



Smart Snack Guide

for all your healthier needs





Health and Wellness items

K12, College, University and Healthcare

Shearer's Part Number	Brand	CT.	Pack	Description	Grain Oz. Equivalent	Whole Grain	>50% Whole Grain	Gluten Free	MSG Free	Kosher	Smart Snacks	Sodium mg/serving
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BAKED CHEESE ITEMS

207050412	Shearer's	64	.0.8 oz.	Cheese Balls	Smart Snack ONLY	10.82 gm	Yes	Yes	No	Yes	Yes	125
207000312	Shearer's	90	1 oz.	Cheddar & Bacon Baked Fries	Smart Snack ONLY	12.81 g	Yes	Yes	Yes	Yes	Yes	200

Shearer's Part Number	Brand	CT.	Pack	Description	Grain Oz. Equivalent	Whole Grain	>50% Whole Grain	Gluten Free	MSG Free	Kosher	Smart Snacks	Sodium mg/serving
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POPCORN

205010314	Shearer's	90	1 oz.	Kettle Corn	1 oz serving = .25 oz eq	11.02 mg	Yes	Yes	Yes	Yes	Yes	170
205090314	Shearer's	60	.5 oz.	Lite White Popcorn	.5 oz serving = .25 oz eq	12.02 mg	Yes	Yes	Yes	Yes	Yes	105

Shearer's Part Number	Brand	CT.	Pack	Description	Grain Oz. Equivalent	Whole Grain	>50% Whole Grain	Gluten Free	MSG Free	Kosher	Smart Snacks	Sodium mg/serving
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WHOLE GRAIN CORN - BREAD SERVING EQUIVALNCY ITEMS

204330312	Shearer's	64	2.0 oz	Taco in a Bag	2 oz serving = 2 oz eq	41.78gm	Yes	Yes	No	Yes	No	410
204330212	Shearer's	64	1.66 oz.	Taco in a Bag	1.66 oz serving = 1.5 oz eq	32.2 gm	Yes	Yes	No	Yes	No	340

Shearer's Part Number	Brand	CT.	Pack	Description	Grain Oz. Equivalent	Whole Grain	>50% Whole Grain	Gluten Free	MSG Free	Kosher	Smart Snacks	Sodium mg/serving
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WHOLE GRAIN CORN - BREAD SERVING EQUIVALNCY ITEMS

210220312	Shearer's	48	2 oz..	Yellow Round Tortilla Chip	2 oz serving = 2 oz eq	46.2 gm	Yes	Yes	Yes	Yes	No	220
203780312	Shearer's	60	2 oz..	Yellow Mini Round	2 oz serving = 2 oz eq	46.22 gm	Yes	Yes	Yes	Yes	No	220
203780412	Shearer's	60	2 oz..	Yellow Mini Round (NO SALT)	2 oz serving = 2 oz eq	46.7 gm	Yes	Yes	Yes	Yes	No	0
203430312	Shearer's	72	1.5 oz..	Yellow Round Tortilla Chip	1.5 oz serving = 1.5 oz eq	34.65 gm	Yes	Yes	Yes	Yes	No	170
203630512	Shearer's	100	1 oz..	Yellow Mini Round	1 oz serving = 1 oz eq	23.11 gm	Yes	Yes	Yes	Yes	No	110
203630612	Shearer's	100	1 oz..	Yellow Mini Round (NO SALT)	1 oz serving = 1 oz eq	23.35 gm	Yes	Yes	Yes	Yes	No	0

Shearer's Part Number	Brand	CT.	Pack	Description	Grain Oz. Equivalent	Whole Grain	>50% Whole Grain	Gluten Free	MSG Free	Kosher	Smart Snacks	Sodium mg/serving
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WHOLE GRAIN CORN - BREAD SERVING EQUIVALNCY ITEMS

203000512	Shearer's	10	16 oz..	Yellow Round Tortilla Chip	1 oz serving = 1 oz eq	23.12 gm	Yes	Yes	Yes	No	Bulk	110
210470312	Shearer's	10	16 oz..	Yellow Mini Round Tortilla - NoSalt	1 oz serving = 1 oz eq	23.35 gm	Yes	Yes	Yes	No	Bulk	0



FRIES

BAKED CORN & POTATO SNACK



CHEESE BALLS

BAKED CHEESE SNACK



Excellent Source of
Whole Grains
No MSG
Gluten Free
Kosher
Cholesterol Free



Nutrition Facts	
Serving size	1 package (28g/about 53 fries)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 140mg	2%

* 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.

