

Nutrition Calculator 1 - Cereals and Cereal Bars
Kansas Model Wellness Policy Guidelines for A la Carte, Vending and School Stores

Product formulations are constantly changing; especially as manufacturers work to create healthier products.
 Always compare the product's Nutrition Facts label or manufacturer's nutrient analysis to the data highlighted in yellow on this calculator.
 Please advise KSDE of any discrepancies noted.

Wellness Policy Guidelines for Cereal Products Sold A la Carte or in Vending Machines/School Stores

Advanced Level – At least 50 percent of foods meet all of the following guidelines per selling unit.

Exemplary Level – All foods meet all of the following guidelines per selling unit.

- Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories)
- Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories)
 - Calories – 200 calories or less

Cal. = Calorie, G. = Grams, SU = Selling Unit

Product Name	Ounces Per SU	Calories Per SU	Calories ≤ 200 Per SU	Number 100 Cal. Servings	Sugar Grams Per SU	Sugar G. per 100 Cal.	Sugar < 9 G. Per SU	Fat G. per Per SU	Fat G. per 100 Cal.	Fat < 4 G. Per SU
CEREAL										
General Mills Cereal Bowl Pak										
Berry Berry Kix	0.86	90	YES	0.90	8.00	8.89	YES	1.00	1.11	YES
Cheerios	0.68	70	YES	0.70	0.75	1.07	YES	1.00	1.43	YES
Cinnamon Toast Crunch	1.00	120	YES	1.20	10.00	8.33	YES	3.00	2.50	YES
Cinnamon Toast Crunch - Reduced Sugar	1.00	100	YES	1.00	2.00	2.00	YES	3.00	3.00	YES
Country Corn Flakes	0.68	70	YES	0.70	2.00	2.86	YES	0.00	0.00	YES
Fiber One Bran	1.00	60	YES	0.60	0.00	0.00	YES	1.00	1.67	YES
Fruity Cheerios	0.86	90	YES	0.90	8.00	8.89	YES	1.00	1.11	YES
Golden Grahams	1.00	110	YES	1.10	9.00	8.18	YES	1.00	0.91	YES
Honey Nut Cheerios	1.00	110	YES	1.10	9.00	8.18	YES	1.50	1.36	YES
Honey Nut Chex	1.10	120	YES	1.20	9.00	7.50	YES	0.50	0.42	YES
Kix	0.61	60	YES	0.60	2.00	3.33	YES	0.50	0.83	YES
Rice Crunchins	0.75	70	YES	0.70	2.00	2.86	YES	0.00	0.00	YES
Total Whole Grain	0.82	70	YES	0.70	4.00	5.71	YES	0.50	0.71	YES
Trix	0.75	80	YES	0.80	7.00	8.75	YES	1.00	1.25	YES
Trix - Reduced Sugar	0.86	100	YES	1.00	2.00	2.00	YES	1.00	1.00	YES
Wheaties	0.82	80	YES	0.80	3.00	3.75	YES	0.50	0.63	YES

