

**Product Name:** Nature Valley—Crunchy Oats 'N Honey Granola Bars

**Manufacturer Code:** 12935981

**Availability:** Target, Walmart, Costco

**Notes:** Approved ONLY for Middle School Use



**INGREDIENTS:**

Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

**ALLERGY INFORMATION:**

**CONTAINS: SOY, MAY**

**CONTAIN: ALMOND, PEANUT, PECAN**

**NUTRITION INFORMATION**

Serving Size	2 bars
Calories	190
Total Fat 7g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Potassium 0mg	0%
Carbohydrate 29g	
Dietary Fiber 2g	
Sugars 11g	
Protein 3g	
Iron	4%

**Product Name:** Nature Valley—Crunchy Oats ‘N Honey Granola Bars  
**Manufacturer Code:** 12935981

## Nutrition Facts

 Print

Competitive Snack

Whole Grain rich item

A whole grain is the first item on the ingredients list: The following terms denote a whole grain: Cracked wheat, crushed wheat, whole wheat flour, graham flour, entire wheat flour, bromated whole wheat flour, whole durum wheat four, the term "berries" or "groat" are also used for example wheat berries or oat groats, rolled oats or oatmeal (including old fashioned, quick cooking and instant), reconstituted whole wheat, brown rice, brown rice flour, wild rice, quinoa, millet, teff, amaranth, buckwheat or sorghum. Additional information regarding whole grains can be found at <http://www.fns.usda.gov/tn/whole-grain-resource> (see pages 6-7).

Serving Size	42	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	190	Calories from Fat	60
Total Fat (g)	7		
Saturated Fat (g)	1		
Trans Fat (g)	0		
Sodium (mg)	180		
Sugars (g)	11		

	Elementary School	Compliant
	Middle/High School	Compliant

Elementary School	Middle/High School
≤ 35% calories from fat.	≤ 35% calories from fat.
< 10% calories from saturated fat	< 10% calories from saturated fat
≤ 35% sugar by weight	≤ 35% sugar by weight
< 0.5 grams trans fat per serving	< 0.5 grams trans fat per serving
≤ 200 milligrams sodium	≤ 200 milligrams sodium
≤ 175 calories per item/container	≤ 200 calories per item/container