Description

Bag UPC

GTIN

Order Code

Cheddar & Bacon Fries 90ct/1 oz.	0-37578-61949-5	100-37578-61949-2	207000312
Cheese Balls 64ct/ .8 oz.	0-37578-61950-1	100-37578-61950-8	207050412



Contact Sheryl at 1-800-346-4910 or
e-mail sheryllachowitzer@shearers.com

Nutrition Facts	
Serving size	1 Package
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
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.



Nutrition Facts

Serving size	1 package
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
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.

No MSG • Cholesterol Free
0g Trans Fat • Kosher
Excellent Source of Whole Grains

Description	Bag UPC	Case UPC	Order Code
White Popcorn 60ct/.5 oz.	0-37578-61965-5	100-37578-61965-2	205090314
Kettle Corn 90ct/1 oz.	0-37578-61952-5	100-37578-61952-2	205010314

Contact Sheryl at 1-800-346-4910 or
e-mail sheryllachowitz@shearers.com

Nutrition Facts

Serving size	1 package
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

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School Year 2020-2021

Easy Serve Taco in a Bag

Order

204330212

204330312

Description

Taco in a Bag Nacho

Taco in a Bag Nacho

Pack

64 / 1.66 oz.

64 / 2 oz.



Offers 1.5 Bread Serving Equivalency

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 13g	17%	Sodium 340mg	15%
		Saturated Fat 1.5g	8%	Total Carbohydrate 29g	11%
		Trans Fat 0g		Dietary Fiber 3g	11%
		Polyunsaturated Fat 7g		Total Sugars 1g	
		Monounsaturated Fat 3.5g		Includes 1g Added Sugars	2%
		Cholesterol 0mg	0%	Protein 3g	
		Vitamin D 0mcg 0%		Calcium 0mg 0%	
		Iron 0.9mg 6%		Potassium 140mg 2%	

Ingredients: Ground Whole Grain Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, Safflower, or Canola Oil), Whey, Salt, Maltodextrin, Tomato Powder, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey Protein Concentrate, Monosodium Glutamate, Onion Powder, Natural and Artificial Flavors, Buttermilk, Garlic Powder, Natural Romano Cheese Flavor, Nonfat Dry Milk, Dextrose, Artificial Colors (Red 40 Lake, Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Yellow 5, Extractives of Annatto), Sugar, Citric Acid, Spice, Yeast Extract, Natural Parmesan Cheese Flavor, Lactic Acid. CONTAINS MILK



Offers 2 Bread Serving Equivalency

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 13g	17%	Sodium 410mg	18%
		Saturated Fat 1.5g	8%	Total Carbohydrate 38g	14%
		Trans Fat 0g		Dietary Fiber 3g	11%
		Polyunsaturated Fat 7g		Total Sugars 2g	
		Monounsaturated Fat 3g		Includes 0g Added Sugars	0%
		Cholesterol 0mg	0%	Protein 4g	
		Vitamin D 0mcg 0%		Calcium 0mg 0%	
		Iron 1.1mg 6%		Potassium 170mg 4%	

Ingredients: Ground Whole Grain Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, Safflower, or Canola Oil), Whey, Salt Maltodextrin, Tomato Powder, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey Protein Concentrate, Monosodium Glutamate, Onion Powder, Natural and Artificial Flavors, Buttermilk, Garlic Powder, Natural Romano Cheese Flavor, Nonfat Dry Milk, Dextrose, Artificial Colors (Red 40 Lake, Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Yellow 5, Extractives of Annatto), Sugar, Citric Acid, Spice, Yeast Extract, Natural Parmesan Cheese Flavor, Lactic Acid. CONTAINS: MILK

Certified



Gluten-Free



1



Tear along dotted line.

