Snacks			0.9oz	5	0.5	31.3	40		
<b>Kellogg's</b>												
			Froot Loops 1/3 Less Sugar			.67 oz	6	0	32	105	1 bread	
			Frosted Flakes 1/3 Less Sugar			1 oz	0	0	29	160	1 bread	
			Tiger Power Cereal			3/4 c 23g	0	0	26	190	1 bread	

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	Complete Wheat Bran Flakes	Bowl Pack				.88 oz	0	0	16	180	1 bread	
	Corn Flakes	Bowl Pack				.75 oz	0	0	20	150	1 bread	
	Crispix	Bowl Pack				.75 oz	0	0	10	150	1 bread	
	Frosted Mini-Wheats Bite Size	Bowl Pack				1 oz	0	0	22	0	1 bread	
	Product 19	Bowl Pack				.74 oz	0	0	10	150	1 bread	
	Raisin Bran	Bowl Pack				1.25 oz	8	0	32	210	1 bread	
	Rice Krispies	Bowl Pack				.63 oz	0	0	11	170	1 bread	
	Special K	Bowl Pack				.63 oz	0	0	11	130	1 bread	
	Kashi Mighty Bites Honey Crunch	Bowl Pack				.88 oz	10	0	17	110	1 bread	
	Cruncheroos	Bowl Pack				.63 oz	13	0	6	140	1 bread	
	Apple Jacks Reduced Sugar	Bowl Pack				0.74	0	0	30	120	1 bread	
	<b>Sunshine</b>											
	Krispy Saltines	1 package				.2 oz	18	0	0	90	.25 bread	
	<b>Zesta</b>											
	Saltines	1 package				.2 oz	23	0	0	95	.25 bread	
	<b>MJM's</b>											
	Graham Cracker	Low-fat honey, cinnamon, honey graham & fiber				.9 oz	26	4	24	132	1 bread	
	Bear Grahams & Waffle Grahams & Dinosaur Grahams	Apple cinnamon, lemon, chocolate vanilla, strawberry, blueberry				.9 oz	26	5	22	86	1 bread	
	All-Sports Bites	Trans fat free				1 oz	26	4	23	93	1 bread	
	<b>Bake Crafters</b>											
	Honi Munchable Snack Mix Pack					.7 oz	27	9	20	110	1 bread	
	Pretzels, alphabet packs					.7 oz	0	0	0	150	1 bread	
	<b>Kraft</b>											
	Honey Maid Cin Graham Stix					1 oz	23	4	28	160	1.25 bread	
	<b>Ritz</b>											
	Chips Original					.75 oz	32	9	9	230	1 bread	
	<b>Austin</b>											
	SeAnimal Crackers					1 oz	35	3	21	85		
	Zoo Animal Crackers					1 oz	14	0	25	90		

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<b>Barrel O'Fun</b>											
		Baked Classic Potato Crisps	Mesquite Barbecue, Sour Cream & Onion	.5 oz	20	0	3	125			
		Baked Fries Jonny Rapp	Bacon Cheddar, Hot, Ketchup	1 oz	35	3	4	230			
		Cheesy O's Lite Puffed Cheese Snacks		1 oz	32	3	4	160			
<b>General Mills</b>											
		Cinnamon Toast Crunch Crisps		1 oz	21	0	32	200			
<b>Cookies</b>											
<b>Mrs. GoodCookie</b>											
		Star Spangled Cookies	vanilla	1oz	28	0	25	80	1 bread		
		Jungle Crackers	vanilla	1oz	20	7.5	21	75	1 bread		
		Jungle Crackers Fruit Sweetened		1.1 oz	29	7	16	60			
		Belly Bears	Choc Graham, Cinnamon Graham	1 oz	29	0	25	75	1 bread		
			Honey graham								
		Icee Cookies		1oz	29	0	30	110			
<b>Nabisco</b>											
		100 Calorie Packs Thin Crisps	Chips Ahoy, Choc chip	.81 oz	25	9	31	140			
		Teddy Grahams	Cinnamon	.5 oz	25	0	22	70			
			Cinnamon, Chocolate, Cubs	.75 oz	30	5	28	135	.75 bread		
<b>Otis Spunkmeyer</b>											
		Value Zone Reduced Fat Cookies:	Sugar, Oatmeal raisin, Choc. Chip, Carnival	1 oz	27	8	32	100			
		Delicious Essentials Reduced Fat Cookie	Butter Sugar, Oatmeal Raisin,	1 oz	27	8	29	80			
			Choc. Chip, Carnival								
<b>Bake Crafters</b>											
		Animal Cracker Packs		1 oz	28	7	2	110	1 bread		
<b>Best Maid</b>											
		Best Maid Cookie	Low Fat Oatmeal Choc Chip, LF Sugar,	1 oz	30	9	30	80			
			LF Double Cho. Chip, LF Cho Chip,								
			LF Oatmeal Choc. Chip with M & M's								
			LF Oatmeal Blueberry								

