



America's Premium Value Bakery

Home of



130 Crescent Ave. Chelsea MA. 02150 | Tel. 617-846-1565 | Fax. 617-539-3288 | 1-877-MUFFIN-1 | Website: MuffinTown.com

Snacks < 200 Calories and < 200 mg sodium

What Makes a Product Smart Snack Compliant?

8/20/2018

Entrees < 350 Calories and <480 mg sodium

< 35% Calories from Fat < 10% Calories from Saturated Fat < 35% sugar by total weight

DOT Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
	42618	WG Sweet Potato Muffins, IW	72/1.8oz	51g	1	140	35	4	0.5	0	100	22	11	21%	3	YES
600701	42633	WG Choc.Choc.Chip Muffins, IW	72/1.8oz	51g	0.75	140	40	4.5	1	0	160	22	11	21%	3	YES
599477	42661	WG Blueberry Muffins, IW	72/1.8oz	51g	1	140	40	4.5	0.5	0	110	23	12	23%	2	YES
600702	42665	WG Corn Muffins, IW	72/1.8oz	51g	1	150	45	4.5	0	0	85	26	13	25%	2	YES
599478	42666	WG Apple Cinnamon Muffins, IW	72/1.8oz	51g	1	140	40	4.5	0.5	0	115	24	11	21%	2	YES
599480	42670	WG Chocolate Chip Muffins, IW	72/1.8oz	51g	1	150	45	5	1	0	115	25	13	25%	2	YES
599481	42675	WG Banana Muffins, IW	72/1.8oz	51g	1	140	35	4	0.5	0	120	25	12	23%	2	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600380	02612	WG Bran Muffins, IW	96/2oz	57g	1	180	80	9	1	0	140	23	10	17%	4	YES
599465	02661	WG Blueberry Muffins, IW	96/2oz	57g	1	160	45	5	0.5	0	125	26	13	23%	2	YES
600618	02663	WG Cranberry Orange Muffins, IW	96/2oz	57g	1	150	40	4.5	0.5	0	120	28	12	23%	2	YES
600619	02665	WG Corn Muffins, IW	96/2oz	57g	1	170	50	5	0.5	0	90	29	15	26%	3	YES
599466	02666	WG Apple Cinnamon Muffins, IW	96/2oz	57g	1	160	45	5	0.5	0	130	26	13	23%	2	YES
664846	02669	WG Strawberry Muffins, IW	96/2oz	57g	1	160	45	5	0.5	0	125	27	15	26%	2	YES
599468	02670	WG Chocolate Chip Muffins, IW	96/2oz	57g	1	170	50	6	1	0	130	28	15	26%	2	YES
600620	02673	WG Choc. Choc. Chip Muffins, IW	96/2oz	57g	1	150	40	4.5	0.5	0	120	25	12	21%	2	YES
599469	02675	WG Banana Muffins, IW	96/2oz	57g	1	160	40	4.5	0.5	0	135	28	14	24%	2	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
621462	17605	WG Cornbread Loaf, bulk	140/2oz.	57g	1	180	60	6	0.5	0	90	28	15	26%	3	YES
634849	96605	WG Corn Muffin; IW	60/2.5oz.	71g	2	210	60	7	0.5	0	115	36	19	27%	3	* WG Rich
686411	38605	WG Cornbread Bowls; 3 trays of 20	60/2.5oz.	71g	2	190	50	6	0.5	0	160	33	17	25%	3	*WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
	56629	WG Buttermilk Pancakes; 2pack, IW	72/2.6oz. IW	74g	2	170	25	3	0.5	0	70	32	12	16%	5	YES
	56601	WG Blueberry Pancakes; 2 pack, IW	72/2.6oz. IW	74g	2	190	30	3.5	0.5	0	75	36	16	22%	5	YES
	56660	WG Maple Chip Pancakes; 2 pack, IW	72/2.6oz. IW	74g	2	180	20	2.5	0	0	65	36	15	20%	5	yes
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
628934	24661	WG Blueberry Muffins, IW	48/ 3.1oz	88g	2.0	250	70	8	1	0	180	41	19	22%	4	* WG Rich
628935	24666	WG Apple Cinnamon Muffins, IW	48/ 3.1oz	88g	2.0	250	70	8	1	0	160	42	17	19%	4	* WG Rich
628936	24670	WG Chocolate Chip Muffins, IW	48/ 3.1oz	88g	2.0	270	80	9	1.5	0	190	45	22	25%	4	* WG Rich
628937	24675	WG Banana Muffins, IW	48/ 3.1oz	88g	2.0	250	60	7	1	0	170	43	20	23%	4	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
606081	52675	WG Banana Loaf, IW	48/ 3.6 oz.	102	2	280	70	8	1	0	250	49	24	24%	6	* WG Rich
687288	52636	WG Cinnamon Crumb Loaf; IW	48/ 3.6 oz.	102	2	300	60	7	2	0	105	55	31	30%	5	* WG Rich
606083	52688	WG Zucchini Loaf, IW	48/3.6 oz.	102	2	270	70	8	1.5	0	320	45	22	22%	6	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600624	06605	WG Corn Muffins, IW	48/3.6 oz	102g	2	300	90	9	1.0	0	170	52	27	26%	4	* WG Rich



