

New Mexico Action for Healthy Kids
Food and Beverage List

Cereal	Package Size	Calories	Total Fat grams(g)	Sat Fat grams(g)	Trans Fat grams(g)	Sugar grams(g)	Meets Vended	Meets Fundraising	Meets a la Carte Rule
General Mills Cereal in a Cup, Variety	1 container, (1.3-2 oz)	140-200	2.5-6g	0-1g	NA	2-21g	X	X	X
General Mills, Apple Cinnamon Cheerios	26g (1 bowl)	100	1.5g	0g	0g	11g	X	X	X
General Mills, Berry Berry Kix - Bowlpak	24g (1 bowl)	90	1g	0g	0g	8g	X	X	X
General Mills, Cheerios - Bowlpak	0.93oz	70	1g	0g	0g	0g	X	X	X
General Mills, Cheerios, Cereal in a Cup	1.38oz	140	2.5g	0.5g	0g	10g	X	X	X
General Mills, Cinnamon Toast Crunch - Bowlpak	28g (1 bowl)	120	3g	0.5g	0g	10g	X	X	X
General Mills, French Toast Crunch - Bowlpak	28g (1 bowl)	110	1g	0g	0g	11g	X	X	X
General Mills, Frosted Cheerios Bowlpak	28g (1 bowl)	110	1g	0g	0g	12g	X	X	X
General Mills, Frosted Corn Flakes - Bowlpak	28g (1 bowl)	110	0g	0g	0g	12g	X	X	X
General Mills, Golden Grahams Cereal - Bowlpak	1oz	110	1g	0g	0g	9g	X	X	X
General Mills, Honey-Nut Cheerios Bowlpak	1oz	110	1.5g	0g	0g	13g	X	X	X
General Mills, Lucky Charms Cereal - Bowlpak	28g (1 bowl)	110	1g	0g	0g	12g	X	X	X
General Mills, Multi-Grain Cheerios - Bowlpak	.68oz	70	1g	0g	0g	4g	X	X	X
General Mills, Nature Valley Chewy Granola Bar (Chocolate Chip)	1 oz (1bar)	120	2.5g	0.5g	1g	13g	X	X	X
General Mills, Nature Valley Crunchy Granola Bar (Apple Crisp)	1.5 oz (2 bars)	180	6g	0.5g	0g	11g	X	X	X
General Mills, Nature Valley Crunchy Granola Bar (Maple Brown Sugar, Cinnamon, Oat & Honey)	1.5 oz (2 bars)	180	6g	0.5g	0g	11g	X	X	X
General Mills, Nature Valley Crunchy Granola Bar (Peanut Butter)	1.6 oz (2 bars)	180	7g	1g	0g	11g	X	X	X
General Mills, Nature Valley Trail Mix Bar Apple Cinnamon	1.25 oz (1 bar)	140	4g	0.5g	0g	13g	X	X	X
General Mills, Nature Valley Trail Mix Bar Fruit & Nut	1.25 oz (1 bar)	140	4g	0.5g	0g	13g	X	X	X
General Mills, Nature Valley Trail Mix Bar Mixed Berry	1.25 oz (1 bar)	140	3.5g	0g	0g	13g	X	X	X
General Mills, Oatmeal Crisp Fruit'n Cereal Bar (Strawberry)	1.4 oz (1 bar)	140	2g	0g	NA	NA	X	X	X
General Mills, Reduced-Sugar Cinnamon Toast Crunch Bowlpak	1oz	120	3g	0g	0g	2g	X	X	X
General Mills, Total Raisin Bran - Bowlpak	1.18oz	100	0.5g	0g	0g	11g	X	X	X
General Mills, Trix - Bowlpak	21g (1 bowl)	80	1g	0g	0g	9g	X	X	X
General Mills, Wheaties - Bowlpak	0.93oz	80	0.5g	0g	0g	3g	X	X	X
General Mills, Whole Grain Total - Bowlpak	0.93oz	70	0.5g	0g	0g	4g	X	X	X
Kelloggs Granola Munchems	1.05 oz	130	5g	1.5g	0g	9g	X	X	X
Kelloggs Bowl Pack Cereals Variety	1 Bowl	70-130	0-1.5g	0-0.5g	0g	2-15g	X	X	X