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<b>Cookietree Bakeries</b>											
		Reduced Fat Bake & Serve 1 oz Cookies	Candy Chip, Choc Chip, Raisin Oatmeal, Sugar	1 oz	34	29	9	117	1/2 bread		
<b>Kraft</b>											
		100 Calorie Pack Chips Ahoy Thin Crisps		.81 oz	25	9	30	140	.75 bread		
		100 Calorie Pack Honey Maid Thins		.81 oz	15	0	30	170	1 bread		
		100 Calorie Pack Cheese Nips Mini		.74 oz	25	9	0	230	1.25 bread		
		100 Calorie Pack Oreo Thins		.81 oz	15	0	35	160	.75 bread		
<b>Cereal bars, granola bars, pastries, muffins, doughnuts, bagels, bakery items</b>											
<b>Quaker</b>											
		Breakfast square	Oatmeal Raisin for kids	1.4oz(40g)	16	3	35	160			
		Chewy Granola Bar	Peanut Butter Choc Chunk	1oz(28g)	25	8	32	85			
		Fruit & Oatmeal Bars	Strawberry	1.3 oz(37g)	19	3	24	110			
		Fruit & Oatmeal Bars	Apple Crisp	1.3 oz(38g)	19	3	24	120			
		Fruit & Oatmeal Bites	Strawberry	1.96oz(56g)	18	5	21	220			
		Fruit & Oatmeal Bites	Apple Crisp	1.96oz(56g)	18	5	25	150			
		Breakfast Bites (25% less sugar)	Apple Crisp, Strawberry	1.97oz	17.5	5	21	135			
		Chewy 100 Calorie Granola Bar(25% less sugar)	Choc Chip, Peanut Butter Choc Chunk	.84 oz	35	9	25	75			
<b>Burlington Farms</b>											
		Breakfast square	Iced Cinnamon	1oz	26	7	31	210			
<b>Horizon Health</b>											
		Cup of Gold Snack Bar		2 oz	23	10	24	72			
<b>General Mills</b>											
		Trix Cereal Bar		1.4oz	23	0	28	160			
		Team Cheerios Bar		1.4 oz	23	0	28	120			
		Cocoa Puffs Cereal Bar		1.4 oz	25	3	28	105			

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	Cinnamon Toast Crunch Cereal Bar					1.4 oz	19	0	28	170		
	<b>Goody Man</b>											
	Marshmallow Crispy Squares					1.6oz	20	5	32	230		
	<b>Horizon Snack Foods</b>											
	Turnovers Reduced Fat, Standard		Apple, Apricot, Blackberry, Cherry, Blueberry, Peach, Raspberry puree, Raspberry IQF, Sweet Potato			2 oz	27-28	7	17-23	211	1 bread	
	Turnovers s-series (Junior)		Apple, Cherry			2 oz	30	19	7	209	1bread	
	<b>Kashi</b>											
	TLC Chewy Granola Bar		Trail Mix, Honey Almond Flax			1.23 oz	32	3	14	115	.75 bread	
	<b>Kellogg's</b>											
	Nutrigrain Cereal Bar		Apple Cinn, Blueberry, Strawberry			1.3 oz	17.5	3	35	120	.75 bread	
	Rice Krispies Treats		1 bar			1.3 oz	20	6	32	170	.75 bread	
	Pop Tarts	all single pack										
	Frosted Strawberry					1.83 oz	23	4.5	29	190	1 bread	
	Frosted Brown Sugar Cinnamon					1.76 oz	30	6	32	180	1 bread	
	Frosted Blueberry					1.83 oz	23	5	35	170	1 bread	
	<b>Nature Valley</b>											
	Crunchy Granola Bar		Peanut Butter, Oats & Honey			1.5 oz	35	5	26	190		
	<b>Otis Spunkmeyer</b>											
	Muffins Reduced Fat for Schools:		Choc. Chip, Banana, Apple Cinnamon, Wild Blueberry			1.8 oz	29	6	29	180		
	<b>Simply Blues</b>											
	Mini Honey Wheat Breakfast Bar					1.25	12	2	20	88	1 bread	
	<b>Bake Crafters</b>											
	Muffins		Orange dream, tropical banana, blueberry(low fat),			2 oz	5	2	25	220	1 bread	

