

HEALTHY BARS

Cherry Apple
Crunch



Triple Berry
Crunch

The
**Father's
Table**[®]
Donating 50% of Profits to Charity

The Father's Table · PO Box 1509 · Sanford, FL 32772
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HEALTHY BARS



Everything Directors of the National School Lunch and Breakfast Programs have been asking for, all wrapped up in a fully baked **Healthy Bar**

Cherry Apple Crunch

01197

01199



Nutrition Facts	
Serving Size 1 Bar (2.25oz) (64g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 3g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 Bar (1.25oz) (35g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cherry Apple Crunch Bars is now available in 2 sizes

2.25oz which provides 2 grains

1.25oz which provides 1 grain

These fully baked, individually wrapped **Cherry Apple Crunch Bars** are whole grain rich and perfect for breakfast, after school snack, or a lunch treat. No high fructose corn syrup. No artificial colors.

No trans fats. They come to you frozen, but have a 30 day shelf life thawed.

01194

Triple Berry Crunch

Triple Berry Crunch Bars are whole grain rich and have a rich fruity flavor of strawberry, blueberry, and raspberry with the added crunch of rice crisps.

No high fructose corn syrup.

No artificial colors.

No trans fats.

A perfect breakfast bar that will be loved by all students

Nutrition Facts	
Serving Size 1 Bar (2.25oz) (64g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Cherry Apple Crunch Bar Code No.: 01197
 Manufacturer: The Father's Table Serving Size 2.25 oz
 (raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No **How many grams:** 0.64
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: D

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	A ÷ B
whole grain blend (oats and oat flour)	16.1 g	16	1.01
enriched pastry flour	16.0 g	16	1.00
Total Creditable Amount³			2.00

*Creditable grains are whole-grain meal/flour and enriched meal/flour.

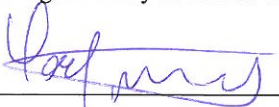
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 2.25
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 2.25 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.


 Signature
Yael Spektor
 Printed Name

Sr. Food Scientist
 Title
9-19-13 407-324-1200
 Date Phone Number

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A)
weights per oz equivalent

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Cherry Apple Crunch Bar Code No.: 01197
 Manufacturer: The Father's Table Serving Size: 2.25 oz

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No **How many grams:** 0.64
(Products with more than 0.24oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

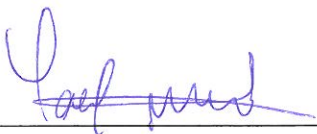
Indicate which Exhibit A Group (A-I) the Product Belongs: D

Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent as listed in SP 30-2012	Creditable Amount
	A	B	A ÷ B
Cereal Bar, Breakfast Bar	2.25	2.00	1.12 oz
Total Creditable Amount¹			1.0 oz

¹ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 2.25
 Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 2.25 ounce portion of this product (ready for serving) provides 1.0 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



 Signature
Yael Spektor

 Printed Name

Sr. Food Scientist

 Title
9-19-13 407-324-1200

 Date Phone Number