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	06620	WG Orange Pineapple Muffins, IW	48/3.6 oz	102g	2	270	80	9	1.0	0	200	45	21	21%	6	* WG Rich
599470	06661	WG Blueberry Muffins, IW	48/3.6 oz	102g	2	280	80	9	1.0	0	220	47	22	22%	6	* WG Rich
599471	06666	WG Apple Cinnamon Muffins, IW	48/3.6 oz	102g	2	290	80	9	1.0	0	230	48	22	22%	5	* WG Rich
599472	06670	WG Chocolate Chip Muffins, IW	48/3.6 oz	102g	2	310	90	10	2.0	0	230	51	26	25%	6	* WG Rich
	06663	WG Orange Cranberry Muffin; IW	48/3.6 oz	102g	2	270	70	8	1.0	0	200	46	21	21%	4	* WG Rich
	06630	WG Chocolate Choc. Chip Muffin; IW	48/3.6 oz	102g												
599474	06675	WG Banana Muffins, IW	48/3.6 oz	102g	2	290	70	8	1.0	0	240	50	25	24%	4	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600625	07661	WG Blueberry Muffins, IW	48/4oz	113g	2	310	90	10	1.0	0	250	51	25	22%	5	* WG Rich
600626	07666	WG Apple Cinnamon Muffins, IW	48/4oz	113g	2	310	90	10	1.5	0	260	52	25	22%	5	* WG Rich
600627	07670	WG Chocolate Chip Muffins, IW	48/4oz	113g	2	340	100	11	2.0	0	260	56	29	26%	5	* WG Rich
600628	07675	WG Banana Muffins, IW	48/4oz	113g	2	320	80	9	1.0	0	270	55	28	25%	5	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
606067	01661	WG Blueberry Muffin Tops, IW	48/3.1oz.	88	2	250	70	8	1.0	0	180	41	19	21%	4	* WG Rich
606071	01666	WG Apple Cinnamon Muffin Tops, IW	48/3.1oz.	88	2	260	80	9	1.5	0	240	42	20	23%	5	* WG Rich
606065	01618	WG Sweet Potato Choc.Chip Tops, IW	48/3.1oz.	88	2	260	80	9	1.0	0	150	42	18	20%	6	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600726	57633	WG Choc.Choc.Chip Muffin Tops, IW	60/ 2 oz	57g	1	150	45	5	0.5	0	180	25	13	22%	4	YES
	57605	WG Corn Muffin Tops, IW	60/ 2 oz	57g	1	170	50	5	0.5	0	90	29	15	26%	2	YES
599489	57661	WG Blueberry Muffin Tops, IW	60/ 2 oz	57g	1	160	45	5	0.5	0	125	26	13	22%	2	YES
599490	57666	WG Apple Cinnamon Muffin Tops, IW	60/ 2 oz	57g	1	160	45	5	0.5	0	130	26	13	22%	2	YES
599491	57670	WG Chocolate Chip Muffin Tops, IW	60/ 2 oz	57g	1	170	50	6	1	0	130	28	15	26%	2	YES
599492	57675	WG Banana Muffin Tops, IW	60/ 2 oz	57g	1	160	40	4.5	0.5	0	135	28	14	24%	2	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
599484	51661	WG Blueberry Loaf, IW	72/ 2 oz	57g	1	160	45	5	0.5	0	125	26	13	22%	2	YES
603060	51619	WG Orange Blossom loaf, IW	72/ 2 oz	57g	1	170	45	5	0.5	0	135	28	14	24%	2	YES
600712	51605	WG Cornbread loaf, IW	72/ 2 oz	57g	1	170	50	5	0.5	0	90	29	15	26%	3	YES
	51663	WG Cranberry Orange Loaf, IW	72/ 2 oz	57g	1	150	40	4.5	0.5	0	120	25	12	21%	2	YES
599485	51666	WG Apple Cinnamon Loaf, IW	72/ 2 oz	57g	1	160	45	5	0.5	0	130	26	13	22%	2	YES
599486	51670	WG Chocolate Chip Loaf, IW	72/ 2 oz	57g	1	170	50	6	0.5	0	130	28	15	26%	2	YES
599487	51675	WG Banana Loaf, IW	72/ 2 oz	57g	1	160	40	4.5	0.5	0	135	28	14	24%	3	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600741	86601	WG Blueberry sliced Bagels	72/ 2 oz. IW	57g	2	130	10	1.5	0	0	200	26	2	3%	4	YES
599496	86616	WG Cinnamon Raisin sliced Bagels	72/ 2 oz. IW	57g	2	130	10	1.5	0	0	190	27	4	7%	4	YES
	86632	WG Everything Sliced Bagels,	72/ 2 oz. IW	57g	2	130	15	1.5	0	0	300	26	2	3%	4	* WG Rich
600742	86660	WG French Toast sliced Bagels	72/ 2 oz. IW	57g	2	140	15	1.5	0.5	0	180	28	5	8%	4	YES
599497	86695	WG Honey Wheat Bagels	72/ 2 oz. IW	57g	2	130	10	1.5	0	0	200	25	2	3%	4	YES



