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NUTRITION INFORMATION
per serving
as of 1/18/13

		Kellogg's® K-12+®	Grain Oz. Equivalency for 2015-16 school year*	Meets USDA Whole Grain-Rich Criteria	Whole Grains (g/serving)	Serving Size (g)	Total Calories	Calories from Fat	Total Fat (g)	% Calories from Total Fat (Fat Cal / Cal)	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	% Sugar by Weight	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Kosher	Qualifies for NUCOC Whole Grain Group A or B	Qualifies for ADA Competitive Food For Elementary SY, Middle SY or High School SY	Qualifies for NUCOC Bronze, Silver or Gold Competition Food (1/2 or Gold Award of Distinction (GAD)
Kellogg's® Rice Krispies Treats® (cont.)																											
38000-26547	Rice Krispies Treats® Original Bar 1.3 oz./4/20 ct. Display		0.75	N	0 g	37 g 1 bar	150	35	4 g 6% DV	23%	1 g 5% DV	6%	0 g	0 mg 0% DV	170 mg 7% DV	28 g 9% DV	0 g 0% DV	13 g	35%	1 g	300 IU 6% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	Not Kosher	N	No	GAD
38000-51109	Rice Krispies Treats® Original Mini Squares 0.39 oz./600 ct.	X	1	N	0 g	44 g 4 bars	180	40	4.5 g 7% DV	22%	1 g 5% DV	5%	0 g	0 mg 0% DV	210 mg 9% DV	34 g 11% DV	0 g 0% DV	15 g	34%	1 g	400 IU 8% DV	0 mg 0% DV	0 mg 0% DV	1 mg 4% DV	Not Kosher	N	M,H	Y
38000-26532	Rice Krispies Treats® Original Treats Sheet® 32 oz./5 ct. Sheets		1	N	0 g	45 g 1/20 sheet	180	40	4.5 g 7% DV	22%	1 g 5% DV	5%	0 g	0 mg 0% DV	210 mg 9% DV	35 g 12% DV	0 g 0% DV	16 g	36%	1 g	400 IU 8% DV	0 mg 0% DV	0 mg 0% DV	1 mg 4% DV	Not Kosher	N	No	N
38000-41628	Rice Krispies Treats® Strawberry Bar 1.3 oz./4/20 ct.		0.5	N	0 g	37 g 1 bar	150	35	4 g 6% DV	23%	1 g 5% DV	6%	0 g	0 mg 0% DV	170 mg 7% DV	29 g 10% DV	0 g 0% DV	13 g	35%	<1 g	300 IU 6% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	Not Kosher	N	No	GAD
Kellogg's® Special K® Bars																											
38000-57805	Special K® Bar Assortment Assorted/42 ct. Display																										
38000-12885	Special K® Bar Blueberry 0.81 oz./8/12 ct. Display	X	0.5	N	3 g	23 g 1 bar	90	15	2 g 3% DV	17%	1 g 5% DV	10%	0 g	0 mg 0% DV	85 mg 4% DV	18 g 6% DV	3 g 10% DV	7 g	30%	<1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	Not Kosher	N	E,M,H	N
38000-44744	Special K® Bar Chocolatey Drizzle 0.8 oz./8/12 ct. Display	X	0.5	N	4 g	22 g 1 bar	90	15	1.5 g 2% DV	17%	1 g 5% DV	10%	0 g	0 mg 0% DV	95 mg 4% DV	17 g 6% DV	3 g 10% DV	6 g	27%	<1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	Not Kosher	N	E,M,H	N
38000-12883	Special K® Bar Red Berries 0.81 oz./8/12 ct. Display	X	0.5	N	3 g	23 g 1 bar	90	15	1.5 g 2% DV	17%	1 g 5% DV	10%	0 g	0 mg 0% DV	85 mg 4% DV	18 g 6% DV	3 g 10% DV	8 g	35%	<1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	Not Kosher	N	E,M,H	N
