under 10 grams of fat ★ under 5 grams of fat ★ low fat ★ fat free ★ baked not fried ★ zero trans fat ★ calorie

Just4U®

Endorsed By

Healthy Gators 2010

Available at The Fresh Food Company

Broward Dining Hall

sweet ★ hearty whole grains ★ good source of calcium

Low Fat
under 3 grams of fat
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Vegetarian
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Carb Counter
15 or fewer grams of carbs
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Calorie Counter
100 calories or less
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Made with Hearty Whole Grains
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