



Winner's Circle Preferred Snacks WASHINGTON FOODS

✦ **AMERICAN PRODUCE EXPRESS: Apple Express (Sweet Apple Slices with Carmel)**

Package Size	-2oz	Serving Size	- 1 container
Calories	-160	Calories from fat	-5
Carbohydrates	-44g	Sugars	-32g
Sodium	-130mg	Protein	-1g

✦ **AMERICAN PRODUCE EXPRESS: Apple Express (Sweet Apple Slices with Carmel) Also grapes**

Package Size 2oz – 6oz with or without Carmel

✦ **BOLT HOUSE FARMS (previously Mercer Ranch): Baby Carrots**

Package Size	-3oz	Serving Size	-
Calories	-	Calories from fat	-
Carbohydrates	-g	Sugars	-g
Sodium	-mg	Protein	-g

✦ **CRUNCH PACK: Sweet & Tart**

Package Size	-2oz	Serving Size	- 1
Calories	-40	Calories from fat	-0
Carbohydrates	-9g	Sugars	-6g
Sodium	-0mg	Protein	-0g

✦ **GORGE DELIGHTS: Pear Bar**

Package Size	-1.5oz	Serving Size	- 1
Calories	-132	Calories from fat	-0
Carbohydrates	-32g	Sugars	-16g
Sodium	-13mg	Protein	-1g

✦ **GORGE DELIGHTS: Pear Strawberry Bar**

Package Size	-1.5oz	Serving Size	- 1
Calories	-150	Calories from fat	-0
Carbohydrates	-36g	Sugars	-18g
Sodium	-10mg	Protein	-1g

 **GORGE DELIGHTS: Pear Blueberry Bar**

Package Size	-1.5oz	Serving Size	- 1
Calories	-132	Calories from fat	-0
Carbohydrates	-32g	Sugars	-17g
Sodium	-12mg	Protein	-1g

 **GORGE DELIGHTS: Pear Cranberry Bar**


Package Size	-1.5oz	Serving Size	- 1
Calories	-132	Calories from fat	-0
Carbohydrates	-32g	Sugars	-15g
Sodium	-11mg	Protein	-1g

 **LI'L YAMI YOGURT: Peaches ` n Cream**

Package Size	-4oz	Serving Size	- 1 container
Calories	-146	Calories from fat	-41
Carbohydrates	-22g	Sugars	-20g
Sodium	-52mg	Protein	-4g
Calcium	-140mg		

 **LI'L YAMI YOGURT: Strawberries ` n Cream**


Package Size	-4oz	Serving Size	- 1 container
Calories	-147	Calories from fat	-41
Carbohydrates	-22g	Sugars	-20g
Sodium	-52mg	Protein	-4g
Calcium	-140mg		

 **NESQUIK NOW 1%: Nesquik Chocolate**

Package Size	-14oz	Serving Size	-
Calories	-315	Calories from fat	-44
Carbohydrates	-56g	Sugars	-53g
Sodium	-263mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK NOW 1%: Nesquik Double Chocolate**


Package Size	-14oz	Serving Size	-
Calories	-298	Calories from fat	-44
Carbohydrates	-53g	Sugars	-49g
Sodium	-298mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK NOW 1%: Nesquik Strawberry**

Package Size	-14oz	Serving Size	-
Calories	-315	Calories from fat	-35
Carbohydrates	-58g	Sugars	-53g
Sodium	-315mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK NOW 1%: Nesquik Very Vanilla**

Package Size	-14oz	Serving Size	-
Calories	-280	Calories from fat	-35
Carbohydrates	-51g	Sugars	-49g
Sodium	-210mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK NOW 1%: Nesquik White Milk**

Package Size	-14oz	Serving Size	-
Calories	-175	Calories from fat	-44
Carbohydrates	-21g	Sugars	-21g
Sodium	-219mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK NOW 1%: Nesquik Fat Free Chocolate**

Package Size	-14oz	Serving Size	-
Calories	-280	Calories from fat	-0
Carbohydrates	-56g	Sugars	-53g
Sodium	-263mg	Protein	-14g
Calcium	-400mg		

 **NESQUIK LOW FAT: Chocolate**

Package Size	-14oz	Serving Size	- 2
Calories	-180	Calories from fat	-25
Carbohydrates	-32g	Sugars	-30g
Sodium	-150mg	Protein	-8g
Calcium	-400mg		

