



**CHILD NUTRITION PROGRAM BID
2026-2027 SCHOOL YEAR
BID NO. 26-08**

INVITATION TO BID BY SEALED BID

**BID REQUESTED: FROZEN, REFRIGERATED, CANNED, AND PACKAGED FOODS
CONTRACT TIME PERIOD: JULY 1, 2026 TO JUNE 30, 2027**

BID RELEASE DATE: MARCH 19, 2026

BID OPENING DATE: APRIL 21, 2026 AT 10:00 A.M. CST

**GENERAL RULES, CONDITIONS, AND INSTRUCTIONS TO BIDDERS
FOR FROZEN, REFRIGERATED, CANNED, AND PACKAGED FOODS**

**SECTION I
INSTRUCTIONS TO BIDDERS**

Sealed bids will be received by Livingston Parish Public Schools Child Nutrition Department, 13909 Florida Boulevard, Livingston, Louisiana 70754 or bids may be submitted electronically at www.centralbidding.com until 10:00 A.M., Tuesday, April 21, 2026, for providing Frozen, Refrigerated, Canned, and Packaged Foods to Livingston Parish Public Schools Child Nutrition Department, in accordance with the following instructions and specifications.

1. All bids shall be submitted sealed to Livingston Parish Public Schools Child Nutrition Department on or before the above date and time. Bids shall be either hand delivered by the bidder or his agent, sent registered or certified mail with a return receipt requested or submitted online through Central Bidding. Bids received after the date and time designated for opening of bids, or any bids received unsealed, will not be considered. At the above time and place, bids will be publicly opened, including electronic bids at Livingston Parish Public Schools Central Office, 13909 Florida Boulevard, Livingston, Louisiana 70754.
2. The responsibility for timely delivery of bids rests solely with the bidder. Bids delayed through the mail and arriving after the stated date and time cannot be accepted. It is the bidder's responsibility to verify the bid is delivered to the correct department and building, and the department/building will be open when the bid is expected to arrive.

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3. Bids shall be submitted in strict accordance with the specifications and instructions. Unless otherwise provided for, all bids must be submitted on, and in accordance with forms provided and properly signed. In addition to the bid form, the attached forms **MUST** be completed, signed, and returned with the bid form to be considered.
 - A. Certification Regarding Debarment, Suspension, Ineligibility, and Voluntary Exclusion – Lower Tier Covered Transactions
 - B. Certification of Independent Price Determination
 - C. Certification Regarding Lobbying
 - D. Disclosure of Lobbying Activities
 - E. Bid Form Acknowledgment
 - F. Buy American Certification Form
4. If submitting a paper bid, place the bid in a sealed envelope and mark the outside of the envelope with the Bid Number, Bid Name and Bidder's Name.
5. The bid form must be typed or completed in ink. Any corrections must be made by drawing a line through the error and writing the correction. All corrections must be initialed by the person signing the bid. No corrections by erasure or use of correction fluid are allowed.
6. The prices quoted shall include handling and delivery to Livingston Parish Public Schools. **UNIT PRICE SHOULD NOT EXCEED FOUR (4) DECIMAL POINTS.**
7. Errors in quoted prices or in the preparation of the bid will not relieve the vendor except as provided under Louisiana Revised Statutes.
8. If the bidder quotes a unit price and a total price for the same item and there is a discrepancy between the unit price and the total price, the unit price will stand as the bid price.

SECTION II COST/PRICE ANALYSIS STATEMENT

Based on analysis of prior bid pricing and previous bid history of like or equivalent items, the anticipated total estimated value of this bid is approximately **\$5,800,000.00**. The estimated value provides bidders a point of reference from prior bid and usage costs. Livingston Parish Public Schools shall not be held to the estimated dollar value for total purchased related to this bid.

SECTION III DETERMINATION OF BID AWARDS

1. The award will be awarded to the lowest responsive and responsible bidder on an **ALL OR NOTHING** basis taking into consideration the quantity of the products to be supplied, the quality of the products to be supplied, and their conformity with specifications.
2. Consideration used for determining bidder responsibility may include financial ability, skill, integrity, business judgment, experience, reputation, quality of previous

work on contracts, and any other similar factors bearing on bidders' ability to successfully perform the contract. Each proposal will receive equal consideration and special attention directed at the contractor's qualifications as provided for in L.R.S. 38:1126.C (2) (a).

3. Awards will only be made to the company that submits a bid. Awards will not be made to secondary companies that a bidder may use for bid completion, such as if a secondary vendor is used for delivery purposes, etc.
4. Livingston Parish Public Schools reserves the right to obtain clarification of a vendor's bid or to obtain additional information necessary to evaluate their bid. Failure of a vendor to respond to such request for additional information or clarification may result in rejection of the vendor's bid.
5. Bids will not be awarded based on value added features. The district has the option to accept value added features or items such as program points and rewards, only after a bid has been awarded. After items are awarded on a bid if they qualify for value added benefits, then the district may or may not choose to accept the value-added benefits.
6. Livingston Parish Public Schools Child Nutrition Department reserves the right to reject any and all bids, increase or decrease the number of facilities to be serviced, and waive all informalities.
7. In the event of a tie bid, when all factors are equal, the award will be determined by a coin toss.

SECTION IV AWARD AND ACCEPTANCE

1. Awards become official at the time bids are accepted by Livingston Parish School Board.
2. Any objection to an award by Livingston Parish School Board must be filed in writing and must be received by Livingston Parish Public Schools Child Nutrition Department no later than 9:00 a.m. on the first Tuesday following the official award. In the event Livingston Parish Public Schools are closed the first Tuesday following the official award, an objection to an award should be submitted the next business day.
3. Bidders submitting a response to the solicitation, whether successful or unsuccessful, will be provided a copy of the bid award analysis/tabulation by email and/or U.S. Postal Mail. A written award in the form of a Purchase Order, Contract, written notice of award or any combination of these three to the successful bidder shall be deemed to result in a binding contract for the purchase of materials or supplies without further action by either party as provided in L.R.S. 38:2216.

**SECTION V
POOR PERFORMANCE**

Any vendor who has demonstrated poor performance during a current or previous agreement with the School District may be considered a non-responsible bidder and their bid may be rejected. Livingston Parish Public Schools Child Nutrition Department reserves the right to exercise this option as is deemed proper and necessary. Vendors may be disqualified from doing business with Livingston Parish Public Schools Child Nutrition Department when multiple written documentations prove poor performance has been demonstrated by the vendor on multiple occasions or when the district has a valid reason to disqualify a vendor.

**SECTION VI
REJECTION OF BIDS**

1. Subject to the provisions of R.S. 38:2211 et. seq., Livingston Parish Public Schools reserves the right to reject any or all bids for just cause.
2. Bids not prepared in accordance with the instructions contained herein may be rejected and/or disqualified.
3. Any one or more of the following causes, among others, may be considered sufficient for the disqualification of and the rejection of any proposal:
 - A. Evidence of collusion among bidders.
 - B. Lack of competency as revealed by financial statements, experience, or other factors.
 - C. Lack of responsibility as shown by past work, judged from the standpoint of workmanship as submitted.
 - D. Default on a previous contract for failure to perform.
 - E. Any other cause which Livingston Parish Public Schools may, in their sole discretion, deem appropriate.

**SECTION VII
SPECIFICATIONS**

1. Specification of certain brands, item number, make, or manufacturer is to denote the quality, type and standard of the article desired that has been cited as meeting the needs of Livingston Parish Public Schools Child Nutrition Department. Such use of brand names is in no way designed or intended to restrict bidding but, contrarily, to invite bids of comparable products that would equally satisfy the requirement stated herein.
2. To submit pricing on an alternate product from the brand/number specified, the bidder MUST contact Livingston Parish Public Schools Child Nutrition Department to schedule an evaluation of "equal quality" prior to bid opening date.
3. Bidder must enter the manufacturer's name and item number of any pre-approved alternative on the bid. Failure on the part of any bidder to receive pre-approval for any alternative brand/item shall be cause to reject said bid from consideration.

4. Failure on the part of any bidder to supply all required information and/or samples shall be cause to reject said bid from consideration.
5. If requested, samples shall be submitted to the Child Nutrition Department, Attn: Sommer Purvis 13909 Florida Boulevard, Livingston, Louisiana 70754. Product sampling may be conducted to evaluate the presentation, taste, appeal, and overall acceptability of the Bidder's product as determined by the assembled taste panel. Livingston Parish Public Schools will buy no samples and will assume no-cost incidental thereto. If samples are requested, they must be sent prepaid and within the specified time. The product sampling may be used if necessary to help determine the primary contractor awards, which will be made at the district's sole discretion.
6. Specifications requiring "whole grain" **MUST** meet the USDA Whole Grain Rich Criteria.
7. The size stated in the specifications are representative of the approximate size desired. Actual pack, size, etc. shall be clearly stated on the bid form by the bidder. Failure to do so may prevent consideration of the item bid.
8. All products delivered shall be processed and packed in accordance with good commercial practice. All products shall conform in all respects to all application standards promulgated under the Federal Food, Drug and Cosmetic Act, Louisiana Department of Health & Hospitals, and Livingston Parish Department of Health in effect at the time of delivery. Containers specified are to be representative of the product to be furnished if awarded the quotation.

SECTION VIII TECHNICAL DATA

1. When bidding a pre-approved alternate, the manufacturer's specifications must accompany all bids. Failure to submit current Manufacturer's Product Specification Sheet, Nutrition Facts Label, and Child Nutrition Statement and/or Product Formulation Sheet, including product crediting for Child Nutrition Programs will be reason to reject the bid.
2. All deviations from the specifications must be noted in detail by the bidder, in writing at the time of submitting the formal bid where specified. The absence of written deviations at the time of submitting the bid will hold the bidder strictly accountable to Livingston Parish Public Schools Child Nutrition specifications as written.
3. Once the bid has been awarded, the awarded vendor shall have thirty (30) days to submit current Manufacturer Product Specification Sheet, Nutrition Facts Label, and Child Nutrition Label and/or Product Formulation Sheet, including product crediting for Child Nutrition Programs. Failure to provide the documentation may result in termination of the contract.

SECTION IX ORDER AND DELIVERY PROVISIONS

1. Orders will be placed by the Child Nutrition Program Administration, not site managers.
2. The vendor shall notify Livingston Parish Public Schools Child Nutrition Department of all shortages prior to delivery at a mutually agreeable time to make substitutions.
3. The vendor shall be responsible for all products until they are delivered to the location specified in the order.
4. Deliveries will be accepted between 6:00 A.M. and 1:00 P.M. If a delivery is delayed for any reason, the vendor shall contact Livingston Parish Public Schools Child Nutrition Department immediately.
5. Inspection and acceptance of goods will be made at time of delivery. Rejected merchandise shall be removed and promptly replaced by the vendor at no cost to Livingston Parish Public Schools Child Nutrition Department.
6. Delivery is to be made in such a manner as to ensure cleanliness and sanitation of the food. Delivery trucks shall be temperature controlled to maintain the correct temperature for all contracted products.
7. Deliveries to schools will be required as follows for the duration of the school year:
 - A. The vendor shall deliver weekly to all school sites. A complete list of schools, addresses, and site contact information is provided. A specific delivery schedule will be negotiated upon award of the bid and shall be agreeable and advantageous to both parties.
 - B. Deliveries are to be made Monday through Friday, except on school calendar holidays.
 - C. Delivery is not complete until products are placed in the designated area and the delivery ticket is signed by a Child Nutrition employee.
 - D. Minimum delivery requirements shall be reasonable and agreed upon between the vendor and Livingston Parish Public Schools Child Nutrition Department.
 - E. The vendor must make all deliveries. Deliveries made by USPS, UPS, FedEx, or any other third-party service are not acceptable and are prohibited.
 - F. All deliveries must be accompanied by a packing slip or delivery ticket, and contain Delivery Date, Vendor Stock Number, Quantity Ordered, Quantity Delivered, Price Based on Bid, and Name of Vendor.
8. All products, except for yogurt, shall have a minimum shelf life of thirty (30) days from the date of delivery, as evidenced by clearly visible and legible best-by and/or expiration dates on the packaging. Yogurt shall have a minimum shelf life of fourteen (14) days from the date of delivery. Any product with a best-by and/or expiration date falling outside the applicable period will be considered non-compliant and may be rejected.

9. The vendor accepts responsibility for damage to products or property caused by the vendor, the vendor's employee, the vendor's contractor, and/or any equipment provided by the vendor.

SECTION X CANCELLATION OF ORDERS

1. Livingston Parish Public Schools Child Nutrition Department reserves the right to cancel any order or portion thereof which the vendor fails to deliver at the time specified.
2. Livingston Parish Public Schools Child Nutrition Department may cancel any products under the contract during the contract period, without penalty, due to modification in the Livingston Parish Public Schools Child Nutrition Programs.

SECTION XI INABILITY TO DELIVER

1. The vendor shall be responsible for making timely deliveries except in cases where a scheduled delivery is impossible because of acts of God, war, or other major catastrophe beyond control of the vendor. If deliveries cannot be made for these reasons, Livingston Parish Public Schools Child Nutrition Department must be notified immediately.
2. If for any reason deliveries cannot be made on schedule, the Livingston Parish Public Schools Child Nutrition Department must be notified in sufficient time to make further arrangements concerning the items that cannot be delivered. If the vendor is in error in making a delivery, it is the vendor's responsibility to correct the delivery error made. If at any time the vendor cannot provide the awarded products, the district has the right to procure products from the next lowest bidder.
3. The vendor shall be responsible for delivering any shortages in sufficient time to avoid any disruption to meal service, meet menu requirements and schedules.

SECTION XII CHANGE OF BRAND AND/OR CODE NUMBER OF ITEMS DELIVERED

It is expected that vendor will deliver the exact product(s) awarded on bid awards. However, if for any reason there should be a change in the brand or code number of items delivered, the Child Nutrition Department must be notified in sufficient time to determine if the alternate is sufficient, or to make further arrangements concerning the alternate.

SECTION XIII STATEMENTS AND PAYMENTS

1. All deliveries shall be accompanied by packing slips or delivery tickets, and contain Vendor Name, Delivery Date, Vendor Stock Number, Quantity Ordered, Quantity Delivered, Price Based on Bid, and Name of Vendor.

2. Statements shall be submitted monthly to the Livingston Parish Public Schools Child Nutrition Department, no later than the seventh (7th) day of the month for the preceding month. Each statement shall contain a record of all purchases, by school, for the month (in chronological order with invoice number listed).
3. Statements shall be verified for accuracy and completeness by Livingston Parish Public Schools Child Nutrition Department. Accurate and complete statements shall be paid by the twentieth (20th) day of the month following receipt.
4. The vendor shall provide usage reports to the Child Nutrition Department as requested. Usage reports shall be provided in a format determined acceptable by the Child Nutrition Department.

SECTION XIV TERM BID AGREEMENTS

1. If this bid results in a term contract with the vendor, Livingston Parish Public Schools Child Nutrition Department must receive all general price decreases other customers receive.
2. At the option of Livingston Parish School Board and acceptance by the awarded vendor, the awarded contract may be renewed at the same terms and conditions for up to two (2) additional twelve (12) month periods. Livingston Parish Public Schools Child Nutrition Department shall notify the contracted party, in writing, by April 1st of the year the contract, or any extension thereof, ends if it intends to renew the contract.
3. The vendor shall hold all prices firm against any increases for the first year of the contract. Prior to the commencement of the second year of the Contract, and subsequent renewal terms, vendor may submit a request for price adjustments, in writing, at least sixty (60) days prior to the renewal date. Such a request shall include at a minimum:
 - A. The cause for the adjustment.
 - B. Proposed effective date.
 - C. The amount of the change requested with documentation to support the requested adjustment.Any price adjustment approved by Livingston Parish School Board, in its sole discretion, is subject to the following conditions:
 - A. The total of any Livingston Parish School Board approved increase in a contract unit price made under this clause at the time of renewal may not exceed a total of five (5) percent of the original contract unit price.
 - B. Any Livingston Parish School Board approved increase contract price shall not apply to orders received by the vendor prior to the effective date of the increased contract unit price.
 - C. Such requested contract unit prices increase shall become effective only upon written approval by the Livingston Parish School Board.
4. Livingston Parish Public Schools, acting as a School Food Authority, in accordance with the Louisiana Public Bid Law (LSA-R.S. 38:2211 et seq.), 2 CFR Part 200, and all

applicable federal and state procurement regulations governing Child Nutrition Programs is awarding this contract.

With the consent of the awarded Vendor, this contract may be extended for use by up to five (5) Louisiana public school districts, School Food Authorities, or other public agencies that are eligible to participate in cooperative purchasing under Louisiana law and federal procurement regulations, provided that:

- A. The original solicitation contained this piggybacking provision.
- B. The contract was publicly advertised and competitively awarded in full compliance with state and federal procurement requirements.
- C. The goods and/or services to be procured by the piggybacking entity are substantially the same as those awarded under this contract.
- D. Pricing, terms, and conditions remain consistent with the original award, unless otherwise permitted under allowable contract modification standards in 2 CFR §200.324.
- E. Each participating entity issues its own purchase orders and assumes full responsibility for compliance with federal Child Nutrition Program regulations, including but not limited to Buy American requirements (7 CFR §210.21), contract monitoring, payment, reporting, and audit compliance.
- F. Livingston Parish Public Schools assumes no liability for purchases, payments, contract administration, or performance issues arising from any agreement between the Vendor and another participating entity.
- G. The Vendor agrees that extension of this contract to other eligible public entities shall be at the option of both the Vendor and the participating entity and shall not obligate the awarding SFA to any additional financial or administrative responsibility.
- H. Any participating entity must get permission from Livingston Parish Public Schools and the awarded Vendor prior to submitting an order.

SECTION XV SUBCONTRACTING

Subcontracting part of this bid by the successful bidder to other responsible entities is permitted as hereinafter provided:

- All subcontractors shall have the proper approval of Livingston Parish Public Schools Child Nutrition Department before the effective date of this bid.
- The successful bidder must detail to Livingston Parish Public Schools Child Nutrition Department the quantity of business, method of distribution and schools served by the subcontractor to the full and complete satisfaction of the Child Nutrition Department.

SECTION XVI INSPECTION AND RECORDKEEPING

1. Livingston Parish Public Schools Child Nutrition Department reserves the right to have any products inspected at any time by the Livingston Parish Department of Health. Any items condemned or rejected because of any inspection by the Livingston Parish Department of Health or as determined by any Child Nutrition employee, shall be replaced.

2. Livingston Parish Public Schools Child Nutrition Department reserves the right to conduct a site visit and/ or inspection of the low bidder's warehouse or facility before making an award.
3. The vendor is required to allow access by duly authorized representatives of Livingston Parish Public Schools, State Agency, United States Department of Agriculture, and/or the Comptroller General to any books, documents, papers, and records of the contract which are directly pertinent to all negotiated contracts.
4. The vendor is required to maintain all records for three (3) years after final payment and all other matters pending (audits) are closed for all negotiated contracts.

SECTION XVII

UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) DONATED COMMODITIES AND PROCESSING AGREEMENT

1. Livingston Parish Public Schools Child Nutrition Department receives funding to purchase raw ingredients that can be used by manufacturers producing products for school meal programs, as well as purchase donated commodities direct from the USDA.
2. The vendor awarded the bid for Frozen, Refrigerated, Canned, and Packaged Foods is responsible **for receiving purchased and donated commodities from USDA, Louisiana Department of Defense and/or manufactures and delivering purchased and donated commodities to schools as allocated by Livingston Parish Public Schools Child Nutrition Department.**
3. In the appropriate column of the USDA Food Bid Worksheet, bidder shall enter the Service Fee/Price Per Case related to receiving USDA food items directly from USDA, Louisiana Department of Defense and/or manufactures and delivery of USDA processed and donated food items to schools as allocated by Livingston Parish Public Schools Child Nutrition Department.

SECTION XVIII

CONTRACT CONDITIONS

1. The vendor shall be required to reimburse Livingston Parish Public Schools Child Nutrition Department in cash for in-kind replacement at the Child Nutrition Department's discretion, for the value of any lot which fails to pass inspection and for any losses in reimbursement which result from the supplier's failure to provide products which contain the minimum quantities and components required for reimbursable meals.
2. If Livingston Parish Public Schools Child Nutrition Department terminates this contract in whole or in part, because of failure of the vendor to furnish the supplies in accordance with the specifications and terms of this contract, Livingston Parish Public Schools Child Nutrition Department may acquire services and supplies similar to those terminated and the vendor will be liable to Livingston Parish Public

Schools Child Nutrition Department for any excess costs for those services and supplies and other damages of Livingston Parish Public Schools Child Nutrition Department to include additional administrative cost, advertising costs, if any, and attorney fees. However, the contract shall continue to furnish the supplies not terminated.

3. Livingston Parish Public Schools, by written notice, may terminate this contract, in whole or in part, if there is a reduction in Federal or State funds provided to the Livingston Parish Public Schools Child Nutrition Department. If this contract is terminated, the contractor shall be paid for any services or food supplies furnished up to the date of termination.
4. The vendor shall comply with Executive Order 11246, entitled "Equal Employment Opportunity," as amended by Executive Order 11375, and as supplemented in Department of Labor regulations (41 CFP Part 60).
5. The vendor shall comply with all mandatory standards and policies relating to energy efficiency which are contained in the State Energy Conservation Plan issued in compliance with the Energy Policy and Conservation Act (P.L. 94-163).
6. Livingston Parish Public Schools Child Nutrition Department reserves the right to request pricing on products, not currently on the bid, for purchase during the duration of this bid term.

SECTION XIX CONTRACT TERMINATION FOR CONVENIENCE AND FOR CAUSE

1. Livingston Parish School Board reserves the right to terminate any contract at any time, for any reason, by providing fourteen (14) days' written notice to the vendor. If the contract is terminated for convenience by the Livingston Parish School Board, the vendor will be paid for all items received and for any work completed as of the date of termination. In this case, contract termination does not arise from any fault on the part of the vendor (Appendix 2 CFR 200 (B)).
2. Where Livingston Parish School Board has determined that the vendor is in default, for any reason, Livingston Parish Public Schools Child Nutrition Department reserves the right to purchase any and all products or services covered by the contract on the open market and to charge the vendor with the cost in excess of the contract price. Until such assessed charges have been paid, no subsequent bid from the defaulting vendor will be considered. Livingston Parish Public Schools Child Nutrition Department may choose to award products to the vendor with the next top, lowest bid prices, as applicable. Livingston Parish Public Schools Child Nutrition Department reserves the right to terminate any contract at any time, for any reason, by providing fourteen (14) days' written notice to the vendor. When a vendor violates or breaches contract terms, Livingston Parish Public Schools Child Nutrition Department will contact the school district's legal counsel for advisement, when necessary. Sanctions and penalties may be applied as appropriate. (Appendix II of 2 CFR Part 200 (A)). Termination of a contract for cause to cancel any contract, in accordance with its purchasing rules and

regulations, for cause, including but not limited to, the following:

- A. Failure to deliver within the time specified in the contract.
- B. Failure to meet quantity requirements.
- C. Failure of the product or service to meet specifications, conform to sample quality or to be delivered in good condition.
- D. Misrepresentation by the vendor, administratively, contractually, or any other misrepresentation.
- E. Fraud, collusion, conspiracy, or other unlawful means of obtaining any contract with Livingston Parish School Board.
- F. Conflict of contract provisions with constitutional or statutory provisions of state or federal law; or
- G. Any other breach of contract.

**SECTION XX
GIFTS AND GRATUITIES**

Acceptance of gifts from contracts and the offering of gifts by vendors is prohibited. No employee of Livingston Parish Public Schools purchasing products under provisions of the contract issued because of this invitation shall accept, solicit, or receive, either directly or indirectly, from any person, firm, or corporation any gift or gratuity. No employee of Livingston Parish Public Schools is allowed to purchase products and/or receive favors of any kind under the provisions of this contract.

**SECTION XXI
PRODUCT RECALLS**

The vendor shall notify Livingston Parish Public Schools Child Nutrition Department of any manufacturer's recalls regarding items ordered under said contracts. The vendor shall contact the Child Nutrition Department at (225) 686-4278, within 24 hours of notification.

**SECTION XXII
INSURANCE REQUIREMENTS**

1. The vendor working on Livingston Parish Public Schools property shall furnish an insurance certificate with coverage acceptable to Livingston Parish Public Schools.
2. The vendor shall be required to purchase and maintain during the life of the contract, commercial general liability insurance, comprehensive automobile liability insurance, and workers' compensation insurance with limits of not less than those set forth below:

Commercial General Liability

At least \$1,000,000 combined single limit coverage per occurrence for bodily injury and property damage.

Comprehensive Automobile Liability

At least \$1,000,000 limit coverage for bodily injury per person, per occurrence. At least \$1,000,000 limit coverage for property damage.

Workers' Compensation

As required by Louisiana State Statute.

Umbrella Liability Coverage

An umbrella liability policy or excess may be used to meet minimum insurance requirements.

SECTION XXIII

EQUAL EMPLOYMENT OPPORTUNITY

Except as otherwise provided under 41 CFR Part 60, all contracts that meet the definition of "federally assisted construction contract" in 41 CFR Part 60-1.3 must include the equal opportunity clause provided under 41 CFR 60-1.4(b), in accordance with Executive Order 11246, "Equal Employment Opportunity" (30 FR 12319, 12935, 3 CFR Part, 1964-1965 Comp., p. 339), as amended by Executive Order 11375, "Amending Executive Order 11246 Relating to Equal Employment Opportunity," and implementing regulations at 41 CFR part 60, "Office of Federal Contract Compliance Programs, Equal Employment Opportunity, Department of Labor."