38000-56950	Special K® Bar Chocolatey Pretzel 0.77 oz./96 ct.		0.5	N	0 g	22 g 1 bar	90	20	2 g 3% DV	22%	1.5 g 8% DV	15%	0 g	0 mg 0% DV	120 mg 5% DV	17 g 6% DV	3 g 10% DV	6 g	27%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	Not Kosher	N	No	N
38000-56035	Special K Protein™ Granola Bar Dark Chocolate - 0.95 oz./12/5 ct. Retail		0.25	N	4 g	27 g 1 bar	110	25	3 g 5% DV	23%	1.5 g 8% DV	12%	0 g	0 mg 0% DV	85 mg 4% DV	17 g 6% DV	4 g 16% DV	7 g	26%	4 g	0 IU 0% DV	0 mg 0% DV	20 mg 2% DV	1 mg 4% DV	Not Kosher	N	No	N
38000-31806	Special K® Bar Honey Nut 0.8 oz./12/6 ct. Retail	X	0.5	N	0 g	22 g 1 bar	90	20	2 g 3% DV	22%	0 g 0% DV	0%	0 g	0 mg 0% DV	100 mg 4% DV	16 g 5% DV	3 g 10% DV	6 g	27%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	Not Kosher	N	E,M,H	GAD
38000-52853	Special K® Bar Raspberry Cheesecake 0.77 oz./12/6 ct. Retail		0.25	N	2 g	22 g 1 bar	90	20	2 g 3% DV	22%	1.5 g 8% DV	15%	0 g	0 mg 0% DV	75 mg 3% DV	17 g 6% DV	3 g 10% DV	7 g	32%	<1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	Not Kosher	N	No	N
38000-22222	Special K® Bar Vanilla Crisp 0.8 oz./12/6 ct. Retail	X	0.5	N	4 g	22 g 1 bar	90	15	2 g 3% DV	17%	1 g 5% DV	10%	0 g	0 mg 0% DV	90 mg 4% DV	17 g 6% DV	3 g 10% DV	6 g	27%	<1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	Not Kosher	N	E,M,H	N
38000-49059	Special K® Blueberry Pastry Crisp 0.88 oz./12/5 ct. Retail	X	0.5	N	0 g	25 g 2 crisps	100	20	2 g 3% DV	20%	1 g 5% DV	9%	0 g	0 mg 0% DV	80 mg 3% DV	20 g 7% DV	<1 g 1% DV	7 g	28%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	OU-D	N	No	GAD
38000-49063	Special K® Strawberry Pastry Crisp 0.88 oz./12/5 ct. Retail	X	0.5	N	0 g	25 g 2 crisps	100	20	2 g 3% DV	20%	1 g 5% DV	9%	0 g	0 mg 0% DV	80 mg 3% DV	20 g 7% DV	<1 g 1% DV	7 g	28%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	OU-D	N	No	GAD
38000-73108	Special K® Berry Streusel Pastry Crisp 0.88 oz./12/5 ct. Retail	X	0.5	N	0 g	25 g 2 crisps	100	20	2 g 3% DV	20%	1 g 5% DV	9%	0 g	0 mg 0% DV	80 mg 3% DV	19 g 6% DV	0 g 0% DV	7 g	28%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 2% DV	OU-D	N	No	GAD
38000-72442	Special K® Brown Sugar Cinnamon Pastry Crisp - 0.88 oz./9/9 ct.	X	0.5	N	0 g	25 g 2 crisps	100	20	2 g 3% DV	20%	1 g 5% DV	9%	0 g	0 mg 0% DV	80 mg 3% DV	20 g 7% DV	0 g 0% DV	7 g	28%	1 g	0 IU 0% DV	0 mg 0% DV	0 mg 0% DV	0 mg 0% DV	OU-D	N	No	GAD
Kellogg's® Special K Protein™ Meal Bars																											
38000-56388	Special K Protein™ Meal Bar Chocolate Caramel - 1.59 oz./6/8 ct.		0	N	0 g	45 g 1 bar	170	40	4.5 g 7% DV	24%	3.5 g 18% DV	19%	0 g	0 mg 0% DV	180 mg 8% DV	25 g 8% DV	5 g 20% DV	15 g	33%	10 g	750 IU 15% DV	12 mg 20% DV	200 mg 20% DV	4 mg 20% DV	Not Kosher	N	No	N
