

List of Acceptable Foods and Beverages
List 7: Yogurt, Pudding, and Cottage Cheese

List 7: Yogurt, Pudding, and Cottage Cheese includes commercial products that meet the CNS snacks category, such as yogurt, soy yogurt, pudding, cottage cheese, and yogurt parfaits.

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Chobani, Inc.	Chobani Flips Greek Yogurt, Key Lime Crumble, 4.5 oz plastic cup	4.5	128	FG	160	4.0	22.5%	1.0	5.6%	120	<1	17	3.8	13.0	2.9	yes	yes	yes	City Line, HPC, Sysco CT, Thurston	UPC 8-18290-01227-2; Case (12 count) UPC 108-18290-01227-9	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Black Cherry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01283-5; Case (12 count) UPC 108-18290-01283-5	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Blackberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01259-3; Case (12 count) UPC 108-18290-01259-0	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Blueberry Blended, 4 oz plastic cup	4	113	FG	90	0.0	0.0%	0.0	0.0%	45	1	12	3.0	12.0	3.0	yes	yes	yes	Waypoint	UPC 8-18290-01953-0; Case (12 count) UPC 108-18290-01031-2	12/20/23	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Blueberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01005-2; Case (12 count) UPC 108-94700-01005-9	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Lemon Blended, 5.3 oz plastic cup	5.3	150	FG	140	0.0	0.0%	0.0	0.0%	75	<1	16	3.0	10.0	1.9	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-18290-01958-5; Case (12 count) UPC 108-18290-01958-2	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Peach Blended, 4 oz plastic cup	4	113	FG	90	0.0	0.0%	0.0	0.0%	40	1	12	3.0	12.0	3.0	yes	yes	yes	Waypoint	UPC 8-18290-01953-0; Case (12 count) UPC 108-18290-01953-7	12/20/23	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Peach on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01006-9; Case (12 count) UPC 108-94700-01006-6	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Plain, 5.3oz plastic cup	5.3	150	FG	80	0.0	0.0%	0.0	0.0%	55	0	5	0.9	0.0	0.0	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01001-4; Case (12 count) UPC 108-94700-01001-1	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Pomegranate on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	50	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01015-1; Case (12 count) UPC 108-94700-01015-8	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Raspberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	65	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01012-0; Case (12 count) UPC 108-94700-01012-7	1/12/24	X	X

