



America's Premium Value Bakery

Home of



130 Crescent Ave. Chelsea MA. 02150 | Tel. 617-846-1565 | Fax. 617-539-3288 | 1-877-MUFFIN-1 | Website: MuffinTown.com

Snacks < 200 Calories and < 230 mg sodium

Entrees < 350 Calories and <480 mg sodium

What Makes a Product Smart Snack Compliant?

8/24/2015

< 35% Calories from Fat < 10% Calories from Saturated Fat < 35% sugar by total weight

Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
42618	WG Sweet Potato Muffins, IW	72/1.8oz	42618	51g	1	140	35	4	0.5	0	100	22	11	21%	3	YES
42633	WG Choc.Choc.Chip Muffins, IW	72/1.8oz	42633	51g	0.75	140	40	4.5	1	0	160	22	11	21%	3	YES
42661	WG Blueberry Muffins, IW	72/1.8oz	42661	51g	1	140	40	4.5	0.5	0	110	23	12	23%	2	YES
42665	WG Corn Muffins, IW	72/1.8oz	42665	51g	1	150	45	4.5	0	0	85	26	13	25%	2	YES
42666	WG Apple Cinnamon Muffins, IW	72/1.8oz	42666	51g	1	140	40	4.5	0.5	0	115	24	11	21%	2	YES
42670	WG Chocolate Chip Muffins, IW	72/1.8oz	42670	51g	1	150	45	5	1	0	115	25	13	25%	2	YES
42675	WG Banana Muffins, IW	72/1.8oz	42675	51g	1	140	35	4	0.5	0	120	25	12	23%	2	YES
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
02612	WG Bran Muffins, IW	96/2oz	02612	57g	1	180	80	9	1	0	140	23	10	17%	4	YES
02661	WG Blueberry Muffins, IW	96/2oz	02661	57g	1	160	45	5	0.5	0	125	26	13	23%	2	YES
02663	WG Cranberry Orange Muffins, IW	96/2oz	02663	57g	1	150	40	4.5	0.5	0	120	28	12	23%	2	YES
02665	WG Corn Muffins, IW	96/2oz	02665	57g	1	170	50	5	0.5	0	90	29	15	26%	3	YES
02666	WG Apple Cinnamon Muffins, IW	96/2oz	02666	57g	1	160	45	5	0.5	0	130	26	13	23%	2	YES
02669	WG Strawberry Muffins, IW	96/2oz	02669	57g	1	160	45	5	0.5	0	125	27	15	26%	2	YES
02670	WG Chocolate Chip Muffins, IW	96/2oz	02670	57g	1	170	50	6	1	0	130	28	15	26%	2	YES
02673	WG Choc. Choc. Chip Muffins, IW	96/2oz	02673	57g	1	150	40	4.5	0.5	0	120	25	12	21%	2	YES
02675	WG Banana Muffins, IW	96/2oz	02675	57g	1	160	40	4.5	0.5	0	135	28	14	24%	2	YES
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
96605	WG Corn Muffin; IW	60/2.5oz.	96605	71	2	210	60	7	0.5	0	115	36	19	27%	3	YES (Entrée)
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
24661	WG Blueberry Muffins, IW	48/ 3.1oz	24661	88g	2.0	250	70	8	1	0	180	41	19	22%	4	YES (Entrée)
24666	WG Apple Cinnamon Muffins, IW	48/ 3.1oz	24666	88g	2.0	250	70	8	1	0	160	42	17	19%	4	YES (Entrée)
24670	WG Chocolate Chip Muffins, IW	48/ 3.1oz	24670	88g	2.0	270	80	9	1.5	0	190	45	22	25%	4	YES (Entrée)
24675	WG Banana Muffins, IW	48/ 3.1oz	24675	88g	2.0	250	60	7	1	0	170	43	20	23%	4	YES (Entrée)
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
52675	WG Banana Loaf, IW	48/ 3.6 oz.	52675	102	2	280	70	8	1	0	250	49	24	24%	6	YES (Entrée)
52688	WG Zucchini Loaf, IW	48/3.6 oz.	52688	102	2	270	70	8	1.5	0	320	45	22	22%	6	YES (Entrée)
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
06605	WG Corn Muffins, IW	48/3.6 oz	06605	102g	2	300	90	9	1.0	0	170	52	27	26%	4	YES (Entrée)
06620	WG Orange Pineapple Muffins, IW	48/3.6 oz	06620	102g	2	270	80	9	1.0	0	200	45	21	21%	6	YES (Entrée)
06661	WG Blueberry Muffins, IW	48/3.6 oz	06661	102g	2	280	80	9	1.0	0	220	47	22	22%	6	YES (Entrée)
06666	WG Apple Cinnamon Muffins, IW	48/3.6 oz	06666	102g	2	290	80	9	1.0	0	230	48	22	22%	5	YES (Entrée)
06670	WG Chocolate Chip Muffins, IW	48/3.6 oz	06670	102g	2	310	90	10	2.0	0	230	51	26	25%	6	YES (Entrée)
06663	WG Orange Cranberry Muffin; Iw	48/3.6 oz	06663	102g	2	270	70	8	1.0	0	200	46	21	21%	4	YES (Entrée)
06675	WG Banana Muffins, IW	48/3.6 oz	06675	102g	2	290	70	8	1.0	0	240	50	25	24%	4	YES (Entrée)