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	apple blossom(low fat)										
Muffins, whole wheat	Blueberry RF, Fort, banana, RF, Fort	2 oz	30	6	21	170	1 bread				
Mini Loaf	Carrot, apple cinnamon	2 oz	30	5	30	170	1 bread				
Bagels, plain, sliced		2 oz	6	0	1	0	2 bread				
Bagel Half		1 oz	3	0	1	130	1 bread				
Toaster Tarts, singles	Cinnamon( frosted), strawberry(unfrosted)	1.8 oz	30	6	33	180	1 bread				
	blueberry (unfrosted)										
<b>Clif Bars</b>											
Z bar (organic)	peanut butter, chocolate chip, chocolate brownie	1.3 oz	32	6	33	170					
<b>Beverages</b>											
<b>Tropicana</b>											
Pure Premium Orange Juice	100% juice	6oz					3/4 c fruit				
Pure Premium Orange Juice	100% juice	8oz					1 c fruit				
Pure Premium Orange Juice& Calcium	100% juice	8 oz					1 c fruit				
Pure Premium Healthy Kids Orange Juice	100 % juice	8oz					1 c fruit				
Tropicana Apple Juice	100% juice	6.75 oz					3/4 c fruit				
Tropicana Fruit Punch	100% Juice	6.75 oz					3/4 c fruit				
<b>Juice Pac</b>											
Atomic Blast	100% juice blend	6.75 oz					3/4 c fruit				
Punch-uation	100% juice blend	6.75 oz					3/4 c fruit				
Grapes of Math	100% juice blend	6.75 oz					3/4 c fruit				
<b>AqualCal</b>											
AqualCal	calcium fortified	All Flavors-aspartame sweetened	8oz flat caps	0	0	0	0				
<b>RWI</b>											
Ziptide F5	All Flavors(flavored water, nutrient dense, splenda)	8 oz	0	0	0	0					
<b>Libby's</b>											
Juicy Juice	Ready to drink	All flavors	100% juice	4.23 oz			1/2 c fruit				
Juicy Juice	Ready to Drink	All Flavors	100% juice	6.75 oz			3/4 c fruit				

