



Product Point Values

Product	Size (oz.)	Point Value
Bars		
12 ct. MorniNutri-Grain Variety (Cinnamon Toast, Elf Grahams, Pop-Tarts Mini Crisps)	12.4	150
AmaziNutri-Grain Spiderman Cheez-It	13.7	90
AmaziNutri-Grain Spiderman Graham Bites Original	11	90
MorniNutri-Grain Variety 12 Pack (Pop-Tarts Mini Crisps, Cinnamon Toast, Elf Grahams)	12.4	150
Nutri-Grain Bars 8ct - Apple Cinnamon	10.4	80
Nutri-Grain Bars 8ct - Blueberry	10.4	80
Nutri-Grain Bars 8ct - Mixed Berry	10.4	80
Nutri-Grain Bars 8ct Strawberry	10.4	80
Special K Bar 12ct Variety Pack	9.45	160
Special K Chocolatey Pretzel Bars 6ct (triseal)	4.6	80
Special K Granola Bars - Chocolatey PB	4.76	80
Special K Granola Bars - Dark Chocolate	4.76	80
Special K Meal Bar - Chocolate Caramel 6ct. carton	9.5	160
Special K Meal Bar - Chocolate Peanut Butter 6ct. carton	9.5	160
Special K Meal Bar - Chocolatey Chip 6ct. carton	9.5	160
Special K Meal Bar - Double Chocolate 6ct. carton	9.5	160
Special K Meal Bar - Honey Almond 6ct. carton	9.5	160
Special K Meal Bar - Strawberry 6ct. carton	9.5	160
Special K Protein & Fiber granola bars - Chocolatey PB	4.76	80
Special K Protein & Fiber Granola Bars - Dark Chocolate	4.76	80
Special K Snack Bar - Chocolate Delight 6ct. carton	5.5	80
Special K Snack Bar Chocolate Peanut 6ct. carton	5.5	80
Cereal		
All Bran Complete Wheat Bran Flakes	18	100
All-Bran	18.3	100
All-Bran Bran Buds	17.7	100
Apple Jacks	8.7	80
Apple Jacks	12.2	80
Apple Jacks	17	100
Apple Jacks	21.7	100
Apple Jacks	14.7	100
Apple Jacks Club	43.6	150
Bite Size Frosted Mini-Wheats Strawberry Delight	21	100
Bite Size Frosted Mini-Wheats Strawberry Delight	15.5	100
Bite Size Mini-Wheats	18	100
Bite Size Mini-Wheats	24	150
Bite Size Mini-Wheats	30	150

Cinnabon cereal	9	80
Cocoa Krispies	21.7	100
Cocoa Krispies	32.6	150
Cocoa Rice Krispies	11.3	80
Cocoa Rice Krispies	16.5	100
Corn Flakes	24	150
Corn Flakes	12	80
Corn Flakes	18	100
Corn Pops	9.2	80
Corn Pops	15	100
Corn Pops	12.5	80
Corn Pops	17.2	100
Corn Pops	21.4	100
Cracklin Oat Bran	17	100
Crispix	12	80
Crispix	17.9	100
Crunchy Nut Caramel Nut	13.4	80
Crunchy Nut Golden Honey Nut	14.1	100
Crunchy Nut Golden Honey Nut	20.8	100
Crunchy Nut Roasted Nut & Honey	10.8	80
Crunchy Nut Roasted Nut & Honey	13.6	80
Eggo cereal	9.4	80
Fiber Plus Berry Yogurt Crunch	15.3	100
Fiber Plus Caramel Pecan Crunch	15.5	100
Fiber Plus Cinnamon Oat Crunch	11.5	80
Froot Loops	14.7	100
Froot Loops	8.7	80
Froot Loops	12.2	80
Froot Loops	17	100
Froot Loops	21.7	100
Froot Loops 753 cube	43.6	150
Frosted Flakes	10.5	80
Frosted Flakes	15	100
Frosted Flakes	19	100
Frosted Flakes	18	100
Frosted Flakes	19	100
Frosted Flakes	15	100
Frosted Flakes	10.5	80
Frosted Flakes	26.8	150
Frosted Krispies	12.5	80
Frosted Mini-Wheats Big Bite	18	100
Frosted Mini-Wheats Blueberry	21	100
Frosted Mini-Wheats Blueberry	15.5	100
Frosted Mini-Wheats Cinnamon Roll Little Bites	15.2	100
Frosted Mini-Wheats Cinnamon Streusel	15.5	100
Frosted Mini-Wheats Little Bites Chocolate	15.2	100
Frosted Mini-Wheats Maple Brown Sugar	21	100
Frosted Mini-Wheats Maple Brown Sugar	15.5	100
Frosted Mini-Wheats Original	30	150