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07661	WG Blueberry Muffins, IW	48/4oz	07661	113g	2	310	90	10	1.0	0	250	51	25	22%	5	YES (Entrée)
07666	WG Apple Cinnamon Muffins, IW	48/4oz	07666	113g	2	310	90	10	1.5	0	260	52	25	22%	5	YES (Entrée)
07670	WG Chocolate Chip Muffins, IW	48/4oz	07670	113g	2	340	100	11	2.0	0	260	56	29	26%	5	YES (Entrée)
07675	WG Banana Muffins, IW	48/4oz	07675	113g	2	320	80	9	1.0	0	270	55	28	25%	5	YES (Entrée)
01661	WG Blueberry Muffin Tops, IW	48/3.1oz.	01661	88	2	250	70	8	1.0	0	180	41	19	21%	4	YES (Entrée)
01666	WG Apple Cinnamon Muffin Tops, IW	48/3.1oz.	01666	88	2	260	80	9	1.5	0	240	42	20	23%	5	YES (Entrée)
01618	WG Sweet Potato Choc.Chip Tops, IW	48/3.1oz.	01618	88	2	260	80	9	1.0	0	150	42	18	20%	6	YES (Entrée)
57633	WG Choc.Chip Muffin Tops, IW	60/ 2 oz	57633	57g	1	150	45	5	0.5	0	180	25	13	22%	4	YES
57605	WG Corn Muffin Tops, IW	60/ 2 oz	57605	57g	1	170	50	5	0.5	0	90	29	15	26%	2	YES
57661	WG Blueberry Muffin Tops, IW	60/ 2 oz	57661	57g	1	160	45	5	0.5	0	125	26	13	22%	2	YES
57666	WG Apple Cinnamon Muffin Tops, IW	60/ 2 oz	57666	57g	1	160	45	5	0.5	0	130	26	13	22%	2	YES
57670	WG Chocolate Chip Muffin Tops, IW	60/ 2 oz	57670	57g	1	170	50	6	1	0	130	28	15	26%	2	YES
57675	WG Banana Muffin Tops, IW	60/ 2 oz	57675	57g	1	160	40	4.5	0.5	0	135	28	14	24%	2	YES
51661	WG Blueberry Loaf, IW	72/ 2 oz	51661	57g	1	160	45	5	0.5	0	125	26	13	22%	2	YES
51619	WG Orange Blossom loaf, IW	72/ 2 oz	51619	57g	1	170	45	5	0.5	0	135	28	14	24%	2	YES
51605	WG Cornbread loaf, IW	72/ 2 oz	51605	57g	1	170	50	5	0.5	0	90	29	15	26%	3	YES
51663	WG Cranberry Orange Loaf, IW	72/ 2 oz	51663	57g	1	150	40	4.5	0.5	0	120	25	12	21%	2	YES
51666	WG Apple Cinnamon Loaf, IW	72/ 2 oz	51666	57g	1	160	45	5	0.5	0	130	26	13	22%	2	YES
51670	WG Chocolate Chip Loaf, IW	72/ 2 oz	51670	57g	1	170	50	6	0.5	0	130	28	15	26%	2	YES
51675	WG Banana Loaf, IW	72/ 2 oz	51675	57g	1	160	40	4.5	0.5	0	135	28	14	24%	3	YES
50503	WG Orange Cran. Breakfast Bar;IW	144ct/2.3oz.	50503	65g	2	230	70	8	1	0	65	38	15	23%	5	YES (Entrée)
50506	WG Apple Cinn. Breakfast Bar; IW	144ct/2.3oz.	50506	65g	2.25	240	70	8	1	0	70	40	16	25%	5	YES (Entrée)
50560	WG French Toast Breakfast Bar; IW	144ct/2.3oz.	50560	65g	2.25	240	70	8	1	0	70	39	15	23%	6	YES (Entrée)
84601	WG Blueberry sliced Bagels, Bulk	84ct/1.75oz.	84601	50g	1.75	110	10	1	0	0	170	23	2	4%	4	YES
84616	WG Cinnamon Raisin sliced Bagels	84ct/1.75oz.	84616	50g	1.75	120	10	1	0	0	170	24	2	4%	4	YES
84632	WG Everything Sliced Bagels,Bulk	84ct/1.75oz.	84632	50g	1.75	110	10	1.5	0	0	260	23	2	4%	4	YES (Entrée)
84660	WG French Toast sliced Bagels, Bulk	84ct/1.75oz.	84660	50g	1.75	120	15	1.5	0.5	0	160	24	4	8%	4	YES
84695	WG Honey Wheat Bagels, Bulk	84ct/1.75oz.	84695	50g	1.75	110	10	1	0	0	180	23	2	4%	4	YES