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600745	94601	WG Blueberry sliced Bagels, Bulk	84ct/2oz.	57g	2	130	10	1.5	0	0	200	26	2	3%	4	YES
599498	94616	WG Cinnamon Raisin sliced Bagels	84ct/2oz.	57g	2	130	10	1.5	0	0	190	27	4	7%	4	YES
600746	94632	WG Everything Sliced Bagels,, Bulk	84ct/2oz.	57g	2	130	15	1.5	0	0	300	26	2	3%	4	* WG Rich
600747	94660	WG French Toast sliced Bagels, Bulk	84ct/2oz.	57g	2	140	15	1.5	0.5	0	180	28	5	8%	4	YES
599499	94695	WG Honey Wheat Bagels, Bulk	84ct/2oz.	57g	2	130	10	1.5	0	0	200	25	2	3%	4	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600744	88195	WG Honey Wheat Bagels, sliced; IW	72/2.5 oz	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
	97616	WG Cinn Raisin Bagels,Sliced bulk	84 /2.5 oz	71g	2.75	170	15	1.5	0	0	130	35	5	7%	6	YES
606839	97629	WG Plain Bagel, Sliced, Bulk	84 /2.5 oz	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
600753	97195	WG Honey Wheat Bagels, sliced; bulk	84/ 2.5 oz	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600761	99195	WG HoneyWheat Bagels, Sli., Bulk	72/4oz	114	4.25	200	25	2.5	0.5	0	400	52	4	3%	8	* WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600641	13916	WG Cinn Maple Stuffed Bagel	66/2.5 oz	71	2.5	170	35	4	2	0	270	28	6	8%	6	* WG Rich
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599495	78629	WG Plain Donut, IW	80/2.25oz	64	2	220	80	9	2.5	0	250	30	12	19%	4	*WG Rich
599494	78626	WG Apple Cinnamon Donut IW	80/2.25oz	64	1.75	220	80	9	2.5	0	250	30	12	19%	4	*WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
599482	49248	WG Honey Buns, Glazed; IW	72/2.5 oz	71	1	290	130	14	8	0	230	36	15	21%	4	*WG Rich
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
599475	08198	WW English Muffins, 12- 12 packs	144/ 2 oz	57g	2	130	15	1.5	0	0	200	24	1	1%	6	YES
600630	08199	WW English Muffins, 24- 6 packs	144/ 2oz	57g	2	130	15	1.5	0	0	200	24	1	1%	6	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
599476	12228	SunWise Sunbutter and Grape Jelly Sandwich on crustless WG Bread; IW	96/2.8 oz	79	1.5 gr / 1 m/ma	310	150	17	2	0	250	33	14	18%	10	*WG Rich
642288	12258	SunWise Sunbutter and Strawberry Jelly Sandwich on crustless WG Bread; IW	96/2.8 oz	79	1.5 gr / 1 m/ma	310	140	15	2	0	320	32	12	16%	9	*WG Rich
673504	15228	SunWise sunbutter and grape jelly sandwich on bread; IW	48/5.2oz.	147	2 gr / 2 m/ma	610	290	34	4	0	590	56	18	15%	20	*WG Rich