Frosted Mini-Wheats Original	18	100
Frosted Mini-Wheats Original	24	150
Frosted Mini-Wheats Original Little Bites	15.2	100
Frosted Mini-Wheats Strawberry	15.5	100
Frosted Mini-Wheats Strawberry	21	100
Frosted Mini-Wheats Touch of Fruit in the Middle Mixed Berry	24	150
Frosted Mini-Wheats Touch of Fruit in the Middle Mixed Berry	15	100
Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry 15oz	15	100
Kellogg's Apple Jacks - 3pack	26.1	150
Kellogg's Corn Pops - 3pack	27.6	150
Kellogg's Froot Loops - 3pack	26.1	150
Kellogg's Frosted Flakes - 3pack	31.5	150
Kellogg's Frosted Flakes Reduced Sugar	19	100
Kellogg's Frosted Flakes Reduced Sugar	14.7	100
Kellogg's Frosted Flakes Reduced Sugar	14.7	100
Krave Chocolate	11.4	80
Krave Chocolate	15.5	100
Krave Chocolate Club Pack	29.8	150
Krave Double Chocolate	11	80
Krave Double Chocolate	15.6	100
Krave Halloween Carton	7	80
Low Fat Granola Original	18	100
Low Fat Granola with Raisins	18	100
Maple & Brown Sugar Mini-Wheats	21	100
Maple & Brown Sugar Mini-Wheats	15.5	100
Marshmallow Froot Loops	12.6	80
Mini-Wheats Blueberry Muffin	21	100
Mini-Wheats Blueberry Muffin	15.5	100
Mini-Wheats Cinnamon Streusel	15.5	100
Mini-Wheats Little Bites Cinnamon Roll	15.2	100
Mini-Wheats Little Bites Original	15.2	100
Mini-Wheats Touch of Fruit in the Middle Mixed Berry	24	150
Mini-Wheats Touch of Fruit in the Middle Mixed Berry	15	100
Mini-Wheats Touch of Fruit in the Middle Raspberry	15	100
Mini-Wheats Unfrosted	18	100
Mueslix	15.3	100
Product 19	12	80
Raisin Bran	23.5	100
Raisin Bran	18.7	100
Raisin Bran	13.7	80
Raisin Bran	30	150
Raisin Bran Cinnamon Almond	14.5	100
Raisin Bran Crunch	24.8	150
Raisin Bran Crunch	18.2	100
Rice Krispies	18	100
Rice Krispies	12	80
Rice Krispies	9	80
Rice Krispies	24	150
Rice Krispies Brown Rice Gluten Free	12	80

