



PEPSICO

FOODSERVICE



To Whom It May Concern:

The following Frito-Lay products currently meet the Child Nutrition Program Bread / Grain equivalents.

Category	Product	Serving Size	Weight Grain	Qualified G/B	Smart Spot
BAKED CHEETOS®	Baked Cheetos Crunchy	.875oz	19.67	1.25	Y
BAKED CHEETOS®	Baked Cheetos Crunchy	1.5oz	33.7	2.25	Y
BAKED CHEETOS®	Baked Cheetos Crunchy	1oz	22.47	1.5	Y
BAKED CHEETOS®	Baked Cheetos Crunchy Flamin' Hot	.875oz	19.57	1.25	Y
BAKED CHEETOS®	Baked Cheetos Crunchy Flamin' Hot	1.5oz	33.55	2.25	Y
BAKED CHEETOS®	Baked Cheetos Crunchy Flamin' Hot	1oz	22.36	1.5	Y
Baked DORITOS®	COOLER RANCH®	.75oz	18.19	1	Y
Baked DORITOS®	COOLER RANCH®	1 oz	24.3	1.5	Y
Baked DORITOS®	COOLER RANCH®	1.375oz	33.4	2.25	Y
Baked DORITOS®	NACHO CHEESIER®	.75oz	18.2	1	Y
Baked DORITOS®	NACHO CHEESIER®	1 oz	24.3	1.5	Y
Baked DORITOS®	NACHO CHEESIER®	1.375oz	33.4	2.25	Y
BRANDED CRACKERS	CHEETOS® Bacon Cheddar	1 pkg	17.44	1	N
BRANDED CRACKERS	Frito Lay Toasted Peanut Butter	1 pkg	16.88	1	N
CHEETOS®	Crunchy	.625oz	10.34	0.5	N
CHEETOS®	Crunchy	1 oz	16.55	1	N
CHEETOS®	Crunchy	1.875oz	31.1	2	N
CHEETOS®	FLAMIN' HOT®	1 oz	16.28	1	N
CHEETOS®	FLAMIN' HOT®	1.875oz	30.5	2	N
CHEETOS®	Hot Limon	1.875oz	30.5	2	N
CHEETOS®	Puffs	1 oz	16.58	1	N
DORITOS®	COOLER RANCH®	1 oz	19.99	1.25	N
DORITOS®	COOLER RANCH®	1.75oz	34.99	2.25	N
DORITOS®	Guacamole	1.75oz	35.75	2.25	N
DORITOS®	NACHO CHEESIER®	.5625oz	11.27	0.75	N
DORITOS®	NACHO CHEESIER®	1 oz	20.05	1.25	N
DORITOS®	NACHO CHEESIER®	1.75oz	35.07	2.25	N
DORITOS®	Pepper Jack Cheese	1.75oz	36.21	2.25	N
DORITOS®	Pepper Jack Cheese	1oz	20.69	1.25	N
DORITOS®	Salsa	1 oz	18.69	1.25	N

