

# K-12 SODIUM SOLUTIONS

that help you meet USDA weekly sodium targets!



General Mills Foodservice offers a variety of K-12 products to ensure you are regulation-ready!

**NOURISH KIDS**  
for **WHAT'S NEXT** 

Check out how you can incorporate your students' favorite General Mills products in your menu while staying within weekly sodium targets!

Add more ingredients and flavors per meal while staying within weekly sodium guidelines



### Weekly Breakfast Menu Example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Pillsbury™ Mini Cinnis Caramel</b></p>	<p><b>Fruit &amp; Seed Yogurt Bowl</b></p>	<p><b>25% Less Sugar Trix™ Bowlpak</b></p>	<p><b>Team Cheerios™ Cereal Bar</b></p>	<p><b>Pillsbury™ Mini Bagel Strawberry Creamy Cheese</b></p>
<b>Grain/MA</b>	(2 Grain)	Yoplait® ParfaitPro® Reduced Sugar Yogurt Vanilla (4 oz, 1 M/MA) Sunflower Seeds (2 tsp, 0.25 M/MA)	(1 Grain)	(1 Grain) String Cheese (1 MA)	(2 Grain)
<b>Fruit</b>	Small Banana, Orange Juice	Diced Peaches 1/4 cup, Diced Apples 1/2 cup	Mixed Berries 1 cup	Orange Wedges 1/2 cup, Fruit Juice 1/2 cup	Diced Pears 1/2 cup, Strawberries 1/2 cup
<b>Milk</b>	8oz Lowfat Choc Milk	8oz Lowfat Milk	8oz Lowfat Milk	8oz Lowfat Milk	8oz Lowfat Milk
<b>Sodium (mg)</b>	<b>450</b>	<b>180</b>	<b>270</b>	<b>440</b>	<b>300</b>

**Sodium Weekly Average: ~330 mg**

UPC	Product Description	Distributor Code	Meal Pattern Equivalency	Sodium (mg)
<b>Cup Cereal</b>				
100-16000-17262-0	Blueberry Chex™		2 Grain	350
100-16000-14883-0	Cinnamon Chex™		2 Grain	320
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™		2 Grain	320
100-16000-14885-4	25% Less Sugar Cocoa Puffs™		2 Grain	230
100-16000-18448-7	Honey Cheerios™		2 Grain	340
100-16000-19567-4	25% Less Sugar Trix™		2 Grain	320
<b>Bowlpak</b>				
100-16000-18446-3	Blueberry Chex™		1 Grain	160
100-16000-32262-9	Cheerios™		1 Grain	140
100-16000-38387-3	Cinnamon Chex™		1 Grain	160
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™		1 Grain	160
100-16000-33213-0	Corn Chex™		1 Grain	200
100-16000-31888-2	25% Less Sugar Cocoa Puffs™		1 Grain	125
100-16000-18447-0	Honey Cheerios™		1 Grain	170
100-16000-11942-7	Kix™		0.5 Grain	100
100-16000-32263-6	Multigrain Cheerios™		1 Grain	105
100-16000-31921-6	Rice Chex™		1 Grain	230
100-16000-31922-3	25% Less Sugar Trix™		1 Grain	160
<b>Bulk Cereal</b>				
100-16000-11977-9	Cheerios™		1.25 Grain	190
100-16000-13326-3	Corn Chex™		1.25 Grain	280
100-16000-21113-8	Honey Cheerios™		1.5 Grain	250
100-16000-11965-6	Kix™		1.25 Grain	220
100-16000-13325-6	Rice Chex™		1.5 Grain	310
<b>1 Grain Cereal Bars</b>				
100-16000-45576-1	Cinnamon Toast Crunch™		1 Grain	120
100-16000-45577-8	Cocoa Puffs™		1 Grain	105
100-16000-31913-1	Golden Grahams™		1 Grain	115
100-16000-31914-8	Team Cheerios™		1 Grain	90
100-16000-31915-5	Trix™		1 Grain	105
<b>2 Grain Cereal Bars</b>				
100-16000-16854-8	Cinnamon Toast Crunch™		2 Grain	200
100-16000-16853-1	Lucky Charms™		2 Grain	170
100-16000-20688-5	Cocoa Puffs™		2 Grain	180
<b>Yogurt</b>				
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry		0.5 MA	30
100-70470-19592-3	Yoplait® Simply Go-GURT® Mixed Berry		0.5 MA	30
000-70470-17725-0	Yoplait® Trix™ Raspberry Rainbow		1 MA	65
000-70470-17726-7	Yoplait® Trix™ Strawberry Banana Bash		1 MA	65
100-70470-31077-7	Yoplait® Trix™ Triple Cherry		1 MA	65
100-70470-45915-5	Yoplait® Fat Free Greek Strawberry Raspberry		1.25 MA	55
100-70470-45913-1	Yoplait® Fat Free Greek Vanilla		1.25 MA	55
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt Fat Free Vanilla		1.5 MA / 6 oz	60
100-70470-20824-1	Yoplait® ParfaitPro® Low Fat Reduced Sugar Vanilla		1.5 MA / 6 oz	100
100-70470-00438-9	Yoplait® Original Plain Tub		1.5 MA / 6 oz	125