Rice Krispies Club	34.4	150
Rice Krispies Treats Cereal	14.2	100
Smacks	15.3	100
Smart Start Original Antioxidants	17.5	100
Smorz	8.9	80
Special K	12	80
Special K	18	100
Special K Blueberry	11.4	80
Special K Blueberry	15.5	100
Special K Chocolatey Delight	13.4	80
Special K Chocolatey Delight	17.7	100
Special K Cinnamon Pecan	12.5	80
Special K Cinnamon Pecan	17	100
Special K Fruit and Yogurt	17.5	100
Special K Fruit and Yogurt	12.8	80
Special K Low Fat Granola Touch of Honey	19.5	100
Special K Protein Plus	13.5	80
Special K Red Berries	12	80
Special K Red Berries	16.7	100
Special K Multigrain Oats and Honey	18	100
Special K Multigrain Oats and Honey	13.6	80
Special K Vanilla Almond	12.4	80
Special K Vanilla Almond	17.5	100
Tri Fun with Cocoa Krispies/Corn Pops/Apple Jacks	57.5	250

Cookies and Snacks

100 Calore Right Bites Fudge Shoppe Fudge Dipped Pretzels	4.44	75
100 Calore Right Bites White Fudge Dipped Pretzels	4.44	75
100 Calorie Right Bites Mini Brownies, 6ct.	4.44	75
100 Calorie Right Bites Mini Fudge Stripes 6ct.	4.44	75
100 Calorie Right Bites Mini Fudge Stripes Value 12 Pack	8.88	120
100 Calorie Right Bites Variety 12 Pack (Chips Deluxe, Sandies, Rice Krispies Treats)	36.16	150
Famous Amos Chocolate Chip & Pecans	12.4	75
Famous Amos Chocolate Chip	12.4	75
Fruit Snacks Mickey and Friends -10ct. Carton	8	70
Fudge Sticks Jumbo Mint	6.6	120
Fudge Sticks Jumbo Peanut Butter	6.6	120
Jumbo Fudge Sticks Original	6.6	120
Keebler Holiday Almond Crescents	11	120
Keebler Holiday Gingerbread Men	10	120
Keebler Holiday Jingle Cookies	11	120
Keebler Mini Vanilla Wafers	12	120
Keebler Vanilla Wafers	12	120
Mickey & Friends Halloween 30ct. Pack	18.9	160
Mini Fudge Stripes	16.8	150
Mini Fudge Stripes 12 Pack	16.8	150
Mother's Circus Animal 12 Pack	14.4	120

Murray Vanilla Wafers	11	75
Rice Krispies Treats Orig 8 ct.	6.2	80
Rice Krispies Treats Orig 16 ct.	12.4	160
Right Bites Variety 12 Pack (Fudge Grahams, Cheez-Its, Mini Fudge Stripes)	8.88	120
Special K Pastry Crisps 5ct Blueberry	4.4	80
Special K Pastry Crisps 5ct Strawberry	4.4	80
Variety 12 Pack (Bug Bites/Rice Krispies Treats/Scooby Grahams)	11	50
Variety 12 Pack (Chips Deluxe Rainbow, Cheez-It, Mini Fudge Stripes)	16.2	150
Variety 20 Pack (Mini Fudge Stripes/Cheez-It Original/Mini Chips Deluxe)	25.7	150

Crackers

Cheez-It Asiago	13.7	90
Cheez-It Baby Swiss	13.7	90
Cheez-It BIG	11.7	90
Cheez-It BIG Monterey Jack	11.7	90
Cheez-It Cheddar Jack	13.7	90
Cheez-It Colby Carton	13.7	90
Cheez-It Double Cheese Snack Mix	9.75	90
Cheez-It Double Cheese Snack Mix Carton	9.75	90
Cheez-It DUOZ Sharp Cheddar/Parmesan	13.7	90
Cheez-It DUOZ Smoked Cheddar/Monterey Jack	13.7	90
Cheez-It Hot & Spicy	13.7	90
Cheez-It Hot & Spicy	7	50
Cheez-It Hot & Spicy Carton	13.7	90
Cheez-It Italian Four Cheese	13.7	90
Cheez-It Mozzarella	13.7	90
Cheez-It Original	13.7	90
Cheez-It Original	7	50
Cheez-It Original 12 Pack	15	150
Cheez-It Original 20 Pack	25	150
Cheez-It Original Carton	7	50
Cheez-It Original Carton	21	150
Cheez-It Original Club	48	150
Cheez-It Original Club	56	150
Cheez-It Pepper Jack	13.7	90
Cheez-It Reduced Fat	6	50
Cheez-It Reduced Fat	11.5	90
Cheez-It Reduced Fat 12 Pack	15	150
Cheez-It Reduced Fat Family Size	19	150
Cheez-It Reduced Fat White Cheddar	11.5	90
Cheez-It Scrabble Jr.	13.7	90
Cheez-It Scrabble Jr.	7	50
Cheez-It Scrabble Jr. 12 Pack	13.2	150
Cheez-It Snack Mix	10.5	90
Cheez-It Variety 12 Pack (Cheddar Jack, White Cheddar & Original)	15	150
Cheez-It White Cheddar	13.7	90
Cheez-It White Cheddar	7	50