 **NESQUIK LOW FAT: Strawberry**

Package Size	-14oz	Serving Size	- 2
Calories	-180	Calories from fat	-25
Carbohydrates	-33g	Sugars	-31g
Sodium	-180mg	Protein	-8g
Calcium	-400mg		

 **NESQUIK LOW FAT: Double Chocolate**

Package Size	-14oz	Serving Size	- 2
Calories	-170	Calories from fat	-25
Carbohydrates	-30g	Sugars	-28g
Sodium	-150mg	Protein	-8g
Calcium	-400mg		

 **NESQUIK LOW FAT: Very Vanilla**

Package Size	-14oz	Serving Size	- 2
Calories	-160	Calories from fat	-25
Carbohydrates	-29g	Sugars	-28g
Sodium	-120mg	Protein	-8g
Calcium	-400mg		

 **NESQUIK LOW FAT: White Milk (unflavored)**

Package Size	-14oz	Serving Size	- 2
Calories	-100	Calories from fat	-25
Carbohydrates	-12g	Sugars	-12g
Sodium	-125mg	Protein	-8g
Calcium	-400mg		

 **NESQUIK LOW FAT: Fat Free Chocolate**


Package Size	-14oz	Serving Size	- 2
Calories	-160	Calories from fat	-25
Carbohydrates	-32g	Sugars	-30g
Sodium	-150mg	Protein	-8g
Calcium	-400mg		


 **PINE CREEK PACK: Cinnamon Apple Chips**


Package Size	-3oz	Serving Size	- 4
Calories	-50	Calories from fat	-0
Carbohydrates	-14g	Sugars	-12g
Sodium	-17	Protein	-0


 **PINE CREEK PACK: Fuji Apple Chips**

Package Size	-3oz	Serving Size	- 4
Calories	-50	Calories from fat	-0
Carbohydrates	-14g	Sugars	-12g
Sodium	-17	Protein	-0


 PINE CREEK PACK: Granny Smith Apple Chips			
Package Size	-3oz	Serving Size	- 4
Calories	-50	Calories from fat	-0
Carbohydrates	-14g	Sugars	-12g
Sodium	-17	Protein	-0


 PINE CREEK PACK: Bing Cherries			
Package Size	-3oz	Serving Size	- 2
Calories	-130	Calories from fat	-0
Carbohydrates	-28g	Sugars	-18g
Sodium	-0mg	Protein	-2g

 PINE CREEK PACK: Mangos			
Package Size	-3oz	Serving Size	- 2
Calories	-140	Calories from fat	-1
Carbohydrates	-34g	Sugars	-34g
Sodium	-35mg	Protein	-2g

 PINE CREEK PACK: Hazelnuts			
Package Size	-3oz	Serving Size	- 2
Calories	-180	Calories from fat	-17
Carbohydrates	-5g	Sugars	-1g
Sodium	-0mg	Protein	-4g

 PINE CREEK PACK: Cinnamon Apple Chips			
Package Size	-3oz	Serving Size	- 2
Calories	-130	Calories from fat	-0
Carbohydrates	-28g	Sugars	-18g
Sodium	-0mg	Protein	-2g

 TILLAMOOK: Cheddar Cheese			
Package Size	-.75oz	Serving Size	- 1 container
Calories	-83	Calories from fat	-7
Carbohydrates	-g	Sugars	-g
Sodium	-mg	Protein	-g

 TILLAMOOK: Fat Free Cranberry Raspberry Yogurt			
Package Size	-6oz	Serving Size	- 1 container
Calories	-180	Calories from fat	-0
Carbohydrates	-37g	Sugars	-34g
Sodium	-105mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Fat Free Vanilla Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-180	Calories from fat	-0
Carbohydrates	-37g	Sugars	-35g
Sodium	-120mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Fat Free Key Lime Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-170	Calories from fat	-0
Carbohydrates	-36g	Sugars	-33g
Sodium	-105mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Fat Free Oregon Strawberry Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-170	Calories from fat	-0
Carbohydrates	-36g	Sugars	-31g
Sodium	-150mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Black Cherry Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-38g	Sugars	-35g
Sodium	-120mg	Protein	-8g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Marionberry Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-36g	Sugars	-34g
Sodium	-115mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Northwest Berry Patch Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-180	Calories from fat	-20
Carbohydrates	-34g	Sugars	-30g
Sodium	-130mg	Protein	-8g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Oregon Strawberry Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-36g	Sugars	-31g
Sodium	-150mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Peach Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-36g	Sugars	-33g
Sodium	-125mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Raspberry Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-37g	Sugars	-35g
Sodium	-120mg	Protein	-7g
Calcium	-250mg		