SECTION XXIV

DAVIS-BACON ACT

Whereas applicable, as amended (40 U.S.C. 3141-3148). When required by Federal program legislation, all prime construction contracts in excess of \$2,000 awarded by non-Federal entities must include a provision for compliance with the Davis-Bacon Act (40 U.S.C. 3141-3144, and 3146-3148) as supplemented by Department of Labor regulations (29 CFR Part 5, "Labor Standards Provisions Applicable to Contracts Covering Federally Financed and Assisted Construction"). In accordance with the statute, contractors must be required to pay wages to laborers and mechanics at a rate not less than the prevailing wages specified in a wage determination made by the Secretary of Labor. In addition, contractors must be required to pay wages not less than once a week. The non-Federal entity must place a copy of the current prevailing wage determination issued by the Department of Labor in each solicitation. The decision to award a contract or subcontract must be conditioned upon the acceptance of the wage determination. The non-Federal entity must report all suspected or reported violations to the Federal awarding agency. The contracts must also include a provision for compliance with the Copeland "Anti-Kickback" Act (40 U.S.C. 3145), as supplemented by Department of Labor regulations (29 CFR Part 3, "Contractors and Subcontractors on Public Building or Public Work Financed in Whole or in Part by Loans or Grants from the United States"). The Act provides that each contractor or sub recipient must be prohibited from inducing, by any means, any person employed in the construction, completion, or repair of public work, to give up any part of the compensation to which he or she is otherwise entitled. The non-Federal entity must report all suspected or reported violations to the Federal awarding agency.

SECTION XXV

COPELAND "ANTI-KICKBACK" ACT

The vendors shall comply with the Copeland "Anti-Kickback" Act (40 U.S.C. 3145), as supplemented by Department of Labor regulations (29 CFR Part 3, "Contractors and Subcontractors on Public Building or Public Work Financed in Whole or in Part by Loans or Grants from the United States"). The Act provides that each contractor or sub recipient must be prohibited from inducing, by any means, any person employed in the construction, completion, or repair of public work, to give up any part of the compensation to which he or she is otherwise entitled. The non-Federal entity must report all suspected or reported violations to the Federal awarding agency.

SECTION XXVI

CONTRACT WORK HOURS AND SAFETY STANDARDS ACT

Where applicable, all contracts awarded by the non-Federal entity in excess of \$100,000 that involve the employment of mechanics or laborers must include a provision for compliance with 40 U.S.C. 3702 and 3704, as supplemented by Department of Labor regulations (29 CFR Part 5). Under 40 U.S.C. 3702 of the Act, each contractor must be required to compute the wages of every mechanic and laborer on the basis of a standard work week of 40 hours. Work in excess of the standard work week is permissible provided that the worker is compensated at a rate of not less than one and a half times the basic rate of pay for all hours worked in excess of 40 hours in the work week. The requirements of 40 U.S.C. 3704 are applicable to construction work and provide that no laborer or mechanic must be required to work in surroundings or under working conditions which are unsanitary, hazardous, or dangerous. These requirements do not apply to the purchases of supplies, materials, or articles ordinarily available on the open market, or contracts for transportation or transmission of intelligence.

SECTION XXVII

RIGHTS TO INVENTIONS MADE UNDER A CONTRACT OR AGREEMENT

If the Federal award meets the definition of "funding agreement" under 37 CFR §401.2 (a) and the recipient or sub recipient wishes to enter into a contract with a small business firm or nonprofit organization regarding the substitution of parties, assignment or performance of experimental, developmental, or research work under that "funding agreement," the recipient or sub recipient must comply with the requirements of 37 CFR Part 401, "Rights to Inventions Made by Nonprofit Organizations and Small Business Firms Under Government Grants, Contracts and Cooperative Agreements," and any implementing regulations issued by the awarding agency.

SECTION XXVIII

CLEAN AIR ACT AND THE FEDERAL WATER POLLUTION CONTROL ACT

As amended—Contracts and sub grants of amounts in excess of \$150,000 must contain a provision that requires the non-Federal award to agree to comply with all applicable standards, orders or regulations issued pursuant to the Clean Air Act (42 U.S.C. 7401-7671q) and the Federal Water Pollution Control Act as amended (33 U.S.C. 1251-1387). Violations must be reported to the Federal awarding agency and the Regional Office of the Environmental Protection Agency (EPA).

SECTION XXIX

DEBARMENT AND SUSPENSION (EXECUTIVE ORDERS 12549 AND 12689)

A contract award (see 2 CFR 180.220) must not be made to parties listed on the government wide exclusions in the System for Award Management (SAM), in accordance with the OMB guidelines at 2 CFR 180 that implement Executive Orders 12549 (3 CFR part 1986 Comp., p. 189) and 12689 (3 CFR part 1989 Comp., p. 235), "Debarment and Suspension." SAM Exclusions contains the names of parties debarred, suspended, or otherwise excluded by agencies, as well as parties declared ineligible under statutory or regulatory authority other than Executive Order 12549.

SECTION XXX

BYRD ANTI-LOBBYING AMENDMENT

Contractors that apply or bid for an award exceeding \$100,000 must file the required certification. Each tier certifies to the tier above that it will not and has not used Federal appropriated funds to pay any person or organization for influencing or attempting to influence an officer or employee of any agency, a member of Congress, officer or employee of Congress, or an employee of a member of Congress in connection with obtaining any Federal contract, grant or any other award covered by 31 U.S.C. 1352. Each tier must also disclose any lobbying with non-Federal funds that takes place in connection with obtaining any Federal award. Such disclosures are forwarded from tier to tier up to the non-Federal award.

SECTION XXXI

BUY AMERICAN PROVISION REQUIREMENTS FOR FOOD ITEM COMPONENTS

Vendor shall comply with the **Buy American Provision** for all solicitations and contracts that involve the purchase of food, USDA Regulation (7 CFR Part 250 and 7 CFR Part 210). The vendor is required to utilize, to the maximum extent practicable, domestic commodities and products. This requirement pertains to component items. It does not include spices, sauces, etc. Livingston Parish Public Schools participates in the National School Lunch Program and School Breakfast Program and is required to use the nonprofit food service funds, to the maximum extent practical, to buy domestic commodities or products for Program meals. A "domestic commodity or product" is defined as one that is either produced in the U.S. or is processed in the U.S. substantially using agricultural commodities that are produced in the U.S. as provided in 7 CFR Part 210.21(d). Section 12(n) of the National School Lunch Act defines "domestic commodity or product" as an agricultural commodity that is produced in the U.S. and a food product that is processed in the U.S. Substantially means over 51% of the final processed product (by weight or volume) must consist of agricultural commodities that were grown domestically. The Buy American provision must be followed in all procurements where funds are used from the nonprofit food service account, whether directly by an SFA or on its behalf.

Exceptions to the Buy American provision should be used as a last resort; however, an alternative or exception may be approved upon request. To be considered for the alternative or exception, the request must be submitted in writing to a designated official, a minimum of 14 days in advance of delivery.

Alternative substitutes(s) that are domestic and meet the required specifications:

1. The product A food is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality; or
2. Competitive bids reveal the cost of a U.S. food is significantly higher than the non-domestic product.

The vendor must identify all food products bid by the Company that do not meet the definition of "domestic" on the Buy American Provision Certificate (attached). If the vendor wants to deliver a non-domestic product that was not approved at the time a bid, quote, or RFP award, then Livingston Parish Public Schools Child Nutrition Department must be notified in sufficient time to evaluate the non-domestic product to determine whether the non-domestic product will be accepted or not.

NOTE: THE BUY AMERICAN PROVISION CERTIFICATION FORM INCLUDED WITH THIS BID MUST BE COMPLETED, SIGNED, AND RETURNED WITH THIS BID FOR THE BID TO BE CONSIDERED. IF NO PRODUCTS ARE TO BE LISTED ON THIS FORM, THE FORM STILL NEEDS TO BE SIGNED AND RETURNED WITH THE BID FOR THE BID TO BE CONSIDERED.

SECTION XXXII

PROCUREMENT OF RECOVERED MATERIALS

A Non-Federal entity that is a state agency of a political subdivision of a state and its contractors must comply with section 6002 of the Solid Waste Disposal Act, as amended by the Resource Conservation and Recovery Act. The requirements of Section 6002 include procuring only items designated in guidelines of the Environmental Protection Agency (EPA) at 40 CFR part 247 that contain the highest percentage of recovered materials practicable, consistent with maintaining a satisfactory level of competition, where the purchase price of the item exceeds \$10,000 or the value of the quantity acquired by the preceding fiscal year exceeded \$10,000; procuring solid waste management services in a manner that maximizes energy and resource recovery; and establishing an affirmative procurement program for procurement of recovered materials identified in the EPA guidelines (2 CFR Part 200.322).

SECTION XXXIII

CONTRACTING WITH SMALL BUSINESSES, MINORITY BUSINESSES, WOMEN'S BUSINESS ENTERPRISES, VETERAN-OWNED BUSINESSES, AND LABOR SURPLUS AREA FIRMS

When possible, Livingston Parish Public Schools Child Nutrition Department shall ensure small businesses, women's business enterprises, veteran-owned businesses, and labor surplus area firms are considered as set forth in 2 CFR 200.321.

Such considerations include:

1. These business types are included on solicitation lists.
2. These business types are solicited whenever they are deemed eligible as potential sources.
3. Dividing procurement transactions into separate procurements to maximize participation by these business types.
4. Establishing delivery schedules that encourage participation by these business types (i.e., the percentage of an order to be delivered by a given date of the month).
5. Utilizing organizations such as Small Business Administration and the Minority Business Development Agency of the Department of Commerce.
6. Requiring a contractor under a Federal award to apply to this section to subcontracts.

SECTION XXXIV

CIVIL RIGHTS/NON-DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity

conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

SECTION XXXV

OTHER CONTRACT PROVISIONS

The vendor shall comply with the following civil rights laws, as amended: Title VI of the Civil Rights Act of 1964; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973; the Age Discrimination Act of 1975; Title 7, CFR Parts 15, 15a, 15b; the Americans with Disabilities Act; and FNS Instruction 113-1, Civil Rights Compliance and Enforcement in School Nutrition Programs.

BID FORM ACKNOWLEDGMENT
LIVINGSTON PARISH PUBLIC SCHOOLS
26-08: FROZEN, REFRIGERATED, CANNED, AND PACKAGED FOODS
2026-2027 SCHOOL YEAR
DUE: APRIL 21, 2026, 10:00 A.M.


1. Bids will be accepted until 10:00 A.M., Tuesday, April 21, 2026, and will be publicly opened at that time and read aloud at the Livingston Parish Public Schools' Central Office.
2. Bids shall be submitted in sealed envelopes, clearly marked with the Bidder's name, and "Bid No. 26-08: Frozen, Refrigerated, Canned, and Packaged Foods" on the outside.
3. Award will be granted at the Livingston Parish School Board Meeting to the lowest responsive bidder on an **ALL OR NOTHING BASIS**.
4. Bids must be typed or completed in ink.
5. Taxes shall not be included, Act 1029 of 1991 exempts the System and the schools from any Sales and Use Taxes.

Bidder Name: Omega 3 Nutrition, Inc.
Please Print

Address: 4800 Auburn Ave., Suite 1204

City/State/Zip: Bethesda, MD, 20814

Telephone: 301-302-5629

Signature:  Date: April 21, 2026

I/we acknowledge receipt of the following addenda:

Date _____ Addenda # _____

Date _____ Addenda # _____

Date _____ Addenda # _____

Date _____ Addenda # _____

Date _____ Addenda # _____

Total of all items bid, including pre-approved substitutes:

\$ _____ (written figures)

_____ (words)

BIDDER'S SIGNATURE: 
THIS BID FORM MUST BE COMPLETED IN INK AND RETURNED WITH YOUR BID.

CERTIFICATION STATEMENT

CERTIFICATION REGARDING DEBARMENT, SUSPENSION, INELIGIBILITY, AND VOLUNTARY EXCLUSION – LOWER TIER COVERED TRANSACTIONS

U.S. DEPARTMENT OF AGRICULTURE

This certification is required by the regulations implementing Executive Order 12549, Debarment and Suspension, Title 2 CFR Part 200.212, and Appendix II of 2 CFR Part 200. The regulations were published as Part IV of the January 30, 1989, Federal Register (pages 4722-4733). Copies of the regulations may be obtained by contacting the USDA agency with which this transaction originated.

1. The Contractor certifies, by submission of this proposal, that neither it nor its principals is presently debarred, suspended, proposed for debarment, declared ineligible, or voluntarily excluded from participation in this transaction by any Federal department or agency.
2. Where the Contractor is unable to certify to any of the statements in this certification, such prospective participating shall attach an explanation to this proposal.

Omega 3 Nutrition, Inc.

Organization Name

Misraim Grace Decio, VP of Operations and Management

Name and Title of Authorized Representative



Signature

April 21, 2026

Date

CERTIFICATE OF INDEPENDENT PRICE DETERMINATION

Both the School Food Authority (SFA) and the Vendor (Offeror) shall execute this Independent Price Determination Certificate.

Omega 3 Nutrition, Inc.
Name of Vendor

Livingston Parish Public Schools
Name of School Food Authority/Sponsor

- A. By submission of this offer, the Offerer certifies, and in the case of a joint offer, each party thereto certifies as to its own organization, that in connection with this procurement:
1. The prices in this offer have been arrived at independently, without consultation, communication, or agreement for the purpose of restricting competition, as to any matter relating to such prices with any other Offerer or with any competitor.
 2. Unless otherwise required by law, the prices which have been quoted in this offer have not been knowingly disclosed to the Offerer and will not knowingly be disclosed by the Offerer prior to opening in the case of an advertised procurement or prior to award in the case of a negotiated procurement, directly or indirectly to any other Offerer for the purpose of restricting competition.
 3. No attempt has been made or will be made by the Offerer to induce any person or firm to submit or not submit an offer for the purpose of restricting competition.
- B. Each person signing this offer on behalf of the Offerer certifies that:
1. He or she is the person in the Offerer's organization responsible within the organization for the decision as to the prices being offered herein and has not participated, and will not participate, in any action contrary to A.1 through A.3 above; or
 2. He or she is not the person in other Offerer's organization responsible within the organization for the decision as to the prices being offered herein, but that he or she has been authorized in writing to act as agent for the persons responsible for such decision in certifying that such persons have not participated and will not participate in any action contrary to A.1 through A.3 above, and as their agent does hereby certify; and he or she has not participated, and will not participate, in any action contrary to A.1 through A.3 above.

To the best of my knowledge, this Offerer, its affiliates, subsidiaries, officers, directors, and employees are not currently under investigation by any government agency and have not in the last three years been convicted of or found liable for any act prohibited by state or federal law in any jurisdiction, involving conspiracy or collusion with respect to bidding on any public contract, except as follows:



Signature of Vendor's Authorized Representative

VP, Operations and Mgt 4/21/2026
Title Date

In accepting this offer, the SFA/SPONSOR certifies that no representative of the SFA/SPONSOR has taken any action that may have jeopardized the independence of the offer referred to above.

Sommer D. Purvis
Signature of School Food Authority/Sponsor

CN Supervisor 3/19/2026
Title Date

NOTE: Accepting an offeror's offer does not constitute award of the contract.

CERTIFICATION REGARDING LOBBYING

CERTIFICATION FOR CONTRACTS, GRANTS, LOANS, AND COOPERATIVE AGREEMENTS EXCEEDING \$100,000 IN FEDERAL FUNDS

The undersigned certifies, to the best of his or her knowledge and belief, that:

1. No federal appropriated funds have been paid or will be paid by or on behalf of the undersigned, to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with awarding of a federal contract, the making of a federal grant, the making of a federal loan, the entering into a cooperative agreement, and the extension, continuation, renewal, amendment, or modification of a federal contract, grant, loan, or cooperative agreement.

2. If any funds other than federal appropriated funds have been paid or will be paid to any person for influencing or attempting to influence and officer or employee of any agency, a Member of Congress, an officer or employee of the undersigned shall complete and submit Standard Form LLL, Disclosure Form to Report Lobbying, in accordance with its instructions.

3. The undersigned shall require that the language of this certification be included in the award documents for all covered sub awards exceeding \$100,000 in federal funds at all appropriate tiers and that all sub recipients shall certify and disclose accordingly.

This certification is a material representation of fact upon which reliance was placed when this transaction was made or entered into. Any person who fails to file the required certification shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

Omega 3 Nutrition, Inc.

Name of Vendor

4800 Auburn Ave., Ste 1204 Bethesda, MD 20814

Address of Vendor

VP, Operations and Management

Title/Titles of Submitting Official

Signature



April 21, 2026

Date

DISCLOSURE OF LOBBYING ACTIVITIES

Complete this form to disclose lobbying activities pursuant to 31 U.S.C. 1352
(See Reverse for public burden disclosure.)

1. Type of Federal Action: <input type="checkbox"/> a. contract <input type="checkbox"/> b. grant <input type="checkbox"/> c. cooperative agreement <input type="checkbox"/> d. loan <input type="checkbox"/> e. loan guarantee <input type="checkbox"/> f. loan insurance	2. Status of Federal Action: <input type="checkbox"/> a. bid/offer/application <input type="checkbox"/> b. initial award <input type="checkbox"/> c. post-award	3. Report Type: <input type="checkbox"/> a. initial filing <input type="checkbox"/> b. material change For Material Change Only: year _____ quarter _____ date of last report _____
4. Name and Address of Reporting Entity: <input type="checkbox"/> Prime <input type="checkbox"/> Subawardee Tier _____, if known: Congressional District, if known: _____	5. If Reporting Entity in No. 4 is a Subawardee, Enter Name and Address of Prime: Congressional District, if known: _____	
6. Federal Department/Agency: 	7. Federal Program Name/Description: CFDA Number, if applicable: _____	
8. Federal Action Number, if known: _____	9. Award Amount, if known: \$ _____	
10. a. Name and Address of Lobbying Registrant <i>(If individual, last name, first name, MI):</i> 	b. Individuals Performing Services <i>(Including address if different from No. 10a)</i> <i>(last name, first name, MI):</i> 	
11. Information requested through this form is authorized by title 31 U.S.C. section 1352. This disclosure of lobbying activities is a material representation of fact upon which reliance was placed by the tier above when this transaction was made or entered into. This disclosure is required pursuant to 31 U.S.C. 1352. This information will be reported to the Congress semi-annually and will be available for public inspection. Any person who fails to file the required disclosure shall be subject to a civil penalty of not less that \$10,000 and not more than \$100,000 for each such failure.	Signature: _____ Print Name: _____ Title: _____ Telephone No.: _____ Date: _____	
Federal Use Only:		Authorized for Local Reproduction Standard Form LLL (Rev. 7-97)

INSTRUCTIONS FOR COMPLETION OF SF-LLL, DISCLOSURE OF LOBBYING ACTIVITIES

This disclosure form shall be completed by the reporting entity, whether subawardee or prime Federal recipient, at the initiation or receipt of a covered Federal action, or a material change to a previous filing pursuant to title 31 U.S.C. section 1352. The filing of a form is required for each payment or agreement to make payment to any lobbying entity for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with a covered Federal action. Complete all items that apply for both the initial filing and material change report. Refer to the implementing guidance published by the Office of Management and Budget for additional information.

1. Identify the type of covered Federal action for which lobbying activity is and/or has been secured to influence the outcome of a covered Federal action.
2. Identify the status of the covered Federal action.
3. Identify the appropriate classification of this report. If this a followup report caused by a material change to the information previously reported, enter the year and quarter in which the change occurred, Enter the date of the last previously submitted report by this reporting entity for this covered Federal action.
4. Enter the full name, address, city, State and zip code of the reporting entity. Include Congressional District, if known. Check the appropriate classification of the reporting entity that designates if it is, or expects to be a prime or subaward receipt. Identify the tier of the subawardee, e.g., the first subawardee of the prime is the 1st tier. Subawards include but are not limited to subcontracts, subgrants and contract awards under grants.
5. If the organization filing the report in item 4 checks "Subawardee," then enter the full name, address, city, State and zip code of the prime Federal recipient. Include Congressional District, if known.
6. Enter the name of the Federal agency making the award or loan commitment. Include at least one organizational level below agency name, if known. For example, Department of Transportation, United States Coast Guard.
7. Enter the Federal program name or description for the covered Federal action (Item 1). If known, enter the full Catalog of Federal Domestic Assistance (CFDA) number for grants, cooperative agreements, loans and loan commitments.
8. Enter the most appropriate Federal identifying number available for the Federal action identified in Item 1 (e.g., Request for Proposal (RFP) number; Invitation for bid (IFB) number; grant announcement number; the contract, grant, or loan award number; the application/proposal control number assigned by the Federal agency). Include prefixes, e.g. "RFP-DE-90-001."
9. For a covered Federal action where there has been an award or loan commitment by the Federal agency, enter the Federal amount of the award/loan commitment for the prime entity identified in Item 4 or 5.
10. (a) Enter the full name, address, city, State and zip code of the lobbying registrant under the Lobbying Disclosure Act of 1995 engaged by the reporting entity identified in Item 4 to influence the covered Federal action.

(b) Enter the full names of the individual(s) performing services, and include full address if different from 10 (a). Enter Last Name, First Name and Middle Initial (MI).
11. Certifying official shall sign and date the form, print his/her name, title and telephone number.

According to the Paperwork Reduction Act, as amended, no persons are required to respond to a collection of information unless it displays a valid OMB Control Number. The valid OMB control number for this information collection is OMB No. 0348-0046. Public reporting burden for this collection of information is estimated to average 10 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the Office of Management and Budget, Paperwork Reduction Project (0348-0046), Washington, DC 20503.

BUY AMERICAN PROVISION CERTIFICATION FORM FOR FOOD PURCHASES

Livingston Parish Public Schools Child Nutrition Programs

The Buy American Provision (7 CFR Part 210.21 (d)) requires School Food Authorities to purchase, to the maximum extent practical, domestically grown, and processed foods. "Domestic" is defined as a product that is grown in the United States, or with processed food items, the product must be processed in the United States of food that is produced and grown domestically in the United States. Any product processed by a responsive vendor must contain over 51% of the food component, by weight or volume, from U.S. origin.

The vendor must include all food products bid by the company that do not meet the definition of "domestic." This document must be included as a part of the bid. This document is provided in Microsoft Word format so the vendor may add additional food items.

VENDOR MUST CERTIFY EITHER: (CHECK NUMBER 1 OR 2)	
<input checked="" type="checkbox"/>	<p>1. I certify that all food products bid by my company are 100% produced in the U.S., or processed in the U.S. with the final processed product including over 51% of food that was grown in the U.S.</p>
<input type="checkbox"/>	<p>2. I certify that all food products bid by my company are 100% produced in the U.S., or processed in the U.S. with the final processed product including over 51% of food that was grown in the U.S. with the EXCEPTION of the following items listed below: This product includes _____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p style="text-align: center;">OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p>
<input type="checkbox"/>	<p>This product includes _____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p style="text-align: center;">OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p>


	<p>This product includes ____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p>
	<p>This product includes ____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p>
	<p>This product includes ____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p>
	<p>This product includes ____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$_____/_____ Price of Domestic or U.S. Grown Product Per Unit</p>

	<p>This product includes _____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p>
	<p>This product includes _____% U.S. Content. The product is grown in _____.</p> <p>_____ The product is not produced or manufactured in the U.S. in sufficient and reasonably available quantities of a satisfactory quality.</p> <p>OR</p> <p>_____ The cost of the U.S. product is significantly higher than the non-domestic product.</p> <p>List prices and unit pack size below for item to be considered:</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p> <p>\$ _____ / _____ Price of Domestic or U.S. Grown Product Per Unit</p>

ATTENTION VENDOR: RETURN WITH YOUR PROPOSAL

Child Nutrition Staff will determine whether to purchase the domestic or the non-domestic product considering the information above and will notify the vendor of the award.

Company Name: Omega 3 Nutrition, Inc.

Signature:  Title: VP, Operations and Mgt Date: 4/21/2026

LIVINGSTON PARISH PUBLIC SCHOOLS

The sponsor must approve all non-domestic agricultural products that will be awarded under this contract. The sponsor is responsible for determining if the information provided by the vendor is true and correct.