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Chobani, Inc.	Non-fat Greek Yogurt, Strawberry Blended, 4 oz plastic cup	4	113	FG	90	0.0	0.0%	0.0	0.0%	70	1	11	2.8	11.0	2.8	yes	yes	yes	Waypoint	UPC 8-18290-01953-0; Case (12 count) UPC 108-18290-01030-5	12/20/23	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Strawberry on the Bottom, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	<1	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01004-5; Case (12 count) UPC 108-94700-01004-2	1/12/24	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Vanilla Blended, 4 oz plastic cup	4	113	FG	80	0.0	0.0%	0.0	0.0%	40	1	11	2.8	11.0	2.8	yes	yes	yes	Waypoint	UPC 8-18290-01953-0; Case (12 count) UPC 108-18290-01032-9	12/20/23	X	X
Chobani, Inc.	Non-fat Greek Yogurt, Vanilla Blended, 5.3 oz plastic cup	5.3	150	FG	110	0.0	0.0%	0.0	0.0%	55	0	14	2.6	9.0	1.7	yes	yes	yes	Cityline, HPC, Sysco CT, Thurston	UPC 8-94700-01002-1; Case (12 count) UPC 108-94700-01002-8	1/12/24	X	X
ConAGra Foods	Hunt Snack Pack Fat-Free Vanilla Pudding, 3.5 oz plastic cup	3.5	99	FG	80	0.0	0.0%	0.0	0.0%	140	0	13	3.7	12.0	3.4	yes	yes	yes	Thurston	UCP 0-27000-55402-1; Case (48 count) UPC 000-27000-55402-9	11/22/23		X
Danone North America	Danimals Strawberry Banana Nonfat Yogurt, 4 oz plastic cup	4	113	FG	70	0.0	0.0%	0.0	0.0%	70	0	9	2.3	5.0	1.3	yes	yes	yes	HPC, Sysco CT, Thurston	Item 73558; UPC 0-36632-02732-0; Case (48 count) UPC 200-36632-02732-4	1/11/24	X	X
Danone North America	Danimals Strawberry Nonfat Yogurt, 4 oz plastic cup	4	113	FG	60	0.0	0.0%	0.0	0.0%	70	0	9	2.3	4.0	1.0	yes	yes	yes	HPC, Thurston, US Foods	Item 73463; UPC 0-36632-02731-3; Case (48 count) UPC 200-36632-02731-7	1/11/24	X	X
Danone North America	Danimals Vanilla Nonfat Yogurt, 4 oz plastic cup	4	113	FG	70	0.0	0.0%	0.0	0.0%	70	0	9	2.3	5.0	1.3	yes	yes	yes	HPC, Sysco CT, Thurston	Item 73559; UPC 0-36632-02733-7; Case (48 count) UPC 200-36632-02733-1	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Blueberry, 5.3 oz plastic cup	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	<1	10	1.9	4.0	0.8	yes	yes	yes	HPC, Sysco, Thurston	Item 171903; UPC 0-36632-02084-0; Case (12 count) UPC 200-36632-02084-4	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Cherry, 5.3 oz plastic cup	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	45	<1	10	1.9	3.0	0.6	yes	yes	yes	HPC, Sysco, Thurston	Item 171870; UPC 0-36632-02085-7; Case (12 count) UPC 200-36632-02085-1	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Peach, 5.3 oz plastic cup	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	0	10	1.9	4.0	0.8	yes	yes	yes	HPC, Sysco, Thurston	Item 171901; UPC 0-36632-02087-1; Case (12 count) UPC 200-36632-02087-5	1/11/24	X	X

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Danone North America	Oikos Blended Greek Yogurt, Plain, 5.3 oz	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	50	0	6	1.1	0.0	0.0	yes	yes	yes	HPC, Sysco, Thurston	Item 171902; UPC 0-36632-02080-2 Case (12 count) UPC 000-36632-02080-6	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Strawberry, 5.3 oz	5.3	150	FG	100	0.0	0.0%	0.0	0.0%	45	0	10	1.9	4.0	0.8	yes	yes	yes	HPC, Sysco, Thurston	Item 171868; UPC 0-36632-02091-8; Case (12 count) UPC 000-36632-02091-2	1/11/24	X	X
Danone North America	Oikos Blended Greek Yogurt, Vanilla, 5.3 oz	5.3	150	FG	90	0.0	0.0%	0.0	0.0%	50	<1	10	1.9	5.0	0.9	yes	yes	yes	HPC, Sysco, Thurston	Item 171869; UPC 0-36632-02079-6; Case (12 count) UPC 000-36632-02079-0	1/11/24	X	X
General Mills	Yoplait Greek Yogurt, Black Cherry, 5.3 oz cup	5.3	150	FG	130	0.0	0.0%	0.0	0.0%	50	0	16	3.0	2.0	0.4	yes	yes	yes	Sysco CT	Code 48385000; Case (12 count) UPC 100-70470-48385-3	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Blueberry, 3.5 oz cup	3.5	99	FG	100	0.0	0.0%	0.0	0.0%	36	0	10	2.9	7.0	2.0	yes	yes	yes	Sysco CT	Code 49159000; UPC 0-70470-49159-2; Case (24 count) UPC 100-70470-49159-9	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Blueberry, 5.3 oz cup	5.3	150	FG	130	0.0	0.0%	0.0	0.0%	55	0	14	2.6	7.0	1.3	yes	yes	yes	PFG Springfield, Sysco CT	Code 45916000; UPC 0-70470-45916-5; Case (12 count) UPC 100-70470-45916-2	12/20/23	X	X
General Mills	Yoplait Greek Yogurt, Strawberry Raspberry, 5.3 oz cup	5.3	150	FG	120	0.0	0.0%	0.0	0.0%	55	0	11	2.1	10.0	1.9	yes	yes	yes	PFG Springfield, Sysco CT	Code 45915000; UPC 0-70470-45915-8; Case (12 count) UPC 100-70470-45915-5	12/20/23	X	X
General Mills	Yoplait Greek Yogurt, Strawberry, 3.5 oz cup	3.5	99	FG	100	0.0	0.0%	0.0	0.0%	36	0	10	2.9	7.0	2.0	yes	yes	yes	Sysco CT	Code 49158000; UPC 0-70470-49158-5; Case (24 count) UPC 100-70470-49158-2	12/22/23	X	X
General Mills	Yoplait Greek Yogurt, Vanilla, 5.3 oz cup	5.3	150	FG	120	0.0	0.0%	0.0	0.0%	55	0	11	2.1	8.0	1.5	yes	yes	yes	PFG Springfield, Sysco CT	Code 45913000; UPC 0-70470-45913-4; Case (12 count) UPC 100-70470-45913-1	12/20/23	X	X
General Mills	Yoplait Original Smooth Style Yogurt Variety Pack, Strawberry Banana, 4 oz cup	4	113	FG	100	0.5	4.5%	1.0	9.0%	50	0	14	3.5	11.0	2.8	yes	yes	yes		Product Code 17729000; UPC 0-70470-99201-3; Case (48 count) UPC 000-70470-17729-8	12/20/23	X	X
General Mills	Yoplait Original Smooth Style Yogurt Variety Pack, Strawberry, 4 oz cup	4	113	FG	100	0.5	4.5%	1.0	9.0%	50	0	14	3.5	11.0	2.8	yes	yes	yes		Product Code 17729000; UPC 0-70470-99201-3; Case (48 count) UPC 000-70470-17729-8	12/20/23	X	X

