



America's Premium Value Bakery

130 Crescent Ave. Chelsea MA. 02150 | Tel: 617-846-1565 | Fax: 617-539-3287 | Website www.muffintown.com

Snacks < 200 Calories and < 200 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	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
599477	42661	WG Blueberry Muffins, IW	72/1.8oz	51g	1	140	4	0.5	0	100	24	12	23%	2	YES
600702	42665	WG Corn Muffins, IW	72/1.8oz	51g	1	160	6	0.5	0	80	25	13	25%	2	YES
599478	42666	WG Apple Cinnamon Muffins, IW	72/1.8oz	51g	1	140	4	0.5	0	105	24	11	21%	2	YES
599480	42670	WG Chocolate Chip Muffins, IW	72/1.8oz	51g	1	150	5	1	0	110	26	14	27%	2	YES
599481	42675	WG Banana Muffins, IW	72/1.8oz	51g	1	140	3.5	0.5	0	105	25	13	25%	2	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	8	1	0	140	24	10	17%	3	*
599465	02661	WG Blueberry Muffins, IW	96/2oz	57g	1	160	5	0.5	0	95	26	14	24%	3	YES
600618	02663	WG Cranberry Orange Muffins, IW	96/2oz	57g	1	150	4.5	0.5	0	90	25	13	23%	3	YES
600619	02665	WG Corn Muffins, IW	96/2oz	57g	1	180	6	0.5	0	90	28	15	26%	3	YES
599466	02666	WG Apple Cinnamon Muffins, IW	96/2oz	57g	1	160	4.5	0.5	0	100	27	13	23%	2	YES
599468	02670	WG Chocolate Chip Muffins, IW	96/2oz	57g	1	170	5	1	0	95	29	15	26%	2	YES
600620	02673	WG Choc. Choc. Chip Muffins, IW	96/2oz	57g	1	170	6	1.5	0	110	27	14	24%	3	YES
599469	02675	WG Banana Muffins, IW	96/2oz	57g	1	160	4	0.5	0	115	28	15	26%	3	YES
	02638	WG Peach Streusel Muffin; IW	96/2oz	57g	1	160	4.5	0.5	0	105	27	13	23%	3	YES
	02611	WG Carrot Muffin; IW	96/2oz	57g	1	140	2.5	0	0	125	28	14	24%	3	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	6	0.5	0	90	28	15	26%	3	YES
634849	96605	WG Corn Muffin; IW	60/2.5oz.	71g	2	220	8	1	0	115	36	18	25%	3	*
686411	38605	WG Cornbread Bowls; 3 trays of 20	60/2.5oz.	71g	2	190	6	0.5	0	160	33	17	24%	3	*
	26605	WG Corn Muffins; 3 trays of 24	72/2.5oz.	71g	2	220	8	1	0	115	36	18	25%	3	*
	26625	WG Jalapeno Corn Muffins; 3 trays of 24	72/2.5oz.	71g	2	210	8	1	0	180	34	18	31%	3	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
	55629	WG Buttermilk Pancakes; 2pack, IW	72/2.6oz. IW	74g	2	170	3	0.5	0	70	32	12	16%	5	YES
	55601	WG Blueberry Pancakes; 2 pack, IW	72/2.6oz. IW	74g	2	190	3.5	0.5	0	75	36	16	22%	5	YES
	55660	WG Maple Chip Pancakes; 2 pack, IW	72/2.6oz. IW	74g	2	180	2.5	0	0	65	36	15	20%	5	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	7	1	0	140	42	20	23%	4	*
628935	24666	WG Apple Cinnamon Muffins, IW	48/ 3.1oz	88g	2.0	250	7	1	0	150	43	19	21%	5	*
628936	24670	WG Chocolate Chip Muffins, IW	48/ 3.1oz	88g	2.0	270	8	1.5	0	140	45	22	25%	5	*
628937	24675	WG Banana Muffins, IW	48/ 3.1oz	88g	2.0	250	7	1	0	150	44	22	25%	5	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	7	1	0	180	51	26	25%	5	*