Authorized Representative Name: Sommer D. Purvis

Approval from Authorized Representative: _____

Title: Child Nutrition Supervisor Date Approved: _____

CHILD NUTRITION CONTACT LIST LIVINGSTON PARISH PUBLIC SCHOOLS

School	Cafeteria Manager	Telephone	Address	City, State, Zip
Albany Lower & Upper Elementary	Crystal Stewart	(225) 567-3837	30020 W. Murray St.	Albany, LA 70711
Albany High	Amy Ellzey	(225) 567-9892	1 Hornet Lane	Albany, LA 70711
Albany Middle	Patricia Vicknair	(225) 567-5942	29675 Reeves St.	Albany, LA 70711
Denham Springs Elementary	Katie Davis	(225) 665-6220	306 N. Range Ave.	Denham Springs, LA 70726
Denham Springs High – North	Johanne Robinson	(225) 665-8258	1000 N. Range Ave.	Denham Springs, LA 70726
Denham Springs High – South	Johanne Robinson	(225) 665-1057	940 Range Ave. N.E.	Denham Springs, LA 70726
Denham Springs Junior High	Veronica Averett	(225) 665-5105	401 Hatchell Ln.	Denham Springs, LA 70726
Doyle High	Cindy Brooks	(225) 686-0552	20480 Circle Dr.	Livingston, LA 70754
Doyle Elementary	Cindy Brooks	(225) 686-2440	29285 S. Range Rd.	Livingston, LA 70754
Eastside Elementary	Rachelle Lewis	(225) 791-8517	9735 Lockhart Rd.	Denham Springs, LA 70726
French Settlement Elementary	Kimberly Villneuve	(225) 698-6860	15810 LA Hwy 16	French Settlement, LA 70733
French Settlement High	Kimberly Villneuve	(225) 698-3826	15875 LA Hwy 16	French Settlement, LA 70733
Freshwater Elementary	Rachelle Lewis	(225) 664-3573	1025 Cockerham Rd.	Denham Springs, LA 70726
Frost School	TBD	(225) 698-3751	19672 LA Hwy 42	Livingston, LA 70754
Gray's Creek Elementary	Sharon Godwin	(225) 667-3660	11400 LA Hwy 1033	Denham Springs, LA 70727
Holden School	Cheryl Quamme	(225) 567-9071	30120 LA Hwy 441	Holden, LA 70744
Juban Parc Elementary	Trecia Price	(225) 665-8617	12555 Brown Rd.	Denham Springs, LA 70726
Juban Parc Jr. High	Trecia Price	(225) 667-9005	12470 Brown Rd.	Denham Springs, LA 70726
Levi Milton Elementary	Melissa Summerford	(225) 664-9713	31450 North Walker Rd.	Walker, LA 70785
Lewis Vincent Elementary	Frankie Gilmore	(225) 664-8645	7686 Vincent Rd.	Denham Springs, LA 70726
Live Oak High	Jamie Brewer	(225) 664-2953	36079 LA Hwy 16	Denham Springs, LA 70706
Live Oak Jr. High	Lorraine Lee	(225) 667-4197	30830 Old LA Hwy 16	Denham Springs, LA 70706
Live Oak Middle	Jackie Tyler	(225) 665-1459	8444 Cecil Dr.	Denham Springs, LA 70706
Live Oak Elementary	Vickie Durnin	(225) 664-9385	35194 Old LA Hwy 16	Denham Springs, LA 70706
North Live Oak Elementary	Jacqueline Crowder	(225) 667-3086	36605 Outback Rd.	Denham Springs, LA 70706
Maurepas School	Andre' Pinion	(225) 695-3214	23923 LA Hwy 22	Maurepas, LA 70449
North Corbin Elementary & Junior High	Jennifer Kimble	(225) 686-8347	32725 North Corbin Rd.	Walker, LA 70785
Northside Elementary	Frankie Gilmore	(225) 686-3562	1090 Robbie St.	Denham Springs, LA 70726
Seventh Ward Elementary	Jacqueline Crowder	(225) 664-7449	24495 LA Hwy 16	Denham Springs, LA 70726
South Fork Elementary & Junior High	Crystalanne Ingram	(225) 667-7436	23300 Walker South Rd.	Denham Springs, LA 70726
South Live Oak Elementary	Jackie Tyler	(225) 664-7207	8400 Cecil Dr.	Denham Springs, LA 70726
Southside Elementary & Junior High	Sandra Bates	(225) 664-5923	26535 LA Hwy 16	Denham Springs, LA 70726
South Walker Elementary	Helen Ouber	(225) 665-0858	13745 Milton Ln.	Walker, LA 70785
Springfield High	Lucristia Edwards	(225) 294-3256	27322 LA Hwy 42	Springfield, LA 70462
Springfield Middle	Lucristia Edwards	(225) 294-3470	24145 Coates Rd.	Springfield, LA 70462
Springfield Elementary	Cheryl Quamme	(225) 294-5848	25190 Blood River Rd.	Springfield, LA 70462
Walker Elementary	Valerie Briscoe	(225) 664-4208	13327 Wildcat Dr.	Walker, LA 70785
Walker High	Krista Thornton	(225) 665-1173	9677 Florida Blvd.	Walker, LA 70785
Westside Junior High	Amanda Mire	(225) 665-8260	12615 Burgess Ave.	Walker, LA 70785

2026-2027 SCHOOL CALENDAR

LIVINGSTON PARISH PUBLIC SCHOOLS

July 2026						
S	M	T	W	T	F	S
		1	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Aug 2026						
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30	31					

Sep 2026						
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Oct 2026						
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Nov 2026						
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29	30					

Dec 2026						
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Jan 2027						
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31						

Feb 2027						
S	M	T	W	T	F	S
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28						

Mar 2027						
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Apr 2027						
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May 2027						
S	M	T	W	T	F	S
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30	31					

June 2027						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30			

IMPORTANT DATES

First Day for Students August 6, 2026

Last Day for Students May 26, 2027

INVITATION TO BID

Sealed bids will be received by Livingston Parish Public Schools until 10:00 A.M., Tuesday, April 21, 2026, at which time bids will be opened and publicly read for the following:

- Bid No. 26-04: Branded Pizza
- Bid No. 26-06: Ice Cream Products
- Bid No. 26-08: Frozen, Refrigerated, Canned, and Packaged Foods

Bids must be on the form provided. Forms and other information may be obtained from Livingston Parish Public Schools (LPPS), 13909 Florida Boulevard, Post Office Box 1130, Livingston, Louisiana 70754, (225) 686-4224, and from the LPPS website: https://www.lpsb.org/our_district/departments/business_department/purchasing_information.

Furthermore, official bidding documents are available at Central Bidding. Electronic bids are accepted at Central Bidding and can be accessed at www.centralbidding.com. For questions related to the electronic bidding process, please call Central Bidding at (225) 810-4814. Awards will not be made on the date of the bid opening but will be awarded by the School Board at a later meeting.

Subject to the provisions of R.S. 38:2214, Livingston Parish Public Schools reserves the right to reject any and all bids for just cause.

Livingston Parish Public Schools is an equal opportunity provider.

LIVINGSTON PARISH PUBLIC SCHOOLS



Jody W. Purvis, Superintendent

Advertisement Dates

03/19/2026

04/09/2026

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@LivingstonPPS

Livingston Parish Public Schools

Child Nutrition

2026-2027 Dry Goods
7/1/2026 thru 6/30/2027

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Apples, Strawberry, Diced, IP	Apple Fruit Cup, Uniform Diced, Packed in 100% Natural Juice, Strawberry Variety, No High Fructose Corn Syrup, No Artificial Flavor or Colors, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	ZeeZees: 1744	75	CASE 72/4.5oz		
Apples, Sliced, Canned	U.S. Grade A, Unsweetened, Packed in 100% Natural Juice, No High Fructose Corn Syrup, Uniform Sliced.	Del Monte Musselman's	1	CASE 6/#10 Can		
Applesauce, Original, Canned	U.S. Grade A, Unsweetened, No High Fructose Corn Syrup, Regular Texture.	Del Monte: 10024000249754 Knouse: 31003 Zee-Zees: A3900	580	CASE 6/#10 Can		
Applesauce, Blue Raspberry, IP	U.S. Grade A, Blue Raspberry Flavored, Regular Texture, No Artificial Flavors, Colors, or Sweeteners, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	Zee-Zees: A353OUN	100	CASE 96/Piece 4.5oz		
Applesauce, Original, IP	U.S. Grade A, Unsweetened, Regular Texture, No Artificial Flavors, Colors, or Sweeteners, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	Mott's: 65615 Musselman's: FFASU1150MUS01 ZeeZees: A3500	53	CASE 72/Piece 4oz CASE 72/Piece 4.5oz CASE 96/Piece 4.5oz		
Applesauce, Pink Lemonade, IP	U.S. Grade A, Pink Lemonade Flavored, Regular Texture, No Artificial Flavors, Colors, or Sweeteners, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	ZeeZees: A3610	45	CASE 96/Piece 4.5oz		
Applesauce, Strawberry, IP	U.S. Grade A, Strawberry Flavored, Regular Texture, No Artificial Flavors, Colors, or Sweeteners, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	Mott's: 65614 Musselman's: FFASU1403MUS01 ZeeZees: A1490	170	CASE 72/Piece 4oz CASE 72/Piece 4.5oz CASE 96/Piece 4.5oz		
Applesauce, Strawberry & Banana, IP	U.S. Grade A, Strawberry and Banana Flavored, Regular Texture, No Artificial Flavors, Colors, or Sweeteners, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	ZeeZees: A3700	200	CASE 96/Piece 4.5oz		
Baking Powder	Combination of Sodium Aluminum Sulfate and Non-Calcium Phosphate.	Clabbergirl: 00355 Diamond Crystal: 58001/618945 Hospitality	21	CASE 6/Piece 5lb		
Baking Soda	Pure Bicarbonate of Soda.	Clabbergirl Hearth Club: 0075/552991 Hospitality: 127761	6	CASE 24/Piece 1lb		

BIDDER'S SIGNATURE:  _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Bar, Breakfast, Blueberry, IP	Soft Baked, Whole Grain Breakfast Bar With Blueberry Flavored Fruit Filling, Made Without Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Kellanova: 38000-90819	5	CASE 96/Piece 1.55oz		
Bar, Cereal, Chocolate Puffs, IP	Made From Whole Grain-Rich Cocoa Cereal Pieces, Made Without Gelatin, No Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	General Mills: 2068800	423	CASE 48/Piece 2.5oz		
Bar, Cereal, Chocolate Puffs, IP	Made From Whole Grain-Rich Cocoa Cereal Pieces, Made Without Gelatin, No Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	General Mills: 45577000	5	CASE 96/Piece 1.42oz		
Bar, Cereal, Toasted Cinnamon Squares, IP	Made With Cinnamon Cereal Pieces, Whole Grain Oats, Made Without Gelatin, No Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Generals Mills:16854000	561	CASE 48/Piece 2.5oz		
Bar, Cereal, Graham Squares, IP	Made With Whole Grain-Rich Graham Cracker Flavored Cereal Pieces Made Without Gelatin, No Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	General Mills: 31913000	5	CASE 96/Piece 1.42oz		
Barbeque Sauce	Homestyle, Smoky Flavored Barbeque Sauce.	Cattleman's: 05309/268128 Red Gold: REDOA5P	446	CASE 4/Piece 1 Gallon		
Barbeque Sauce, IP	Homestyle, Smoky Flavored Barbeque Sauce, Individually Portioned With Easy Peel Lid.	Diamond Crystal Red Gold: REDOA1Z T. Marzetti: 83549	1	CASE 100/Piece 1oz CASE 250/Piece 1oz CASE 120/Piece 1oz		
Bean Dip, IP	Creamy Bean Dip, Individually Portioned With Easy Peel Lid, No Refrigeration Required, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Rockin'Ola ZeeZees: A5750	63	CASE 96/4.5oz		
Beans, Black, Dry	Dry Bean, Naturally Grown, Raw Agricultural Product, U.S. No. 1.	Blue Runner Camellia: 2953651230 Jack Rabbit	141	BAG 25/Pound		
Beans, Green, Canned	U.S. Grade A, Blue Lake Variety, Fancy Cut, Minimum Drained Weight 60 Ounces, Not to Exceed 140 Milligrams of Sodium Per 1/2 Cup Serving.	Allen: 1224 Del Monte: 10024000245015	1184	CASE 6/#10 Can		
Beans, Navy, Dry	Dry Bean, Naturally Grown, Raw Agricultural Product, U.S. No. 1.	Blue Runner: 70325 Camellia: 00252	132	BAG 25/Pound		
Beans, Red Kidney, Dry	Dry Bean, Naturally Grown, Raw Agricultural Product, U.S. No. 1.	Blue Runner: 70125 Camellia: 00251	434	BAG 25/Pound		
Beans, Refried, Dehydrated	Vegetarian Refried, Pinto Bean, Dehydrated, Smooth Texture, Just Add Water, 1/2 Cup to 2/3 Cup Serving Must Provide 1/2 Cup Vegetable Contribution.	Basic American: 82948	741	CASE 6/Piece 29.77oz		
Brownie Mix, WG	Whole Grain-Rich Brownie Mix, Homemade Flavor and Appearance, Baked Serving Must Provide 1 Grain Equivalent.	Conestoga/C.H. Guenther: 537568/99407	496	CASE 6/Piece 5.75lb		
Cayenne Pepper Sauce	Spicy Pepper Sauce Made From Blend of Aged Cayenne Peppers.	Frank's: 410556011 Texas Pete: 1.00013	18	CASE 4/Piece 1 Gallon		



BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Cereal, Chocolate Puffs, IP	Puffed, Sweetened, Corn-Based, Chocolate Flavored, Whole Grain-Rich Cereal, Contains No Artificial Flavors or Colors, Individually Portioned in Self-Serve Bowl, Not to Exceed 6 Grams of Added Sugars Per Dry Ounce, Serving Must Provide 1 Grain Equivalent.	General Mills: 31888-2	326	CASE 96/Piece 1.06oz		
Cereal, Puffed Oats & Marshmallow, IP	Frosted, Toasted, Whole Grain-Rich, Oat-Based Cereal Pieces With Marshmallow Pieces, Gluten Free, Individually Portioned in Self-Serve Bowl, Not to Exceed 6 Grams of Added Sugars Per Dry Ounce, Serving Must Provide 1 Grain Equivalent.	General Mills: 22488-6	445	CASE 96/Piece 1oz		
Cereal, Toasted Cinnamon Squares, IP	Whole Wheat and Rice Cereal, Made With Real Cinnamon, Contains No High Fructose Corn Syrup, Artificial Flavors or Colors, Individually Portioned in Self-Serve Bowl, Not to Exceed 6 Grams of Added Sugar Per Dry Ounce, Serving Must Provide 1 Grain Equivalent.	Generals Mills: 29444-5	306	CASE 96/Piece 1oz		
Cereal, Toasted Honey Oat Rings, IP	Whole Grain Toasted Oat Cereal, Lightly Sweetened With Honey and Natural Flavors, Gluten Free, Contains No Artificial Flavors or Colors, Individually Portioned in Self-Serve Bowl, No to Exceed 6 Grams of Added Sugar Per Dry Ounce, Serving Must Provide 1 Grain Equivalent.	General Mills: 18447-0 Post: 42400-27597	20	CASE 96/Piece 1oz		
Cheese, Queso, Sauce, Jalapeno	Smooth, Creamy, Queso Sauce With Jalapeno Flavoring, Shelf-Stable, Packed in Heat and Serve Bags.	Land O Lakes: 39946	1405	CASE 6/Piece 106oz		
Cheese, Queso, Dip, Jalapeno	Smooth, Cheddar Cheese Dip, Jalapeno Flavoring, Individually Portioned With Easy Peel Lid, Shelf-Stable, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Land O Lakes: 39912	30	CASE 140/Piece 3oz		
Cherries, Dried, IP	Sweetened Dried Cherries, No Artificial Flavors, Colors or Preservatives, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Fruit Haven: 02137	1	CASE 100/Piece 1.36oz		
Chicken, Premium White, IP	Premium Pieces of White Meat Chicken, No Refrigeration Required, Ready to Eat, Individually Portioned, Serving Must Provide a Minimum of 2 Meat/Meat Alternate Equivalent.	Harvest Creek Starkist: 517700	445	CASE 12/Piece 2.6oz		
Chicken, Dried Bites	Dried, Tender, Bite Size Pieces of White Meat Chicken, Smoked and Seasoned, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Jack Link's: 29054	317	CASE 48/Piece 1oz		
Chips, Corn, IP	Corn Chip, Made With Whole Grain Corn, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 32405	177	CASE 104/Piece 1oz		
Chips, Corn Crisp Sticks, Spicy, IP	Baked, Spicy Cheese Flavoring Corn & Potato Crisp Stick, Made With Whole Grain Corn, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 43578	37	CASE 104/Piece 1oz		



BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Chips, Corn Crisp Sticks, Ranch, IP	Baked, Ranch Flavored Corn & Potato Crisp Stick, Made With Whole Grain Corn, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 74993	27	CASE 104/Piece 0.9oz		
Chips, Crunchy Cheese Snack, IP	Baked, Crunchy Cheese Flavored Snack, Whole Grain-Rich, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 62933	58	CASE 104/Piece .875oz		
Chips, Crunchy Cheese Snack, Spicy, IP	Baked, Crunchy Cheese Flavored Snack With Hot Seasoning, Whole Grain-Rich, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 62984	170	CASE 104/Piece .875oz		
Chips, Onion Rings, Baked, IP	Baked, Onion Flavored Corn Snack that Consists Primarily of Cornmeal, Made With Whole Grain Corn, Ring Shaped Representing the Shape and Texture of Fried Onion Rings, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 66689	65	CASE 104/Piece .75oz		
Chips, Pita	Baked, Whole Grain-Rich, Multigrain Pita Chips Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Stacy's: 78245	1	CASE 64/Piece 1.38oz		
Chips, Tortilla, Heart	Heart shaped Tortilla Chips, Made With Whole Grain-Rich Corn, Salted, Serving Must Provide 1 Grain Equivalent.	La Tapatia: 77063	1	CASE 1/Piece 12lb		
Chips, Tortilla, Rounds	Round Tortilla Chips, Made With Whole Grain-Rich Corn, Salted, Serving Must Provide 1 Grain Equivalent.	La Banderita: 3013 Mission	2900	CASE 6/Piece 2lb		
Chips, Tortilla, Rounds, IP	Round Tortilla Chips, Made With Whole Grain Corn, Reduced Fat Profile, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving to Provide 1 Grain Equivalent.	Tostitos: 18792	1	CASE 104/Piece .875oz		
Chips, Tortilla, Cool Ranch, IP	Cool Ranch Tortilla Chips, Made With Whole Grain Corn, Reduced Fat Profile, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving to Provide 1 Grain Equivalent.	Frito Lay: 36096	200	CASE 72/Piece 1oz		
Chips, Tortilla, Nacho Cheese, IP	Nacho Cheese Tortilla Chips, Made With Whole Grain Corn, Reduced Fat Profile, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving to Provide 1 Grain Equivalent.	Frito Lay: 31748	290	CASE 72/Piece 1oz		
Cinnamon	Pure, Ground, Minimum 16 Ounce, Maximum 20 Ounce Container With Lid, Price Per Piece.	Gel McCormick Spice Classic: 900029962	30	PIECE 1/Piece 18oz		
Cocoa Powder	Dry, Powdered, Unsweetened, Non-Alkalized, 10-12% Cocoa Fat, Minimum Container Weight 1 Pound, Packed in Container With Lid.	Ambrosia First Foods: 463554 Cargill	1	PIECE 1/Piece 5lb		
Cookies, Blueberry Vanilla, Mini	Blueberry Vanilla Flavored, Bite Size Treat, Made With Real Blueberries, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Grandma's: 22642	25	CASE 80/Piece 1oz		



BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Cookies, Chocolate Chip, Mini	Bite Size Chocolate Chip Cookie Treats, Whole Grain-Rich, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Grandma's: 66154	175	CASE 80/Piece 1.22oz		
Corn, Whole Kernel, Canned	U.S. Grade A, Whole Kernel Golden, Low Sodium, Liquid Pack, Minimum Drained Weight 72 Ounces, Maximum Sodium 140 Milligrams Per 1/2 Cup Serving.	Del Monte: 10024000244995 Libby's: 1067556155 Seneca: 3490	670	CASE 6/#10 Can		
Corn Meal, Yellow	Yellow, Enriched, Degeminated Cornmeal, Must be "Whole Corn" to Meet Federal Specification NC-521, Latest Revisions.	Indian Girl: 27444 Pioneer: 41122	295	BAG 25/Pound		
Crackers, Cheddar, Animal, IP	Cheddar Cheese Snack Crackers, Animal Shaped, Made With Real Cheese, Whole Grain-Rich, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Annie's: 100-13562-49828-1 Pepperidge Farm: 18105	10	CASE 100/Piece 1.25oz CASE 300/Piece .75oz		
Crackers, Cheese, IP	Baked Cheese Snack Crackers, Made With Whole Wheat Flour and Real Cheese, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Kellanova: 24100-792634 Darlington Snacks: 76100	85	CASE 175/Piece .75oz Case108/Piece.90oz		
Crackers, Buffalo, IP	Baked Cheese Snack Crackers, Made With Whole Wheat Flour and Real Cheese, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Kellanova: 24100-12431	65	CASE 175/Piece .75oz		
Crackers, Cinnamon, IP	Whole Grain-Rich, Bite-Sized Crackers, Traditional Churro/Cinnamon Flavor, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Crunch n' Crave: 2049193 Darlington:71000	1	CASE 160/Piece 1oz CASE 108/ Piece 1 oz		
Crackers, Club, WG, IP	Club or Saltine Cracker, Whole Grain-Rich, Individually Portioned Units Each Unit Containing Two Crackers, Serving Must Provide 1 Grain Equivalent.	Kellanova: 3010012870	600	CASE 500/Piece 7g		
Crackers, Pretzel, IP	Whole Grain-Rich Pretzel Snack Crackers, Traditional Pretzel Flavor, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Pepperidge Farm: 14396 Stellar Snacks: 14396	15	CASE 300/Piece .75oz CASE 300/Piece .70oz		
Crackers, Wheat, IP	Whole Grain-Rich, Bite-Sized Crackers, Savory Flavored, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Crunch n' Crave: 2049194 MJM: 801155 ZeeZees: 614888	5	CASE 160/Piece 1oz CASE 155/Piece .78oz CASE 300/Piece .8oz		
Cranberries, Dried, Fruit Punch, IP	Sweetened Dried Cranberries, Infused With Fruit Punch Flavors, No Artificial Flavors, Colors or Preservatives, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Ocean Spray: 00031200014948	1	CASE 200/Piece 1.16oz		
Cranberries, Dried, Raspberry Lemonade, IP	Sweetened Dried Cranberries, Infused With Raspberry and Lemon Flavors, No Artificial Flavors, Colors or Preservatives, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Ocean Spray: 00031200014900	440	CASE 200/Piece 1.16oz		

BIDDER'S SIGNATURE: _____



Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Cranberries, Dried, Strawberry, IP	Sweetened Dried Cranberries, Infused With Strawberry Flavor, No Artificial Flavors, Colors or Preservatives, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Ocean Spray: 00031200014924	700	CASE 200/Piece 1.16oz		
Cranberries, Dried, Watermelon, Dried, IP	Sweetened Dried Cranberries, Infused With Watermelon Flavor, No Artificial Flavors, Colors or Preservatives, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Ocean Spray: 00031200014931	625	CASE 200/Piece 1.16oz		
Cranberry Sauce, Canned	U.S. Grade A, Made From Real Cranberries, Strained and Jellied.	Ocean Spray: 01400	20	CASE 6/#10 Can		
Crisp, Biscuit, Chocolate Chip, IP	Whole Grain-Rich Crispy Biscuit, Made With Real Chocolate Chips, Made Without Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Nature Valley: 48255000	5	CASE 120/Piece 1.2oz		
Crisp, Biscuit, Cinnamon, IP	Whole Grain-Rich Crispy Biscuit, Made With Real Cinnamon, Made Without Artificial Flavors or Colors, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Nature Valley: 48256000	5	CASE 120/Piece 1.2oz		
Crisp, Rice, Treat, IP	Made From Whole Grain Rice Cereal Pieces, Butter or Margarine and Marshmallows, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Kellanova: 38000-11052	170	CASE 80/Piece 1.41oz		
Crisp, Rice, Treat, Chocolate, IP	Made From Whole Grain Rice Cereal and Chocolate Pieces, Butter or Margarine and Marshmallows, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	Kellanova: 38000-145674	100	CASE 80/Piece 1.41oz		
Drink, Sports, Fruit Punch, IP	Sports Drink, Zero Calories, Zero Sugar, Contains Electrolytes, Must Meet USDA Smart Snack Guidelines for High Schools.	Gatorade: 044284	15	CASE 24/Piece 12oz		
Drink, Sports, Grape, IP	Sports Drink, Zero Calories, Zero Sugar, Contains Electrolytes, Must Meet USDA Smart Snack Guidelines for High Schools.	Gatorade: 044294	15	CASE 24/Piece 12oz		
Drink, Sports, Cherry, IP	Sports Drink, Zero Calories, Zero Sugar, Contains Electrolytes, Must Meet USDA Smart Snack Guidelines for High Schools.	Gatorade: 043396	15	CASE 24/Piece 12oz		
Drink, Sports, Berry, IP	Sports Drink, Zero Calories, Zero Sugar, Contains Electrolytes, Must Meet USDA Smart Snack Guidelines for High Schools.	Gatorade: 043457	15	CASE 24/Piece 12oz		
Flour, All Purpose	All Purpose, Enriched, Bleached.	Gold Medal Pioneer: 001751 Shawnee Milling: 303050252	275	BAG 25/Pound BAG 50/Pound		
Flour, White Wheat	White Whole Wheat, 60/40 Blend, Enriched, Unbleached, Milled From White Wheat Kernels.	Gold Medal Pioneer Shawnee Milling: 289025734	2800	BAG 25/Pound		
Fruit Cocktail, Canned	U.S. Grade B or Better, Mixed Fruit, Including Pears, Peaches, Grapes, and Cherries, Packed in 100% Natural Juice, No High Fructose Corn Syrup, Drained Weight 67 Ounces.	Del Monte: 10024000068324 Pacific Coast Producers	165	CASE 6/#10 Can		



BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Fruit, Juice, Slush, Strawberry Kiwi, IP	Made With 100% Fruit Juice Concentrate, Strawberry Kiwi, No Sugar Added, No Color, No Refrigeration Required, Individually Portioned Pouch With Easy Tear Top, Serving Must Provide 1/2 Cup Fruit Contribution. Must Meet USDA's Buy American Standard.	Cool Tropics: 21002	1335	CASE 60/Piece 4oz		
Fruit, Juice, Slush, Citrus Blend, IP	Made With 100% Fruit Juice Concentrate, Blend of Orange, Grape and Apple Juices, No Sugar Added, No Color, No Refrigeration Required, Individually Portioned Pouch With Easy Tear Top, Serving Must Provide 1/2 Cup Fruit Contribution. Must Meet USDA's Buy American Standard.	Cool Tropics: 18101, 18103	1	CASE 60/Piece 4oz		
Fruit Roll Up, IP	Pectin-Based, Fruit Snack, Reduced Sugar, Individually Portioned, Must Meet USDA Smart Snack Guidelines.	Betty Crocker: 29162000, 11561000, 11566000	170	CASE 96/Piece .5oz		
Garlic, Granulated	Granulated, Pure Granules, Minimum 16 Ounces, Maximum 25 Ounces, Container With Lid, Price Per Piece.	Gel Spice Classic: 932688	175	CASE 1/Piece 25oz		
Gelatin, Strawberry	Sugar Free Gelatin Dessert Mix, Strawberry Flavor, Dry, Powder Mix, No Refrigeration Required.	Chef's Champion: 53618 Restaurant's Pride Royal	85	CASE 18/Piece 2.75oz		
General Tso's Sauce	Sweet Soy Glaze Infused With Ginger and Other Garlic Spices, No MSG, No High-Fructose Corn Syrup.	Asian Food Solutions: 92003 Nippon Shokken: 00550	1	CASE 16/Piece 2.15lb CASE 6/Piece 4.8lb		
Grahams, Chocolate, IP	Chocolate Flavored Graham Pieces, Whole Grain-Rich, Character Shaped, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	J&J Snack Foods: 10073321560703 Kellanova: 40239 MJM: 512150	105	CASE 200/Piece 1oz CASE 150/Piece 1oz		
Grahams, Chocolate Chip, IP	Chocolate Chip Bite-Sized Graham Pieces, Whole Grain-Rich, Characteristic Chocolate Chip Cookie Taste and Aroma, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Chortles	1	CASE 100/Piece .92oz		
Grahams, Cinnamon, IP	Cinnamon Flavored Graham Pieces, Whole-Grain Rich, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Serving Must Provide 1 Grain Equivalent.	J&J Snack Foods: 10073321560727 Kellanova: 50689	70	CASE 200/Piece 1oz CASE 210/Piece 1oz		
Grahams, Honey, IP	Graham Crackers, Whole Grain-Rich, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	J&J Snack Foods: 10073321560710 Kellanova: 91822 MJM: 301151 ZeeZees: 609144	285	CASE 200/Piece 1oz CASE 150/Piece .78oz CASE 150/Piece 1oz		
Grahams, Vanilla, IP	Bite Sized Vanilla Flavored Graham Pieces, Whole Grain-Rich, Individually Portioned, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Kellanova: 12695 MJM: 514150	55	CASE 210/Piece 1oz CASE 150/Piece 1oz		
Granola	Made From Whole Grain Rolled Oats.	Bake Crafters: 3126 Fieldstone: 09799 Post 42400-07485	50	CASE 6/Piece 5lb CASE 4/Piece 50oz		

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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Gravy, Beef	Instant, Smooth Texture, Rich, Dark Brown Color, No MSG.	First Foods: 462544 Major: 32212Bl Pioneer/C.H. Guenther Tony Chachere's: 06008-3	340	CASE 4/Piece 1 Gallon CASE 8/Piece 11lb CASE 6/Piece 13oz		
Gravy Color	Gravy Color Made From Herbs, Spices and Water, Used to Darken Gravies, Sauces, Soups and Other Foods.	First Foods: 2444 Kitchen Bouquet	25	CASE 12/Piece 1qt		
Grits, Quick	Enriched, White Hominy, Provides Smooth, Creamy Texture, Quick Cooking Variety.	General Mills: 14357000 Quaker: 4378	45	CASE 8/Piece 5lb		
Hot Sauce	Made From Chili Peppers and Other Ingredients.	Cajun Chef: 11000 Crystal	5	CASE 24/Piece 6oz		
Hummus, Red Pepper, IP	Creamy Hummus Spread Made From Cooked Chickpeas, Zesty Red Pepper Flavoring, Sesame Free, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	ZeeZees: A5150	30	CASE 120/Piece 4.5oz		
Jalapeno Peppers, Sliced	Pickled Jalapenos in a Blend of Vinegar and Spices, Sliced.	Cajun Chef: 31301	95	CASE 4/Piece 1 Gallon		
Jelly, IP	Case Provides Variety of Flavors, No Refrigeration Required, Individually Portioned.	Diamond Crystal Kraft-Heinz: 10013000543108/34242 Poco Pac: 86472	850	CASE 200/Piece .5oz		
Juice, Apple, A&E, 6.75oz	100% Pure Juice, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, Serving Must Provide 3/4 Cup Fruit Contribution.	Apple & Eve: 84504 Juicy Juice: 00060 Mott's: 10003394 SunCup: 410305	20	CASE 36/Piece 6.75oz CASE 32/Piece 6.75oz CASE 40/Piece 6.75oz		
Juice, Fruit Punch, A&E, 4.23oz	100% Pure Juice, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, No Refrigeration Required, Serving Must Provide 1/2 Cup Fruit Contribution.	Apple & Eve: 86001 Juicy Juice: 00059 Mott's: 10002384 SunCup: 400805	1	CASE 36/Piece 4.23oz CASE 40/Piece 4.23oz		
Juice, Fruit Punch, A&E, 6.75oz	100% Pure Juice, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, Serving Must Provide 3/4 Cup Fruit Contribution.	Apple & Eve: 84523 Juicy Juice: 00065 Mott's: 10003393 SunCup: 410805	30	CASE 36/Piece 6.75oz CASE 32/Piece 6.75oz CASE 40/Piece 6.75oz		
Juice, Strawberry Kiwi, A&E, 6.75oz	100% Pure Juice, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, Serving Must Provide 3/4 Cup Fruit Contribution.	Apple & Eve: 84506 Juicy Juice: 00063	20	CASE 36/Piece 6.75oz CASE 40/Piece 6.75oz		
Juice, Fruit, Pouch	100% Pure Juice, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Pouch With Straw, Must Meet USDA Smart Snack Guidelines.	Capri Sun: 0014600	75	CASE 40/Piece 6oz		
Juice, Fruit Flavored, Sparkling	100% Juice Filtered Sparkling Water Sufficient to Reconstitute Juice Concentrate.	Envy: 2008 Izze: 11353 Switch: 7C2480BC	95	CASE 24/Piece 8oz		
Juice, Fruit Flavored, Sparkling	100% Juice Filtered Sparkling Water Sufficient to Reconstitute Juice Concentrate.	Envy: 2015 Izze: 01502 Switch: 7C2480FP	175	CASE 24/Piece 8oz		
Juice, Fruit Flavored, Sparkling	100% Juice Filtered Sparkling Water Sufficient to Reconstitute Juice Concentrate.	Envy: 2022 Izze: 01084 Switch: 7C2480KB	190	CASE 24/Piece 8oz		



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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Juice, Vegetable, A&E, 4.23oz	100% Pure Vegetable and Fruit Juices, Vegetable Must Be the First Ingredient, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, Serving Must Provide 1/2 Cup Vegetable Contribution, Must Meet USDA's Buy American Standard.	Juicy Juice: 00066 SunCup: 402700, 402800	7870	CASE 32/Piece 4.23oz CASE 40/Piece 4.23oz		
Juice, Vegetable, A&E, 6.75oz	100% Pure Vegetable and Fruit Juices, Vegetable Must Be the First Ingredient, No Sugar Added, No Refrigeration Required, Individually Portioned Aseptic Container With Flex Straw, Serving Must Provide 3/4 Cup Vegetable Contribution, Must Meet USDA's Buy American Standard.	Juicy Juice: 00146 Sun Cup: 412800, 412900	1	CASE 32/Piece 6.75oz CASE 40/Piece 6.75oz		
Juice, Vegetable, Slush, Berry & Citrus, IP	Made With 100% Vegetable Juice, Blend of Berry and Citrus Flavors, No Sugar Added, No Refrigeration Required, Individually Portioned With Easy Tear Top, Serving Must Provide 1/2 Cup Vegetable Contribution.	Cool Tropics: 16003	340	CASE 60/Piece 4oz		
Mandarin Oranges, Canned	U.S. Grade B, Segments Packed in 100% Natural Juice, Indicate Country of Origin.	Dole: 4218 Premium	1	CASE 6/#10 Can		
Marinara Sauce, Canned	U.S. Grade A, Enhanced Low Sodium, Serving Provides 1/4 Cup Red/Orange Vegetable Contribution.	Red Gold: RPKNA9E Angela Mia: 27000039125	190	CASE 6/#10 Can CASE 6/#10 Can		
Mayonnaise, Lite, IP	Low-Fat Profile, Shall Conform to Standard of Identity Promulgated by F.D.A., Individual Packets.	Diamond Crystal: 78030/541287 Kraft Heinz: 1002100066533/377635	1075	CASE 200/Piece 12g		
Mayonnaise, Low Fat	Low-Fat Profile, Shall Conform to Standard of Identity Promulgated by F.D.A.	Ken's Foods: 892 Kraft Heinz: 643018/377773 Southern Classic	65	CASE 4/Piece 1 Gallon		
Meal Kit, Breakfast, IP	Meal Kit, Pre-Packaged at Unit, Ready to Eat, No Refrigeration Required, Kit Must Provide 2 Grain or 1 Grain AND 1 Meat/Meat Alternate Equivalent, 1/2 Cup Fruit Contribution, and 1 Cup Non-Fat or Low Fat Milk.	Champion: BC-1034X, BC-1035, BC-1038, BC-1050, BC1065X, BC-1069XC, BC-1090 E S Foods: 61101, 61103, 61114, 61119, 61251A	140	CASE 48/Piece CASE 44/Piece CASE 14/Piece		
Meal Kit, Lunch, IP	Meal Kit, Pre-Packaged at Unit, No Refrigeration Required, Ready to Eat, Meal Kit Must Provide 2 Meat/Meat Alternate, 1 Grain Equivalent, 1/2 Cup Fruit Contribution, 1/2 Cup Vegetable Contribution, and 1 Cup Non-Fat or Low Fat Milk.	Champion: LC-41XCK8, LC-01XCK8, SC-96XC, SC-08XC, SC-19XC E S Foods: 61401, 61402, 61404, 61419, 61435, 61445	140	CASE 48/Piece CASE 44/Piece CASE 14/Piece		
Meal Kit, SFSP Breakfast & Lunch, 3-Day	Includes 3-Days of Meal Kits, Each Meal Kit Must be Pre-Packaged as a Unit, No Refrigeration Required, Ready to Eat, Meal Kit Must Provide All Required Meal Pattern Components for 3-Days of SFSP Breakfast Meals and 3-Days of SFSP Lunch Meals.	Champion: 330 E S Foods: 65030	1	CASE 6/Piece		
Meal Kit, SFSP Breakfast & Lunch, 5-Day	Includes 5-Days of Meal Kits, Each Meal Kit Must be Pre-Packaged as a Unit, No Refrigeration Required, Ready to Eat, Meal Kit Must Provide All Required Meal Components for 5-Days of SFSP Breakfast Meals and 5-Days of SFSP Lunch Meals.	Champion: 550 E S Foods: 65050	1	CASE 10/Piece		



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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Meal Kit, SFSP Breakfast & Lunch, 7-Day	Includes 7-Days of Meal Kits, Each Meal Kit Must be Pre-Packaged as a Unit, No Refrigeration Required, Ready to Eat, Meal Kit Must Provide All Required Meal Components for 7-Days of SFSP Breakfast Meals and 7-Days of SFSP Lunch Meals.	Champion 770 E S Foods: 65004, 65005, 65006	1	CASE 14/Piece		
Meat Stick, Beef, IP	Tender Meat Stick, Made With Beef, Approximately 6" in Length, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Highland Beef Farms: 189 Trail's Best: 21187	100	CASE 120/Piece 1.25oz CASE 48/Piece 1.1oz		
Meat Stick, Turkey, IP	Tender Meat Stick, Made With Turkey, Approximately 6" in Length, No Refrigeration Required, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Butterball: 200359 Highland Beef Farms: 190 Trail's Best: 200359	1	CASE 120/Piece 1.1oz CASE 100/Piece 1.1oz		
Meat Stick & Cheese Stick Combo, IP	Tender Meat Stick, Made With Turkey, Swiss Cheese Stick, No Refrigeration Required, Individually Portioned, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Highland Beef Farms: 67	1	CASE 72/Piece 2oz		
Milk, Fat Free, Chocolate, IP	Milk, Chocolate, Fat Free, Enriched With Vitamin A, Packaged in Sterile Carton With Straw, No Refrigeration Required.	Modern Pantry: 10457 True Moo: 10211	1	CASE 27/Piece 8oz		
Milk, Low Fat, White, IP	Milk, Low Fat 1% Variety, Enriched With Vitamin A, Packaged in Sterile Carton With Straw, No Refrigeration Required.	Dairy Pure: 10186 Modern Pantry: 10459	1	CASE 27/Piece 8oz		
Milk, Lactose Free, Low Fat, White, IP	Dairy Free, Low-Fat Variety, Non-Flavored Milk, Packaged in Sterile Carton With Straw, No Refrigeration Required.	Modern Pantry 10458 Tasty Farms: 68104	1	CASE 27/Piece 8oz		
Milk, Lactose Free, Low Fat, Chocolate, IP	Dairy Free, Low-Fat Variety, Chocolate Flavored Milk, Packaged in Sterile Carton With Straw, No Refrigeration Required.	Modern Pantry: 10460 Tasty Farms: 68106	1	CASE 27/Piece 8oz		
Milk, Soy	Soy Milk, Low-Fat 1% Variety, Unflavored, Packaged in Sterile Carton, Quart Size, No Refrigeration Required.	Ripple Silk: 100262	1	CASE 6/Piece 32oz		
Mustard, Yellow	Prepared, Yellow, Type 1 Fed Spec. EE-M-828.	Cajun Chef: 28800 Kraft Heinz	10	CASE 4/Piece 1 Gallon		
Mustard, Yellow, IP	Prepared, Yellow, Type 1, Fed. Spec. EE-M-82B, Individual Pack.	Kraft Heinz Portion Pac: 716037053901	205	CASE 500/Piece 5.5g		
Oil, Vegetable	Vegetable or Canola Blend.	Ventura: 54107CHP Restaurant's Pride	250	CASE 6/Piece 1 Gallon		
Onions, Powder	Minimum 16 Ounces, Maximum 20 Ounces Container With Lid, Price Per Piece.	Gel McCormick Spice Classic: 394039/932668	120	PIECE 1/Piece 20oz		
Pan Coating, Butter Spray	Non-Stick Food Release Cooking Spray, Butter Flavored.	Buttermist: 56217 Vagalene	95	CASE 6/Piece 17oz		
Pan Coating, Grill Release Spray	Non-Stick Food Release Cooking Spray.	Pam: 63111 Vagalene	140	CASE 6/Piece 17oz		
Pan Liner	Disposable, Non-Stick Full Size Sheet Pan Liner for Baking and Food Preparation.	Handy Wacks: PL25-1	185	CASE 1000/Piece		
Parsley, Dried, Flakes	Dehydrated, Minimum 10 Ounces, Maximum 20 Ounces Container With Lid, Price Per Piece.	Gel McCormick Spice Classic: 9326803	20	PIECE 1/Piece 10oz		
Pasta, Macaroni, White	Elbow Shaped Macaroni, Enriched, Semolina No. 1, Moisture Content Not To Exceed 12.5%.	Barilla Zerega's: 8019	520	CASE 20/Pound		



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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Pasta, Rotini, Gluten Free	Spiral-Shaped Macaroni, Gluten Free Variety, Pasta Should Be Approximately 1 1/8" in Size, Moisture Content Not to Exceed 13%.	Barilla: 1000011510	5	CASE 8/Piece 12oz		
Pasta, Rotini, White	Spiral-Shaped Macaroni, Enriched, Pasta Should Be Approximately 1 1/8" Inch in Size, Moisture Content Not to Exceed 13%.	Barilla Zerega's: 8135	535	CASE 20/Pound		
Pastry, Toaster, Fudge, IP	Rectangular Shape, Pre-Baked Toaster Pastry, Fudge Filling Sealed Inside Two Layers of Whole Grain-Rich Pastry Crust, Frosted, No High Fructose Corn Syrup, Individually Portioned, Each Pack Must Provide 2 Grain Equivalent.	Kellanova: 12073	1450	CASE 72/Piece 3.53oz		
Pastry, Toaster, Strawberry, IP	Whole Grain, Rectangular Shape, Pre-Baked Toaster Pastry, Strawberry Filling Sealed Inside Two Layers of Whole Grain-Rich Pastry Crust, Frosted, No High Fructose Corn Syrup, Individually Portioned, Each Pack Must Provide 2 Grain Equivalent.	Kellanova: 55133	1510	CASE 72/Piece 3.53oz		
Pastry, Toaster, Strawberry, Single, IP	Whole Grain, Rectangular Shape, Pre-Baked Toaster Pastry, Strawberry Filling Sealed Inside Two Layers of Whole Grain-Rich Pastry Crust, Frosted, No High Fructose Corn Syrup, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Kellanova: 38000-55130	5	CASE 120/Piece 1.69oz		
Peaches, Diced, IP	U.S. Grade B or Better, Yellow Cling, Packed in 100% Natural Juice or Light Syrup, No High Fructose Corn Syrup, Individually Portioned Cup With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	Del Monte: 10024000254420 Dole: 100-38900-03073-2 ZeeZees: 1740	1	CASE 72/Piece 4oz CASE 36/Piece 4oz CASE 96/Piece 4.5oz		
Peaches, Sliced, Canned	U.S. Grade B or Better, Yellow Cling, Packed in 100% Natural Juice, No High Fructose Corn Syrup, Uniform Sliced, Drained Weight 66 Ounces.	Del Monte: 10024000068614 Seneca	240	CASE 6/#10 Can		
Peanut Butter, IP	Creamy, Pre-Portioned Cup With Easy Pull Lid, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	JIF: 5150012512/804405 Skippy	500	CASE 60/Piece 1.1oz		
Pears, Diced, IP	U.S. Grade B or Better, Bartlett, Uniform Diced, Packed in 100% Natural Juice or Light Syrup, No High Fructose Corn Syrup, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Fruit Contribution.	Del Monte: 10024000254437 Dole: 100-38900-03019-0 ZeeZees: 1780	1	CASE 72/Piece 4oz CASE 36/Piece 4oz CASE 72/Piece 4.5oz		
Pears, Sliced, Canned	U.S. Grade B or Better, Bartlett, Uniform Sliced, Packed in 100% Natural Juice, No High Fructose Corn Syrup, Drained Weight 67 Ounces.	Del Monte: 10024000222030 Seneca	160	CASE 6/#10 Can		
Peas, Blackeye, Dry	Dry Bean, Naturally Grown, Raw Agricultural Product, U.S. No. 1.	Camellia: 325 Hayes	110	BAG 25/Pound		
Peas, Green, Canned	U.S. Grade A, Reduced Sodium.	Allen: 78406 Libby's: 4244 Lodi Canning Co. Seneca: 4244	250	CASE 6/#10 Can		
Pepper, Black	Black, Ground Pure, Made From Fully Ripened Pepper Berry, Minimum 16 Ounces, Maximum 18 Ounces Container With Lid, Price Per Piece.	Gel McCormick Spice Classic: 900030248	100	PIECE 1/Piece 18oz		
Pickles, Dill, Sliced	U.S. Grade A, Dill, Hamburger Slices, Minimum Drained Weight 90 Ounces	Cajun Chef: 50005	115	CASE 4/Piece 1 Gallon		



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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Pickles, Relish, Sweet	U.S. Grade A, Sweet Relish, Minimum Drained Weight 125 Ounces.	Cajun Chef: 51000	15	CASE 4/Piece 1 Gallon		
Pineapple Chunks, Canned	U.S. Grade B or Better, Chunks in Natural Juice or Light Syrup, No High Fructose Corn Syrup, Minimum Drained Weight 75 Ounces, Indicate Country of Origin.	Dole: 00468-9 Del Monte: 10024000001574	1025	CASE 6/#10 Can		
Potatoes, Granules, Instant	Instant Potato Granules, Just Add Boiling Water, Produce Smooth, Creamy Texture, Flavored With Butter.	Idahoan: 22313 Idaho Pacific: 301	975	CASE 12/Piece 26oz		
Potatoes, Sliced, Dehydrated	Uniform Shaped, Diced or Sliced, Dehydrated, Just Add Boiling Water.	Idahoan: 2970000882 Idaho Pacific: 505	225	CASE 4/Piece 5lb		
Potatoes, Sweet, Canned	U.S. Grade A, Whole Potatoes and Pieces, Minimum Drained Weight 72 Ounces.	Allen's/Bruce's: 8213	190	CASE 6/#10 Can		
Raisins, Strawberry, Sour, IP	Fruity Flavored Golden Raisins, 100% Real Fruit, No Added Sugar, Individually Portioned, Easy Tear Packaging, Serving Must Provide 1/2 Cup Fruit Contribution.	Amazin' Raisin: AA03A0A3E060 Raisels: 100-70044-15855-2 Sun-Maid: 0405986000 ZeeZees: 621354	250	CASE 250/Piece 1.33oz CASE 200/Piece 1.66oz Case 200/Piece 1.33oz CASE 120/Piece 1.45oz		
Raisins, Watermelon, Sour, IP	Fruity Flavored Golden Raisins, 100% Real Fruit, No Sugar Added, Individually Portioned, Easy Tear Packaging,, Serving Must Provide 1/2 Cup Fruit Contribution.	Amazin' Raisin: AA20A0A3E060 Raisels: 100-70044-15844-6 Sun-Maid: 0405987000 ZeeZees: 621355	250	CASE 250/Piece 1.33oz CASE 200/Piece 1.66oz CASE 200/Piece 1.33oz CASE 120/Piece 1.45oz		
Rice, Brown	U.S. Grade #1, Long Grain, Brown, Parboiled.	Producers Mill: R2PX25QC0 Riceland: 26225 Supreme: 859278003660	1235	BAG 25/Pound		
Rice, Jasmine	U.S. Grade, Long Grain, Soft, Sticky Texture.	Producers Mill: TO2556MP1 Riceland Supreme: 8559278003172	505	BAG 25/Pound		
Salad Dressing, Italian	Salad Dressing With Traditional Italian Flavors.	Diamond Crystal T. Marzetti: 80032 Wish Bone: 41321 00615	110	CASE 4/Piece 1 Gallon		
Salad Dressing, Italian, IP	Salad Dressing With Traditional Italian Flavors, No Refrigeration Required, Individually Portioned.	Diamond Crystal T. Marzetti: 81562	325	CASE 204/Piece 12grms		
Salad Dressing, Ranch, IP	Salad Dressing Made With Buttermilk, Mayonnaise and Herbs, No Refrigeration Required, Individually Portioned.	Diamond Crystal T. Marzetti: 81561	1900	CASE 201/Piece 12grms		
Salad Dressing, Ranch Mix	Salad Dressing Dry Mix, Each Pack Must Yield One Gallon of Dressing.	Foothill Farms: 436358 Hidden Valley: 21004 Kent: 436358/V400-JA190	5	CASE 18/Piece 3.2oz		
Salt, Table	Table, Fine, Iodized.	Cargill Diamond Crystal: 18921/629198	100	CASE 24/Piece 26oz		
Seasoning, Creole	Creole Seasoning Blend of Salt, Peppers, Spices, and Other Seasonings.	Tony Chachere's: 40004/631191	60	CASE 4/Piece 1 Gallon		
Seasoning, Creole, No Salt	No Salt Creole Seasoning Blend of Peppers, Spices, and Other Seasonings.	Tony Chachere's: 7199800005/631192	1	CASE 12/Piece 17oz		
Shell, Tortilla Bowl	Fully Baked, Edible Bowl Made From Whole Grains, Approx 5" to 6.25" Diameter, Product Must Maintain Structural Integrity When Filled, Each Bowl Shall Provide 2 Grain Equivalent.	Edibowls: 0512-8	1	CASE: 72/Piece 1.34oz		