DORITOS®	Salsa Verde	1 oz	19.9	1.25	N
DORITOS®	Spicier Nacho	1.75oz	34.35	2.25	N
DORITOS®	Spicier Nacho	1oz	19.63	1.25	N
DORITOS®	Spicier Nacho	1oz	19.63	1.25	N
DORITOS®	Taco Supreme	1oz	19.87	1.25	N
FRITOS®	BBQ	1 oz	17.72	1	N
FRITOS®	Chili Cheese	1 oz	17.32	1	N
FRITOS®	Chili Cheese	1.25oz	21.6	1.25	N
FRITOS®	Flavor Twists™ Cheddar Ranch	1 oz	16.5	1	N
FRITOS®	Flavor Twists™ Cheddar Ranch	1.25oz	20.6	1.25	N
FRITOS®	Flavor Twists™ Honey BBQ	1.25oz	21	1.25	N
FRITOS®	Flavor Twists™ HoneyBBQ	1 oz	16.8	1	N
FRITOS®	Flavor Twists™ Jalapeno Cheddar	1 oz	16.49	1	N
FRITOS®	Lime & Chili	1 oz	17.32	1	N
FRITOS®	Regular	.75oz	14.01	0.75	N
FRITOS®	Regular	1 oz	18.69	1.25	N
FRITOS®	Regular	1.25oz	23.4	1.5	N
FRITOS®	Regular (Bulk)	16oz	18.69	1.25	N
FRITOS®	Regular (Bulk)	16oz	18.69	1.25	N
FUNYUNS®	Regular	.75oz	15.58	1	N
FUNYUNS®	Regular	1 oz	20.77	1.25	N
FUNYUNS®	Regular	1.25oz	25.97	1.75	N
MUNCHIES	Flamin' Hot	1oz	18.22	1	N
MUNCHIES	Flamin' Hot	1oz	18.22	1	N
MUNCHIES	Flamin' Hot	2oz	36.44	2.25	N
MUNCHIES	Kids Mix without Candy	0.875oz	14.88	1	N
MUNCHIES	Kids Mix without Candy	1 oz	16.97	1	Y
MUNCHIES	Original	1.75oz	32.64	2	Y
MUNCHIES	Original	1oz	18.65	1.25	Y
MUNCHIES	Ultimate Cheddar	1.75oz	29.24	1.75	Y
MUNCHIES	Ultimate Cheddar	1oz	16.7	1	Y
Reduced Fat DORITOS®	NACHO CHEESIER®	1.5oz	32.65	2.25	Y
Reduced Fat DORITOS®	NACHO CHEESIER®	1oz	21.4	1.5	Y
ROLD GOLD®	Classic Thin	2oz	27.3	1.75	N
ROLD GOLD®	Classic Tiny Twists	.5oz	13.8	0.75	N
ROLD GOLD®	Classic Tiny Twists	1 oz	27.69	1.75	N
ROLD GOLD®	Classic Tiny Twists	1.5oz	41.5	2.75	N
ROLD GOLD®	Classic Tiny Twists	2oz	27.7	1.75	N
ROLD GOLD®	Honey Wheat Braided Twists	2oz	47.8	3	Y
ROLD GOLD®	Honey Wheat Braided Twists	2oz	47.8	3	Y
SANTITAS®	Tortilla Chips	1 oz	23.68	1	N

(White/Blend)					
SUNCHIPS®	French Onion	1 oz	15.85	1	Y
SUNCHIPS®	Harvest Cheddar®	1 oz	15.64	1	Y
SUNCHIPS®	Harvest Cheddar®	1.5oz	23.46	1.5	Y
SUNCHIPS®	Original	1 oz	17.29	1	Y
SUNCHIPS®	Original	1.5oz	25.94	1.75	Y
TOSTITOS®	100% White Corn Rest. Style	1 oz	22.2	1.5	N
TOSTITOS®	100% White Corn Rest. Style (Bulk)	16oz	22.2	1.5	N
TOSTITOS®	Bite Size Rounds	.5625oz	12.42	0.75	N
TOSTITOS®	Bite Size Rounds	1 oz	22.08	1.25	N
TOSTITOS®	Bite Size Rounds	2oz	44.16	2.75	N
TOSTITOS®	Crispy Rounds	1 oz	22.33	1.5	N
TOSTITOS®	Crispy Rounds (Bulk)	16oz	22.33	1.5	N

I certify that the above information and the determinations of Bread/Grain contributions to the Food-Based Menu Planning Alternative in the Child Nutrition Program are accurate.

The above information was calculated by Frito-Lay's nutrition department using the standard of 14.75 grams of enriched or whole-grain meal and/or flour equal to 1 serving of Bread/Grain.

Elizabeth Dempsey MS, RD

Elizabeth Dempsey, Frito-Lay Nutrition