2



Add meat, lettuce, cheese or your favorite taco fixins.

3



Mix and serve!

**0 Grams
Trans
Fat**

B U L K

**Gluten
FREE!**

Tortillas

Shearer's #
203000512
210470312

Description
Yellow Round Tortilla Chips
No Salt Yellow Mini Round Tortilla Chips

Pack
10/16 oz.
10/16 oz.

Yellow Round Tortillas

Nutrition Facts

servings per container
Serving size 1 oz. (28g/About 11 chips)

Amount per serving

Calories 130

% Daily Value*

Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 82mg	2%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: GROUND WHOLE GRAIN YELLOW CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER, SAFFLOWER, OR CANOLA OIL), AND SALT.

Part #203000512

No Salt Yellow Mini Round Tortillas

Nutrition Facts

servings per container
Serving size 1 oz. (28g/About 22 chips)

Amount per serving

Calories 140

% Daily Value*

Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 82mg	2%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: GROUND WHOLE GRAIN YELLOW CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER, SAFFLOWER, OR CANOLA OIL).

Part 210470312



For More Information contact Sheryl Lachowitz at 1-800-346-4910

Bulk Tortilla Sell Sheet

SHEARER'S Restaurant Rounds TORTILLA CHIPS Premium Yellow Corn



Certified
GF
Gluten-Free



Mini Rounds Yellow Tortilla Chips - 203630512

Nutrition Facts	
Serving size	1 package
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 74mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Description

Description	K12	Shearer's Code
Yellow Rounds Yellow Rounds - 36 ct. 3 oz.		203480312
Yellow Rounds Tortilla - 48 ct. 2 oz.	K12	210220312
Yellow Mini Rounds - 60 ct. 2 oz.	K12	203780312
Yellow Mini Rounds - No Salt - 60 ct. 2 oz.	K12	203780412
Yellow Rounds - 72 ct. 1.5 oz.	K12	203430312
Yellow Mini Rounds - 100 ct. 1 oz.	K12	203630512
Yellow Mini Rounds - No Salt - 100 ct. 1 oz.	K12	203630612

Unsalted Mini Rounds Yellow Tortilla Chips - 203630612

Nutrition Facts	
Serving size	1 package
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 82mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Contact Sheryl at 1-800-346-4910 or
sheryllachowitz@shearers.com

INGREDIENTS: GROUND WHOLE GRAIN YELLOW CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER, SAFFLOWER, OR CANOLA OIL), SALT.

INGREDIENTS: GROUND WHOLE GRAIN YELLOW CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER, SAFFLOWER, OR CANOLA OIL).

SH-PERFCT-YELWRND-001 05.19JM

● Alliance For A Healthier Generation School Guidelines

- ✓ 35% or Less Calories from Fat
- ✓ 10% or Less Calories from Saturated Fat
- ✓ 35% or Less Sugar from Weight
- ✓ Og Trans Fat
- ✓ 200mg or Less of Sodium
- ✓ Must be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient.
- ✓ Must have one of the non-grain main food groups listed as the first ingredient: fruit, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, ect.

<u>Description</u>	<u>Pack</u>	<u>Shearer's #</u>	<u>UPC Code</u>
Cheese Balls	64/.8 oz.	207050412	0-37578-61950-1
Cheddar & Bacon Fries	90/1 oz.	207000312	0-37578-61949-5
Kettle Corn	90/1 oz.	205010314	0-37578-61952-5
Lite White Popcorn	60/.5 oz.	205090314	0-37578-61965-5

- ✓ All items can be verified and nutritionals printed from the Alliance For a Healthier Generation Calculator at: www.healthiergeneration.org/calculator