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Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Snack Mix, Chocolate Caramel, IP	Sweet Snack Mix Made of Whole Grain Cereal Pieces With Chocolate and Carmel Flavors, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Chex: 31933000	20	CASE 60/Piece 1.03oz		
Snack Mix, Savory, IP	Savory, Salty Snack Mix Made With Whole Grain Snack Pieces, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Frito Lay: 36308	1	CASE 104/Piece .875oz		
Snack Mix, Strawberry, IP	Savory and Sweet Snack Mix Made of Whole Grain Cereal Pieces With Strawberry Flavoring, Must Meet USDA Smart Snack Guidelines, Individually Portioned, Serving Must Provide 1 Grain Equivalent.	Chex: 31937000	10	CASE 60/Piece 1.03oz		
Soup Base, Chicken	Soup Base Mix, Chicken, Reduced Sodium, No MSG, Gluten Free, Primary Ingredient is Fresh Cooked Chicken Meat, No Bones, Veins or Organ Meat, Thick Paste Consistency, Light Brown With Color. Pound to Yield 5 Pounds of Chicken Stock.	Major: 33861BI Bernard Food Industries:101083	100	CASE 6/Piece 11b CASE 12/ Piece 50oz		*
Soup, Cream of Chicken	Cream Style Condensed Soup Made With Chicken Meat and/or Chicken Stock, Low Sodium, Canned.	Campbell's: 4143	5	CASE 12/Piece 50oz		
Soy Sauce, Low Sodium	Made From Fermented Soybean Paste, Reduced or Low Sodium.	First Foods: 462446 La Choy: 2700053668/382092 Kikkoman: 00130	60	PIECE 1/Gallon		
Sugar, Cane, White	Pure White, Cane, Granulated.	Cargill: 10088 Domino: 113290 Imperial Sugar: 120514W	390	BAG 25/Pound BAG 50/Pound		
Sugar, Confectioners	Made With Granulated Sugar, Ground to Smooth Powder.	Cargill Domino: 401367	55	CASE 24/Piece 11b		
Sugar, Light Brown	Refined, Containing 3-5% Molasses.	Cargill Domino: 401358	75	CASE 24/Piece 11b		
Sunflower Seeds, Dill, IP	Sunflower Seeds, Kernels, Shelled, Dill Flavored, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Kickin' Kernels: K01DP	25	CASE 300/Piece 1oz		
Sunflower Seeds, Salted, IP	Sunflower Seeds, Kernels, Shelled, Roasted, Salted, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Kickin' Kernels: K01S Sunrich: 1252553/784691 ZeeZees: C87860	155	CASE 300/Piece 1.5oz CASE 150/Piece 1oz CASE 250/Piece 1.2oz		
Syrup, IP	Maple Flavored, Pre-Portioned Cups With Easy Peel Lid.	Madeira Farms: 716037139605 Smuckers: 5150002283	1085	CASE 100/Piece 1.5oz CASE 100/Piece 1.4oz		
Taco Seasoning	Complete Seasoning Mix With Blend of Spices Including Paprika and Chili Peppers, Contains No MSG, Finished Product Requires Only Water.	Lawry's: 80110	545	CASE 6/Piece 9oz		
Teriyaki Sauce	Dark Brown Color Sauce, Sweet Soy Sauce and Ginger Flavors, No Refrigeration Required Prior to Opening.	Kikkoman: 01657 Nippon Shokken: 00003	220	CASE 6/Piece 5.6lb CASE 6/Piece 4.9lb		
Tomato and Green Chilies, Diced, Canned	U.S. Grade A, Uniformly Diced Peeled Tomatoes and Green Chilies, Packed in Natural Juices.	RO*TEL: 64144 60245	1	CASE 12/Piece 28oz		
Tomato, Diced, Canned	U.S. Grade A, Uniformly Diced From Firm, Peeled Tomatoes, Packed in Natural Juices.	Red Gold: RPKBQ99 Del Monte Foods: 2001585 Furmano's: 041188104425	180	CASE 6/#10 Can CASE 6/#10 Can CASE 6/#10 Can		

BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Tomato, Ketchup, Fancy, IP	U.S. Grade A, Minimum of 33% Tomato Solids, Individually Portioned.	Hunts: 38287 Kraft Heinz: 00130009848000 Red Gold: REDY59G	1545	CASE 1000/Piece 9g		
Tomato, Salsa, Canned	Blend of Tomatoes, Jalapenos, Onions, Garlic and Traditional Hispanic Spices and Mild Flavored, Low Sodium, Nutritionally Enhanced.	Red Gold: REDSC99 Kraft Heinz/ Escalon: 10078485307003	590	CASE 6/#10 Can CASE 6/#10 Can		
Tomato, Salsa, IP	Blend of Tomatoes, Jalapenos, Onions, Garlic and Traditional Hispanic Spices and Mild Flavored, No Refrigeration Required, Individually Portioned With Easy Peel Lid, Serving Must Provide 1/2 Cup Vegetable Contribution.	Red Gold REDSC2ZC84 HEINZ: 10013000465844	125	CASE 84/Piece 3oz CASE 84/Piece 3oz		
Tomato, Spaghetti Sauce, Canned	Meatless, Traditional Flavoring, Low Sodium, Smooth Texture, Nutritionally Enhanced.	Red Gold: RPKMA9E HEINZ:10013000588000	1110	CASE 6/#10 Can		
Tortilla, Flour, 6"	Made From White Flour, 6.25" Round, Soft Texture With Good Visual Appeal, Heat Pressed, Piece Provides 1 Grain Equivalent.	Ole Mexican Foods: 2708	730	CASE 288/Piece 1.02oz		
Tuna, Chunk Light, IP	Chunk Light Tuna in Water, No Refrigeration Required, Ready to Eat, Individually Portioned, Serving Must Provide a Minimum of 2 Meat Equivalent.	Starkist: 495430	1	CASE 12/Piece 4.1oz		
Vanilla Extract	Imitation, Vanilla Flavored Extract, Price Per Piece.	Big Chief: 60013 First Foods: 462540	10	CASE 1/Piece 1 Gallon		
Vinegar, White	White, Distilled, 50 Grains Acetic Acid (5%).	Kraft Heinz: 7549 Southern Classic	15	CASE 6/Piece 1 Gallon		
Water, Pure, Bottled	Natural Spring Water With No Flavorings, or Other Additives, Packaged in Plastic Bottles With Resealable Lid.	Crystal Geyser: 25414 Nestle Ozarka Zephyrhills	1095	CASE 24/Piece 16.9oz		
Water, Sparkling, Black Raspberry	Sparkling Water, Black Raspberry Flavored, 1% Juice in Carbonated Water With Added Vitamins, Zero Calories, Packaged in Plastic Bottles With Resealable Lid, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice: 16571245733	15	CASE 12/Piece 17oz		
Water, Sparkling, Cherry Limeade	Sparkling Water, Cherry Limeade Flavored 1% Juice in Carbonated Water With Added Vitamins, Zero Calories, Packaged in Plastic Bottles With Resealable Lid, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice: 16571950866	10	CASE 12/Piece 17oz		
Water, Sparkling, Orange Mango	Sparkling Water, Orange Mango Flavored 1% Juice in Carbonated Water With Added Vitamins, Zero Calories, Packaged in Plastic Bottles With Resealable Lid, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice: 16571245740	10	CASE 12/Piece 17oz		
Water, Sparkling, Strawberry Lemonade	Sparkling Water, Strawberry Lemonade, Flavored 1% Juice in Carbonated Water With Added Vitamins, Zero Calories, Packaged in Plastic Bottles With Resealable Lid, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice: 16571950309	15	CASE 12/Piece 17oz		
Water, Sparkling, Strawberry Watermelon	Sparkling Water, Strawberry Watermelon Flavored, 1% Juice in Carbonated Water With Added Vitamins, Zero Calories, Packaged in Plastic Bottles With Resealable Lid, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice: 16571950873	15	CASE 12/Piece 17oz		



BIDDER'S SIGNATURE: _____

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Water, Sparkling, Caffeine, Cherry Vanilla	Sparkling Water With Added Caffeine, Cherry & Vanilla Flavors, 1% Juice in Carbonated Water With Added Vitamins, 5 Calories Per Serving, Zero Sugar, Packaged in Pop-Top (Pull-Tab) Cans Requiring No Additional Tools or Can Openers for Access, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice +Caffeine: 16571955151	1	CASE 12/Piece 16oz		
Water, Sparkling, Caffeine, Tropical Punch	Sparkling Water With Added Caffeine, Tropical Punch Flavors, 1% Juice in Carbonated Water With Added Vitamins, 5 Calories Per Serving, Zero Sugar, Packaged in Pop-Top, Pull-Tab Cans Requiring No Additional Tools or Can Openers for Access, Must Meet USDA Smart Snack Guidelines for High Schools.	Sparkling Ice +Caffeine: 16571952846	1	CASE 12/Piece 16oz		
Whey	Dry, Non-Fat Baker's Special Milk, Enriched With Vitamin A, For Cooking Only.	AMPI Food Grade: 414872 Teklac	65	BAG 25/Pound BAG 50/Pound		
Worcestershire Sauce	Fermented Sauce Made From Base of Vinegar and Spices, Low Sodium.	Cajun Chef: 25900 First Foods: 462541	1	CASE 4/Piece 1 Gallon		
Yeast, Instant	Instant, Vacuum Sealed Packs.	Fleishmann's: 2139 SAF: 15909	100	CASE 20/Piece 1lb		
TOTAL COST:					§ _____	

BIDDER'S SIGNATURE:  _____

Livingston Parish Public Schools
Child Nutrition
2026-2027 Frozen & Refrigerated Goods
7/1/2026 thru 6/30/2027

