



A la Carte Snack Nutrition Information 2019-2020

Snack selection varies by school

Item Name	Manufacturer	Nutritionals 2019-2020											
		Serving Size (oz)	Serving Size (g)	Calories	Calories from Fat (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	CHO (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
FOOD													
YODOTS COOKIE DOUGH	Dip N' Dots	4	85	140	25	2.5	1.5	0	26	<1	20	2	65
YODOTS OREO	Dip N' Dots	4	85	130	25	3	1	0	25	<1	19	2	55
YODOTS COTTON CANDY	Dip N' Dots	4	85	100	10	1.5	1	0	20	0	18	1	20
YODOTS COTTON RED BERRY	Dip N' Dots	4	85	130		2.5	0.5	0	25	0	25	1	50
YODOTS COTTON RAINBOW	Dip N' Dots	4	85	100	10	1.5	1	0	20	<1	18	1	20
Chips, Baked Cheetos, Flamin' Hot, 104/25g/cs. Frito Lay	Frito	0.875	24.8	120		4.5	0.5	0	16	1	<1	2	200
Chips, Baked Lay's, Original, Frito Lay	Frito	1.125	31.8	140		4	0.5	0	24	2	3	2	180
Chips, Baked Lay's BBQ, Frito Lay, 0.875oz	Frito		31.8	140		3.5	0.5	0	24	2	3	2	180
Chips, Baked Ruffle's, Cheddar & Sour Cream, 60/25g/cs. Frito Lay	Frito	0.8	22.7	100		2.5	0	0	17	1	2	1	200
Chips, Kettle Cooked, Sea Salt & Vinegar, Frito Lay	Frito Lay		38.98	180		7	1	0	28	2	2	3	180
Chips, Kettle Cooked, Jalapeno Cheddar, Frito Lay	Frito Lay		38.98	180		7	1	0	27	2	2	3	160
Chips, Reduced Fat, Cheeto, Puffs, 72/28g/cs. Frito Lay	Frito	0.7	19.8	90		3.5	0.5	0	13	<1	<1	2	140
Chips, Reduced Fat, Doritos Cool Ranch, 72/28g/cs. Frito Lay	Frito	1	28	130		5	0.5	0	20	2	0	2	150
Chips, Reduced Fat, Doritos Flamas, 72/28g/cs. Frito Lay	Frito	1	28	130		5	0.5	0	20	2	<1	2	200
Chips, Reduced Fat, Doritos Nacho Cheese, 72/28g/cs. Frito Lay	Frito	1	28	130		5	1	0	20	2	<1	2	200
Chips, Reduced Fat, Doritos Spicy Sweet Chili, Frito Lay	Frito Lay		28	130		5	0.5	0	20	2	<1	2	200
Chips, Popchips, Barbeque, 1OZ	Popchips	1	28	120		4	0.5	0	19	0	2	2	200
Chips, Popchips, Sea Salt 1OZ	Popchips	1	28	120		4	0	0	20	0	0	1	190
Cookie Bites, Chocolate Chip, Whole Grain, Grandmas, No Transfat, 1.5oz/ 60ct	Frito	1.22	34.587	160		6	1.5	0	25	3	11	2	160
Brookie, Reduced Fat, Chocolate Chip, WG, 1.8OZ	Bonzers	1.8	51	199	60	7	2.2	0	33	2	17	3	55
Cracker, Cheez-It, Whole Grain, Kellogg	Kellogg		21	100		3.5	1	0	14	1	0	2	150
Fruit Snacks, Assorted Fruit, 1.55oz, 144ct	Motts/General Mills	1.6	45	130		0	0	0	37	8	15	0	55

