



Otis Spunkmeyer®

# *Delicious* **Essentials™**

MADE WITH WHOLE GRAIN

**Baked goods that  
meet the USDA Smart  
Snacks guidelines**





Otis Spunkmeyer®

## Delicious Essentials™

MADE WITH WHOLE GRAIN



# Otis Spunkmeyer knows what kids want

**And Delicious Essentials™ makes it with what they need**

Recipes made with whole grain and designed to meet the smart snack school food requirements.\*

**Give students these essential creditable grain ounce equivalents (CGOE):**

1 oz cookie dough items provide at least 0.5 CGOE based on grain content.\*

1.5 oz cookie dough items provide at least 1 CGOE based on grain content.\*

1.85 oz cookie dough items provide at least 1 CGOE based on grain content.\*

2 oz muffins provide at least 1 CGOE

4 oz muffins provide at least 2 CGOE

50% or more of the total grains are whole grain and meet Whole Grain Rich criteria

Minimum 8g whole-grain per labeled serving size

No more than 35% of total calories from fat.

Not low in total fat.\*\*

No more than 10% of total calories from saturated fat.

Not low in saturated fat.\*\*

No more than 200 mg sodium per serving.\*\*

No more than 35% total sugar by weight.\*\*

No high-fructose corn syrup

\*Excludes 4 oz muffins and 2 oz cookie dough items. Delicious Essentials 4 oz muffins exceed Smart Snack calorie limits of 350 for an entrée. However, any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

\*\*Nutrition information provided is subject to change at any time. Please check with your Aspire Bakeries representative for the most current nutrition information.



# We want to help you grow

Otis Spunkmeyer offers a wide range of foods made with whole grain that serves all day-parts. Let's partner to elevate the food experience with our great brands and 'Rise Together'.



## Oven Program

Otis Spunkmeyer® provides a comprehensive support program; including complimentary merchandising equipment and point-of-purchase materials to drive profitable impulse sales and check averages.



FOR MORE INFORMATION CONTACT YOUR LOCAL ASPIRE BAKERIES SALES REPRESENTATIVE OR CALL 1-844-99ASPIRE (1-844-992-7747) [WWW.OTISSPUNKMEYER.COM](http://WWW.OTISSPUNKMEYER.COM)



RECIPE IDEAS



OUR BRANDS



## NUTRITIONAL INFORMATION

| Description | Item Code | Case Count | Cal. | Cal. From Fat | Cal. From Sat fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Chol. (mg) | Sodium (mg) | Total Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Creditable Grain Amount* |
|-------------|-----------|------------|------|---------------|-------------------|---------------|--------------|---------------|------------|-------------|-----------------|-------------------|------------|-------------|--------------------------|
|-------------|-----------|------------|------|---------------|-------------------|---------------|--------------|---------------|------------|-------------|-----------------|-------------------|------------|-------------|--------------------------|

### Delicious Essentials™ Frozen Cookie Dough Items Made with Whole Grain

#### Nutrition per 1 oz cookie dough piece

|                |       |     |     |    |    |     |   |   |    |    |    |   |   |   |     |
|----------------|-------|-----|-----|----|----|-----|---|---|----|----|----|---|---|---|-----|
| Chocolate Chip | 55670 | 384 | 110 | 30 | 10 | 3.5 | 1 | 0 | 5  | 85 | 18 | 1 | 8 | 1 | .5  |
| Oatmeal Raisin | 55673 | 384 | 110 | 30 | 10 | 3.5 | 1 | 0 | 10 | 85 | 18 | 1 | 9 | 2 | .75 |
| Sugar          | 55674 | 384 | 110 | 30 | 10 | 3   | 1 | 0 | 10 | 75 | 18 | 1 | 9 | 1 | .75 |
| Carnival       | 55678 | 384 | 110 | 30 | 10 | 3.5 | 1 | 0 | 5  | 85 | 18 | 1 | 8 | 1 | .75 |

#### Nutrition per 1.5 oz cookie dough piece

|                   |       |     |     |    |    |   |     |   |    |     |    |   |    |   |   |
|-------------------|-------|-----|-----|----|----|---|-----|---|----|-----|----|---|----|---|---|
| Chocolate Chip    | 55680 | 240 | 160 | 50 | 15 | 5 | 1.5 | 0 | 10 | 105 | 27 | 2 | 13 | 2 | 1 |
| Sugar             | 55684 | 240 | 160 | 45 | 15 | 5 | 1.5 | 0 | 15 | 115 | 27 | 2 | 13 | 2 | 1 |
| Carnival          | 55688 | 240 | 170 | 50 | 15 | 6 | 1.5 | 0 | 10 | 130 | 27 | 2 | 13 | 2 | 1 |
| Chocolate Brownie | 55689 | 240 | 160 | 45 | 15 | 5 | 1.5 | 0 | 10 | 140 | 27 | 2 | 12 | 2 | 1 |