 **TILLAMOOK: Low Fat Vanilla Bean Yogurt**

Package Size	-6oz	Serving Size	- 1 container
Calories	-190	Calories from fat	-20
Carbohydrates	-35g	Sugars	-33g
Sodium	-120mg	Protein	-8g
Calcium	-250mg		

 **WILCOX: Chocolate Fat Free Mini Half Pint**

Package Size	-8oz	Serving Size	- 1 cup
Calories	-140	Calories from fat	-0
Carbohydrates	-26g	Sugars	-25g
Sodium	-115mg	Protein	-8g
Calcium	-250mg		

 **WILCOX: Strawberry Fat Free Mini Half Pint**

Package Size	-8oz	Serving Size	- 1 cup
Calories	-160	Calories from fat	-0
Carbohydrates	-32g	Sugars	-32g
Sodium	-125mg	Protein	-8g
Calcium	-250mg		

✦ WILCOX LOWFAT YOGURT: Cherry, Peach, Blueberry, Raspberry, Strawberry, Vanilla, Strawberry Banana

Package Size	-8oz	Serving Size	- 1 cup
Calories	-240	Calories from fat	-40
Carbohydrates	-39g	Sugars	-33g
Sodium	-160mg	Protein	-10g
Calcium	-350mg		

✦ WILCOX LOWFAT YOGURT: Cascade Fresh (Cherry, Raspberry, Strawberry, Peach, Blackcap, Boysenberry)

Package Size	-6oz	Serving Size	- 1 container
Calories	-140	Calories from fat	-20
Carbohydrates	-23g	Sugars	-19g
Sodium	-90mg	Protein	-8g
Calcium	-250mg		

✦ WILCOX FAT FREE YOGURT: Cascade Fresh (Cherry Vanilla, Raspberry, Strawberry, Lemon Chiffon, Boysenberry, Apricot Mango, Marionberry, Key Lime, Vanilla, Orange Cream, Green Apple Pie)

Package Size	-6oz	Serving Size	- 1 container
Calories	-0	Calories from fat	-
Carbohydrates	-g	Sugars	-g
Sodium	-mg	Protein	-g
Calcium	-250mg		

✦ YAMI LIGHT YOGURT: Cherry, Peach, Raspberry, Strawberry

Package Size	-? 8oz	Serving Size	- 1 container
Calories	-90	Calories from fat	-0
Carbohydrates	-12g	Sugars	-8g
Sodium	-130mg	Protein	-9g
Calcium	-300mg		

✦ YAMI LOWFAT YOGURT: Blackberry, Blueberry, Cherry, Lemon, Peach, Raspberry, Strawberry/Banana

Package Size	-? 8oz	Serving Size	- 1 container
Calories	-230	Calories from fat	-35
Carbohydrates	-39g	Sugars	-33g
Sodium	-150mg	Protein	-10g
Calcium	-350mg		

 **YAMI LOWFAT YOGURT: Plain**

Package Size	-? 8oz	Serving Size	- 1 container
Calories	-165	Calories from fat	-40
Carbohydrates	-17g	Sugars	-10g
Sodium	-180mg	Protein	-13g
Calcium	-450mg		

 **YAMI LOWFAT YOGURT: Strawberry**

Package Size	-? 8oz	Serving Size	- 1 container
Calories	-210	Calories from fat	-35
Carbohydrates	-30g	Sugars	-33g
Sodium	-150mg	Protein	-10g
Calcium	-350mg		

 **YAMI LOWFAT YOGURT: Vanilla**

Package Size	-? 8oz	Serving Size	- 1 container
Calories	-210	Calories from fat	-40
Carbohydrates	-34g	Sugars	-28g
Sodium	-160mg	Protein	-11g
Calcium	-400mg		

 **YOBITES APPLES:**

Package Size	-3oz	Serving Size	- 1
Calories	-	Calories from fat	-
Carbohydrates	-g	Sugars	-g
Sodium	-mg	Protein	-g