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Kelloggs Bowl Pack Cereal										
All-Bran Complete Wheat Flakes	0.88	80	YES	0.80	4.00	5.00	YES	0.50	0.63	YES
Apple Jacks Reduced Sugar	0.70	70	YES	0.70	6.00	8.57	YES	0.50	0.71	YES
Corn Flakes	0.75	80	YES	0.80	2.00	2.50	YES	0.00	0.00	YES
Corn Pops	0.75	80	YES	0.80	7.00	8.75	YES	0.00	0.00	YES
Crispix	0.75	80	YES	0.80	2.00	2.50	YES	0.00	0.00	YES
Cruncheroos	0.63	70	YES	0.70	1.00	1.43	YES	1.00	1.43	YES
Froot Loops - 1/3 Less Sugar	0.67	70	YES	0.70	6.00	8.57	YES	1.00	1.43	YES
Frosted Flakes - 1/3 Less Sugar	1.00	100	YES	1.00	7.00	7.00	YES	0.00	0.00	YES
Frosted Mini-Wheats, Bite Size	1.00	100	YES	1.00	6.00	6.00	YES	0.00	0.00	YES
Frosted Mini-Wheats, Bite Size, Chocolate	1.00	100	YES	1.00	6.00	6.00	YES	1.00	1.00	YES
Rice Krispies	0.63	70	YES	0.70	2.00	2.86	YES	0.00	0.00	YES
Special K	0.80	90	YES	0.90	3.00	3.33	YES	0.00	0.00	YES
Kelloggs Cereal-in-Cup										
Cereal-in-Cup Corn Flakes	1.50	150	YES	1.50	3.00	2.00	YES	0.00	0.00	YES
Cereal-in-Cup Corn Pops	1.50	160	YES	1.60	13.00	8.13	YES	0.50	0.31	YES
Cereal-in-Cup Kashi GoLean	1.60	130	YES	1.30	5.00	3.85	YES	1.00	0.77	YES
Cereal-in-Cup Kashi Heart to Heart Honey Toasted	1.43	140	YES	1.40	7.00	5.00	YES	2.00	1.43	YES
Cereal-in-Cup Rice Krispies	1.30	140	YES	1.40	4.00	2.86	YES	0.00	0.00	YES
Cereal-in-Cup Special K	1.25	140	YES	1.40	5.00	3.57	YES	0.50	0.36	YES
CEREAL BARS										
General Mills Milk 'n' Cereal Bars										
Cinnamon Toast Crunch	1.32	140	YES	1.40	10.00	7.14	YES	3.50	2.50	YES
Cocoa Puffs	1.32	150	YES	1.50	9.00	6.00	YES	3.00	2.00	YES
Fruity Cheerios	1.32	150	YES	1.50	9.00	6.00	YES	3.50	2.33	YES
Strawberry Cheerios	1.32	140	YES	1.40	10.00	7.14	YES	3.50	2.50	YES
Kashi TLC Chewy Granola Bars										
Honey Almond Flax	1.23	140	YES	1.40	5.00	3.57	YES	5.00	3.57	YES
Peanut Peanut Butter	1.23	140	YES	1.40	5.00	3.57	YES	5.00	3.57	YES
Trail Mix	1.23	140	YES	1.40	6.00	4.29	YES	5.00	3.57	YES