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<b>Minute Maid</b>											
Juice Box	100% juice and 100% juice blends		6.75 oz					3/4 c fruit			
	apple, apple strawberry, apple white grape, grape, mixed berry, orange, fruit punch										
"Just 10" Fruit Punch Pouch		(Splenda sweetened) 5% juice	6.5 oz					below 15 cal			
<b>Kraft Foods</b>											
Capri Sun Fruit Waves	100% Juice pouches		6.75 oz					3/4c fruit			
<b>Frozen Desserts</b>											
<b>Blue Bell Creameries</b>											
Lowfat Frozen Yogurt	Chocolate, strawberry		3 oz cup	15	10	23	50				
Cookies 'n Cream Sundae			3 oz cup	20	10	27	60				
Light Ice Cream	Vanilla		3 oz cup	13	6	24	50				
Sherbet	Lime, rainbow, orange		3 oz cup	5	5	33	25				
Mini Rainbows			1.25 oz	0	0	19	5				
Fudgy Bar			2 fl oz.	0	0	22	50				
Rainbow Pop Up			2.75 fl. oz	6	6	28	20				
Freeze Bar	Cherry, Grape		1.75 fl oz.	0	0	25	5				
Fruiti Bar			2.75 fl oz	0	0	26	10				
Rainbow Freeze			3.75 fl. oz	0	0	19	10				
Strawberry Banana Bar			2.25 fl oz	0	0	25	10				
<b>California Natural Juice Bars</b>											
100% Juice Bars with 3 gm fiber	Cherry, Orange		3 oz	0	0	12	10	3/8 c Fruit			
<b>Mayfield Dairy</b>											
Fudge Bar			2.5 fl oz	0	0	24	70				
Fudge Stix			1.75 oz	0	0	24	50				
Fudge Stix Bullet Bar Jr.			1.75 oz	0	0	9	60				
Fudge Bar NSA			1.75 oz	0	0	18	60				
Push-Ups Sherbet			2.0 oz	2	2	18	20				
Real Fruit Bars			2 oz	0	0	21	0				
Fruit Stix NSA			1.75 oz	0	0	1	15				
Lowfat Ice Cream Cup	Chocolate, vanilla		3 oz	13.5	9	21	60				
Lowfat Ice Cream Sandwich			4 fl oz	17	6	23	180				

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							3 fl oz	23	10	20	50	
			Cherry, lemon, raspberry				1.6 fl oz	0	0	16	0	
							3 fl oz	8	6	22	35	
							3 fl oz	15	10	20	15	
	<b>Yoplait</b>											
			Strawberry Frozen Yogurt and Cereal Bar				4 oz	11.25	7.5	12.3	100	
			Raspberry & Vanilla Frozen Yogurt & Cereal Bar				4 oz	20.25	6.75	20	150	
	<b>Snapple</b>											
			Snapple on Ice Kiwi-Strawberry				3.5 oz	0	0	15	10	
	<b>Fruit-A-Freeze</b>	<b>Bars</b>										
			Cherry, Strawberry, Watermelon, Pineapple, Fruit Punch-Lemon, Lemon, Mango				3 & 4 oz	0	0	11-16	50	
	<b>Purity</b>											
			Orange Sherbet Pop-up				2.5 oz bar	11	6	18	20	
			Orange Push up				2.5 oz	9	2	25	15	
			Ice Cream Low fat 2% Vanilla, Chocolate				1/2 cup	14	9	24	65	
			Orange Sherbet fat free				1/2 cup	0	0	28	35	
			Ice Cream Sandwich lowfat ice cream Vanilla				1 sandwich	17	6	23	180	
			Fudge Bar				3 oz bar	0	0	24	85	
			Fudge Pop				2 oz pop	0	0	24	60	
			Fudge Pop No sugar added				2 oz pop	0	0	9	60	
			Firecracker Jr.				1.5 oz bar	0	0	16	0	
			Scribblers				2.5 oz	0	0	14	5	
			Schoep's Strawberry Frozen Yogurt				4 oz cup	15	10	25	75	
	<b>Papa's</b>											
			Fruit Freeze All Flavors				4 oz	0	0	16	4 3/8 c fruit	
	<b>Repicci's</b>											
			Italian Ice				4 oz cup	0	0	25	5	
	<b>Arrezzo</b>											
			Italian Ice Tubes Strawberry, Orange, Lemon, Cherry				4 fl oz	0	0	21	0	
	<b>Rosati</b>											
			Italian ice Cup All flavors				4 fl oz	0	0	22	15 1/2c. Fruit	