Cheez-It White Cheddar	21	150
Cheez-It Whole Grain	13.7	90
Grahams Cinnamon	14	90
Grahams Honey	16	90
Grahams Honey	32	150
Grahams Original	15	90
GRIPZ Cheez-It 14ct.	12.6	50
GRIPZ Variety 14 Pack (Chips Deluxe Original/Grahms/Cheez-It Original)	12.6	120
Keebler Animals Variety 12 Pack (Frosted, Graham Crackers, Iced)	16.8	150
Keebler Cheese & PB Sandwich Crackers 8 ct Flat Tray	11	50
Keebler Cheese& Cheddar 8 ct Flat Tray	11	50
Keebler Club & Cheddar 8 ct Flat Tray	11	50
Keebler Club & Cheddar 8 ct Glued Tray	11	50
Keebler Club Buttery Garlic	16	50
Keebler Club Buttery Garlic	0	50
Keebler Club Minis Multi-Grain	11	90
Keebler Club Minis Original	11	90
Keebler Club Multigrain	15	90
Keebler Club Original	16	90
Keebler Club Reduced Fat	14	90
Keebler Toast & PB 8 ct Flat Tray	11	50
Kellogg's Special K Cracker Chips Cheddar	4	90
Kellogg's Special K Cracker Chips Sea Salt	4	90
Kellogg's Special K Cracker Chips Sour Cream & Onion	4	90
Kellogg's Special K Cracker Chips Southwest Ranch	4	90
Kellogg's Special K Crackers	8	90
Kellogg's Special K Crackers - Multi-Grain	8	90
Kellogg's Special K Popcorn Chips Butter	4.5	90
Kellogg's Special K Popcorn Chips Sea Salt	4.5	90
Kellogg's Special K Popcorn Chips Sweet & Salty	4.5	90
Kellogg's Special K Snack Crackers Savory Herb	8	90
Krispy Soup and Oyster Crackers	11	50
Scooby Grahams Cinnamon	12	50
Sunshine Krispy Original	16	50
Sunshine Krispy Wheat	16	50
Toasteds Buttercrisp	8	90
Toasteds Harvest Wheat	8	90
Toasteds Onion	8	90
Toasteds Party Pack	12	90
Toasteds Sesame	8	90
Town House Flatbread Crisps Italian Herb	9.5	50
Town House Flatbread Crisps Roasted Garlic	9.5	50
Town House Flatbread Crisps Sea Salt & Olive Oil	9.5	50
Town House Flipsides Cheddar	11.7	50
Town House Flipsides Garlic Herb	11.7	50
Town House Flipsides Original	11.7	50
Town House Flipsides Reduced	11.7	50
Town House Original	16	50

Town House Reduced Fat	13	50
Town House Toppers Garlic Herb	13.5	50
Town House Toppers Multigrain	13.5	50
Town House Toppers Original	13.5	50
Town House Wheat.	16	50
Zesta Saltine Crackers	16	50
Zesta Whole Wheat	16	50