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Kelloggs Cereal Bars										
Cocoa Krispies Chewy Cereal Bar - Chocolate	1.29	150	YES	1.50	10.00	6.67	YES	4.50	3.00	YES
Fiber Plus Antioxidants Bar- Chocolate Chip	1.29	120	YES	1.20	7.00	5.83	YES	4.00	3.33	YES
Fiber Plus Antioxidants Bar- Dark Chocolate Almond	1.29	130	YES	1.30	7.00	5.38	YES	5.00	3.85	YES
Rice Krispies Chewy Cereal Bar - Apple Cinnamon	1.30	140	YES	1.40	9.00	6.43	YES	3.00	2.14	YES
Special K Bar - Chocolatey Dipped Mocha Bliss	0.79	90	YES	0.90	8.00	8.89	YES	2.00	2.22	YES
Special K Bar - Chocolatey Drizzle	0.80	90	YES	0.90	8.00	8.89	YES	1.50	1.67	YES
Special K Bar - Chocolatey Pretzel	0.79	90	YES	0.90	8.00	8.89	YES	2.00	2.22	YES
Special K Bar - Honey Nut	0.79	90	YES	0.90	7.00	7.78	YES	2.00	2.22	YES
Special K Bar - Vanilla Crisp	0.81	90	YES	0.90	7.00	7.78	YES	1.50	1.67	YES
Special K Protein Meal Bar - Chocolate Peanut Bar	1.59	180	YES	1.80	15.00	8.33	YES	6.00	3.33	YES
Special K Protein Meal Bar - Double Chocolate Bar	1.59	180	YES	1.80	15.00	8.33	YES	4.50	2.50	YES
Kelloggs Pop Tarts										
Frosted Blueberry	1.83	200	YES	2.00	17.00	8.50	YES	5.00	2.50	YES
Whole Grain Brown Sugar Cinnamon	1.76	200	YES	2.00	12.00	6.00	YES	6.00	3.00	YES
Whole Grain Strawberry	1.76	190	YES	1.90	13.00	6.84	YES	5.00	2.63	YES
Kelloggs Rice Krispies Treats										
Rice Krispies Treats Original	0.78	90	YES	0.90	7.00	7.78	YES	2.50	2.78	YES
Luna Bars										
Berry Almond	1.71	170	YES	1.70	11.00	6.47	YES	3.50	2.06	YES
Blueberry Bliss	1.71	180	YES	1.80	13.00	7.22	YES	5.00	2.78	YES
Caramel Nut Brownie	1.71	180	YES	1.80	12.00	6.67	YES	6.00	3.33	YES
Chai Tea	1.71	190	YES	1.90	12.00	6.32	YES	5.00	2.63	YES
Chocolate Peppermint Stick	1.71	180	YES	1.80	12.00	6.67	YES	5.00	2.78	YES
Chocolate Raspberry	1.71	170	YES	1.70	13.00	7.65	YES	5.00	2.94	YES
Cookies & Cream Delight	1.71	180	YES	1.80	13.00	7.22	YES	5.00	2.78	YES
Dulce de Leche	1.71	170	YES	1.70	13.00	7.65	YES	4.00	2.35	YES
Iced Oatmeal Raisin	1.71	180	YES	1.80	13.00	7.22	YES	5.00	2.78	YES
Lemon Zest	1.71	180	YES	1.80	13.00	7.22	YES	5.00	2.78	YES
Nutz Over Chocolate	1.71	180	YES	1.80	10.00	5.56	YES	6.00	3.33	YES
Peanut Butter Cookie	1.71	180	YES	1.80	11.00	6.11	YES	6.00	3.33	YES
S'mores	1.71	180	YES	1.80	13.00	7.22	YES	5.00	2.78	YES
Toasted Nuts 'N' Cranberry	1.71	170	YES	1.70	11.00	6.47	YES	4.50	2.65	YES

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Vanilla Almond	1.71	190	YES	1.90	11.00	5.79	YES	6.00	3.16	YES
White Chocolate Macadamia	1.71	190	YES	1.90	11.00	5.79	YES	7.00	3.68	YES
Luna Minis										
Assorted flavors	0.71	80	YES	0.80	5.00	6.25	YES	2.00	2.50	YES
Luna Protein Bars										
Cookie Dough	1.61	190	YES	1.90	15.00	7.89	YES	6.00	3.16	YES
Chocolate Cherry Almond	1.61	180	YES	1.80	15.00	8.33	YES	7.00	3.89	YES
Nature Valley Crunchy Granola Bars										
Apple Crisp	1.50	160	YES	1.60	11.00	6.88	YES	6.00	3.75	YES
Cinnamon	1.50	180	YES	1.80	12.00	6.67	YES	6.00	3.33	YES
Maple Brown Sugar	1.50	190	YES	1.90	12.00	6.32	YES	7.00	3.68	YES
Oats 'N' Honey	1.50	190	YES	1.90	12.00	6.32	YES	6.00	3.16	YES
Peanut Butter	1.50	190	YES	1.90	11.00	5.79	YES	7.00	3.68	YES
Pecan Crunch	1.50	190	YES	1.90	12.00	6.32	YES	7.00	3.68	YES
Quaker Chewy Granola Bars										
Chocolate Chip	0.86	100	YES	1.00	7.00	7.00	YES	3.00	3.00	YES
Chocolate Chip - 25% less sugar	0.86	100	YES	1.00	5.00	5.00	YES	3.50	3.50	YES
Cookies & Cream - 25% less sugar	0.86	90	YES	0.90	5.00	5.56	YES	2.50	2.78	YES
Honey Graham - 25% less sugar	0.86	90	YES	0.90	5.00	5.56	YES	2.00	2.22	YES
Peanut Butter	0.86	100	YES	1.00	7.00	7.00	YES	3.00	3.00	YES
Peanut Butter Chocolate Chip - 25% less sugar	0.86	100	YES	1.00	5.00	5.00	YES	3.00	3.00	YES
Smores	0.86	100	YES	1.00	8.00	8.00	YES	2.00	2.00	YES
Quaker Chewy 90 Calorie Granola Bars										
Dark Chocolate Cherry	0.86	90	YES	0.90	7.00	7.78	YES	2.00	2.22	YES
Chocolate Chunk	0.86	90	YES	0.90	7.00	7.78	YES	2.00	2.22	YES
Honey Nut	0.86	90	YES	0.90	6.00	0.15	YES	2.00	0.45	YES
Oatmeal Raisin	0.86	90	YES	0.90	7.00	7.78	YES	1.50	1.67	YES
Peanut Butter	0.86	90	YES	0.90	7.00	7.78	YES	2.00	2.22	YES
Strawberry Vanilla	0.86	90	YES	0.90	7.00	7.78	YES	1.50	1.67	YES
Quaker Chewy w/Protein Granola Bars										
Peanut Butter & Chocolate	1.00	110	YES	1.10	7.00	6.36	YES	3.00	2.73	YES
Nutty Peanut Butter	1.00	110	YES	1.10	6.00	5.45	YES	3.00	2.73	YES