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<b>Luigi's</b>										
	Sherbet Cups	Chocolate, Orange, Raspberry, Lime, Grape	4oz	11.3	7.5	20	20	1/4 c fruit serv		
	Real Italian Ice Squeeze-up Tube	Cherry, Strawberry, Lemon	4oz	0	0	13	15			
	Sourpuss	Cherry, watermelon	2.25 oz	0	0	22	0	1/4 c. fruit		
	Sourpuss	Cherry, Watermelon	3.1 oz	0	0	22	5	3/8c fruit		
<b>Icee</b>										
	Squeeze Tubes W/ Juice	Cherry, Blue Raspberry, Watermelon	4oz	0	0	19	10			
<b>Minute Maid</b>										
	Juice Bars	Blue Rasp, Cherry, Cherry Apple, Fruit Punch, Grape,	2.25 oz &	0	0	22	10	1/4c fruit		
		Green Apple, Orange, Pink Lemonade, Strawberry	3.1 oz	0	0	22	10	3/8 c fruit		
<b>Shape Ups</b>										
	Frozen Dessert	Cherry, Orange, Grape	3oz	0	0	23	25			
	Frozen Juice Cup	Holiday Cups-Halloween, Winter Wonderland, Shamrock, American Flag, Heart	3 oz	0	0	19	10	1/4 c fruit		
<b>Sunshine Swirl</b>										
	Smooth Ice Cups	Blue Razzin Lemonade, Strawberry Banana Blast,	4 oz	0	0	19	5			
		Cotton Candy, Bubble Gum Burst								
<b>Frostar</b>										
	Juice-On-A-Stick	Cherry, Orange	1.75 oz	0	0	16	15			
	Pudding-On-A-Stick	Chocolate,	1.75 oz	23	8	27	50			
	Pudding-On-A-Stick	Swirl	1.75 oz	27	4.5	27	50			
<b>Tio Pepe's</b>										
	Horchata Congelada	Rice/Cinnamon/Vanilla (tubes)	4oz	3	0	30	0			
	Horchata Congelada	Rice/Cinnamon/Vanilla M-pak	3oz	0	0	30	0			
<b>Wawona Frozen Foods</b>										
	Frozen Fruit Pops	Strawberry	2.75 oz	0	0	21	9			
		Peach	3.0 oz	0	0	19	7			
		Strawberry	1.5 oz	0	0	23	5			

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		Peach	1.5 oz	0	0	21	4				
<b>Unilever</b>											
	Popsicle Pop Ups	Orange Burst, Reckless Rainbow	2.75 fl oz	9	0	19	15				
	Popsicle Firecracker Jr.	with real fruit juice	1.6 fl oz	0	0	16	0				
	Popsicle Scribblers		2.4 fl oz	0	0	14	5				
<b>Turner</b>											
	Frozen Flavored Juice Bar	Tropical Punch, Strawberry, Orange	2.25 fl oz	0	0	14	0				
	Good Humor Vanilla Low Fat Ice Cream Sandwich		3.0 fl oz	12	7	21	110				
	Good Humor Cookies and Cream Low Fat Ice Cream Bar		2.7 fl oz	10	10	18	35				
<b>North Star</b>											
	Fat Free No Sugar Added Ice Cream	Chocolate, vanilla, strawberry	4 fl oz	0	0	6	85				
	Fudge Bar		2.5 fl oz	0	0	14	70				
	Rootbeer Float Bar		3.5 fl oz	20	10	19	45				
<b>Other</b>											
	Crystal Light On the Go	Lemonade, classic orange	0.17oz	0	0	0	0				
	Crystal Light On the Go	Raspberry Ice(powder)	0.17oz	0	0	0	0				
	On the Run Drinkmix Sticks	Sugarfree, no caffeine all flavors	0.01 oz	0	0	0	35				
	FulFill Fitness Drink Mix Sticks	all flavors	0.07 oz	0	0	0	35				
	Slosh Drink Mix Sticks	Dragon fruit, Blue raspberry, Bubble gum	0.10 oz	0	0	0	35				
	Replenish Sports Drink Mix Sticks	all flavors	0.10 oz	0	0	0	110				
	Moo Magic Milk Mix Sticks	all flavors	0.05 oz	0	0	0	0				
<b>Kraft</b>											
	Tang Fitness Drink Mix	Fruit punch, Lemon Lime	.14 oz	0	0	0	110				
<b>Non-Frozen Yogurt</b>											