Frozen Breakfast

Eggo 10ct. -- Blueberry	12.3	80
Eggo 10ct. -- Buttermilk	12.3	80
Eggo 10ct. -- Homestyle	12.3	80
Eggo 24ct. -- Homestyle	29.6	140
Eggo 60ct. Blueberry	74.1	260
Eggo Chocolate Chip Pancakes	14.8	80
Eggo Fiber Plus Antioxidants Chocolate Chip Waffles	9.8	80
Eggo Fiber Plus Calcium Buttermilk Waffles	9.8	80
Eggo French Toaster Sticks Cinnamon	12.7	80
Eggo French Toaster Sticks Original	12.7	80
Eggo Mini Muffin Tops -- Blueberry	12.9	80
Eggo Mini Muffin Tops -- Chocolate Chip	12.9	80
Eggo Nutri-Grain 20ct Waffle	24.6	140
Eggo Pancakes Blueberry	14.8	80
Eggo Pancakes Buttermilk	16.4	80
Eggo Pancakes Buttermilk Minis	14.1	80
Eggo Thick & Fluffy 12ct family pack	23.2	140
Eggo Thick and Fluffy Cinnamon and Brown Sugar	11.6	80
Eggo Thick and Fluffy Original Recipe	11.6	80
Eggo Waffle Strawberry	12.3	80
Eggo Wafflers Brown Sugar Cinnamon Roll	10.7	80
Eggo Wafflers Strawberry Studel	10.7	80
Eggo Waffles 10 ct. Nutri-Grain Honey Oat	12.3	80
Eggo Waffles 10 ct. Nutri-Grain Low Fat	12.3	80
Eggo Waffles 10 ct. Nutri-Grain Whole Wheat	12.3	80
Eggo Waffles 10ct. Nutri-Grain Blueberry	12.3	80
Eggo Waffles Blueberry	29.6	140
Eggo Waffles Buttermilk	29.6	140
Eggo Waffles Chocolate Chip 10ct	12.3	80
Eggo Waffles Chocolate Chip 24ct	29.6	140
Eggo Waffles Cinnamon Toast	25.8	140
Eggo Waffles Cinnamon Toast 10ct	10.75	80
Eggo Waffles French Toast	12.6	80
Eggo Waffles HomeStyle Minis 10ct.	10.9	80
Special K Flatbread Egg with Vegetables & Cheese	13.4	80
Special K Flatbread Ham, Egg & Pepper Jack Cheese	14.4	80
Special K Flatbread Sausage, Egg & Cheese	16.4	80