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Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
86601	WG Blueberry sliced Bagels	72/ 2 oz. IW	86601	57g	2	130	10	1.5	0	0	200	26	2	3%	4	YES
86616	WG Cinnamon Raisin sliced Bagels	72/ 2 oz. IW	86616	57g	2	130	10	1.5	0	0	190	27	4	7%	4	YES
86632	WG Everything Sliced Bagels,	72/ 2 oz. IW	86632	57g	2	130	15	1.5	0	0	300	26	2	3%	4	YES (Entrée)
86660	WG French Toast sliced Bagels	72/ 2 oz. IW	86660	57g	2	140	15	1.5	0.5	0	180	28	5	8%	4	YES
86695	WG Honey Wheat Bagels	72/ 2 oz. IW	86695	57g	2	130	10	1.5	0	0	200	25	2	3%	4	YES
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
94601	WG Blueberry sliced Bagels, Bulk	84ct/2oz.	94601	57g	2	130	10	1.5	0	0	200	26	2	3%	4	YES
94616	WG Cinnamon Raisin sliced Bagels	84ct/2oz.	94616	57g	2	130	10	1.5	0	0	190	27	4	7%	4	YES
94632	WG Everything Sliced Bagels,, Bulk	84ct/2oz.	94632	57g	2	130	15	1.5	0	0	300	26	2	3%	4	YES (Entrée)
94660	WG French Toast sliced Bagels, Bulk	84ct/2oz.	94660	57g	2	140	15	1.5	0.5	0	180	28	5	8%	4	YES
94695	WG Honey Wheat Bagels, Bulk	84ct/2oz.	94695	57g	2	130	10	1.5	0	0	200	25	2	3%	4	YES
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
88195	WG Honey Wheat Bagels, sliced; IW	72/2.5 oz	88195	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
97616	WG Cinn Raisin Bagels,Sliced bulk	84 /2.5 oz	97616	71g	2.75	170	15	1.5	0	0	130	35	5	7%	6	YES
97629	WG Plain Bagel, Sliced, Bulk	84 /2.5 oz	97629	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
97195	WG Honey Wheat Bagels, sliced; bulk	84/ 2.5 oz	97195	71g	3	170	15	1.5	0	0	135	34	3	4%	6	YES
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99195	WG HoneyWheat Bagels, Sli., Bulk	72/4oz	99195	114	4.25	260	25	2.5	0.5	0	400	52	4	3%	8	YES (Entrée)
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
13916	WG Cinn Maple Stuffed Bagel	66/2.5 oz	13916	71	2.5	170	35	4	2	0	270	28	6	8%	6	YES (Entrée)
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
78629	WG Plain Donut, IW	80/2.25oz	78629	64	2	220	80	9	2.5	0	250	30	12	19%	4	*WG Rich
78626	WG Apple Cinnamon Donut IW	80/2.25oz	78626	64	1.75	220	80	9	2.5	0	250	30	12	19%	4	*WG Rich
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
49248	WG Honey Buns, Glazed; IW	72/2.5 oz	49248	71	1	290	130	14	8	0	230	36	15	21%	4	*WG Rich
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant
08198	WW English Muffins, 12- 12 packs	144/ 2 oz	08198	57g	2	130	15	1.5	0	0	200	24	1	1%	6	YES
08199	WW English Muffins, 24- 6 packs	144/ 2oz	08199	57g	2	130	15	1.5	0	0	200	24	1	1%	6	YES
Muffintown Item #	Description	Pack/Size	Click on Code # for Nutritional	Grams	GR EQ	Total Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Sodium	Carbs	Sugar	% Sugar	Protein	Smart Snack Compliant



