




Snack Nutritional Guide

Snack Nutritional Guide	Calorie (kcal)	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol(mg)	Sodium(mg)	Carbohydrates(gm)	Fiber (gm)	Sugar (gm)	Protein (gm)	NON GMO Verified	Certified Gluten Free	Allergens					Produced in a facility that processes milk, soy, peanuts, tree nuts, wheat
													Egg	Milk	Soy	Wheat	Peanut	
Baked Cheetos Whole Grain (elementary)	120	4.5	1	0	0	200	17	1	1	2				x				
Baked Cheetos Whole Grain Crunchy Flamin Hot (middle, high)	120	4.5	0.5	0	0	200	17	1	1	2				x				
Baked Ruffles Cheddar Sour Cream (middle, high)	100	3	0	0	0	200	18	1	2	1				x	x			
Buena Vista Whole Grain Brownie (elementary, middle, high)	160	3.5	1.5	0	15	180	32	2	18	2			x	x	x	x		
Celery Sticks with Peanut Butter (high)	177	14	2.7	0	0	189	8.8	2.7	2.7	6.7							x	
Doritos Reduced Fat Cool Ranch (middle)	130	5	0.5	0	0	150	20	2	0	2				x				
Doritos Reduced Fat Flamas (middle)	130	5	0.5	0	0	200	20	2	1	2				x				
Doritos Reduced Fat Nacho Cheese (middle)	130	5	1	0	0	200	20	2	1	2						x	x	
Doritos Reduced Fat Spicy Sweet Chili (middle)	130	5	0.5	0	0	200	20	2	1	2						x	x	
Fat Cat Whole Grain Cookie Chocolate Chip (elementary)	147.7	4.9	1.5	0	20.5	96.5	24.3	1.6	10.8	2.3			x		x	x		
Fat Cat Whole Grain Cookie Chocolate Chip (middle, high)	198.8	6.6	2	0	27.6	129.9	32.8	2.1	14.6	3.1			x		x	x		
Fat Cat Whole Grain Cookie Double Chocolate (middle, high)	186.8	6.1	2.1	0	17.7	166	32.1	2.4	14.6	2.8			x		x	x		
Goldfish Whole Grain Crackers	100	4	0.5	0	0	170	14	1	0	2				x		x		
Goldfish Whole Grain Crackers, Mickey Mouse Shape	100	3.5	0.5	0	0	160	14	1	0	2				x		x		
Kellogg's Whole Grain Rice Krispie Treat	160	4	1	0	0	140	30	1	11	2				x	x			
Lays Kettle BBQ 40% Less Fat (middle, high)	180	7	1	0	0	190	27	2	3	3				x				
Lays Kettle Jalapeno Cheddar 40% Less Fat (middle, high)	180	7	1	0	0	160	27	2	2	3				x				
Lays Kettle Original 40% Less Fat (middle, high)	180	7	1	0	0	190	27	2	1	3								
Munchies Flamin Hot and Sweet (middle, high)	110	4	0.5	0	0	90	17	2	2	2				x		x		
Munchies Munch Mix (elementary)	110	3.5	0	0	0	180	17	2	2	2				x		x		
Pirate's Booty Whole Grain White Cheddar Puffs (el, middle)	100	3.8	0.5	0	5	140	14	1	1	2		x		x				
Popcorn Indiana Sweet N Salty (middle, high)	130	5	0.5	0	0	140	20	3	5	2	x	x						x
Poptart Whole Grain Cinnamon (middle, high)	170	3	1	0	0	190	36	3	15	2					x	x		
Poptart Whole Grain Strawberry (middle, high)	170	2.5	1	0	0	180	36	3	14	2					x	x		
Side Salad (high)	35	0	0	0	0	20	7	2.8	1.6	1								
Side Salad (middle)	69	0	0	0	0	42	14	8.5	5.2	4.4								
Smart Food Delight White Cheddar Popcorn (elementary, middle)	70	2.5	0	0	0	110	9	2	0	2		x		x				

 Beverage Nutritional Guide	Calorie (kcal)	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol(mg)	Sodium(mg)	Carbohydrates(gm)	Fiber (gm)	Sugar (gm)	Protein (gm)	NON GMO Verified	Certified Gluten Free	Allergens					Produced in a facility that uses milk, soy, peanuts, tree nuts
													Egg	Milk	Soy		Wheat	
100% Fruit Juice Sidekick Blue Raspberry-Lemon (el, middle)	90	0	0	0	0	30	22	0	19	0								
100% Fruit Juice Sidekick Kiwi-Strawberry (el, middle)	90	0	0	0	0	30	22	0	19	0								
100% Fruit Juice Sidekick Sour Cherry-Lemon (el, middle)	90	0	0	0	0	30	22	0	19	0								
100% Fruit Juice Sidekick Strawberry-Mango (el, middle)	90	0	0	0	0	30	22	0	19	0								
100% Juice - Black Cherry Switch (el, middle)	120	0	0	0	0	5	30	0	29	0								
100% Juice - Fruit Punch Switch (el, middle)	110	0	0	0	0	5	30	0	28	0								
100% Juice - Hardcore Apple Switch (el, middle)	110	0	0	0	0	5	27	0	26	0								
100% Juice - Kiwi Berry Switch (el, middle)	120	0	0	0	0	5	30	0	29	0								
100% Juice - Watermelon Strawberry Switch (el, middle)	120	0	0	0	0	5	29	0	28	0								
100% Tropicana Apple Juice (middle, high)	170	0	0	0	0	10	40	0	37	1								
100% Tropicana Grape Juice (middle, high)	250	0	0	0	0	25	60	0	57	1								
Gatorade Zero Thirst, Glacier Cherry (high)	10	0	0	0	0	270	1	0	0	0								
Gatorade Zero Thirst, Lemon Lime (high)	5	0	0	0	0	270	2	0	0	0								
Gatorade Zero Thirst, Orange (high)	5	0	0	0	0	270	1	0	0	0								
Milk, 1% White	120	2.5	1.5	0	15	150	16	0	14	11								
Milk, Non-fat Chocolate	110	0	0	0	5	135	20	0	18	8								
Naked Juice Berry Blast (middle, high)	160	0	0	0	0	10	38	0	32	2								
Naked Juice Blue Machine (middle, high)	210	0	0	0	0	15	50	2	36	1								
Naked Juice Green Machine (middle, high)	170	0	0	0	0	20	43	0	35	2								
Naked Juice Mighty Mango (middle, high)	180	0	0	0	0	10	43	0	35	1								
Naked Juice Strawberry Banana (middle, high)	160	0	0	0	0	5	38	0	29	2								
JUST Water	0	0	0	0	0	0	0	0	0	0								

Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.