687288	52636	WG Cinnamon Crumb Loaf; IW	48/ 3.6 oz.	102	2	290	6	1	0	190	55	29	28%	5	*
606083	52688	WG Zucchini Loaf, IW	48/3.6 oz.	102	2	280	8	1	0	170	49	25	24%	5	*
DOT Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	320	12	1.0	0	160	51	26	25%	5	*
599470	06661	WG Blueberry Muffins, IW	48/3.6 oz	102g	2	280	8	1.0	0	160	48	24	23%	5	*
599471	06666	WG Apple Cinnamon Muffins, IW	48/3.6 oz	102g	2	290	8	1.0	0	180	49	23	22%	5	*
599472	06670	WG Chocolate Chip Muffins, IW	48/3.6 oz	102g	2	310	9	2.0	0	170	52	26	25%	6	*
	06663	WG Orange Cranberry Muffin; IW	48/3.6 oz	102g	2	270	7	1.0	0	150	47	22	21%	4	*
599474	06675	WG Banana Muffins, IW	48/3.6 oz	102g	2	280	7	1.0	0	180	50	25	24%	4	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	9	1.0	0	190	52	27	23%	5	*
600627	07670	WG Chocolate Chip Muffins, IW	48/4oz	113g	2	340	11	2.0	0	200	57	30	26%	5	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	7	1.0	0	140	42	20	22%	5	*
606071	01666	WG Apple Cinnamon Muffin Tops, IW	48/3.1oz.	88	2	250	7	1.0	0	150	43	19	21%	5	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	170	6	0.5	0	110	27	14	24%	3	YES
599489	57661	WG Blueberry Muffin Tops, IW	60/ 2 oz	57g	1	160	5	0.5	0	95	26	14	24%	3	YES
599490	57666	WG Apple Cinnamon Muffin Tops, IW	60/ 2 oz	57g	1	160	5	0.5	0	100	28	14	24%	2	YES
599491	57670	WG Chocolate Chip Muffin Tops, IW	60/ 2 oz	57g	1	170	5	1	0	100	29	15	26%	3	YES
599492	57675	WG Banana Muffin Tops, IW	60/ 2 oz	57g	1	160	4.5	0.5	0	100	28	15	26%	3	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	5	0.5	0	95	26	14	24%	3	YES
603060	51619	WG Orange Blossom loaf, IW	72/ 2 oz	57g	1	170	5	0.5	0	100	28	15	26%	3	YES
600712	51605	WG Cornbread loaf, IW	72/ 2 oz	57g	1	180	6	0.5	0	90	28	15	26%	3	YES
	51663	WG Cranberry Orange Loaf, IW	72/ 2 oz	57g	1	150	4.5	0.5	0	90	25	13	22%	3	YES
599485	51666	WG Apple Cinnamon Loaf, IW	72/ 2 oz	57g	1	160	5	0.5	0	100	27	13	22%	3	YES
599486	51670	WG Chocolate Chip Loaf, IW	72/ 2 oz	57g	1	170	5	0.5	0	100	29	15	26%	3	YES
599487	51675	WG Banana Loaf, IW	72/ 2 oz	57g	1	160	4.5	0.5	0	100	28	15	26%	3	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	120	1	0	0	190	25	2	3%	4	YES
599496	86616	WG Cinnamon Raisin sliced Bagels	72/ 2 oz. IW	57g	2	130	1	0	0	180	27	4	7%	4	YES
599497	86695	WG Honey Wheat Bagels	72/ 2 oz. IW	57g	2	130	1	0	0	200	25	2	3%	4	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600745	94601	WG Blueberry sliced Bagels, Bulk	84ct/2oz.	57g	2	120	1	0	0	190	25	2	3%	4	YES
599498	94616	WG Cinnamon Raisin sliced Bagels	84ct/2oz.	57g	2	130	1	0	0	180	27	4	7%	4	YES
599499	94695	WG Honey Wheat Bagels, Bulk	84ct/2oz.	57g	2	130	1	0	0	200	25	2	3%	4	YES
DOT Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	160	1.5	0	0	200	33	3	4%	6	YES
606839	97629	WG Plain Bagel, Sliced, Bulk	84 /2.5 oz	71g	3	160	1.5	0	0	200	33	3	4%	6	YES
600753	97195	WG Honey Wheat Bagels, sliced; bulk	84/ 2.5 oz	71g	3	160	1.5	0	0	200	33	3	4%	6	YES

Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600761	99195	WG Honey Wheat Bagels, Sli., Bulk	72/4oz	114	4.25	250	2.5	0.5	0	390	50	4	3%	9	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	16	7	0	240	32	8	11%	5	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	1.5	0	0	240	24	1	1%	6	*
600630	08199	WW English Muffins, 24- 6 packs	144/ 2oz	57g	2	130	1.5	0	0	240	24	1	1%	6	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	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	15	2	0	300	33	11	13%	10	*
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	15	2	0	320	32	12	15%	9	*
673504	15228	SunWise sunbutter and grape jelly sandwich on bread; IW	48/5.2oz.	147	2 gr / 2 m/ma	610	34	4	0	590	56	18	12%	20	*
606073	50228	SunWise Performance Bar	48/2.25 oz	64	1	290	13	2	0	250	33	11	17%	8	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
698248	09191	WG Choc.Chip Cookie; 2pack IW's	210ct. / IW 2pks	40	1	160	6	1.5	0	140	25	13	32%	2	YES
698249	09192	WG Sugar Cookie; 2pack IW's	210ct. / IW 2pks	40	1	160	5	1	0	160	26	12	30%	2	YES
746741	44506	Apple Cinnamon Snack'n Rounds	80-2.2 oz. IW	62	2	270		6	0	130	39	11	20%	6	*
746743	44528	Oatmeal Chocolate Chip Snack'n Rounds	80-2.2 oz. IW	62	2	270		6	0	125	38	11	22%	7	*
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
600717	56191	WG Chocolate Chip Cookie Dough	392/ 1oz	28g	0.5	110	4	1	0	100	18	9	32%	2	YES
600718	56192	WG Sugar Cookie Dough	392/ 1oz	28g	0.5	110	3.5	1	0	110	18	9	32%	2	*
600719	56194	WG Oatmeal Raisin Cookie Dough	392/ 1oz	28g	0.75	100	3	1	0	100	18	8	29%	2	YES
600721	56198	WG Carnival Cookie Dough	392/ 1oz	28g	0.5	100	3	1	0	100	17	9	32%	2	YES
600727	65191	WG Chocolate Chip Cookie Dough	210/1.5oz	43g	1	170	6	2	0	150	27	14	33%	3	YES
600728	65192	WG Sugar Cookie Dough	210/1.5oz	43g	0.75	170	5	1.5	0	180	28	13	30%	3	YES
Dot Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
	50430	Banana Chocolate Chunk Bar	70/2.5oz I.W	71g	2	280	8	4	0	85	46	19	36%	7	*
DOT Stocking #	Muffintown Item #	Description	Pack/Size	Grams	GR EQ	Total Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
718520	50728	Totality Bar	36/3.3oz I.W	94g	1	400	16	2	0	210	57	37	70%	9	*
	48644	Fruit Crunch Bar	60/2.5oz I.W	72g	1.5	290	11	6	0	110	45	19	30%	7	*
746741	44506	Snack'N Rounds Apple Cinnamon	80-2.2 oz. IW	62g	2	270	12	6	0	130	39	11	20%	6	*
746743	44528	Snack'N Rounds Chocolate Chip	80-2.2 oz. IW	62g	2	270	12	6	0	125	38	11	22%	7	*
754248	90429	WG Fudgy Brownies IW	96-1.75 oz. IW	49g	1	200	7	1	0	115	31	17	34%	3	YES
756079	18374	Cinnamon Toast	4-5 pound trays	69g	1	170	7	4	0	20	24	15	26%	3	*

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.