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General Mills	Yoplait Original Yogurt Variety Pack, Harvest Peach, 4 oz cup	4	113	FG	100	0.5	4.5%	1.0	9.0%	50	0	14	3.5	11.0	2.8	yes	yes	yes		Product Code 17728000; UPC 0-70470-00206-4; Case (49 count) UPC 100-70470-17728-1	12/20/23	X	X
General Mills	Yoplait Original Yogurt Variety Pack, Red Raspberry, 4 oz cup	4	113	FG	100	0.5	4.5%	1.0	9.0%	50	0	14	3.5	11.0	2.8	yes	yes	yes	Gordon Food Service	Product Code 17728000; UPC 0-70470-00206-4; Case (49 count) UPC 100-70470-17728-1	12/20/23	X	X
General Mills	Yoplait Original, Cherry Orchard, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	19	3.2	12.0	2.0	yes	yes	yes		Product Code 303000; UPC 0-70470-00303-0; Case (12 count) UPC 000-70470-00303-7	12/20/23	X	X
General Mills	Yoplait Original, French Vanilla, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	20	3.3	14.0	2.3	yes	yes	yes	Sysco	Product Code 323000; UPC 0-70470-00323-8; Case (12 count) UPC 000-70470-00323-5	12/20/23	X	X
General Mills	Yoplait Original, Harvest Peach, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	14	2.3	14.0	2.3	yes	yes	yes	Sysco	Product Code 307000; UPC 0-70470-00307-8; Case (12 count) UPC 000-70470-00307-5	12/20/23	X	X
General Mills	Yoplait Original, Lemon Burst, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	115	0	19	3.2	13.0	2.2	yes	yes	yes		Product Code 306000; UPC 0-70470-00306-1; Case (12 count) UPC 000-70470-00306-8	12/20/23	X	X
General Mills	Yoplait Original, Mixed Berry, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	115	0	20	3.3	14.0	2.3	yes	yes	yes	Sysco	Product Code 310000; UPC 0-70470-00310-8; Case (12 count) UPC 000-70470-00310-5	12/20/23	X	X
General Mills	Yoplait Original, Mountain Blueberry, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	85	0	20	3.3	13.0	2.2	yes	yes	yes	Sysco	Product Code 302000; UPC 0-70470-00302-3; Case (12 count) UPC 000-70470-00302-0	12/20/23	X	X
General Mills	Yoplait Original, Strawberry Banana, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	20	3.3	13.0	2.2	yes	yes	yes		Product Code 31300; UPC 0-70470-00313-9; Case (12 count) UPC 000-70470-00313-6	12/20/23	X	X