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Bar, Breakfast, Banana Choc Chunk	Whole Grain Breakfast Bar, Flavored With Banana and Chocolate, Chewy Texture, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	BeneFit: 40402	640	CASE 48/Piece 2.5oz		
Bar, Breakfast, Oatmeal Chocolate Chip	Whole Grain-Rich Breakfast Bar, Flavored With Chocolate Chips, Chewy Texture, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	BeneFit: 40401	1400	CASE 48/Piece 2.5oz		
Beef, Ground	Beef, Ground, No More Than 20% Fat, IMPS # 137, LA or U.S. Utility or Higher.	Foodway: 137/30	620	CASE 30/Pound		
Beef, Meatballs	Beef Meatballs, Fully Cooked, Frozen, Gluten and Soy Free, Serving Includes 4 to 6 Meatballs to Provide 2 Meat/Meat Alternate Equivalent.	JTM: CP5049 Maid-Rite: 75156-04675	550	CASE 30lb/Piece .50oz CASE 708/Piece .675oz		
Beef, Patty	Fully Cooked Beef Patty, Prepared From a Patty Mix of Not Less Than 80% Beef and Not More Than 20% Fat, Not to Exceed 55-58% Calories From Fat or 300 Milligrams of Sodium Per Serving, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Advance Pierre: 1000055425 Don Lee: CN202503 JTM: 5682CE	120	CASE 200/Piece 2.5oz CASE 198/Piece 2.5oz CASE 216/Piece 3oz		
Beef, Salisbury Steak	Fully Cooked, Frozen, Serving Must Not Exceed More Than 20% Fat, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Advance Pierre 08443 Don Lee: CN752253	1	CASE 240/Piece 2.25oz CASE 170/Piece 3.0oz		
Biscuit, Southern Style	Southern Style, Rich Buttery Flavor, Split Top, Frozen, Freezer to Oven Format, Formulated to Produce Light, Fluffy Biscuits, Serving Must Provide a Minimum of 1.75 Grain Equivalent.	Pillsbury: 94562-06252	2035	CASE 216/Piece 2.2oz		
Blueberries, Frozen	U.S. Grade A, Frozen, IQF, No Sugar Added.	Fine Line Paris Foods: 344094	65	CASE 30lb/Pound		
Bread, Pull Apart, Cheese & Garlic	Pull Apart Bread Filled With Italian Cheeses and Garlic Flavoring, Whole Grain-Rich, Frozen, Pre-Baked, Individually Portioned in Ovenable Package, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Bake Crafters: 3716 Pillsbury: 112317000	2565	CASE 72/Piece 4.1oz CASE 72/Piece 3.88oz		
Bread, Croissant	Whole Grain-Rich, Margarine Croissant, Fully Curved, Sliced, Frozen, Thaw and Serve, Serving Provides 2 Grain Equivalent.	Bake Crafters: 869 Hadley Farms: 139 Tasty Brands: 20522	90	CASE 150/Piece 2.2oz CASE 144/Piece 2.2oz		
Bread, Flat, Oven Fried	Whole Grain-Rich, Oven Fried Flatbread, Frozen, Thaw and Serve, Serving Must Provide 2 Grain Equivalent.	Rich's: 25340	15	CASE 144/Piece 2.2oz		
Bread, Po-Boy	French Bread Loaves, Fully Baked, Frozen, Traditional New Orleans-Style French Bread Shape and Texture, Loaves Shall Be Uniform in Size.	Gambino's: 86851	220	CASE 16/Piece 10oz		
Bread, Pullman	Whole Grain-Rich, White Wheat, Pullman Style Sandwich Slice, 1/2" Sliced Loaf, Frozen, Must Contain 26 Usable Slices Per Loaf, Piece Must Provide 1 Grain Equivalent.	Super Bakery: 7677 Bake Crafters: 3352	665	CASE 336/Piece 1oz CASE 208/Piece 1.09oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Bread, Sliced, Grilled	Whole Grain-Rich, Grilled Sandwich Bread, Uniformly Sliced, Frozen, Piece Must Provide 1 Grain Equivalent.	Bread Kneads: 001168	1	CASE: 168/Piece 1oz		
Broccoli, Florets, Frozen	Broccoli Florets, U.S. Grade A, Frozen.	Fine Line Paris Foods: 51254	930	CASE 12/Piece 2lb		
Bun, Hamburger, Brioche	Whole Grain-Rich, Made From Minimum 51% Whole Grain, Hinged Sliced, 3.50" to 3.75" Diameter, Frozen, Serving Must Provide 2 Grain Equivalent.	Bake Crafters Tasty Brands: 20204	1	CASE 10/Piece 2.10oz		
Bun, Hamburger, Gluten Free, IP	Hinged, Sliced, Gluten Free Variety, Frozen, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Little Northern Bakehouse: 122420900	7	CASE 24/Piece 3.35oz		
Bun, Hamburger	Whole Grain-Rich, Made From Minimum 51% Whole Grain, Hinged Sliced, 3.75" Diameter, Frozen, Serving Must Provide 2 Grain Equivalent.	Bake Crafters: 453 Super Bakery: 7671 Tasty Brands: 20202	4020	CASE 120/Piece 2oz CASE 128/Piece 2oz CASE 96/Piece 2.10oz		
Cheese, American, Sliced	Yellow, Sliced, American Cheese, Reduced Fat Profile, Serving Must Provide 1/2 Meat/Meat Alternate Equivalent.	Land O Lakes: 46031 Bongards: 101321	200	CASE 4/Piece 5lb		
Cheese, American, Yellow, Loaf	U.S. Grade A, Processed, American, Yellow, Reduced Fat Profile, Slice Must Provide 1/2 Meat/Meat Alternate Equivalent.	Land O Lakes: 48174 Bongards: 202631	450	CASE 6/Piece 5lb		
Cheese, Cheddar, Mild Shredded	U.S. Grade A, Yellow Cheese, Reduced Fat Profile, Feather Shredded, One Ounce Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Land O Lakes: 41749 Bongards: 755711	315	CASE 4/Piece 5lb		
Cheese, Mozzarella, Shredded	Mozzarella Cheese, Reduced Fat Profile, Feather Shredded, One Ounce Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Land O Lakes Bongards: 755071	20	CASE 4/Piece 5lb		
Cheese, Mozzarella, String	String Cheese, Reduced Fat Profile, Individually Portioned, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Bongards: 402951 Land O Lakes: 59703	260	CASE 168/Piece 1oz		
Cheese, Pepper Jack, Sliced	White, Sliced, Monterey Jack Cheese Blended With Spicy Peppers, Reduced Fat Profile, Slice Must Provide 1/2 Meat/Meat Alternate Equivalent.	Bongards: 104441 Land O Lakes: 44238	15	CASE 8/Piece 1.50lb		
Chicken, Drumstick, Mesquite	Mesquite Glazed Drumstick, Made With All Dark Meat, Fully Cooked, Frozen, Fully Cooked, Serving Not to Exceed 350 Milligrams of Sodium, Frozen, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Tyson: 026436-0928	1	CASE 30/Pound		
Chicken, Fajita Strips	Boneless, Skinless, Oven Roasted Chicken Strips, Includes White and Dark Meat Chicken, Frozen, Fully Cooked, Zero Grams of Trans Fat.	Tyson: 4621-0928	50	CASE 30/Pound		
Chicken, Filet, Breaded	Breaded, Made With Whole Muscle, Chicken Breast Filet, Whole Grain-Rich, Not to Exceed 50-54% Calories From Fat Per Serving, Not to Exceed 500 Milligrams of Sodium Per Serving, Frozen, Fully Cooked, Serving Must Provide a Minimum of 1 Grain and 2 Meat/Meat Alternate Equivalent.	Gold Creek: 5001 Tyson: 70302-0928	1	CASE 40/Piece 4oz CASE 132/Piece 3.75oz		
Chicken, Filet, Breaded, Breakfast	Breaded, Made With Whole Muscle, Chicken Breast Filet, Whole Grain-Rich, Frozen, Fully Cooked, Serving Must Provide a Minimum of 1 Meat/Meat Alternate and 1/2 Grain Equivalent.	Gold Creek: 792426 Tyson: 70303-0928	1	CASE 256/Piece 2oz CASE 200/Piece 2oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Chicken, General Tso's	Tender Chicken Lightly Dusted and Tossed With Traditional Asian General Tso's Sauce, Not to Exceed 50-54% of Calories From Fat Per Serving, Serving Should Not Exceed 500 Milligrams of Sodium, No MSG, Fully Cooked, Frozen, Chicken and Sauce Packed Separately Within the Case, Case Contains Approximately 30 Pounds Chicken and 12 Pounds Sauce, Sauce Packed in Heat and Serve Bags, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Asian Food Solutions: 72003 Yang's: 8-52724-15563-0	1	CASE 42.90/Pound CASE 43.5/Pound		
Chicken, Nuggets, Breaded	Breaded, Pressed and Formed Nuggets, Whole Grain-Rich Breading, Made With Dark and White Meat Chicken, Frozen, Fully Cooked, Serving Size 5 Pieces, Serving Must Provide a 1 Grain and 2 Meat/Meat Alternate Equivalent.	Gold Creek: 1501 Proview: 40015 Rich Chicks: 54410 Tyson: 70364-928	1335	CASE 265/Piece .60oz CASE 533/Piece .60oz CASE 535/Piece .60oz CASE 865/Piece .60oz		
Chicken, Orange	Tender Chicken Lightly Dusted and Tossed With Traditional Asian Orange Sauce, Not to Exceed 50-54% of Calories From Fat Per Serving, Serving Should Not Exceed 500 Milligrams of Sodium, No MSG, Fully Cooked, Frozen, Chicken and Sauce Packed Separately Within the Case, Case Contains Approximately 30 Pounds Chicken and 12 Pounds Sauce, Sauce Packed in Heat and Serve Bags, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Yang's: 15555-5	1	CASE 43.5/Pound		
Chicken, Patty, Breaded	Breaded, Pressed and Formed Chicken Patty, Whole Grain-Rich Breading, Made With White and Dark Meat, Frozen, Fully Cooked, Not to Exceed 54% of Calories From Fat, Not to Exceed 500 Milligrams of Sodium Per Serving, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Gold Creek: 2501 Tyson: 70304-0928	1	CASE 170/Piece 3oz CASE 175/Piece 3oz		
Chicken, Patty, Breaded, Breakfast	Breaded, Pressed and Formed Chicken Patty, Whole Grain-Rich Breading, Made With White and Dark Meat, Frozen, Fully Cooked, Serving Must Provide a Minimum of 1 Meat/Meat Alternate Equivalent.	Gold Creek: 791426 Proview: 50515 Tyson: 10057780928	1	CASE 200/Piece 1.9oz CASE 269/Piece 1.6oz CASE 200/Piece 1.6oz		
Chicken, Strips, Breaded	Breaded, Homestyle Chicken Strip, Whole Grain-Rich Breading, Made With Whole Muscle White Meat Chicken, 100% Breast Meat, Frozen, Fully Cooked, Not to Exceed 50-54% of Calories From Fat, Not to Exceed 500 Milligrams of Sodium Per Serving, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Gold Creek: 4501 Proview: 63050 Tyson: 703322-0928	145	CASE 340/Piece 1.5oz CASE 200/Piece 1.6oz CASE 330/Piece 1.5oz		
Chicken, Wings	Oven Roasted, Bone-In Chicken Wings, Fully Cooked, Serving Not to Exceed 500 Milligrams of Sodium, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Gold Creek: 6000 Proview: 34007 Tyson: 1034696-0928	1	CASE 30/Piece Varies		
Cinnamon Rolls, Caramel, Mini, IP	Pull Apart Rolls, Whole Grain-Rich, Mini, Caramel Flavoring, Pre-Baked, Frozen, Individually Portioned in Ovenable Package, Serving Must Provide 2 Grain Equivalent.	Pillsbury: 113184000	240	CASE 72/Piece 2.33oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Cinnamon Rolls, Cinnamon, Mini, IP	Pull Apart Rolls, Whole Grain-Rich, Mini, Cinnamon Flavoring, Pre-Baked, Frozen, Individually Portioned in Ovenable Package, Serving Must Provide 2 Grain Equivalent.	Pillsbury: 133686000	540	CASE 72/Piece 2.29oz		
Corn Dog	Turkey and/or Chicken Frank, Wrapped in Whole Grain-Rich Batter, Fully Cooked, Frozen, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Foster Farms: 95150 State Fair: 28322 or 363650928	2080	CASE 72/Piece 4oz CASE 48/Piece 4oz		
Corn, Whole Kernel, Frozen	Whole Kernel Corn, U.S. Grade A, Frozen.	Fine Line Paris Foods: 03616 Simplot: 10071179187322	50	CASE 20/Pound		
Cupcake, Chocolate, IP	Whole Grain-Rich Chocolate, Cream Filled Cupcake, Must Meet USDA Smart Snack Guidelines, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 1/2 Grain Equivalent.	Goody Man: 9588	75	CASE 72/Piece 1.75oz		
Donut, Holes, Blueberry, IP	Mini Blueberry Donut Holes, Lightly Glazed, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Super Bakery: 9301	30	CASE 60/Piece 3oz		
Donut, Holes, Glazed, IP	Mini Donut Holes, Lightly Glazed, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Bake Crafters: 1717 Super Bakery: 18450	925	CASE 72/Piece 2.75oz CASE 80/Piece 2.5oz		
Donut, Holes, Powdered, IP	Mini Donut Holes, Lightly Dusted With Powdered Sugar, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Super Bakery: 9300	140	CASE 60/3oz		
Egg Roll, Vegetable	Whole Grain-Rich Egg Roll, Includes Chopped Carrots, Celery, Cabbage, and Asian Seasonings Wrapped in Egg Roll Wrapper, Frozen, Fully Cooked, Serving Must Provide 1 Grain Equivalent and 1/2 Cup Vegetable Contribution.	Minh: 70255	575	CASE 73/Piece: 3.1oz		
Eggs, Bacon & Cheese Extravaganza	Scrambled Egg With Real Bacon Pieces and Cheddar Cheese, Pre-Cooked, Frozen, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Sunny Fresh: 40928	1	CASE 20/Pound		
Eggs, Scrambled Mix	Pasteurized Liquid Egg Mix, Packed in Heat and Serve Bags.	Papetti's: 54212 Sunny Fresh	295	CASE 6/Piece 5lb		
French Toast Sticks	Made From Whole Grain-Rich Flour, Frozen, Fully Cooked, 3 Pieces Per Serving, Serving Must Provide a Minimum 2 Grain Equivalent.	Bake Crafters: 442 Bake Crafters: 454 Rich's	1410	CASE 140-150/Piece 1.1oz		
French Toast Sticks, IP	Made From Whole Grain-Rich Flour, Frozen, Fully Cooked, 3 Pieces Per Serving, Individually Portioned, Serving Must Provide a Minimum 2 Grain Equivalent.	Bake Crafters: 456	1	CASE 88/Piece 3oz		
Ham, Smoked, Deli Sliced	Pre-Sliced, Deli Style, Sodium Not to Exceed 450 Milligrams Per Serving, Frozen.	Farmland: 818590/517754 Tasty Brands: 31006	125	CASE 4/Piece 3lb CASE 2/Piece 5lb		
Juice, Apple, IP	Made From 100% Pure Fruit Juice, Delivered in Frozen State, Gable Top Carton, Serving Must Provide 1/2 Cup Fruit Contribution, Must Meet USDA's Buy American Provision.	M&B SunCup: 030309	27675	CASE 70/Piece 4oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Juice, Fruit, Frozen Cup, Seasonal, IP	100% Fruit Juice, Frozen, No Sugar Added, Individually Portioned Cup With Easy Peel Lid, Seasonal Themed, Serving Must Provide 1/2 Cup Fruit Contribution.	J&J Snack Foods: 41504, 41505, 41502, 41503, 41507	550	CASE 96/Piece 4.4oz		
Juice, Fruit Punch, IP	Made From 100% Pure Fruit Juice, Delivered in Frozen State, Gable Top Carton, Serving Must Provide 1/2 Cup Fruit Equivalent, Must Meet USDA's Buy American Provision.	M&B SunCup: 030809	1	CASE 70/Piece 4oz		
Juice, Grape, IP	Made From 100% Pure Fruit Juice, Delivered in Frozen State, Gable Top Carton, Serving Must Provide 1/2 Cup Fruit Equivalent.	M&B SunCup: 030501	1	CASE 70/Piece 4oz		
Juice, Orange Juice, Carton	Made From 100% Pure Fruit Juice, Delivered in Frozen State, Gable Top Carton, Serving Must Provide 1/2 Cup Fruit Contribution.	M&B Sun Cup: 030109 Country Pure/Ardmore Farms: 42200	1	CASE 70/Piece 4oz		
Kolache, Sausage & Cheese	Whole Grain Kolache, Including Smoked Sausage Made From Chicken and/or Beef and Cheese Filling Enclosed in Whole Grain-Rich Yeast Dough, Frozen, Fully Cooked. Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Bake Corp	1	CASE 60/Piece 3oz		
Margarine	Zero Grams of Trans Fat Per Serving, Rich, Butter Flavor.	Golden Sweet: 21547GNS Ventura: 21547	462	CASE 30/Piece 1lb		
Meal Kit, Buffalo Chicken, Cheese, IP	Meal Kit, Containing Whole Grain-Rich Crackers, Low-Fat American Cheese and Buffalo Chicken Rounds, Frozen, Thaw and Serve, Individually Portioned With Easy Peel Lid, Serving Must Provide 2 Grain, 2 Meat/Meat Alternate Equivalent and 1/8 Cup Vegetable Contribution.	Tasty Brands: 10218	1	CASE 48/Piece 4.52oz		
Meal Kit, Pizza, Cheese, IP	Meal Kit, Containing Whole Grain-Rich Pizza Crust and Reduced Fat Mozzarella Cheese, Frozen, Thaw and Serve, Individually Portioned With Easy Peel Lid, Serving Must Provide 2 Grain, 2 Meat/Meat Alternate Equivalent and 1/8 Cup Vegetable Contribution.	Tasty Brands: 10101	130	CASE 48/Piece 5.25oz		
Meal Kit, Turkey & Cheese, IP	Meal Kit, Containing Whole Grain-Rich Crackers, Low-Fat American Cheese and Turkey Rounds, Frozen, Thaw and Serve, Individually Portioned With Easy Peel Lid, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Tasty Brands: 10202	70	CASE 48/Piece 4.21oz		
Morsels, Chocolate, Semi-Sweet	Semi Sweet, Mini, Chocolate Chip Morsels, Used for Baking.		1	CASE 12/Piece 12oz		
Muffin, Blueberry, IP	Muffin, Flavored With Blueberries, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain Equivalent.	Buena Vista: 60326 Dave's Baking Co: WG829 Muffin Town: 24661 Otis Spunkmeyer: 00100	390	CASE 120/Piece 3oz CASE 60/Piece 3.15oz CASE 48/Piece 3.1oz CASE 24/Piece: 4oz		
Muffin, Chocolate Chip, IP	Muffin, Flavored With Chocolate Chip Pieces, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned Serving Must Provide 2 Grain Equivalent.	Buena Vista: 60826 Dave's Baking Co: WG825 Muffin Town: 24670 Otis Spunkmeyer: 00115	420	CASE 120/Piece 3oz CASE 60/Piece 3.15oz CASE 48/Piece: 3.1oz CASE 24/Piece 4oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Muffin, Double Chocolate, IP	Muffin, Chocolate Flavored With Chocolate Chip Pieces, Whole Grain-Rich, Frozen, Thaw and Serve, Individually Portioned Serving Must Provide 2 Grain Equivalent.	Buena Vista: 60941 Dave's Baking Co: WG845 Otis Spunkmeyer: 00120	440	CASE 100/Piece 3.5oz CASE 60/Piece 3.15oz CASE 24/Piece 4oz		
Mustard Greens, Chopped, Frozen	Mustard Greens, Chopped, U.S. Grade A, Frozen.	Fine Line: 74302 Paris Foods: 52277	125	CASE 12/Piece 3lb		
Okra, Cut, Frozen	Okra, Green, Uniformly Coin Cut, U.S. Grade A, Frozen.	Fine Line Paris Food: 41610	5	CASE 20/Pound		
Onions, Chopped, Frozen	Onions, Diced, U.S. Grade A, Frozen.	Fine Line Paris Foods: 51628	450	CASE 6/Piece 2lb		
Pancake On a Stick	Turkey Sausage Link, Wrapped in Whole Grain-Rich Pancake, Fat Not to Exceed 30%, Frozen, Fully Cooked, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Don Lee: CN27072 Jimmy Dean: 38215	1490	CASE 72/Piece 2.7oz CASE 60/Piece 2.51oz		
Pancake On a Stick, IP	Turkey Sausage Link, Wrapped in Whole Grain-Rich Pancake, Fat Not to Exceed 30%, Frozen, Fully Cooked, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Don Lee: CN27072W Jimmy Dean: 70613	1	CASE 72/Piece 2.7oz CASE 40/Piece 2.51oz		
Pancakes, Buttermilk	Made With White Flour, Frozen, Fully Cooked, Approximately 4" Diameter, Each Pancake Must Provide 1 Grain Equivalent.	Bake Crafters: 1431 Echo Lake: MF7000	20	CASE 144/Piece 1.35oz CASE 144/Piece 1.2oz		
Pancakes, Blueberry, Mini, IP	Mini Pancakes, Whole Grain-Rich, Blueberry Flavored, Frozen, Fully Cooked, 4 to 8 Minis Per Serving, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	DE Wafelbakkers: 626 Kellanova: 925603	275	CASE 72/Piece 3oz CASE 72/Piece 3.03oz		
Pancakes, Confetti, Mini, IP	Mini Pancakes, Whole Grain-Rich, Layered With Confetti Sprinkles, Frozen, Fully Cooked, 4 to 8 Pieces Per Serving, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	Kellanova: 18574	315	CASE 72/Piece 3.03oz		
Pancakes, Strawberry, Mini, IP	Mini Pancakes, Whole Grain-Rich, Strawberry Flavored, Frozen, Fully Cooked, 4 to 8 Pieces Per Serving, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	DE Wafelbakkers: 631 Pillsbury: 114246000	135	CASE 72/Piece 3oz CASE 72/Piece 2.59oz		
Pastry, Cinnamon Filled, IP	Soft Dough Bar Filled With Cinnamon Neufchatel Cheese, Made With Whole Wheat Flour, Frozen, Heat and Serve, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	Pillsbury: 110978000	655	CASE 72/Piece 2.36oz		
Pastry, Fruit Filled, Apple, IP	Whole Grain-Rich, Apple Filled Pastry, Frozen and Fully Cooked, No Artificial Flavors or Colors, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	Pillsbury: 127852000	455	CASE 72/Piece 2.29oz		
Pastry, Fruit Filled, Cherry, IP	Whole Grain-Rich, Cherry Filled Pastry, Frozen and Fully Cooked, No Artificial Flavors or Colors, Individually Portioned in Ovenable Bag, Serving Must Provide 2 Grain Equivalent.	Pillsbury: 278517	175	CASE 72/Piece 2.29oz		
Pizza, Bagel, Bacon, Sausage & Egg	Whole Grain-Rich Bagel, Toppings to Consist of Low Moisture Part Skim Mozzarella Cheese, Cheese Sause, Egg, Bacon, and Pork Sausage Pieces, Frozen, Serving Must Provide a Minimum of 2 Grain and 1 Meat/Meat Alternate Equivalent.	NardoneBros.: 96WBR	1	CASE: 96/Piece 3.42oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Pizza, Bagel, Sausage	Whole Grain-Rich Bagel, Toppings to Consist of Low Moisture Part Skim Mozzarella Cheese, Pizza Sausage, and Pork Sausage Pieces, Frozen, Serving Must Provide a Minimum of 2 Grain, 1 Meat/Meat Alternate, and 1/8 Cup Vegetable Equivalent.	NardoneBros.: 96WBBS	1	CASE: 96/Piece 4oz		
Pizza, Flatbread, Breakfast, Sausage	Whole Grain-Rich Crust, Made With Minimum 51% Wheat Flour and Enriched Wheat Flour, Toppings to Consist of Low Moisture Part Skim Mozzarella Cheese and Turkey Sausage Pieces, Frozen, Pre-Cut, Serving Must Provide 1 Grain and 1 Meat/Meat Alternate Equivalent.	Tony's: 63912	2425	CASE 128/Piece 3.31oz		
Pizza, Cheese, Round	Whole Grain-Rich Skinny Crust, 16" Round, 52% Whole Grain Rich, Par-Baked Crust, Pre-Sliced (8 Slices), Fully Topped With 100% Real Mozzarella Cheese, Seasoned Pizza Sauce, Serving Must Provide 2 Grain, 2 Meat/Meat Alternate Equivalent and 1/8 Cup Red/Orange Vegetable Contribution.	Alpha Foods: SD162WS-SL	450	CASE 72/Piece 4.75oz		
Pizza, Cheese, Personal, IP	Whole Grain-Rich, 7" Personal Style Cheese Pizza, Fully Topped With 100% Real Mozzarella Cheese, and Garlic Sauce, Serving Must Provide a Minimum of 2 Grain, 2 Meat/Meat Alternate Equivalent.	Nardone Bros: 7WGCH60	1	CASE 60/Piece 5.93oz		
Pizza, Pepperoni, Round	Whole Grain-Rich Skinny Crust, 16" Round, 52% Whole Grain Rich, Par-Baked Crust, Pre-Sliced (8 Slices), Fully Topped With 100% Real Mozzarella Cheese, Coin Shaped Pepperoni, Seasoned Pizza Sauce Serving Must Provide 2 Grain, 2 Meat/Meat Alternate Equivalent and 1/8 Cup Red/Orange Vegetable Contribution.	Alpha Foods: SD164WS-SL	2080	CASE 72/Piece 4.86oz		
Pizza, Pepperoni, Personal, IP	Whole Grain-Rich, 5" Personal Style Pepperoni Pizza, Fully Topped With 100% Real Mozzarella Cheese, and Italian Seasoned Pizza Sauce, Serving Must Provide a Minimum of 2 Grain, 2 Meat/Meat Alternate Equivalent, and 1/8 Cup Red/Orange Vegetable Contribution.	Alpha Foods: AS54W	1	CASE 60/Piece 5.76oz		
Pizza, Taco, Round	Whole Grain-Rich, Par-Baked Crust, 16" Round, 52% Whole Grain Rich, Par-Baked Crust, Fully Topped With 100% Real Mozzarella Cheese, Mexican Style Taco Seasoned Ground Beef, and Seasoned Pizza Sauce, Serving Must Provide 2 Grain, 2 Meat/Meat Alternate Equivalent and 1/8 Cup Red/Orange Vegetable Contribution.	Alpha: SD167WS	1	CASE 72/Piece 4.94oz		
Pork, Patty, Breaded	Breaded Pork Patty, Whole Grain-Rich Breading, Fully Cooked, Frozen, Not to Exceed 400 Milligrams of Sodium Per Serving, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Don Lee: CNQ53310P JTM: 5694C	1	CASE 158/Piece 3.1oz CASE 130/Piece 3.35oz		
Pork, Pulled	Fully Cooked, Frozen, Chopped Pork Carnitas Style, Not to Exceed 250 Milligrams of Sodium Per Serving, Serving Must Provide 2 Meat/Meat Alternate Equivalent.	Brookwood Farms: 15006	1	CASE 2/Piece 5lb		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Pork, Sausage, Patty	Fully Cooked, Frozen, Pork Sausage Patty, Not to Exceed 350 Milligrams of Sodium Per Serving, Serving Must Provide a Minimum of 3/4 Meat/Meat Alternate Equivalent.	Jimmy Dean: 19139/350177	1285	CASE 160/Piece 1oz		
Pork, Sausage, Rope	Made From Pork, Fully Cooked, Endless Loop/Rope Style, Delivered in Frozen State, Made From Skeletal Meat (Excluding Heads, Diaphragms, Tongues, Gullets, Ear or Organ Products), Packed in Natural Casing.	Foodway: HSS French Settlement	1670	CASE/10lb		
Potatoes, Fries, Crinkle Cut	Crinkle Cut French Fries, Packed to U.S. Grade A Standards, Processed in Vegetable Oil, Frozen, Oven-Ready.	Lamb Weston McCain: OIF00055A Simplot: 10071179221227	3950	CASE 6/Piece 5lb		
Potatoes, Fries, Curly	Spiral French Fries, Packed to U.S. Grade A Standards, Frozen, Oven-Ready.	McCain: OIF01038A Simplot: 10071179042860	125	CASE 6/Piece 5lb		
Potatoes, Fries, Seasoned	Seasoned, Straight Cut French Fries, Packed to U.S. Grade A Standards, Processed in Vegetable Oil, Frozen, Oven-Ready.	Lamb Weston McCain: MCX03621 Simplot: 10071179474012	1480	CASE 6/Piece 5lb		
Potatoes, Fries, Wedge	Seasoned, Skin-On Wedge Cut French Fries, Packed to U.S. Grade A Standards, Processed in Vegetable Oil, Frozen, Oven-Ready.	McCain: 1000000496 Simplot	1	CASE 6/Piece 5lb		
Potatoes, Hash Brown	U.S. Grade A, Hash Brown Patty, Frozen.	McCain: 1000006188 Simplot: 10071179430018	240	CASE 6/Piece 5lb		
Pretzel, Baked, IP	Soft, Baked Pretzel, Whole Grain-Rich, Made From 51% Whole Grain, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide a Minimum of 1 Grain Equivalent.	J&J Snack Foods: 30131	20	CASE 200/Piece 1oz		
Rice, Vegetable, Frozen	Vegetable Fried Rice, Made With Brown Rice, Carrots, Peas, Corn and Authentic Asian Seasons, Whole Grain-Rich, Frozen, Fully Cooked, No High Fructose Corn Syrup, No Certified Artificial Colors, No Added MSG, Serving Must Provide 1 Grain Equivalent.	Minh: 69074 Yangs: 8-52724-15582-1	600	CASE 6/Piece 5lb		
Roast Beef, Cooked, Deli	Cooked Top Round Roast Beef, Seasoned With Cajun-Style Flavors.	Manda's: 751	2500	CASE/Pound		
Sandwich, Bun, Chicken & Cheese, IP	Deli Sandwich With Seasoned Rotisserie Chicken Breast and Mozzarella Cheese on Whole Grain-Rich Brioche Bun, Sodium May Not Exceed 1000 mg Per Serving, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Tasty Brands: 74018	1	CASE 72/Piece 4.40oz		
Sandwich, Bun, Turkey Ham & Cheese, IP	Deli Sandwich With Turkey Ham and Cheese on Whole Grain-Rich Bun, Sodium May Not Exceed 1100 Milligrams Per Serving, Frozen, Thaw and Serve, Individually Portioned, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Classic Delight: 6731 Tasty Brands: 70016	1	CASE 48/Piece 4.25oz CASE 72/ Piece 4.50 oz		
Sandwich, Croissant, Ham & Cheese, IP	Whole Grain-Rich Croissant, Filled With Premium Ham and Swiss Cheese, Frozen, Heat and Serve, Individually Portioned, Serving Must Provide a Minimum of 1.5 Grain and 1 Meat/Meat Alternate Equivalent.	Buena Vista Foods: 32541	1145	CASE 60/Piece 3.6oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Sandwich, Croissant, Turkey & Cheese, IP	Deli Sandwich With Turkey and Cheese on Whole Grain-Rich Croissant, Frozen, Thaw and Serve, Individually Portioned, Sodium May Not Exceed 1100 Milligrams Per Serving, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Tasty Brands: 70172 Bake Crafters: 6631	45	CASE 72/Piece 4.6oz CASE 72/ Piece 5.2oz		
Sandwich, Hoagie, Turkey Ham & Cheese, IP	Deli Sandwich With Turkey Ham and Cheese on Whole Grain-Rich Hoagie Roll, Frozen, Thaw and Serve, Individually Portioned, Sodium May Not Exceed 1100 Milligrams Per Serving, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Classic Delight: 311 Tasty Brands: 70081	60	CASE 45/Piece 4.37oz CASE 72/Piece 4.75oz		
Sandwich, Hoagie, Turkey Ham, Turkey Pepperoni & Cheese, IP	Deli Sandwich With Turkey Ham, Turkey Pepperoni, and Cheese on Whole Grain-Rich Hoagie Roll, Frozen, Thaw and Serve, Individually Portioned, Sodium May Not Exceed 1000 Milligrams Per Serving, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Tasty Brands: 70085	1	CASE 72/Piece 4.87oz		
Sandwich, Pancake & Sausage	Sandwich Made From Whole Grain-Rich Maple Flavored Pancakes and Chicken Sausage, Individually Portioned in Ovenable Package, Serving to Provide 1 Grain and 1 Meat/Meat Alternate Equivalent.	Bake Crafters: 9125 Integrated: 990120	395	CASE 168/Piece 2.5oz		
Sandwich, PB&J, Grape, IP	Crustless Peanut Butter and Grape Jam Sandwich, Made With Whole Grain-Rich White Wheat Bread, Individually Portioned, Frozen, Thaw and Serve, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Smucker's: 21027	585	CASE 72/Piece 5.3oz		
Sandwich, PB&J, Strawberry, IP	Crustless Peanut Butter and Strawberry Jam Sandwich, Made With Whole Grain-Rich White Wheat Bread, Individually Portioned, Frozen, Thaw and Serve, Serving Must Provide 1 Grain and 2 Meat/Meat Alternate Equivalent.	Smucker's: 21028	1	CASE 72/Piece 5.3oz		
Sandwich, Pullman Wedge, Turkey Ham & Cheese, IP	Deli Sandwich With Turkey Ham or Chicken Breast, American Cheese and Mozzarella Cheese on Whole Grain-Pullman Bread, Cut Into Half Wedges, Frozen, Thaw and Serve, Individually Portioned, Sodium May Not Exceed 800 mg Per Serving, Serving Must Provide 2 Grain and 2 Meat/Meat Alternate Equivalent.	Tasty Brands: 70013	1	CASE 72/Piece 4.45oz		
Sausage and Cheese, Handheld, IP	Whole Grain-Rich Tortilla, Filled With Seasoned Chorizo Seasoned Beef and Low-Fat Mozzarella Cheese, Frozen, Fully Cooked, Serving Must Provide 1 Grain and 1 Meat/Meat Alternate Equivalent.	Hot Off The Grill: 180021	1	CASE 100/Piece 2.4oz		
Seasoning Blend, Chopped, Frozen	U.S. Grade A, Blend of Diced Onions, Red and Green Peppers, Uniformly Cut Pieces, Frozen.	Fine Line Paris Foods: 51159	440	CASE 12/Piece 2lb		
Shrimp Poppers	Breaded Shrimp Pieces, Whole Grain-Rich Breading, Fully Cooked, Frozen, Domestic Seafood, Serving Must Provide a Minimum of 2 Grain and 1 Meat/Meat Alternate Equivalent.	High Liner: 26242 SeaPak: 47039	1025	CASE 2/Piece 5lb		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Sour Cream, IP	Real Sour Cream, Cultured and Not Less Than .02% Acidity Expressed as Lactic Acid, Delivered in Refrigerated State, Individually Portioned.	Daisy Lakeview Farms: 001100/756260 Land O Lakes	1	CASE 100/Piece 1oz		
Smoothie, Fruit & Yogurt, Strawberry Banana, IP	Smoothie Made From a Blend of Sweet Fruit and Creamy Yogurt, No Sugar Added, Ready to Drink, Must Meet USDA Smart Snack Guidelines, Individually Portioned in Sealed Bottles, Serving Must Provide 1 Meat/Meat Alternate Equivalent and 1/2 Cup Fruit Contribution.	Barfresh: TGSBY48	145	CASE 50/Piece 7.6oz		
Strawberries, Whole, Frozen	U.S. Grade A, Whole, Frozen, IQF, No Sugar Added.	Fine Line Paris Foods: 60220/341810	310	CASE 30/Pound		
Sweet & Sour Sauce, IP	Traditional Sweet and Sour Sauce, Individually Portioned.	Minh: 69737 Nippon Shokken	140	CASE 250/Piece .4oz		
Turkey Bacon	Pre-Sliced, Pre-Cooked, Pre-Crisped, Frozen.	Butterball: 30302/506604 Butterball: 22655/30302	5	CASE 2/Piece 6lb		
Turkey, Roast	Raw, Frozen, IMPS 821 T, Formula E, Refrigeration B, Item Must Be Certified by the LA Department of Agriculture, Natural Proportion of Dark and White Meat, Price Per Pound.	Butterball: 2265589204 Jennie-O: 878403	1	CASE 3/5-6.5lb		
Turkey, Smoked or Oven Roasted, Deli Sliced	Pre-Sliced, Deli Style, Sodium Not to Exceed 450 Milligrams Per Serving, Frozen.	Butterball: 84911/553656 Jennie-O: 231812, 231818 Perdue: 75128 Smithfield: 20030900325853	15	CASE 12/Piece 11lb		
Vegetable, California Blend	Vegetable Blend Containing Hand-Cut Broccoli and Cauliflower With Sliced Carrots, Frozen.	Paris Foods: 41164 Simplot: 10071179188339	825	CASE/20lb		
Waffle, Character	Whole Grain-Rich Waffle, Frozen, Fully Cooked, Character Themed, Serving Must Provide 1 Grain Equivalent.	Kellanova: 24698	315	CASE 144/Piece 1.23oz		
Waffle, Dutch	Whole Grain-Rich Made With 51% Whole Grain, Crisp, Fried Dough, Spiral Shaped Cake, Frozen, Fully Cooked, Serving Must Provide 2 Grain Equivalent.	J&J Snack Foods: 4521	375	CASE 48/Piece 2.92oz		
Waffle, Liege	Whole Grain-Rich, Liege-Style Waffle, French Toast Flavor Profile, Softer Interior Texture, Lightly Caramelized Exterior, Whole or Sliced, Frozen, Fully Cooked, Serving Must Provide 2 Grain Equivalent.	Bake Crafters: 2427	1	CASE 96/Piece 2.39oz		
Whipped Topping	Pre-Whipped, Non-Dairy Topping, Light Variety, Creamy Texture, Packaged in Pastry Bag With Decorator Tip, Easy to Open and Seal.	Peak: 8024 Rich's: 2559	1	CASE 12/Piece 11lb CASE 12/Piece 11lb		
Yogurt, Vanilla, IP	Non-Fat or Low Fat Profile, Individually Portioned With Easy Peel Lid, Delivered in Refrigerated State, Not to Exceed 2 Grams of Added Sugars Per Ounce, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Dannon: 73559 Upstate Farms: 121029	180	CASE 48/Piece 4oz		

Item Description	Product Specification	Approved Brands	Estimated Quantity	Purchase Unit	Quote Per Purchase Unit	Comments Pre-Approved Equal
Yogurt, Vanilla	Non-Fat or Low Fat Profile, Vanilla Flavored, Naturally Colored and Flavored, No High Fructose Corn Syrup. Delivered in Refrigerated State, Not to Exceed 2 Grams of Added Sugars Per Ounce, Serving Must Provide 1 Meat/Meat Alternate Equivalent.	Upstate Farms: 9886/460630 Yoplait: 16632000	1025	CASE 4/Piece 5lb		
TOTAL COST:					\$ _____	



Omega 3 Nutrition

K-12 Products

SPECIFICATION SHEETS



www.eatomega3.com



OMEGA 3 NUTRITION

SKU	GTIN	PRODUCT SUMMARY	Net Wt. (lbs.)	Servings per Case
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TREE-NUT FREE MEGA O'S CEREAL BITES , Single Pouch				
193180	199874593821	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193181	199874752761	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193182	199874684987	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193183	199874825618	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193178	199874961248	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193179	199874862378	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96

TREE-NUT FREE MEGA O'S CEREAL BITES, Bulk Pack				
193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129

TREE-NUT FREE MINI GRANOLA BARS				
193189	860015250704	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193188	860015250711	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193187	860015250728	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144

TREE-NUT FREE FULL GRANOLA BARS				
193186	860015250735	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	60
193185	860015250742	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	60
193184	860015250759	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	60



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193180 – Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites, featuring rich non-dairy chocolate and a full 32 grams of whole grain per serving. Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Thoughtfully crafted with clean ingredients – **no tree nuts, no gelatin, no artificial flavors** – and meets the USDA Child Nutrition Program requirements for a 2.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193180		00199874593821	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

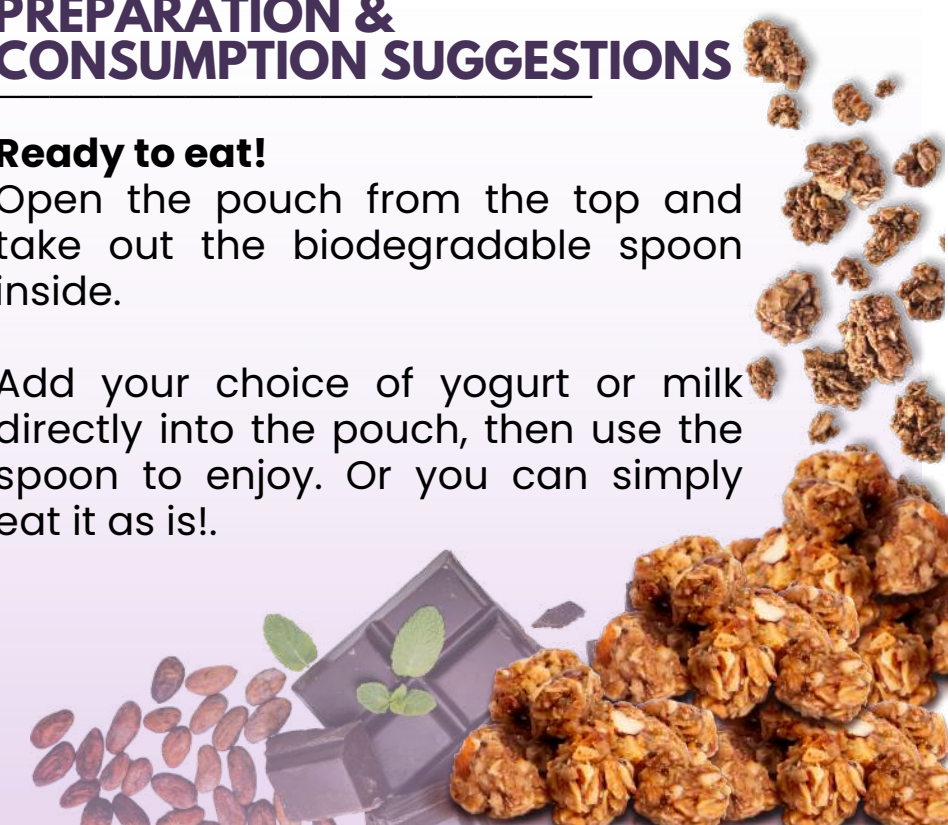
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





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0193180 – Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	250
Protein	14g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	11g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

– Code Dating Info –

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193182 – Tree Nut Free Mega O's Vanilla Bean Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites delivers the comforting taste of vanilla and 32 grams of whole grain in a convenient single-serve pouch, making it an easy, wholesome choice for on-the-go nutrition.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 2.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193182		00199874684987	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193171 – Tree Nut Free Mega O's Vanilla Bean Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	240
Protein	14g
Total Carbohydrates	23 g
Sugars	6 g
Dietary Fiber	13 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

– Code Dating Info –

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193178 – Tree Nut Free Mega O's Cinnamon Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal delivers a wholesome start to the day with real cinnamon flavor and 32 grams of whole grain in every single-serve pouch.