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Quaker Fiber & Omega-3 Bars										
Dark Chocolate Chunk	1.25	150	YES	1.50	7.00	4.67	YES	5.00	3.33	YES
Peanut Butter Chocolate	1.25	150	YES	1.50	7.00	4.67	YES	5.00	3.33	YES
Quaker Granola Bites										
Chocolate	0.71	90	YES	0.90	6.00	6.67	YES	3.50	3.89	YES
Cinnamon	0.71	90	YES	0.90	6.00	6.67	YES	3.50	3.89	YES
Peanut Butter	0.71	90	YES	0.90	6.00	6.67	YES	3.50	3.89	YES
Quaker Simple Harvest Multigrain Bars										
Trail Mix	1.25	150	YES	1.50	9.00	6.00	YES	5.00	3.33	YES
Dark Chocolate Chunk	1.25	150	YES	1.50	10.00	6.67	YES	4.50	3.00	YES
Quaker True Delights										
Dark Chocolate Raspberry Almond	1.25	140	YES	1.40	8.00	5.71	YES	4.50	3.21	YES
Honey Roasted Cashew Mixed Berry	1.25	130	YES	1.30	10.00	7.69	YES	3.50	2.69	YES
Toasted Coconut Banana Macadamia	1.25	140	YES	1.40	8.00	5.71	YES	4.50	3.21	YES
South Beach Living Cereal Bars										
High Protein Cereal Bar - Chocolate	1.25	140	YES	1.40	7.00	5.00	YES	5.00	3.57	YES
High Protein Cereal Bar - Cranberry Almonds	1.25	140	YES	1.40	7.00	5.00	YES	5.00	3.57	YES
High Protein Cereal Bar - Maple Nut	1.25	140	YES	1.40	7.00	5.00	YES	5.00	3.57	YES
High Protein Cereal Bar - Peanut Butter	1.25	140	YES	1.40	6.00	4.29	YES	5.00	3.57	YES
South Beach Living Snack Bars										
Chocolate Raspberry	1.00	100	YES	1.00	7.00	7.00	YES	3.00	3.00	YES
Peanut Butter Chocolate Chip	1.00	100	YES	1.00	4.00	4.00	YES	3.00	3.00	YES
Stauffers										
Stauffers Fruit bar - Apple	1.30	140	YES	1.40	11.00	7.86	YES	3.50	2.50	YES
Stauffers Fruit bar - Blueberry	1.30	140	YES	1.40	11.00	7.86	YES	3.50	2.50	YES
Stauffers Fruit bar - Strawberry	1.30	140	YES	1.40	11.00	7.86	YES	3.50	2.50	YES
Sunbelt Chewy Granola Bars										
Oats & Honey	1.00	130	YES	1.30	8.00	6.15	YES	5.00	3.85	YES