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General Mills	Yoplait Original, Strawberry, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	90	0	19	3.2	13.0	2.2	yes	yes	yes		Product Code 300000; UPC 0-70470-00300-9; Case (12 count) UPC 000-70470-00300-6	12/20/23	X	X
General Mills	Yoplait Original, Red Raspberry, 6 oz cup	6	170	FG	140	1.5	9.6%	1.0	6.4%	100	0	19	3.2	13.0	2.2	yes	yes	yes		Product Code 301000; UPC 0-70470-00301-6; Case (12 count) UPC 000-70470-00301-3	12/20/23	X	X
General Mills	Yoplait Simply Go-Gurt Low Fat Yogurt, Mixed Berry, 2 oz tube	2	57	FG	45	0.5	10.0%	0.0	0.0%	30	0	5	2.5	10.0	5.0	yes	yes	yes	HPC, Sysco, Thurston	Code 19592000; UPC 0-70470-19592-6; Case (96 count) UPC 100-70470-19592-3	12/20/23	X	X
General Mills	Yoplait Simply Go-Gurt Low Fat Yogurt, Strawberry, 2 oz tube	2	57	FG	45	0.5	10.0%	0.0	0.0%	30	0	5	2.5	10.0	5.0	yes	yes	yes	HPC, Sysco, Thurston	Code 49295000; UPC 0-70470-49295-4; Case (96 count) UPC 100-70470-49295-4	12/20/23	X	X
General Mills	Yoplait Trix Lowfat Yogurt, Raspberry Rainbow, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.3	yes	yes	yes	Wades	Code 17725000; UPC 0-70470-00215-6; Case (48 count) UPC 000-70470-17725-0	12/20/23	X	X
General Mills	Yoplait Trix Lowfat Yogurt, Strawberry Banana Bash, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.3	yes	yes	yes	Wades	Code 17726000; UPC 0-70470-00214-9; Case (48 count) UPC 000-70470-17726-7	12/20/23	X	X
General Mills	Yoplait Trix Low-Fat Yogurt, Triple Cherry, 4 oz cup	4	113	FG	80	0.5	5.6%	0.5	5.6%	65	0	9	2.3	5.0	1.3	yes	yes	yes	Wades	Code 31077000; UPC 0-70470-31077-0; Case (48 count) UPC 100-70470-31077-7	12/20/23	X	X
Kozy Shack	Rice Pudding, Original, 4 oz cup	4	113	FG	120	2.0	15.0%	1.0	7.5%	125	0	14	3.5	9.0	2.3	yes	yes	yes		Product 03015; UPC 0-73491-03015-3; Case UPC 100-73491-03015-0	1/11/24	X	X
Kozy Shack	Tapioca Pudding, 4 oz cup	4	113	FG	120	2.0	15.0%	1.0	7.5%	130	0	16	4.0	12.0	3.0	yes	yes	yes		Product 03125; UPC 0-73491-03125-9; Case (48 count) UPC 100-73491-03125-6	1/11/24	X	X
Upstate Farms	Nonfat Swiss Yogurt 4 oz Mountain Blueberry	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21045; UPC 0-78800-11688-7; Case (48 count) UPC 100-78800-11688-4	1/28/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 4 oz Strawberry Banana	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	UPC 0-78800-11684-9; Case (48 count) UPC 100-78800-11302-9	3/3/25	X	X

List of Acceptable Foods and Beverages
List 7: Yogurt, Pudding, and Cottage Cheese

List 7: Yogurt, Pudding, and Cottage Cheese includes commercial products that meet the CNS snacks category, such as yogurt, soy yogurt, pudding, cottage cheese, and yogurt parfaits.