Thoughtfully crafted with clean ingredients — **no tree nuts, no gelatin, no artificial flavors**, and meets the USDA Child Nutrition Program requirements for a **2.0-ounce grain and 1.0-ounce meat alternate equivalent**.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	240
	<small>% Daily Value*</small>
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193178		00199874961248	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193178 – Tree Nut Free Mega O's Cinnamon Cereal Bites 2.32 oz

- Nutritional Analysis -

Calories	240
Protein	14 g
Total Carbohydrates	23 g
Sugars	6 g
Dietary Fiber	13 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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0193181- Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites, featuring rich non-dairy chocolate and 16 grams of whole grain per serving. Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	170
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193181		00199874752761	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

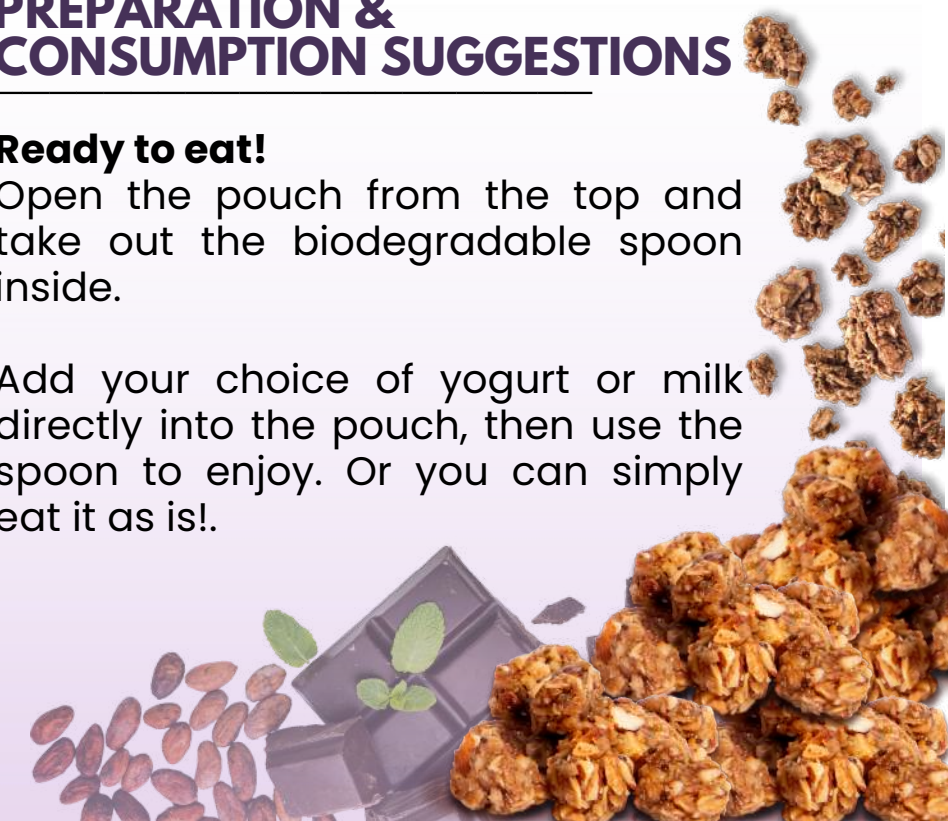
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193181- Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	170
Protein	7 g
Total Carbohydrates	13 g
Sugars	4 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193183 – Tree Nut Free Mega O’s Vanilla Bean Cereal Bites 1.55 oz



Eat Omega 3 Mega O’s Cereal Bites delivers the comforting taste of vanilla and 16 grams of whole grain in a convenient single-serve pouch, making it an easy, wholesome option for on-the-go nutrition.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193183		00199874825618	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





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0193171 – Tree Nut Free Mega O’s Vanilla Bean Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	10 g
Sugars	3 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193179 – Tree Nut Free Mega O's Cinnamon Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites delivers a wholesome start to the day with real cinnamon flavor and 16 grams of whole grain in every convenient single-serve pouch.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** to meet the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts	
1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193179		00199874862378	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193179 – Tree Nut Free Mega O's Cinnamon Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	10 g
Sugars	3g
Dietary Fiber	6g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193172 – Tree Nut Free Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring a rich non-dairy chocolate nibs in every crunchy bite. Made with 16 grams of whole grains per serving and packed in 2.5 lb bulk bags (40 servings each).

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

ZERO NUTS. ZERO WORRIES.

Nutrition Facts	
25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
0193172		10860013921511	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193172 – Tree Nut Free Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193173 – Tree Nut Free Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla to whole grain nutrition. Each 2.5 lb bag delivers 40 servings with 16 grams of whole grain per serving.

Perfect for breakfast programs or all-day snack options, whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193173		10860013921504	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	10 INH	10 INH		16x3	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193173 – Tree Nut Free Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	10 g
Sugars	2 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)



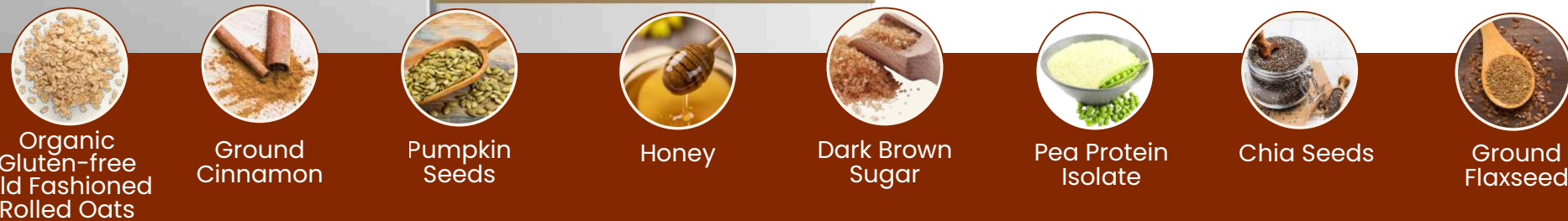


At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193163 – Tree Nut Free Bulk Pack Mega O's Cinnamon Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites delivers authentic cinnamon flavor kids love. It's made with 16 grams of whole grain per serving without artificial flavors, colors, gelatin, or high fructose corn syrup.

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193163		10860002010561	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.0 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193163 – Tree Nut Free Bulk Pack Mega O’s Cinnamon Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5g
Total Carbohydrates	10g
Sugars	2g
Dietary Fiber	6g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4g
Trans Fat	0g
Saturated Fat	0g
Added Sugars	1g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25).**
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193186 - Tree Nut Free Chocolate Cherry Full-Size Bar 1.79oz



Bursting with **real cherries** and made from 100% whole-grain rolled oats, this chewy granola bar delivers naturally delicious flavor with every bite. **Tree nut-free** and crafted with wholesome, responsibly sourced ingredients, it's a smart, feel-good snack for allergen-sensitive settings and any time of day.

Each 1.79 oz bar provides 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Formulated to support the omega-3 fatty acid needs of children, this bar is an ideal choice for K-12 schools, colleges, hospitality pantries, and healthcare environments.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ALLERGENS

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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193186		00860015250735	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193186 - Tree Nut Free Chocolate Cherry Full-Size Bar 1.79 oz

- Nutritional Analysis -

Calories	200
Protein	8g
Total Carbohydrates	24g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6g
Trans Fat	0 g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0mg
Calcium	130mg
Iron	2.7mg
Potassium	376mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193185 - Tree Nut Free Cranberry Full-Size Bar 1.79 OZ



Satisfyingly chewy and naturally nourishing, this granola bar blends 100% whole-grain rolled oats with **real cranberries** for a bright, tart-sweet flavor, now **tree nut-free!**

Crafted with well-sourced, nutritious ingredients, it's a dependable option for allergen-sensitive environments without sacrificing taste.

Each 1.79 oz bar delivers 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	200
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ALLERGENS

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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193185		00860015250742	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193185 - Tree Nut Free Cranberry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	200
Protein	7g
Total Carbohydrates	24g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7g
Trans Fat	0 g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0mg
Calcium	130mg
Iron	2.7mg
Potassium	376mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193184 - Tree Nut Free Cinnamon Full-Size Bar 1.79 oz



Made with 100% natural whole-grain rolled oats and **real cinnamon**, this chewy granola bar delivers a satisfying texture and great taste using well-sourced, nutritious ingredients.

Formulated to be **tree nut-free**, it's a safe and inclusive snack option for allergen-sensitive environments.

Each **1.79 oz bar** provides 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ALLERGENS

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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193184		00860015250759	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193184 - Tree Nut Free Cinnamon Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	180
Protein	8g
Total Carbohydrates	25g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6g
Trans Fat	0g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0mg
Vitamin D	0mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193189 - Tree Nut Free Chocolate Cherry Mini Bar 1.06 oz



Crafted from 100% natural, whole-grain rolled oats and **real cherries**, this chewy granola bar combines wholesome, responsibly sourced ingredients for a naturally delicious snack. **Tree nut-free**, it's a safe, allergen-conscious choice for children and adults alike.

Each 1.06 oz bar provides 8 grams of whole grain and meets USDA Child Nutrition Program requirements as a 1.0-ounce equivalent grain.

Formulated to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack ideal for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings.

Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193189		00860015250704	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193189 - Tree Nut Free Chocolate Cherry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193188 - Tree Nut Free Cranberry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cranberries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides **8 grams of whole grain** and meets the USDA Child Nutrition Program requirements for a **1.0-ounce equivalent grain**.

Designed to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack perfect for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings. Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

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Milk	N	Soy	N	Sesame	N	Tree Nuts	N	Shellfish	N
Eggs	N	Wheat	N	Peanuts	N	Fish	N		

Code	Dist Prod Code	GTIN	Calculated Pack
0193188		00860015250728	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193188 -Tree Nut Free Cranberry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193187 - Tree Nut Free Cinnamon Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **cinnamon** flavor, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides **8 grams of whole grain** and meets the USDA Child Nutrition Program requirements for a **1.0-ounce equivalent grain**.

Designed to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack perfect for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings.

Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts	
1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
	<small>% Daily Value*</small>
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193187		00860015250711	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193187 - Tree Nut Free Cinnamon Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





Omega 3 Nutrition

Products w/ Tree Nuts

SPECIFICATION SHEETS



www.eatomega3.com



OMEGA 3 NUTRITION

SKU	GTIN	PRODUCT SUMMARY	Net Wt. (lbs.)	Servings per Case
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MEGA O'S CEREAL BITES , Single Pouch				
193170	860013921514	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193168	860013921552	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193171	860013921507	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193167	860013921569	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193174	860002010564	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193166	860013921576	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96

MEGA O'S CEREAL BITES, Bulk Pack				
193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129

MINI GRANOLA BARS				
193169	860013921545	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193161	860002010588	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193160	860002010571	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144

FULL GRANOLA BARS				
193175	860013921538	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	12
193163	860002010557	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	12
193164	860002010540	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	12



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193170 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring rich non-dairy chocolate and a full 32 grams of whole grain per serving.

Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193170		00860013921514	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	270
Protein	14g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	9g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	15 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	3 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	370 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla and 32 grams of whole grain in a neatly packed, handy, single-serve pouch for a convenient on-the-go nutrition.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193171		00860013921507	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 2.32 oz

- Nutritional Analysis -

Calories	250
Protein	14 g
Total Carbohydrates	26 g
Sugars	6 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	13 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
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Gluten-Free	YES
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Dairy-Free	YES
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Plant-Based	YES
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- Code Dating Info -

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0193162 – Eat Omega 3 Mega O's Cinnamon Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal delivers a wholesome start to the day with an authentic cinnamon flavor and 32 grams of whole grain per serving, all conveniently packed in single-serve pouches.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Milk	N	Soy	N	Sesame	N	Tree Nuts	C	Shellfish	N
Eggs	N	Wheat	N	Peanuts	N	Fish	N		

Code	Dist Prod Code	GTIN	Calculated Pack
0193162		00860002010564	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193162 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	250
Protein	14 g
Total Carbohydrates	26 g
Sugars	6 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	13 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring rich non-dairy chocolate and a full 16 grams of whole grain per serving.

Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193168		00860013921552	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

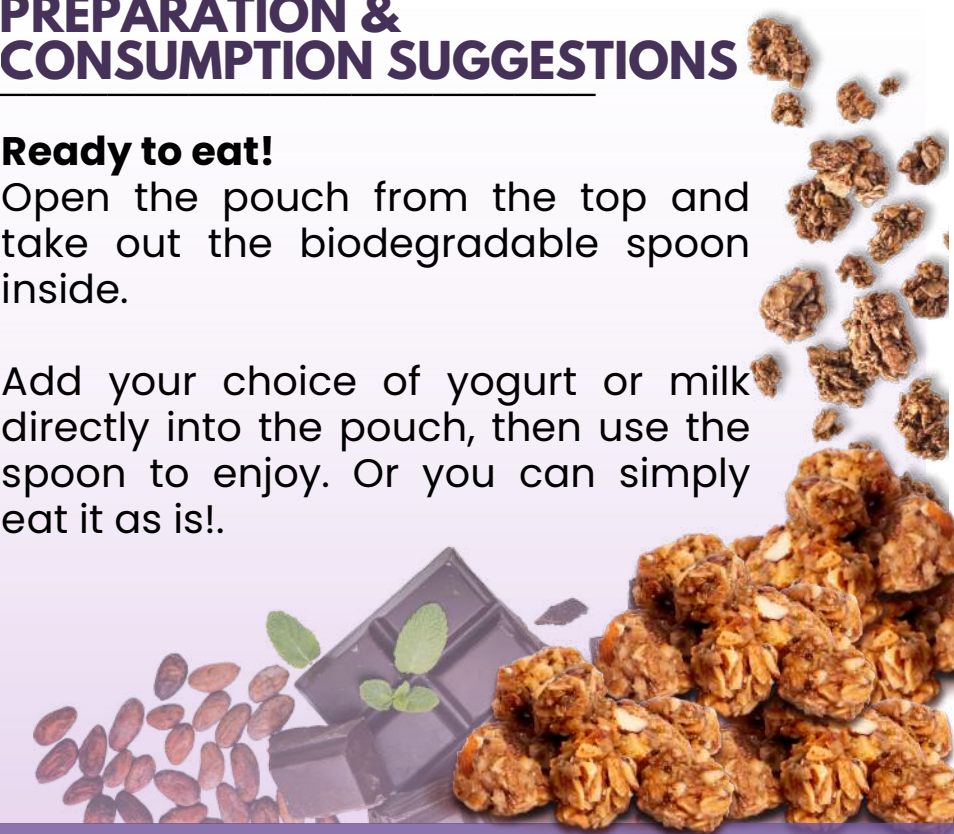
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	15 g
Sugars	2 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193167 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla and 16 grams of whole grain in a neatly packed, handy, single-serve pouch for a convenient on-the-go nutrition.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193167		00860013921569	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 1.55 oz

– Nutritional Analysis –

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193166 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 1.55 oz



Eat Omega 3 Mega O’s Cereal Bites delivers a wholesome start to the day with an authentic cinnamon flavor and 16 grams of whole grain per serving, all conveniently packed in single-serve pouches.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student’s focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193166		00860013921576	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



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0193166 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 1.55 oz

– Nutritional Analysis –

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193172 – Eat Omega 3 Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring a rich non-dairy chocolate nibs in every crunchy bite. Made with 16 grams of whole grains per serving and packed in 2.5 lb bulk bags (40 servings each).

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Nutrition Facts	
25 Servings per bag	
Serving Size	44 grams
<hr/>	
Amount Per Serving	
Calories	100
<hr/>	
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
<hr/>	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%
<hr/>	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Code	Dist Prod Code	GTIN	Calculated Pack
0193172		10860013921511	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.





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0193172 – Eat Omega 3 Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
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Gluten-Free	YES
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Dairy-Free	YES
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Plant-Based	YES
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- Code Dating Info -

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0193173 – Eat Omega 3 Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla to whole grain nutrition. Each 2.5 lb bag delivers 40 servings with 16 grams of whole grain per serving.

Perfect for breakfast programs or all-day snack options, whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Nutrition Facts	
25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193173		10860013921504	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	10 INH	10 INH		16x3	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!





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0193173 – Eat Omega 3 Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	14 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193163 – Eat Omega 3 Bulk Pack Mega O's Cinnamon Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites delivers authentic cinnamon flavor kids love. It's made with 16 grams of whole grain per serving without artificial flavors, colors, gelatin, or high fructose corn syrup.

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193163		10860002010561	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.0 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.



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0193163 – Eat Omega 3 Bulk Pack Mega O’s Cinnamon Cereal Bites 2.5 lb bag

– Nutritional Analysis –

Calories	100
Protein	5 g
Total Carbohydrates	14 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193164 - Eat Omega 3 Chocolate Cherry Full-Size Bar 1.79 oz



Bursting with real cranberries and made from 100% whole-grain rolled oats, this chewy granola bar delivers naturally delicious flavor with every bite.

Packed with wholesome, responsibly sourced ingredients, it's a smart, feel-good snack for any time of day.

Each 1.79 oz bar contains 14 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience. Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193175		00860013921538	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193164 - Eat Omega 3 Chocolate Cherry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193164 - Eat Omega 3 Cranberry Full-Size Bar 1.79 oz



Satisfyingly chewy and naturally nourishing, this granola bar blends 100% whole-grain rolled oats with **real cranberries** for a tart-sweet bite.

Crafted from nutritious, well-sourced ingredients, it's designed to deliver great taste and functional benefits in one convenient snack.

Each 1.79 oz bar contains 14 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience.
Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193163		00860002010557	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193164 - Eat Omega 3 Cranberry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193164 - Eat Omega 3 Cinnamon Full-Size Bar 1.79 oz



Made with 100% natural whole-grain rolled oats and **real cinnamon**, this chewy granola bar combines well-sourced, nutritious ingredients into a satisfying snack.

Each 1.79 oz bar contains **14 grams of whole grain** and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience.
Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193164		00860002010540	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193164 - Eat Omega 3 Cinnamon Full-Size Bar 1.79 oz

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193169 - Eat Omega 3 Chocolate Cherry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cherries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 3g	5%
Trans Fat 0g	
Cholesterol < 5mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	5%
Dietary Fiber 10g	14%
Total Sugars 7g	
Includes 2g Added Sugars	2%
Protein 7g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193169		00860013921545	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193169 - Eat Omega 3 Chocolate Cherry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	110
Protein	3g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193161 - Eat Omega 3 Cranberry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cranberries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 4g	10%
Saturated Fat 2g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 83mg	0%
Iron 2.7mg	4%
Potassium 47mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193161		00860002010588	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193161 - Eat Omega 3 Cranberry Mini Bar 1.06 oz

- Nutritional Analysis -

Calories	110
Protein	3g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193169 - Eat Omega 3 Cinnamon Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **cinnamon** flavor, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 4g	10%
Saturated Fat 2g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 83mg	0%
Iron 2.7mg	4%
Potassium 47mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193160		00860002010571	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193169 - Eat Omega 3 Cinnamon Mini Bar 1.06 oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
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Omega 3 Nutrition

Product Summary

SPECIFICATION SHEETS



www.eatomega3.com



OMEGA 3 NUTRITION

SKU	GTIN	PRODUCT SUMMARY	Net Wt. (lbs.)	Servings per Case
TREE-NUT FREE MEGA O'S CEREAL BITES , Single Pouch				
193180	199874593821	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193181	199874752761	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193182	199874684987	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193183	199874825618	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193178	199874961248	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193179	199874862378	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96
TREE-NUT FREE MEGA O'S CEREAL BITES, Bulk Pack				
193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129
TREE-NUT FREE MINI GRANOLA BARS				
193189	860015250704	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193188	860015250711	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193187	860015250728	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144
TREE-NUT FREE FULL GRANOLA BARS				
193186	860015250735	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	60
193185	860015250742	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	60
193184	860015250759	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	60
MEGA O'S CEREAL BITES , Single Pouch				
193170	860013921514	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193168	860013921552	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193171	860013921507	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193167	860013921569	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193174	860002010564	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193166	860013921576	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96
MEGA O'S CEREAL BITES, Bulk Pack				
193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129
MINI GRANOLA BARS				
193169	860013921545	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193161	860002010588	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193160	860002010571	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144
FULL GRANOLA BARS				
193175	860013921538	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	60
193163	860002010557	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	60
193164	860002010540	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	60



Omega 3 Nutrition

Tree Nut Free

SPECIFICATION SHEETS



www.eatomega3.com



OMEGA 3 NUTRITION

SKU	GTIN	PRODUCT SUMMARY	Net Wt. (lbs.)	Servings per Case
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TREE-NUT FREE MEGA O'S CEREAL BITES , Single Pouch

193180	199874593821	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193181	199874752761	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193182	199874684987	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193183	199874825618	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193178	199874961248	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193179	199874862378	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96

TREE-NUT FREE MEGA O'S CEREAL BITES, Bulk Pack

193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129

TREE-NUT FREE MINI GRANOLA BARS

193189	860015250704	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193188	860015250711	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193187	860015250728	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144

TREE-NUT FREE FULL GRANOLA BARS

193186	860015250735	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	60
193185	860015250742	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	60
193184	860015250759	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	60



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193180 – Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites, featuring rich non-dairy chocolate and a full 32 grams of whole grain per serving. Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Thoughtfully crafted with clean ingredients – **no tree nuts, no gelatin, no artificial flavors** – and meets the USDA Child Nutrition Program requirements for a 2.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193180		00199874593821	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

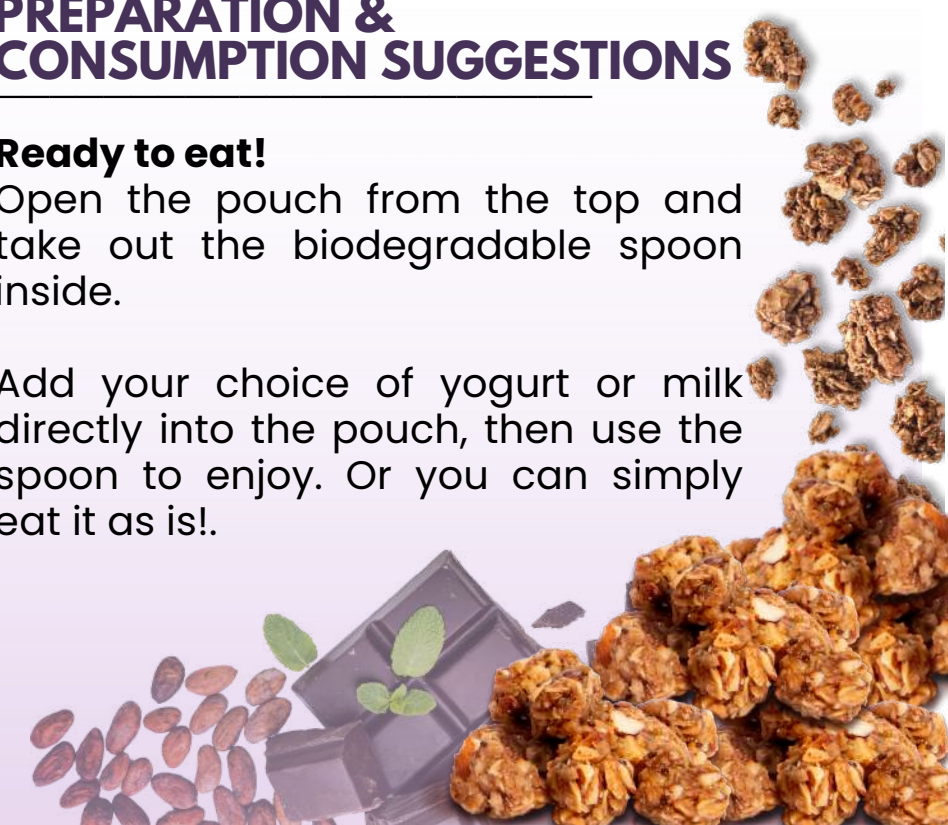
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193180 – Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	250
Protein	14g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	11g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

– Code Dating Info –

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193182 – Tree Nut Free Mega O's Vanilla Bean Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites delivers the comforting taste of vanilla and 32 grams of whole grain in a convenient single-serve pouch, making it an easy, wholesome choice for on-the-go nutrition.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 2.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193182		00199874684987	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193171 – Tree Nut Free Mega O's Vanilla Bean Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	240
Protein	14g
Total Carbohydrates	23 g
Sugars	6 g
Dietary Fiber	13 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

– Code Dating Info –

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0193178 – Tree Nut Free Mega O's Cinnamon Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal delivers a wholesome start to the day with real cinnamon flavor and 32 grams of whole grain in every single-serve pouch.