Toaster Pastries

Pop-Tarts 12 Ct. Frosted Sugar Cookie Printed Fun	21.2	60
Pop-Tarts 12 Ct. Spookylicious Frosted Chocolate Fudge	22	60
Pop-Tarts 12 Ct. Frosted Brown Sugar Cinnamon	21	60
Pop-Tarts 12 Ct. Frosted Cherry	22	60
Pop-Tarts 12 Ct. Frosted Chocolate Fudge	22	60
Pop-Tarts 12 Ct. Frosted Marshmallow Hot Chocolate	21.1	60
Pop-Tarts 12 Ct. Frosted Strawberry	22	60
Pop-Tarts 12 Ct. Pumpkin Pie	21.1	60
Pop-Tarts 12 Ct. S'mores	22	60
Pop-Tarts 12ct. Gingerbread	21.1	60
Pop-Tarts 16 Ct. Frosted Blueberry	29.3	100
Pop-Tarts 16 Ct. Frosted Brown Sugar Cinnamon	28.2	100
Pop-Tarts 16 Ct. Frosted BSC	28.2	100
Pop-Tarts 16 Ct. Frosted Cherry	29.3	100
Pop-Tarts 16 Ct. Frosted Chocolate Fudge	29.3	100
Pop-Tarts 16 Ct. Frosted Strawberry	29.3	100
Pop-Tarts 16 ct. Frosted Sugar Cookie Printed Fun	28.2	100
Pop-Tarts 16 ct. Gingerbread	28.2	100
Pop-Tarts 16 Ct. Pumpkin Pie	28.2	100
Pop-Tarts 16 Ct. S'mores	29.3	100
Pop-Tarts 16 Ct. Spookylicious Frosted Chocolate Fudge	29.3	100
Pop-Tarts 8 Ct. Frosted Blueberry	14.7	60
Pop-Tarts 8 Ct. Frosted Brown Sugar Cinnamon	14	60
Pop-Tarts 8 Ct. Frosted Chocolate Fudge	14.7	60
Pop-Tarts 8 Ct. Frosted Marshmallow Hot Chocolate	14.1	60
Pop-Tarts 8 Ct. Frosted Strawberry	14.7	60
Pop-Tarts 8 Ct. Frosted Strawberry - Bulldog Berry Printed Fun - University of Georgia	14.6	60
Pop-Tarts 8 Ct. Frosted Strawberry - Florida Gators Strawberry Printed Fun - University of Florida	14.6	60
Pop-Tarts 8 Ct. Frosted Strawberry - Go Blue Strawberry Printed Fun - University of Michigan	14.6	60
Pop-Tarts 8 Ct. Frosted Strawberry - Razorback Red Printed Fun - Arkansas Razorbacks	14.6	60
Pop-Tarts 8 Ct. Frosted Strawberry - Tar Heel Berry - Printed Fun	14.6	60
Pop-Tarts 8 Ct. Smores	14.7	60
Pop-Tarts 8 Ct. Strawberry (unfrosted)	14.7	60
Pop-Tarts 8ct. Chocolate Chip Cookie Dough	14.1	60
Pop-Tarts 8ct. Cookies N Creme	14.1	60
Pop-Tarts 8ct. Frosted Cherry	14.7	60
Pop-Tarts 8ct. Hot Fudge Sundae	13.5	60
Pop-Tarts Mini Crisps 6 ct. Frosted Blueberry	4.9	60
Pop-Tarts Mini Crisps 6 ct. Frosted Brown Sugar Cinnamon	4.8	60
Pop-Tarts Mini Crisps 6 ct. Frosted Strawberry	4.86	60
Pop-Tarts Mini Crisps 8 ct. Frosted Strawberry	6.49	60

Vegetarian

MorningStar Farms Asian Veggie Patties	9.5	120
MorningStar Farms Bacon Strips	5.25	120

MorningStar Farms Buffalo Wings	10.5	120
MorningStar Farms Chik Patties	10	120
MorningStar Farms Chik'n Nuggets	10.5	120
MorningStar Farms Garden Veggie Patties	9.5	120
MorningStar Farms Grillers 1/4 Pound Burger	8	120
MorningStar Farms Grillers California Turk'y 4ct	9	120
MorningStar Farms Grillers Chik'n	9.5	120
MorningStar Farms Grillers Original	9	120
MorningStar Farms Grillers Original Value Pack	18	150
MorningStar Farms Grillers Prime 4ct	10	120
MorningStar Farms Grillers Vegan	10	120
MorningStar Farms Italian Herb Chik Pattie	10	120
MorningStar Farms Meal Starters Veggie Meatballs	8.5	120
MorningStar Farms Mushroom Lover's Burger	9	120
MorningStar Farms Riblets Hickory BBQ	10	120
MorningStar Farms Sausage Links	8	120
MorningStar Farms Sausage Patties Hot & Spicy	8	120
MorningStar Farms Sausage Patties Maple	8	120
MorningStar Farms Sausage Patties Original	8	120
MorningStar Farms Sausage Patties Value Pack	16	120
MorningStar Farms Spicy Black Bean Burger	9.5	120
MorningStar Farms Spicy Black Bean Burger Value Pack	18.9	150
MorningStar Farms Tomato & Basil Pizza Burger	9.5	120
MorningStar Farms Breakfast Patties	8	120