

SAMPLE OF GRANOLA BARS CONTAINING PEANUTS/NUTS THAT MEET SNP GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10% daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving. No chocolate, candy or marshmallows and not dipped in chocolate or yogurt.

Note: These items contain peanuts or nuts and should only be served in schools that do not have specific allergy policies in place.



PC Blue Menu Fruit and Nut Mixed Berry

1st ingredient: Whole grain granola
Sugar: 7g sugar/bar
Sodium: 2% DV



PC Blue Menu Oatmeal and Nut Butter Cranberry and Seeds

1st ingredient: Whole rolled oats
Sugar: 4g sugar/bar
Sodium: 2% DV



Nature Valley Crunchy Peanut Butter

1st ingredient: Whole Grain Oats
Sugar: 9g sugar/ 46g bar
Sodium: 6% DV



Nature Valley Trail Mix Mixed Berry

1st ingredient: Granola (oats)
Sugar: 7g sugar/bar
Sodium: 3%



Nature Valley Trail Mix Fruit & Nut

1st ingredient: Granola (oats)
Sugar: 7g sugar/bar
Sodium: 3% DV



Kashi Trail Mix

1st ingredient: Whole Grain Oats
Sugar: 7g sugar/bar
Sodium: 4% DV



Kashi Honey Almond Flax

1st ingredient: Whole Grain Oats
Sugar: 7g sugar/bar
Sodium: 4% DV