For more information:
www.shearers.com
Sheryl Lachowitz
1-800-346-4910 EXT 1260

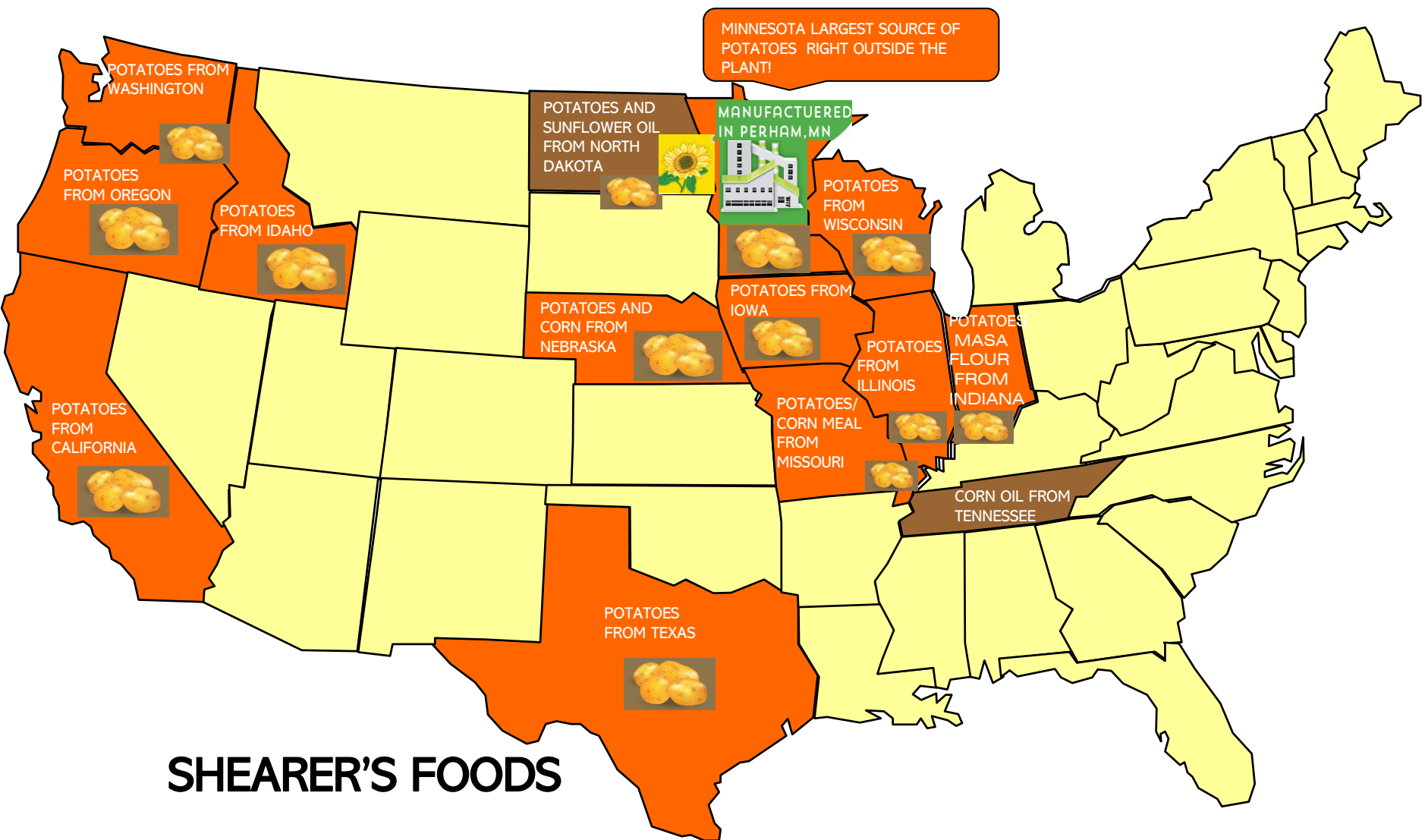


SMART SNACKS

COMPLIANT FOR ALL YOUR SMART SNACK NEEDS

Shearer's #	Description	Pack
Baked Snacks		
207050412	Cheese Balls	64 / .8 oz
207000312	Cheddar & Bacon Baked Fries	90 / 1 oz
Popcorn		
205090314	White Popcorn	60 / .5 oz
205010314	Kettle Corn	90 / 1 oz





SHEARER'S FOODS

Source Potatoes, Corn and Oil





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