Note: Effective July 1, 2025, added sugars cannot exceed 2 grams per ounce. The products with added sugars highlighted in red with pink shading exceed this limit and will be removed effective June 30, 2025.

																				Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (weight in ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g)	Sugars: ≤ 4 g per ounce	Added sugars (g)	Effective July 1, 2025: ≤ 2 g added sugars per ounce	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup
Upstate Farms	Nonfat Swiss Yogurt 4 oz Vanilla	4	113	FG	90	0.0	0.0%	0.0	0.0%	55	0	14	3.5	7.0	1.8	yes	yes	yes	HPC, Thurston	UPC 0-78800-11687-0; Case (48 count) UPC 100-78800-11687-7	3/3/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 8 oz Country Peach	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.8	yes	yes	yes	HPC, Thurston	UPC 0-78800-11300-8; Case (12 count) UPC 100-78800-11300-5	3/3/25	X	X
Upstate Farms	Nonfat Swiss Yogurt 8 oz Strawberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.8	yes	yes	yes	HPC, Thurston	UPC 0-78800-11297-1; Case (12 count) UPC 100-78800-11297-8	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Classic Vanilla	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21029; UPC 0-78800-11687-0; Case (48 count) UPC 100-78800-11687-7	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Country Peach	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	UPC 0-78800-11683-2; Case (48 count) UPC 100-78800-11683-9	3/3/25	X	X
Upstate Farms	Nonfat Yogurt 4 oz Strawberry Banana	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21024; UPC 0-78800-11684-9; Case (48 count) UPC 100-78800-11684-6	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz Sweet Strawberry	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21025; UPC 0-78800-11685-6; Case (48 count) UPC 100-78800-11685-3	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz Tropical Mango	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21026; UPC 0-78800-11677-1; Case (48 count) UPC 100-78800-11677-8	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz, Cherry Vanilla	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21026; UPC 0-78800-11686-3; Case (48 count) UPC 100-78800-11686-0	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz, Country Peach	4	113	FG	80	0.0	0.0%	0.0	0.0%	75	0	12	3.0	7.0	1.8	yes	yes	yes	HPC, Thurston	Code 21023; UPC 0-78800-11683-2; Case (48 count) UPC 100-78800-11683-9	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 4 oz, Plain	4	113	FG	50	0.0	0.0%	0.0	0.0%	65	0	5	1.3	0.0	0.0	yes	yes	yes	HPC, Thurston	Code 09821; UPC 0-78800-11328-2; Case (48 count) UPC 100-78800-11328-9	12/15/23	X	X

List of Acceptable Foods and Beverages
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Upstate Farms	Nonfat Yogurt 8 oz, Cherry Vanilla	8	227	FG	160	0.0	0.0%	0.0	0.0%	150	0	25	3.1	14.0	1.8	yes	yes	yes	HPC, Thurston	Code 21053; UPC 0-78800-11301-5; Case (12 count) UPC 100-78800-11301-2	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Country Peach	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.8	yes	yes	yes	HPC, Thurston	Code 21054; UPC 0-78800-11300-8; Case UPC 100-78800-11300-5	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Mountain Blueberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.8	yes	yes	yes	HPC, Thurston	Code 21052; UPC 0-78800-11298-8; Case (12 count) UPC 100-78800-11298-5	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Strawberry Banana	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	13.0	1.6	yes	yes	yes	HPC, Thurston	Code 21055; UPC 0-78800-11302-2; Case (12 count) UPC 100-78800-11302-9	12/20/24	X	X
Upstate Farms	Nonfat Yogurt 8 oz, Sweet Strawberry	8	227	FG	150	0.0	0.0%	0.0	0.0%	150	0	24	3.0	14.0	1.8	yes	yes	yes	HPC, Thurston	Code 21056; UPC 0-78800-11297-1; Case (12 count) UPC 100-78800-11297-8	12/20/24	X	X