



2.5 oz. Bagel Stuffer	Regular Cream Cheese	Smart Choice Cinnamon Maple Cream Cheese
Calories	190	170
Calories from fat	70	35
Total Fat	8g	4g
Saturated Fat	4g	2g
Trans Fat	0g	0g
Cholesterol	20mg	10mg
Sodium	270mg	270mg
Total Carbohydrate	23g	28g
Dietary Fiber	2g	4g
Sugar	4g	6g
Protein	7g	6g
Vitamin A	4%	25%
Vitamin C	0%	0%
Calcium	4%	20%
Iron	8%	25%
Vitamin E	0%	20%
Thiamin	0%	30%
Riboflavin	0%	25%
Niacin	0%	25%
Vitamin B6	0%	20%
Vitamin B12	0%	20%
Zinc	0%	20%

**Excellent Source:
of 10 Essential
Vitamins and Minerals**

**Made With
Whole Grain
And They Taste So Good!**

- Less than 30% of Calories from Fat
- Less than 10% Calories from Saturated Fat
- Less than 30% Added Sugar

1 Slice Bread = 1 Bread Equivalent

Smart Choice 2.5 oz. Cinnamon Maple Cream Cheese Bagel Stuffer = 2 Bread Equivalent



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Breakfast Child And Adult Care Food Program Meal Patterns				
Food Component & Food Items	Children Ages 1 & 2	Children Ages 3-5	Children Ages 6-12	Adults
Bread	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or Muffin	1/2 serving	1/2 serving	1 serving	2 servings

Breads must be made from enriched flour or whole grain flour.