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	Brand	Description	Weight per portion	%cal Fat	%cal Sat Fat	%cal Sugar	Na (mg)	Notes			
<b>Dannon</b>											
	Danimals	All Flavors	4oz	10	6	17	80				
	Danimals	All Flavors	8oz.	10	6	17	150				
	Dannon Frusion	Wild Berry Blend and Banana Berry Blend	7oz.	13	8	17	90				
	Light 'n Fit Smoothie	Raspberry, Strawberry, Strawberry Banana, Tropical	7oz.	0	0	7	70				
	Danimals XL	Orange Strawberry Banana Blowout, Cherry Berry Blast	5.75 oz	16	8	17	105				
		Strawberry Explosion									
	Danimals Drinkable	Strawberry Explosion, Strikin' Strawberry Kiwi, Strawberry Banana & Rockin' Raspberry, Strikin' Kiwi	3.1 oz	15	10	15	55				
<b>General Mills</b>											
	Go Gurt Smoothie	Strawberry Splash	5oz.	1	0	14	100				
	Yoplait Light Smmothie	Strawberry Banana	8 oz	0	0	4	120				
<b>Upstate Farms</b>											
	Yogurt Nonfat, Fortified	Strawberry, Peach, Raspberry, Strawberry Banana, Cherry Vanilla, Blueberry	4 oz	0	0	18	75				
<b>Yoplait</b>											
	Light Nonfat Yogurt	Cherry, Peach	6 oz	0	0	8	85				
<b>Dairy</b>											
	Milk	Reduced fat, low fat, or skim All Brands & Flavors	8 oz.	varies	varies	varies	varies	1 milk			
<b>Gehl's</b>											
	Pudding Please!	Milk Choc, vanilla	4oz	7	0	20	180				
<b>Coca Cola Ent. and Bravo Foods</b>											
	Slammers Low fat Milk	Pro Chocolate, Pro Vanilla, Organic White, Pro Strawberry, Three Muskateers	8 oz	100% milk				1 milk			

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	Brand	Description	Weight per portion	%cal Fat	%cal Sat Fat	%cal Sugar	Na (mg)	Notes			
<b>Yoplait</b>											
	Yoplait Light Smoothie	All Flavors	8oz	0	0	4	120				
<b>Sargento</b>											
	Light String Cheese		.75oz	37	22	0	180	>3.5 gm fat .75 oz meat alt			
<b>Frigo</b>											
	Cheese Heads Light	(like string cheese)	1oz	37	30	0	200	>3.5gm fat 1 oz meat alt			
<b>Fruits</b>											
<b>Knouse Foods</b>											
	Apple Sauce - sweetened Splenda		4oz cup	0	0	8	3	1/2 fruit			
	Fruit'n Sauce-sweetened splenda	All Flavors	4oz. Cup	0	0	8	10	1/2 fruit			
<b>Brothers- All- Natural</b>											
	Fruit Crisps	100% sliced freeze dried fruit	100 % fruit								
		apple, mango, strawberry, pineapple, banana									
<b>Dole</b>											
	Fruit Bowls	All Fruits	100% fruit	4.3 oz	16	8	17	10			
<b>Main Dishes</b>											
<b>Schwan</b>											
	Tony's Pizza Strips	Pepperoni	3.1 oz	23	9	4	460	2bread + 1oz meat alt			
Products bought for the NSLP should adhere to the Buy American procurement regulations.											
This does not mean that these products are approved or endorsed by the School Nutrition Program.											
Nor does an exemption indicate that these products have significant nutritional value. In addition,											
the exemptions should not be perceived as guidance or encouragement to school											
food authorities concerning their possible purchase.											
For the rules on this, visit the following link: <a href="http://state.tn.us/sos/rules/0520/0520-01/0520-01-06.pdf">http://state.tn.us/sos/rules/0520/0520-01/0520-01-06.pdf</a>											

DATE	1/23/2007						<b>Foods in Compliance for TN Competitive Foods</b>						
	<b>Brand</b>		<b>Description</b>				<b>Weight</b>	<b>%cal Fat</b>	<b>%cal</b>	<b>%cal</b>	<b>Na (mg)</b>	<b>Notes</b>	
							<b>per portion</b>		<b>Sat Fat</b>	<b>Sugar</b>			
0520-1-6-.04 MINIMUM NUTRITIONAL STANDARDS FOR INDIVIDUAL FOOD ITEMS SOLD OR OFFERED FOR SALE TO PUPILS IN GRADES PRE-K-8													