



2 oz. Snack 'N Loaves	Regular Chocolate Chip	Smart Choice Chocolate Chip
Calories	200	170
Calories from fat	80	50
Total Fat	9g	6
Saturated Fat	2g	1.5g
Trans Fat	0g	0g
Cholesterol	25mg	35mg
Sodium	160mg	180mg
Total Carbohydrate	29g	27g
Dietary Fiber	less than 1g	2g
Sugar	18g	14g
Protein	2g	3g
Vitamin A	0%	20%
Vitamin C	0%	0%
Calcium	2%	20%
Iron	4%	25%
Vitamin E	0%	20%
Thiamin	0%	25%
Riboflavin	0%	20%
Niacin	0%	20%
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 oz. Snack 'N Loaves = 1 Bread Equivalent



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.