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606073	50228	SunWise Performance Bar	48/2.25 oz	64	1	290	120	13	1.5	0	250	35	18	28%	8	*WG Rich
600717	56191	WG Chocolate Chip Cookie Dough	392/ 1oz	28g	0.5	100	30	3.5	1	0	100	17	9	32%	2	YES
600718	56192	WG Sugar Cookie Dough	392/ 1oz	28g	0.5	110	35	4	1	0	110	18	10	35%	2	* WG Rich
600719	56194	WG Oatmeal Raisin Cookie Dough	392/ 1oz	28g	0.75	100	25	3	1	0	100	18	8	29%	2	YES
600721	56198	WG Carnival Cookie Dough	392/ 1oz	28g	0.5	100	30	3	1	0	100	17	9	32%	2	YES
600727	65191	WG Chocolate Chip Cookie Dough	210/1.5oz	43g	1	160	45	5	1.5	0	150	26	14	33%	3	YES
600728	65192	WG Sugar Cookie Dough	210/1.5oz	43g	0.75	170	60	6	1.5	0	180	27	15	34%	3	YES
	65194	WG Oatmeal Raisin Cookie Dough	210/1.5oz	43g	1	150	40	4.5	1.5	0	150	28	12	27%	3	YES
	65198	WG Carnival Cookie Dough	210/1.5oz	43g	1	160	45	5	1.5	0	150	27	14	33%	3	YES
	65199	WG Chocolate Fudge Cookie Dough	210/1.5oz	43g	1	160	45	5	1.5	0	150	26	14	33%	3	YES
	56294	WG Oatmeal Raisin Cookie Dough	150ct./2oz.	57g	1.5	200	50	6	2	0	200	38	15	26%	4	YES

JSB Industries, Inc.,

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*www.muffintown.com

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* Whole Grain rich products may be used as an entrée on a reimbursable breakfast menu. As an approved breakfast entrée that item may be sold as an a la carte item during both breakfast and lunch that day as well as the following day.