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Fruit Snacks, Mixed Berry, 1.55oz, 144ct	Motts/General Mills	1.6	45	130		0	0	0	38	9	15	0	55
Granola Bar, Chewy, Cookies n' Cream,	Quaker		39	150	35	4	1	0	29	4	9	2	135
Granola Bar, Honey Oat, 144/.74oz/cs. Nature's Valley	General Mills	0.74	21	90	30	3	0	0	15	1	6	2	80
Bunny Grahams, Honey, Annie's	General Mills		35	160		6	1	0	24	3	8	3	140
Gum, Trident Tropical Twist, Sugar Free	Trident		1.8	<5		0	0	0	1	0	0	0	0
Gum, Extra Bubblegum, Sugar Free	Extra		2.7	5		0	0	0	2	0	0	0	0
Gum, Extra Watermelon, Sugar Free	Extra		2.7	5		0	0	0	2	0	0	0	0
Gum, Peppermint, Extra, Sugar Free	Extra		2.7	5		0	0	0	2	0	0	0	0
Gum, Peppermint, Orbit, Sugar Free	Wrigley		1.9	<5		0	0	0	1	0	0	0	0
Gum, Orbit Spearmint, Sugar Free	Wrigley		1.9	<5		0	0	0	1	0	0	0	0
Hummus, Bush's Best	Bush Brothers & Company	0.33	30	85	60	6	1	0	5	1	1	2	125
Popcorn, White Cheddar, 72/0.5oz/cs. Smart Foods Delights	Frito Lay	0.5	14	70		2.5	0	0	9	2	0.5	2	100
Popcorn, Pirates Booty	B&G Foods	0.75	21	100	35	4	0.5	0	14	1	1	2	140
Rockin'Ola Granola, Cinnamon, 1 OZ	Sargent Foods	1	28	120		2.5	0	0	21	2	6	3	0
Muffin, Banana, 2OZ	Chef Pierre	2	57	200	70	8	1.5	0	31	1	16	2	110
Muffin, Blueberry, 2OZ	Chef Pierre	2	57	190	60	7	1	0	30	1	15	2	135
Muffin, Cinnamon Apple, 2OZ	Chef Pierre	2	56	190		7	1	0	30	2	16	2	130
Muffin, Double Chocolate Chunk, 2OZ	Chef Pierre	2	57	180	60	6	1.5	0	27	2	14	3	105
NUTRIGRAIN APPLE CINNAMON	Kellogg	1.6	44	160	35	4	0.5	0	30	3	14	2	135
NUTRIGRAIN STRAW	Kellogg	1.6	44	160		4	0.5	0	30	3	14	2	150
RICE KRISPIE WHL GRAIN ORIGINAL	Kellogg	1.4	40	160		4	1	0	30	<1	11	2	150
RICE KRISPIE WG CHOCOLATE	Kellogg	1.6	45	190		5	2	0	34	<1	15	2	150
Cereal, Frosted Flakes Miltigrain	Kellogg		28	100		0	0	0	24	2	7	2	170
Cereal, Frosted Mini-Wheats, Chocolate	Kellogg		28	100		1	0	0	23	3	6	3	110
TRIPLE CHOC FILLED COOKIES 120 CT	Rich's	1.7	48.2	200		7	2	0	31	3	15	3	135
CONFETTI CAKE COOKIES 120 CT	Rich's	1.7	48.195	200		7	2	0	30	2	15	2	170
CHOCOLATE CHIP COOKIE DOUGH 240 CT	Otis Spunkmeyer	1.5	41	160		5	1.5	0	27	2	13	2	105
CHOCOLATE CHIP M&M COOKIE DOUGH 240 CT	Otis Spunkmeyer	1.5	41	170		6	1.5	0	27	2	13	2	130

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TACITOS FLAVOR EGG, TURKEY SAUSAGE, & CHEESE 24 CT	Ruis Foods	2.7	79	180		7	1.5	0	22	2	1	7	280
TACITOS FLAVOR CHICKEN SRIRACHA 24 CT	Ruis Foods	2.7	79	170		6	1	0	23	2	0	7	420
BAGEL, WG 72 CT	Lenders	2	57	140		1	0	0	28	4	4	6	160
CHEDDAR CHEESE STUFFED PRETZEL 144 CT	Boscós	2.4	68	200		7	2	0	27	3	3	7	230
BEEF JERKY, ORIGINAL 48 CT	Jack's Links	0.85	24	70	10	1	0	0	6	0	6	10	200
BEEF JERKY, TERIYAKI 48 CT	Jack's Links	0.85	24	70	10	1	0	0	6	0	6	10	200
SUNFLOWER SEEDS 150 CT	Azar	1	28	170		15	1.5	0	7	2	3	5	65
Sunflower Seeds, Honey Roasted, 150ct, Sunrich Naturals	SunOpta	1.2	34.02	190		15	2	0	11	3	5	6	65
Sunflower Seeds, Blazin' Hot, 150ct, Sunrich Naturals	SunOpta	1.2	34.02	200		17	2.5	0	8	3	1	6	135
BLUE BUNNY ICE CREAM SANDWICH	Wells Foodservice		55	120		1.5	1	0	26	2	12	3	105
BLUE BUNNY CHOCOLATE CRUNCH	Wells Foodservice		77	180	60	7	1.5	0	27	1	16	2	65
BLUE BUNNY STRAWBERRY CRUNCH	Blue Bunny		77	180	60	5	1.5	0	25	1	14	2	65
ORANGE SHERBET 3 OZ	Meadow Gold	3	65	80		0.5	0	0	20	0	13	0	15
CHOCOLATE/VANILLA ICE CREAM 3 OZ	Blue Ribbon		51	70	5	1	0.5	0	15	2	11	2	35
BLUE BUNNY ORANGE DREAM BAR	Wells Foodservice		73	100	10	1	1	0	20	0	16	1	25
BLUE BUNNY FUDGE BAR	Meadow Gold		92	130	15	1.5	1		26	<1	21	3	65
Cheese, String	Land O Lakes		28	60		3	2	0	1	0	1	7	200
Chicken Jerky, Original	Jack's Links		22	70	10	1	0	0	6	0	5	6	200
Z Bar, Chocolate Chip	Clif		36	140		5	1	0	24	2	10	2	105
Z Bar, Carmel Chocolate	Clif		36	140		4.5	1	0	25	2	10	2	140
Z Bar, Chocolate Brownie	Clif		36	130		4	1	0	25	3	11	2	120
Z Bar, Iced Oatmeal Cookie	Clif		36	150		5	1	0	24	2	10	2	105
Z Bar, Peanut Butter Cookie	Clif		36	150		5	1	0	23	2	10	3	160
Z Bar, S'mores	Clif		36	150		5	1	0	25	2	10	2	65