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12228	SunWise Sunbutter and Grape Jelly Sandwich on crustless WG Bread; IW	96/2.8 oz	12228	79	1.5	310	140	15	2	0	310	33	11	16%	9	*WG Rich
12258	SunWise Sunbutter and Strawberry Jelly Sandwich on crustless WG Bread; IW	96/2.8 oz	12258	79	1.5	310	140	15	2	0	320	32	12	17%	9	*WG Rich
50228	SunWise Performance Bar	48/2.25 oz	50228	64	1	290	120	13	1.5	0	250	35	18	28%	8	*WG Rich
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56191	WG Chocolate Chip Cookie Dough	392/ 1oz	56191	28g	0.5	100	30	3.5	1	0	100	17	9	32%	2	YES
56192	WG Sugar Cookie Dough	392/ 1oz	56192	28g	0.5	110	35	4	1	0	110	18	10	35%	2	
56194	WG Oatmeal Raisin Cookie Dough	392/ 1oz	56194	28g	0.75	100	25	3	1	0	100	18	8	29%	2	YES
56198	WG Carnival Cookie Dough	392/ 1oz	56198	28g	0.5	100	30	3	1	0	100	17	9	32%	2	YES
15691	WG Chocolate Chip Cookie Dough	240/1.33oz	15691	37g	0.75	140	40	4.5	1.5	0	130	22	12	32%	2	YES
15692	WG Sugar Cookie Dough	240/1.33oz	15692	37g	0.75	150	50	6	1.5	0	150	23	13	35%	3	YES
15694	WG Oatmeal Raisin Cookie Dough	240/1.33oz	15694	37g	0.75	130	35	4	1	0	130	24	10	27%	3	YES
15698	WG Carnival Cookie Dough	240/1.33oz	15698	37g	0.75	140	35	4	1	0	130	23	12	32%	2	YES
65191	WG Chocolate Chip Cookie Dough	210/1.5oz	65191	43g	1	160	45	5	1.5	0	150	26	14	33%	3	YES
65192	WG Sugar Cookie Dough	210/1.5oz	65192	43g	0.75	170	60	6	1.5	0	180	27	15	34%	3	YES
65194	WG Oatmeal Raisin Cookie Dough	210/1.5oz	65194	43g	1	150	40	4.5	1.5	0	150	28	12	27%	3	YES
65198	WG Carnival Cookie Dough	210/1.5oz	65198	43g	1	160	45	5	1.5	0	150	27	14	33%	3	YES
56294	WG Oatmeal Raisin Cookie Dough	150ct./2oz.	56294	57g	1.5	200	50	6	2	0	200	37	15	26%	4	YES

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* Whole Grain rich products may be used as an entrée on a reimbursable breakfast menu. As an approved breakfast entrée that item may be sold as an a la carte item during both breakfast and lunch that day as well as the following day.