Thoughtfully crafted with clean ingredients — **no tree nuts, no gelatin, no artificial flavors**, and meets the USDA Child Nutrition Program requirements for a **2.0-ounce grain and 1.0-ounce meat alternate equivalent**.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (66g)
Amount Per Serving	
Calories	240
	<small>% Daily Value*</small>
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193178		00199874961248	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193178 – Tree Nut Free Mega O's Cinnamon Cereal Bites 2.32 oz

- Nutritional Analysis -

Calories	240
Protein	14 g
Total Carbohydrates	23 g
Sugars	6 g
Dietary Fiber	13 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	11 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193181- Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites, featuring rich non-dairy chocolate and 16 grams of whole grain per serving. Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	170
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193181		00199874752761	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

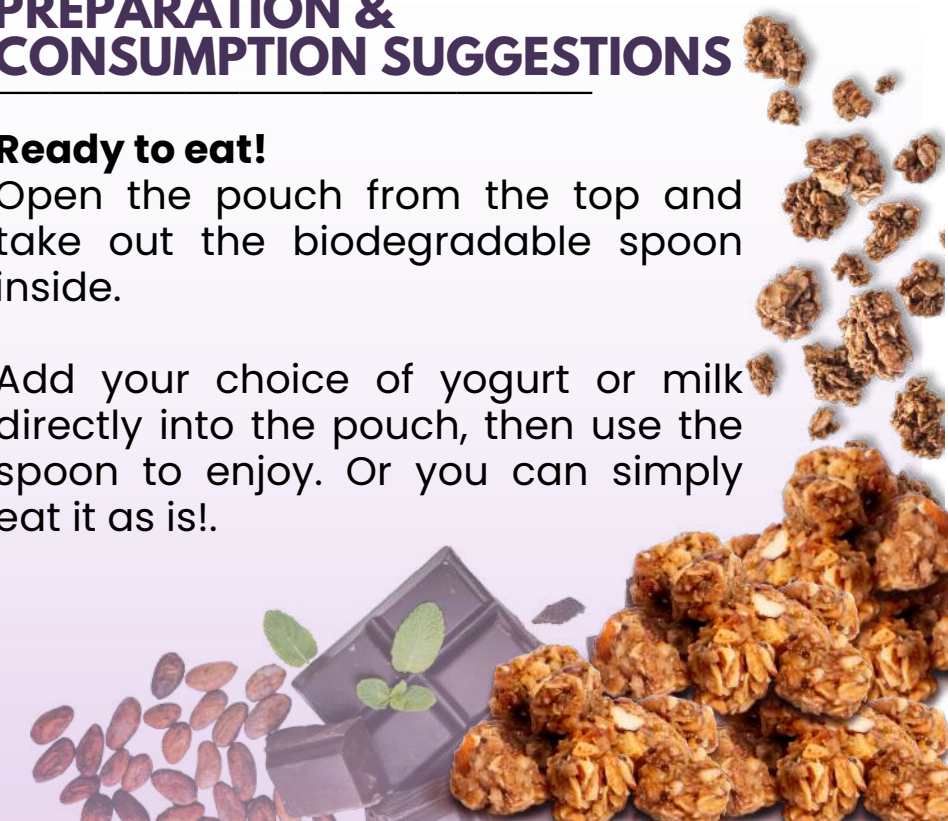
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193181- Tree Nut Free Mega O's Cocoa Swirl Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	170
Protein	7 g
Total Carbohydrates	13 g
Sugars	4 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193183 – Tree Nut Free Mega O’s Vanilla Bean Cereal Bites 1.55 oz



Eat Omega 3 Mega O’s Cereal Bites delivers the comforting taste of vanilla and 16 grams of whole grain in a convenient single-serve pouch, making it an easy, wholesome option for on-the-go nutrition.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** – this whole-grain rich cereal meets the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for simple, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193183		00199874825618	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193171 – Tree Nut Free Mega O's Vanilla Bean Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	10 g
Sugars	3 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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0193179 – Tree Nut Free Mega O's Cinnamon Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites delivers a wholesome start to the day with real cinnamon flavor and 16 grams of whole grain in every convenient single-serve pouch.

Crafted with clean ingredients – **no tree nuts, no gelatin, and no artificial flavors** to meet the USDA Child Nutrition Program requirements for a 1.0-ounce grain and 1.0-ounce meat alternate equivalent.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts	
1 servings per container	
Serving size	1 Pouch (44g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193179		00199874862378	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193179 – Tree Nut Free Mega O's Cinnamon Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	10 g
Sugars	3g
Dietary Fiber	6g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193172 – Tree Nut Free Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring a rich non-dairy chocolate nibs in every crunchy bite. Made with 16 grams of whole grains per serving and packed in 2.5 lb bulk bags (40 servings each).

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
0193172		10860013921511	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193172 – Tree Nut Free Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193173 – Tree Nut Free Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla to whole grain nutrition. Each 2.5 lb bag delivers 40 servings with 16 grams of whole grain per serving.

Perfect for breakfast programs or all-day snack options, whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193173		10860013921504	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	10 INH	10 INH		16x3	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free, nut-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193173 – Tree Nut Free Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	10 g
Sugars	2 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	75 mg
Iron	1.2 mg
Potassium	215 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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0193163 – Tree Nut Free Bulk Pack Mega O's Cinnamon Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites delivers authentic cinnamon flavor kids love. It's made with 16 grams of whole grain per serving without artificial flavors, colors, gelatin, or high fructose corn syrup.

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel. Made without nuts, gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



ZERO NUTS. ZERO WORRIES.

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1.2mg	6%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Milk	N	Soy	N	Sesame	N	Tree Nuts	N	Shellfish	N
Eggs	N	Wheat	N	Peanuts	N	Fish	N		

Code	Dist Prod Code	GTIN	Calculated Pack
193163		10860002010561	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.0 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193163 – Tree Nut Free Bulk Pack Mega O’s Cinnamon Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5g
Total Carbohydrates	10g
Sugars	2g
Dietary Fiber	6g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4g
Trans Fat	0g
Saturated Fat	0g
Added Sugars	1g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193186 - Tree Nut Free Chocolate Cherry Full-Size Bar 1.79oz



Bursting with **real cherries** and made from 100% whole-grain rolled oats, this chewy granola bar delivers naturally delicious flavor with every bite. **Tree nut-free** and crafted with wholesome, responsibly sourced ingredients, it's a smart, feel-good snack for allergen-sensitive settings and any time of day.

Each 1.79 oz bar provides 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Formulated to support the omega-3 fatty acid needs of children, this bar is an ideal choice for K-12 schools, colleges, hospitality pantries, and healthcare environments.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 🥛 Milk **N**
- 🥚 Eggs **N**
- 🥛 Soy **N**
- 🌾 Wheat **N**
- 🌱 Sesame **N**
- 🥜 Peanuts **N**
- 🌰 Tree Nuts **N**
- 🐟 Fish **N**
- 🦞 Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193186		00860015250735	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193186 - Tree Nut Free Chocolate Cherry Full-Size Bar 1.79 oz

- Nutritional Analysis -

Calories	200
Protein	8g
Total Carbohydrates	24g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6g
Trans Fat	0 g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0mg
Calcium	130mg
Iron	2.7mg
Potassium	376mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193185 - Tree Nut Free Cranberry Full-Size Bar 1.79 OZ



Satisfyingly chewy and naturally nourishing, this granola bar blends 100% whole-grain rolled oats with **real cranberries** for a bright, tart-sweet flavor, now **tree nut-free!**

Crafted with well-sourced, nutritious ingredients, it's a dependable option for allergen-sensitive environments without sacrificing taste.

Each 1.79 oz bar delivers 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193185		00860015250742	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193185 - Tree Nut Free Cranberry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	200
Protein	7g
Total Carbohydrates	24g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7g
Trans Fat	0 g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0mg
Calcium	130mg
Iron	2.7mg
Potassium	376mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193184 - Tree Nut Free Cinnamon Full-Size Bar 1.79 oz



Made with 100% natural whole-grain rolled oats and **real cinnamon**, this chewy granola bar delivers a satisfying texture and great taste using well-sourced, nutritious ingredients.

Formulated to be **tree nut-free**, it's a safe and inclusive snack option for allergen-sensitive environments.

Each **1.79 oz bar** provides 14 grams of whole grain and qualifies under the USDA Child Nutrition Program as a 2.0-ounce equivalent grain and whole grain-rich item.

Individually wrapped for convenience.
Available in cases of 12 bars (1.79 oz each).

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (51g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- 🥛 Milk **N**
- 🥛 Soy **N**
- 🥛 Sesame **N**
- 🥛 Tree Nuts **N**
- 🥛 Shellfish **N**
- 🥚 Eggs **N**
- 🌾 Wheat **N**
- 🥜 Peanuts **N**
- 🐟 Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193184		00860015250759	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193184 - Tree Nut Free Cinnamon Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	180
Protein	8g
Total Carbohydrates	25g
Sugars	6g
Dietary Fiber	10g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6g
Trans Fat	0g
Saturated Fat	2g
Added Sugars	2g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0mg
Vitamin D	0mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193189 - Tree Nut Free Chocolate Cherry Mini Bar 1.06 oz



Crafted from 100% natural, whole-grain rolled oats and **real cherries**, this chewy granola bar combines wholesome, responsibly sourced ingredients for a naturally delicious snack. **Tree nut-free**, it's a safe, allergen-conscious choice for children and adults alike.

Each 1.06 oz bar provides 8 grams of whole grain and meets USDA Child Nutrition Program requirements as a 1.0-ounce equivalent grain.

Formulated to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack ideal for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings.

Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
	<small>% Daily Value*</small>
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **N**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193189		00860015250704	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193189 - Tree Nut Free Chocolate Cherry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193188 - Tree Nut Free Cranberry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cranberries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides **8 grams of whole grain** and meets the USDA Child Nutrition Program requirements for a **1.0-ounce equivalent grain**.

Designed to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack perfect for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings. Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts	
1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Milk	N	Soy	N	Sesame	N	Tree Nuts	N	Shellfish	N
Eggs	N	Wheat	N	Peanuts	N	Fish	N		

Code	Dist Prod Code	GTIN	Calculated Pack
0193188		00860015250728	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193188 -Tree Nut Free Cranberry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	6 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193187 - Tree Nut Free Cinnamon Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **cinnamon** flavor, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides **8 grams of whole grain** and meets the USDA Child Nutrition Program requirements for a **1.0-ounce equivalent grain**.

Designed to support the omega-3 fatty acid needs of children, it's a convenient, on-the-go snack perfect for K-12 schools, hospitality pantries, colleges & universities, and healthcare settings.

Individually wrapped for freshness and portability.

ZERO NUTS. ZERO WORRIES.

Nutrition Facts

1 servings per container	
Serving size	1 bar (30g)
Amount Per Serving	
Calories	100
	<small>% Daily Value*</small>
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **N**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193187		00860015250711	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free, gluten-free ingredients and prioritizing brain health, we help K-12 schools nourish growing minds while promoting sustainability and conscious choices.

0193187 - Tree Nut Free Cinnamon Mini Bar 1.06oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES
Tree-nut Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





Omega 3 Nutrition

Products w/ Tree Nuts

SPECIFICATION SHEETS



www.eatomega3.com



OMEGA 3 NUTRITION

SKU	GTIN	PRODUCT SUMMARY	Net Wt. (lbs.)	Servings per Case
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MEGA O'S CEREAL BITES , Single Pouch				
193170	860013921514	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 2.32 oz	13.92	96
193168	860013921552	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 1.55 oz	9.33	96
193171	860013921507	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 2.32 oz	13.92	96
193167	860013921569	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 1.55 oz	9.33	96
193174	860002010564	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 2.32 oz	13.92	96
193166	860013921576	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 1.55 oz	9.33	96

MEGA O'S CEREAL BITES, Bulk Pack				
193172	10860013921511	Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites, 40 oz	12.5	129
193173	10860013921504	Eat Omega 3 Mega O's Vanilla Bean Cereal Bites, 40 oz	12.5	129
193163	10860002010561	Eat Omega 3 Mega O's Cinnamon Cereal Bites, 40 oz	12.5	129

MINI GRANOLA BARS				
193169	860013921545	Eat Omega 3 Chocolate Cherry Mini Bar, 1.06 oz	9.54	144
193161	860002010588	Eat Omega 3 Cranberry Mini Bar, 1.06 oz	9.54	144
193160	860002010571	Eat Omega 3 Cinnamon Mini Bar, 1.06 oz	9.54	144

FULL GRANOLA BARS				
193175	860013921538	Eat Omega 3 Chocolate Cherry Full Bar, 1.79 oz	6.7	12
193163	860002010557	Eat Omega 3 Cranberry Full Bar, 1.79 oz	6.7	12
193164	860002010540	Eat Omega 3 Cinnamon Full Bar, 1.79 oz	6.7	12



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193170 – Eat Omega 3 Mega O’s Cocoa Swirl Cereal Bites 2.32 oz



Eat Omega 3 Mega O’s Cereal Bites combines great taste with real nutrition, featuring rich non-dairy chocolate and a full 32 grams of whole grain per serving.

Packaged in single-serve pouches for easy portioning, it’s the perfect choice for a healthy, on-the-go meal.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student’s focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193170		00860013921514	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	270
Protein	14g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	9g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	15 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	3 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	<5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	370 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla and 32 grams of whole grain in a neatly packed, handy, single-serve pouch for a convenient on-the-go nutrition.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193171		00860013921507	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





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0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 2.32 oz

- Nutritional Analysis -

Calories	250
Protein	14 g
Total Carbohydrates	26 g
Sugars	6 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	13 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

- Code Dating Info -

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0193162 – Eat Omega 3 Mega O's Cinnamon Cereal Bites 2.32 oz



Eat Omega 3 Mega O's Cereal delivers a wholesome start to the day with an authentic cinnamon flavor and 32 grams of whole grain per serving, all conveniently packed in single-serve pouches.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (66g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Milk	N	Soy	N	Sesame	N	Tree Nuts	C	Shellfish	N
Eggs	N	Wheat	N	Peanuts	N	Fish	N		

Code	Dist Prod Code	GTIN	Calculated Pack
0193162		00860002010564	96 / 2.32 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.92 LBS	13.92 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



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0193162 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 2.32 oz

– Nutritional Analysis –

Calories	250
Protein	14 g
Total Carbohydrates	26 g
Sugars	6 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	13 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	104 mg
Iron	2.7 mg
Potassium	376 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring rich non-dairy chocolate and a full 16 grams of whole grain per serving.

Packaged in single-serve pouches for easy portioning, it's the perfect choice for a healthy, on-the-go meal.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193168		00860013921552	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

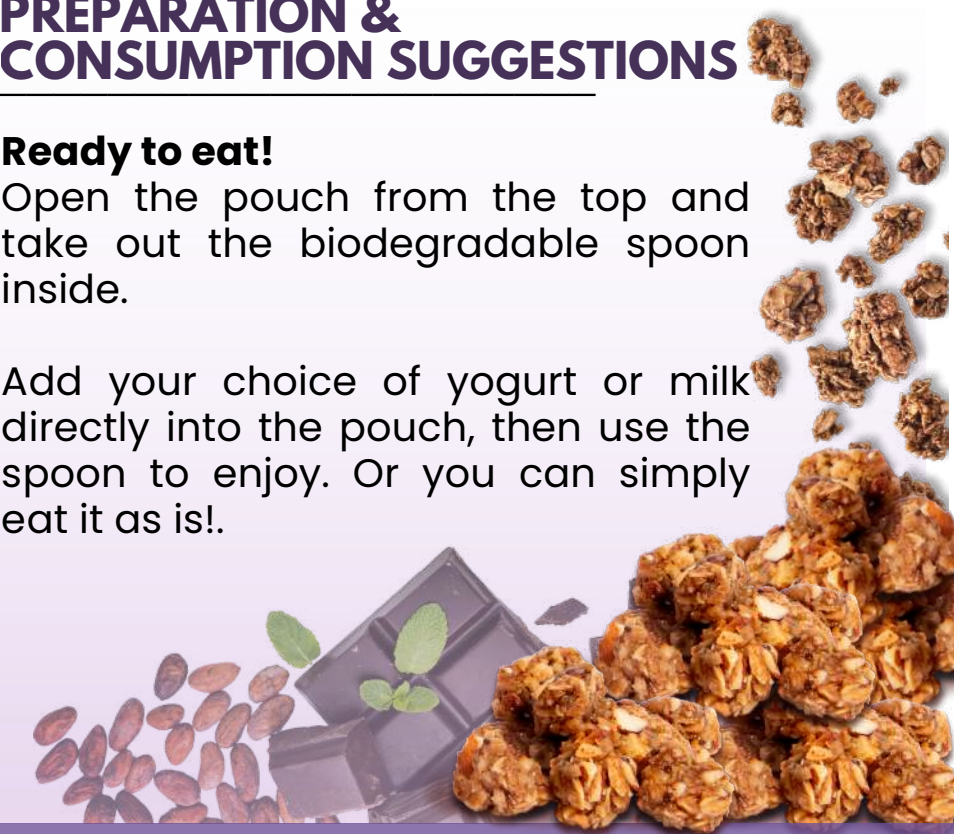
1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!





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0193168 – Eat Omega 3 Mega O's Cocoa Swirl Cereal Bites 1.55 oz

- Nutritional Analysis -

Calories	180
Protein	7g
Total Carbohydrates	15 g
Sugars	2 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

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0193167 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 1.55 oz



Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla and 16 grams of whole grain in a neatly packed, handy, single-serve pouch for a convenient on-the-go nutrition.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193167		00860013921569	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



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0193171 – Eat Omega 3 Mega O's Vanilla Bean Cereal Bites 1.55 oz

– Nutritional Analysis –

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193166 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 1.55 oz



Eat Omega 3 Mega O’s Cereal Bites delivers a wholesome start to the day with an authentic cinnamon flavor and 16 grams of whole grain per serving, all conveniently packed in single-serve pouches.

Made without gelatin or artificial flavors, this whole-grain rich cereal bites support and help fuel student’s focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.

Each pouch includes a biodegradable spoon for easy, eco-friendly eating. Enjoy it straight from the pouch, or pair it with yogurt or milk for a nourishing meal or snack.

Nutrition Facts

1 Serving per bag	
Serving Size	1 pouch (44g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 2.7mg	15%
Potassium 350mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193166		00860013921576	96 / 1.55 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.33 LBS	9.33 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH	1.172 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

1 pouch

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the pouch from the top and take out the biodegradable spoon inside.

Add your choice of yogurt or milk directly into the pouch, then use the spoon to enjoy. Or you can simply eat it as is!



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0193166 – Eat Omega 3 Mega O’s Cinnamon Cereal Bites 1.55 oz

– Nutritional Analysis –

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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0193172 – Eat Omega 3 Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites combines great taste with real nutrition, featuring a rich non-dairy chocolate nibs in every crunchy bite. Made with 16 grams of whole grains per serving and packed in 2.5 lb bulk bags (40 servings each).

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Nutrition Facts	
25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Code	Dist Prod Code	GTIN	Calculated Pack
0193172		10860013921511	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193172 – Eat Omega 3 Bulk Pack Mega O's Cocoa Swirl Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	190
Protein	7g
Total Carbohydrates	13 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	83 mg
Iron	2.7 mg
Potassium	350 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193173 – Eat Omega 3 Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites brings the comforting taste of vanilla to whole grain nutrition. Each 2.5 lb bag delivers 40 servings with 16 grams of whole grain per serving.

Perfect for breakfast programs or all-day snack options, whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Nutrition Facts	
25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193173		10860013921504	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	10 INH	10 INH		16x3	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!





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0193173 – Eat Omega 3 Bulk Pack Mega O's Vanilla Bean Cereal Bites 2.5 lb bag

- Nutritional Analysis -

Calories	100
Protein	5 g
Total Carbohydrates	14 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193163 – Eat Omega 3 Bulk Pack Mega O's Cinnamon Cereal Bites 2.5 lb bag

Eat Omega 3 Mega O's Cereal Bites delivers authentic cinnamon flavor kids love. It's made with 16 grams of whole grain per serving without artificial flavors, colors, gelatin, or high fructose corn syrup.

Whether served with milk, yogurt, or enjoyed on their own, these cereal bites are a versatile and nutritious option for busy mornings or midday fuel.

Made without gelatin or artificial flavors, this whole-grain rich cereal supports and helps fuel student's focus—perfect for those seeking nutritious, plant-based options that fit into their on-the-go routines.



Made with all-natural ingredients, locally sourced in United States

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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Nutrition Facts

25 Servings per bag	
Serving Size	44 grams
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Code	Dist Prod Code	GTIN	Calculated Pack
193163		10860002010561	129 servings (44g per serving)

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.0 LBS	12.5 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9 INH	15 INH		12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

44 grams

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat!

Open the bag, and pour the cereal into a bowl.

Add your choice of yogurt or milk into the cereal, or you can simply eat it as is and enjoy!.



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0193163 – Eat Omega 3 Bulk Pack Mega O’s Cinnamon Cereal Bites 2.5 lb bag

– Nutritional Analysis –

Calories	100
Protein	5 g
Total Carbohydrates	14 g
Sugars	2 g
Dietary Fiber	5g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	45 mg
Iron	1.4 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

– Nutritional Claims –

Vegetarian	YES
Dairy-Free	YES

Gluten-Free	YES
Plant-Based	YES

– Code Dating Info –

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193164 - Eat Omega 3 Chocolate Cherry Full-Size Bar 1.79 oz



Bursting with real cranberries and made from 100% whole-grain rolled oats, this chewy granola bar delivers naturally delicious flavor with every bite.

Packed with wholesome, responsibly sourced ingredients, it's a smart, feel-good snack for any time of day.

Each 1.79 oz bar contains 14 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience. Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193175		00860013921538	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



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0193164 - Eat Omega 3 Chocolate Cherry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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0193164 - Eat Omega 3 Cranberry Full-Size Bar 1.79 oz



Satisfyingly chewy and naturally nourishing, this granola bar blends 100% whole-grain rolled oats with **real cranberries** for a tart-sweet bite.

Crafted from nutritious, well-sourced ingredients, it's designed to deliver great taste and functional benefits in one convenient snack.

Each 1.79 oz bar contains 14 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience.
Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193163		00860002010557	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193164 - Eat Omega 3 Cranberry Full-Size Bar 1.79 OZ

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193164 - Eat Omega 3 Cinnamon Full-Size Bar 1.79 oz



Made with 100% natural whole-grain rolled oats and **real cinnamon**, this chewy granola bar combines well-sourced, nutritious ingredients into a satisfying snack.

Each 1.79 oz bar contains **14 grams of whole grain** and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for students seeking nutritious, plant-based options.

Individually wrapped for convenience.
Available in 12 - 1.79 oz, bars per case.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (51g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193164		00860002010540	12 / 1.79 OZ x 5

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBS	6.7 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	9 INH	9 INH	0.46875 FTQ	12x4	371 Days	34 FAH / 90 FAH

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & COOKING SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193164 - Eat Omega 3 Cinnamon Full-Size Bar 1.79 oz

- Nutritional Analysis -

Calories	210
Protein	7 g
Total Carbohydrates	28 g
Sugars	7 g
Dietary Fiber	10 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

- Currently, we use the Best Before Date, also known as **Best By Date**. This date suggests when the product will be at its best flavor or quality. It is not a purchase or safety date. Foods can still be safe to eat after the Best Before Date, but they may not taste as good. We mark it as Month/Day/Year. **Example: (06/18/25)**.
- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193169 - Eat Omega 3 Chocolate Cherry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cherries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 3g	5%
Trans Fat 0g	
Cholesterol < 5mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	5%
Dietary Fiber 10g	14%
Total Sugars 7g	
Includes 2g Added Sugars	2%
Protein 7g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.54mg	4%
Potassium 10mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- Milk **N**
- Eggs **N**
- Soy **N**
- Wheat **N**
- Sesame **N**
- Peanuts **N**
- Tree Nuts **C**
- Fish **N**
- Shellfish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193169		00860013921545	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193169 - Eat Omega 3 Chocolate Cherry Mini Bar 1.06oz

- Nutritional Analysis -

Calories	110
Protein	3g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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- For the Manufacture Code, we use the **DDMMYY** format. This format shows the day, month, and year. **Example: 010125** means January 1, 2025 (01 for the day, 01 for January, and 25 for the year 2025)





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0193161 - Eat Omega 3 Cranberry Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **real cranberries**, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 4g	10%
Saturated Fat 2g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 83mg	0%
Iron 2.7mg	4%
Potassium 47mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with all-natural ingredients, locally sourced in United States

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193161		00860002010588	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.





At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193161 - Eat Omega 3 Cranberry Mini Bar 1.06 oz

- Nutritional Analysis -

Calories	110
Protein	3g
Total Carbohydrates	13 g
Sugars	3 g
Dietary Fiber	4g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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0193169 - Eat Omega 3 Cinnamon Mini Bar 1.06oz



Crafted from a blend of 100% natural, whole-grain rolled oats and **cinnamon** flavor, this chewy granola bar is made with rich, healthy, responsibly sourced ingredients.

Each 1.06 oz bar provides 8 grams of whole grain and offers a convenient source of omega-3 fatty acids that help support brain health and cognitive performance making it an ideal on-the-go snack for those seeking nutritious, plant-based options.

Individually wrapped for freshness and portability.

Nutrition Facts

1 Serving per bag	
Serving Size	1 bar (30g)
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 4g	10%
Saturated Fat 2g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 83mg	0%
Iron 2.7mg	4%
Potassium 47mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ALLERGENS

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- Milk **N**
- Soy **N**
- Sesame **N**
- Tree Nuts **C**
- Shellfish **N**
- Eggs **N**
- Wheat **N**
- Peanuts **N**
- Fish **N**

Code	Dist Prod Code	GTIN	Calculated Pack
0193160		00860002010571	144 / 1.06 OZ

Brand	Brand Owner	GPC Description
Eat Omega 3	Omega 3 Nutrition, Inc	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.54 LBS	9.54 LBS	No	United States	No	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.180 IN	10.680 INH	10.120 INH	0.762 FTQ	12x4	371 Days	34 °F / 70 °F

SERVING SUGGESTIONS

Serve as is

HANDLING SUGGESTIONS

Store in cool dry location

PREPARATION & CONSUMPTION SUGGESTIONS

Ready to eat.



At Omega 3, we are on a mission to make nutrition both purposeful and planet-friendly. By using dairy-free ingredients and prioritizing brain health, we empower schools, colleges, and universities in fueling academic excellence through nutritious choices that support learning, well-being, and sustainability.

0193169 - Eat Omega 3 Cinnamon Mini Bar 1.06 oz

- Nutritional Analysis -

Calories	100
Protein	3 g
Total Carbohydrates	9 g
Sugars	2 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	10 mg
Calcium	0 mg
Iron	0.54 mg
Potassium	10 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

- Nutritional Claims -

Vegetarian	YES
Gluten-Free	YES
Plant-Based	YES

Soy-Free	YES
Dairy-Free	YES

- Code Dating Info -

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