38000-29189	Special K Protein™ Meal Bar Chocolate Peanut Butter - 1.59 oz./6/8 ct. Display		0	N	0 g	45 g 1 bar	180	50	6 g 9% DV	28%	3.5 g 18% DV	18%	0 g	0 mg 0% DV	250 mg 10% DV	25 g 8% DV	5 g 19% DV	15 g	33%	10 g	750 IU 15% DV	12 mg 20% DV	200 mg 20% DV	4 mg 20% DV	Not Kosher	N	No	N
38000-34386	Special K Protein™ Meal Bar Chocolatey Chip 1.59 oz./6/8 ct. Display		0	N	0 g	45 g 1 bar	170	40	4.5 g 7% DV	24%	3.5 g 18% DV	19%	0 g	0 mg 0% DV	180 mg 8% DV	26 g 9% DV	5 g 20% DV	15 g	33%	10 g	750 IU 15% DV	12 mg 20% DV	200 mg 20% DV	4 mg 20% DV	Not Kosher	N	No	N
38000-29187	Special K Protein™ Meal Bar Double Chocolate - 1.59 oz./6/8 ct. Display		0	N	0 g	45 g 1 bar	170	45	4.5 g 7% DV	26%	3.5 g 18% DV	19%	0 g	0 mg 0% DV	200 mg 8% DV	26 g 9% DV	5 g 19% DV	15 g	33%	10 g	750 IU 15% DV	12 mg 20% DV	200 mg 20% DV	3 mg 15% DV	Not Kosher	N	No	N
38000-39780	Special K Protein™ Meal Bar Honey Almond 1.59 oz./6/8 ct. Display		0	N	0 g	45 g 1 bar	180	60	6 g 9% DV	33%	2.5 g 13% DV	13%	0 g	0 mg 0% DV	160 mg 7% DV	23 g 8% DV	5 g 21% DV	12 g	27%	10 g	750 IU 15% DV	9 mg 15% DV	200 mg 20% DV	4 mg 20% DV	Not Kosher	N	No	N
38000-29185	Special K Protein™ Meal Bar Strawberry 1.59 oz./6/8 ct. Display		0	N	0 g	45 g 1 bar	170	45	5 g 8% DV	26%	4 g 20% DV	21%	0 g	0 mg 0% DV	160 mg 7% DV	25 g 8% DV	5 g 19% DV	15 g	33%	10 g	750 IU 15% DV	12 mg 20% DV	250 mg 25% DV	4 mg 20% DV	Not Kosher	N	No	N
Cheez-It® Baked Snack Crackers																											
24100-12796	Cheez-It® Crackers Hot & Spicy Tabasco™ 1.5 oz./60 ct.		1.75	N	0 g	42 g 1 package	210	100	11 g 17% DV	48%	2.5 g 13% DV	11%	0 g	0 mg 0% DV	310 mg 13% DV	26 g 9% DV	1 g 5% DV	0 g	0%	3 g	500 IU 10% DV	0 mg 0% DV	20 mg 2% DV	2 mg 10% DV	OK-D	N	No	N
24100-79263*	tCheez-It® Crackers made with Whole Grain - 0.75 oz./175 ct.	X	1	Y	9 g	21 g 1 package	100	30	3.5 g 5% DV	30%	1 g 5% DV	9%	0 g	<5 mg 1% DV	150 mg 6% DV	14 g 5% DV	1 g 5% DV	0 g	0%	2 g	500 IU 10% DV	0 mg 0% DV	100 mg 10% DV	1 mg 4% DV	OK-D	A	E,M,H	GAD
24100-12261	Cheez-It® Crackers Original 1.5 oz./60 ct.		1.75	N	0 g	42 g 1 package	210	100	11 g 17% DV	48%	2.5 g 13% DV	11%	0 g	0 mg 0% DV	320 mg 13% DV	24 g 8% DV	1 g 4% DV	0 g	0%	5 g	100 IU 2% DV	0 mg 0% DV	60 mg 6% DV	1 mg 8% DV	OK-D	N	No	N
24100-12322	Cheez-It® Crackers Original 2 oz./60 ct.		2.5	N	0 g	56 g 1 package	280	130	15 g 23% DV	46%	3.5 g 18% DV	11%	0 g	0 mg 0% DV	420 mg 18% DV	32 g 11% DV	1 g 5% DV	0 g	0%	6 g	100 IU 2% DV	0 mg 0% DV	80 mg 8% DV	2 mg 10% DV	OK-D	N	No	N

*K-12+ Requirements are: ≤ 35% calories from fat, ≤ 10% calories from saturated fat, ≤ 35% sugar by weight, 0g trans fat per serving and ≤ 230 mg sodium per serving

†Sales sample nutrition. Nutrition information on this product is pursuant to calories