UPC	Product Description	Distributor Code	Meal Pattern Equivalency	Sodium (mg)
<b>Individually Wrapped Frozen Breakfast</b>				
100-18000-13561-2	Cinnamon Toast Crunch™ Muffin		2 Grain	260
100-18000-13562-9	Trix™ Muffin		2 Grain	260
100-18000-38399-0	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese		2 Grain	190
100-18000-38413-3	Pillsbury™ Mini Bagels Strawberry Creamy Cheese		2 Grain	190
100-18000-32264-7	Pillsbury™ Blueberry Bash™ Mini Waffles		2 Grain	170
100-18000-32265-4	Pillsbury™ Maple Madness™ Mini Waffles		2 Grain	170
100-18000-37309-0	Pillsbury™ Cinnamon Toast Crunch™ Mini French Toast		2 Grain	200
100-18000-37308-3	Pillsbury™ Trix™ Mini French Toast		2 Grain	190
100-18000-27852-4	Pillsbury™ Frudel™ Apple		2 Grain	270
100-18000-27851-7	Pillsbury™ Frudel™ Cherry		2 Grain	270
100-18000-33686-6	Pillsbury™ Mini Cinnis		2 Grain	280
100-18000-13184-3	Pillsbury™ Caramel Mini Cinnis		2 Grain	280
100-18000-49979-0	Pillsbury™ Filled Crescent Chocolate		2 Grain	280
100-18000-49978-3	Pillsbury™ Filled Crescent Grape		2 Grain	260
100-18000-10978-1	Pillsbury™ Soft Filled Cinnamon Toast Crunch™ Bar		2 Grain	290
100-16000-17364-1	Nature Valley™ Soft Oatmeal Round Banana Chocolate Chip		2 Grain	240
100-16000-17365-8	Nature Valley™ Soft Oatmeal Round Apple Cinnamon		2 Grain	240
<b>Bulk Bakery</b>				
100-94562-11113-4	Pillsbury™ K-12 Whole Grain Muffin Top Blueberry Place & Bake™ Batter		1 Grain	140
100-94562-11114-1	Pillsbury™ Whole Grain Muffin Top Chocolate Chip Place & Bake™ Batter		1 Grain	135
100-94562-31665-2	Pillsbury Place & Bake Corn Muffin Batter Pucks		1.5 Grain	140
100-94562-08046-1	Pillsbury™ TubeSet™ Muffin Batter Corn Muffin		2.25 Grain	320
100-94562-10145-6	Pillsbury™ Frozen Pie Dough Sheet (10"x12")		1.25 Grain	140
100-94562-32267-7	Pillsbury™ Whole Grain-Rich Biscuit Dough 2.51 oz		2.25 Grain	290
100-94562-32268-4	Pillsbury™ Whole Grain-Rich Biscuit Dough Easy Split™ 2.51 oz		2.25 Grain	290
100-94562-32269-1	Pillsbury™ Whole Grain-Rich Biscuit Dough Mini 1.25 oz		1 Grain	150
100-94562-10752-6	Pillsbury™ Frozen Biscuit Dough Easy Split™ Southern Style 2.51 oz		2.25 Grain	320
100-94562-32271-4	Pillsbury™ Whole Grain-Rich Baked Biscuit Easy Split™ 2.0 oz		2 Grain	310
100-94562-32272-1	Pillsbury™ Whole Grain-Rich Baked Biscuit Mini 1.0 oz		1 Grain	150
100-94562-11111-0	Pillsbury™ K-12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7 oz.		2 Grain	360
100-94562-05357-1	Pillsbury™ Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 1.5 oz		1 Grain	210



generalmillsfoodservice.com  
1-800-243-5687

Contact your General Mills sales representative to start stocking up on General Mills favorites today!

0424-POD-A49021