#### Nutrition per 1.85 oz cookie dough piece

|                   |       |     |     |    |    |   |     |   |    |     |    |   |    |   |      |
|-------------------|-------|-----|-----|----|----|---|-----|---|----|-----|----|---|----|---|------|
| Chocolate Chip    | 21649 | 180 | 200 | 50 | 15 | 6 | 1.5 | 0 | 20 | 190 | 33 | 2 | 16 | 3 | 1.25 |
| Sugar             | 21650 | 180 | 200 | 50 | 20 | 6 | 2   | 0 | 15 | 170 | 34 | 2 | 16 | 2 | 1.25 |
| Chocolate Brownie | 21652 | 180 | 200 | 50 | 20 | 6 | 2   | 0 | 15 | 190 | 33 | 2 | 16 | 3 | 1    |

### Delicious Essentials™ Muffins Made with Whole Grain, Individually Wrapped

#### Nutrition per 2 oz muffin

|                     |       |    |     |    |    |   |   |   |    |     |    |   |    |   |   |
|---------------------|-------|----|-----|----|----|---|---|---|----|-----|----|---|----|---|---|
| Blueberry           | 10143 | 72 | 190 | 52 | 20 | 6 | 2 | 0 | 40 | 130 | 30 | 2 | 16 | 3 | 1 |
| Banana              | 10144 | 72 | 190 | 52 | 20 | 6 | 2 | 0 | 40 | 130 | 30 | 2 | 17 | 3 | 1 |
| Chocolate Choc Chip | 10145 | 72 | 200 | 52 | 20 | 6 | 2 | 0 | 40 | 130 | 32 | 2 | 17 | 4 | 1 |
| Apple Cinnamon      | 10146 | 72 | 190 | 52 | 15 | 6 | 2 | 0 | 40 | 130 | 30 | 2 | 16 | 3 | 1 |
| Corn                | 21640 | 72 | 190 | 60 | 15 | 7 | 2 | 0 | 40 | 190 | 31 | 1 | 13 | 4 | 1 |
| Chocolate Chip      | 24185 | 72 | 200 | 66 | 20 | 7 | 2 | 0 | 40 | 125 | 32 | 2 | 15 | 3 | 1 |

#### Nutrition per 4 oz muffin

|                     |       |    |     |     |    |    |   |   |    |     |    |   |    |   |   |
|---------------------|-------|----|-----|-----|----|----|---|---|----|-----|----|---|----|---|---|
| Blueberry           | 10147 | 48 | 380 | 110 | 35 | 12 | 4 | 0 | 85 | 270 | 61 | 4 | 32 | 6 | 2 |
| Banana              | 10148 | 48 | 380 | 110 | 30 | 12 | 4 | 0 | 80 | 260 | 61 | 5 | 34 | 7 | 2 |
| Chocolate Choc Chip | 10149 | 48 | 390 | 110 | 35 | 12 | 4 | 0 | 90 | 260 | 63 | 4 | 35 | 7 | 2 |
| Apple Cinnamon      | 10150 | 48 | 380 | 110 | 35 | 12 | 4 | 0 | 80 | 260 | 61 | 4 | 33 | 7 | 2 |

\*Values reported use Crediting Standards Based on Grams of Creditable Grains. Creditable Grain amount may be different using Crediting Standards Based on Revised Exhibit A weights per oz equivalent.

## CASE SPECIFICATIONS

| Description                                   | Net Wt. (lb.) | Gross Wt. (lb.) | Case Dimensions            | Case Cube | Pallet Pattern | Pallet Layers |
|-----------------------------------------------|---------------|-----------------|----------------------------|-----------|----------------|---------------|
| Delicious Essentials™ Cookies Dough (1-oz.)   | 24            | 25.25           | 14.313" x 10.813" x 7.188" | 0.644     | 11             | 8             |
| Delicious Essentials™ Cookies Dough (1.5-oz.) | 22.5          | 24              | 13.188" x 10.813" x 7.875" | 0.650     | 12             | 7             |
| Delicious Essentials™ Cookies (1.85-oz.)      | 20.81         | 21.56           | 13.188" X 10.813" X 7.875" | 0.650     | 12             | 7             |
| Delicious Essentials™ Cookies Dough (2.0-oz.) | 20            | 21.25           | 13.188" X 10.813" X 7.875" | 0.655     | 12             | 7             |

|                                       |    |       |                            |       |    |   |
|---------------------------------------|----|-------|----------------------------|-------|----|---|
| Delicious Essentials™ Muffins (2-oz.) | 9  | 10.75 | 16.445" x 10.945" x 8.265" | 0.860 | 9  | 9 |
| Delicious Essentials™ Muffins (4-oz.) | 12 | 12.9  | 14.183" x 11.438" x 10.25" | 1.015 | 10 | 7 |



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