

Oberlin Schools Breakfast Items

Product Name	WG rich or first ingredient fruit, vege, protein, dairy	Total Cal Snack ≤ 200 Entrée ≤ 350	Total Gram Weight	Sugar Grams	Sodium Snacks/ Sides ≤ 230mg Entrees ≤ 480mg	Sugar ≤ 35% by weight
Cereal Bar Cheerio Straw	y	150	40	9	85	23
Cereal Bar Cinn Tst Crunch	y	150	40	8	115	20
Cereal Bar Gold Graham	y	150	40	9	110	23
Cereal Bar Krispy Apple	y	140	36	9	105	25
Cereal Bar Krispy Cocoa	y	150	38	10	140	26
Cereal Bar Quacker Granola Bar Choc Chunk	y	90	24	7	80	29
Cereal Bar Trix	y	150	40	9	100	23
Cereal Bowl Apple Jacks	y	110	28	8	160	29
Cereal Bowl Cheerio Hny Nut	y	110	28	9	160	32
Cereal Bowl Chex Cinnamon	y	110	28	7	170	25

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Cereal Bowl Cinn Tst Cr	y	110	28	6	160	21
Cereal Bowl Flakes Cinnamon	y	100	28	6	170	21
Cereal Bowl Frosted Flakes	y	100	28	7	160	25
Cereal Bowl Frosted Flakes Chocolate	y	100	28	8	160	29
Cereal Bowl Fruit Loops	y	110	28	8	170	29
Cereal Bowl Lucky Charms	y	110	28	10	180	36
Cereal Bowl Mini Wheats Chocolate	y	100	28	6	105	21
Cereal Bowl Trix	y	110	28	7	140	25
Cracker Graham IW	y	90	22	4	100	18
muffin otis blueberry	y	190	57	16	130	28
muffin otis chocolate	y	190	57	17	130	30
muffin otis banana	y	190	57	17	130	30
PBJ Grahamwich	y	300	64	14	220	22
Poptart Cinnamon	y	180	50	15	190	30

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Poptart						
Strawberry	y	180	50	15	180	30