

Nutrition Calculator 4 - Cookies and Crackers
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 Cookies and Crackers 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. = Gram, 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
COOKIES										
100 Calorie Pack - Thin Crisps										
Cheese Nips	0.75	100	YES	1.00	0.00	0.00	YES	3.00	3.00	YES
Chips Ahoy	0.82	100	YES	1.00	7.00	7.00	YES	3.00	3.00	YES
Honey Maid - Cinnamon	0.82	100	YES	1.00	7.00	7.00	YES	2.00	2.00	YES
Lorna Doone	0.75	100	YES	1.00	6.00	6.00	YES	3.00	3.00	YES
Oreo	0.75	100	YES	1.00	6.00	6.00	YES	3.00	3.00	YES
100 Calorie Right Bites										
Keebler Fudge Mini Fudge Stripes	0.75	100	YES	1.00	8.00	8.00	YES	3.50	3.50	YES
Keebler Fudge Shoppe Grasshopper	0.75	100	YES	1.00	7.00	7.00	YES	3.00	3.00	YES
Keebler Fudge Shoppe Fudge Dipped Pretzels	0.75	100	YES	1.00	7.00	7.00	YES	3.50	3.50	YES
Keebler Sandies Shortbread Cookies	0.75	100	YES	1.00	5.00	5.00	YES	3.50	3.50	YES
Austin										
SeAnimals Cookies	1.00	130	YES	1.30	7.00	5.38	YES	4.00	3.08	YES
Famous Amos Cookies										
Famous Amos Low Fat Iced Ginger Snaps	1.75	200	YES	2.00	17.00	8.50	YES	3.00	1.50	YES
Lance										
Chocolate Chip Soft Cookie	2.75	180	YES	1.80	16.00	8.89	YES	7.00	3.89	YES
Nabisco										
Mini Nilla Wafers	1.00	130	YES	1.30	10.00	7.69	YES	5.00	3.85	YES
Vanilla Wafers	1.00	120	YES	1.20	10.00	8.33	YES	3.00	2.50	YES
Stauffers										
Animal Cookies (Iced)	0.90	110	YES	1.10	7.00	6.36	YES	3.00	2.73	YES

Nutrition Calculator 4 - Cookies and Crackers
Kansas Model Wellness Policy Guidelines for A la Carte, Vending and School Stores

Cal. = Calorie, G. = Gram, 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
CRACKERS										
100 Calorie Pack - Toasted Chips										
Ritz Snack Mix	0.79	100	YES	1.00	2.00	2.00	YES	3.00	3.00	YES
Wheat Thins	0.75	100	YES	1.00	3.00	3.00	YES	3.00	3.00	YES
Wheat Thins Chips, Multigrain	0.80	100	YES	1.00	2.00	2.00	YES	3.00	3.00	YES
100 Calorie Right Bites										
Sunshine Right Bites - Cheez-It	0.75	100	YES	1.00	0.00	0.00	YES	3.00	3.00	YES
Sunshine Right Bites - Cheez-It Extra Cheddar Party Mix	0.75	100	YES	1.00	0.75	0.75	YES	3.50	3.50	YES
Austin										
Zoo Animal Crackers	1.00	120	YES	1.20	7.00	5.83	YES	1.50	1.25	YES
Back to Nature										
Crispy Cheddars	1.00	130	YES	1.30	0.00	0.00	YES	4.50	3.46	YES
Crispy Wheats	1.00	120	YES	1.20	3.00	2.50	YES	3.50	2.92	YES
Honey Graham Sticks	1.00	120	YES	1.20	9.00	7.50	YES	2.50	2.08	YES
Cheez-It										
Cheez-It Reduced Fat	1.50	190	YES	1.90	0.00	0.00	YES	6.00	3.16	YES
Cheez-It Scrabble Jr.	0.75	100	YES	1.00	0.00	0.00	YES	3.50	3.50	YES
Keebler Grahams										
Animal Crackers	1.00	130	YES	1.30	8.00	6.15	YES	3.50	2.69	YES
Bug Bites	1.10	140	YES	1.40	9.00	6.43	YES	4.50	3.21	YES
Elf Grahams Chocolate Chip	1.00	130	YES	1.30	8.00	6.15	YES	5.00	3.85	YES
Elf Grahams Chocolate	1.00	130	YES	1.30	7.00	5.38	YES	4.50	3.46	YES
Elf Grahams Cinnamon	1.00	120	YES	1.20	8.00	6.67	YES	4.00	3.33	YES
Elf Grahams Original	1.00	130	YES	1.30	8.00	6.15	YES	4.00	3.08	YES
Grahams Honey	1.00	120	YES	1.20	6.00	5.00	YES	3.50	2.92	YES
Grahams Honey w/Calcium	0.71	90	YES	0.90	5.00	5.56	YES	2.50	2.78	YES
Grahams Honey w/Fiber	0.71	100	YES	1.00	4.00	4.00	YES	3.00	3.00	YES
Grahams Low Fat	0.71	90	YES	0.90	5.00	5.56	YES	1.50	1.67	YES
Scooby Doo Baked Cinnamon Graham Sticks	1.00	120	YES	1.20	8.00	6.67	YES	4.00	3.33	YES
Keebler Gripz										
Grahams Cinnamon	0.89	100	YES	1.00	5.00	5.00	YES	3.00	3.00	YES
Nabisco										
Barnum Animal Crackers	1.00	120	YES	1.20	7.00	5.83	YES	3.50	2.92	YES

Nutrition Calculator 4 - Cookies and Crackers
Kansas Model Wellness Policy Guidelines for A la Carte, Vending and School Stores

Cal. = Calorie, G. = Gram, 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
Lance Captain's Wafers										
Assorted flavors	0.92	70	YES	0.70	1.00	1.43	YES	2.50	3.57	YES
Pepperidge Farm Goldfish										
100 Calorie Pouches - assorted	0.75	100	YES	1.00	0.00	0.00	YES	3.50	3.50	YES
Cheddar Goldfish	2.50	140	YES	1.40	0.75	0.54	YES	5.00	3.57	YES
Cheddar Goldfish - Whole Grain	2.00	140	YES	1.40	0.75	0.54	YES	5.00	3.57	YES
Chocolate Goldfish Grahams	2.00	130	YES	1.30	11.00	8.46	YES	4.00	3.08	YES
Flavor Blasted Xtra Cheddar Goldfish	2.25	140	YES	1.40	0.75	0.54	YES	5.00	3.57	YES
Goldfish Colors	2.00	140	YES	1.40	0.75	0.54	YES	5.00	3.57	YES
Stauffers										
Animal Crackers (Chocolate)	1.00	120	YES	1.20	8.00	6.67	YES	3.00	2.50	YES
Animal Crackers (Original)	1.00	110	YES	1.10	6.00	5.45	YES	1.50	1.36	YES
Fruit bar - Apple	1.30	140	YES	1.40	12.00	8.57	YES	3.50	2.50	YES
Fruit bar - Blueberry	1.30	140	YES	1.40	11.00	7.86	YES	3.50	2.50	YES
Fruit bar - Strawberry	1.30	140	YES	1.40	12.00	8.57	YES	3.50	2.50	YES
Teddy Graham Snacks										
Graham Cubs Graham Snacks - Cinnamon	0.50	60	YES	0.60	3.00	5.00	YES	2.00	3.33	YES
Graham Snacks - Chocolate	0.75	90	YES	0.90	6.00	6.67	YES	3.00	3.33	YES
Graham Snacks - Cinnamon	1.25	150	YES	1.50	9.00	6.00	YES	5.00	3.33	YES