

# SMART SNACKS IN SCHOOL

## 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				
													Egg	Milk	Soy	Wheat	
Baked Ruffles Cheddar Sour Cream (secondary)	120	3.5	0	0	0	240	21	1	2	2				x	x		
Cheetos Whole Grain Crunchy Flamin Hot (secondary)	120	4.5	0.5	0	0	200	17	1	1	2				x			
Doritos Reduced Fat Cool Ranch (middle school)	130	5	1	0	0	160	19	2	1	2				x			
Doritos Reduced Fat Flamas (middle school)	140	5	0.5	0	0	200	20	1	1	2				x			
Doritos Reduced Fat Nacho Cheese (middle school)	130	5	0.5	0	0	200	20	2	0	2				x			
Doritos Reduced Fat Spicy Sweet Chili (middle school)	130	5	0.5	0	0	180	20	2	1	2					x	x	
Fat Cat Whole Grain Cookie Choccolate 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 Choccolate Chip (secondary)	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 (secondary)	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	130	5	1	0	5	220	18	2	0	3				x		x	
Kellogg's Poptart Whole Grain Brown Sugar Cinnamon	180	2.5	1	0	0	190	37	3	15	2					x	x	
Kellogg's Poptart Whole Grain Strawberry	180	2.5	1	0	0	180	38	3	15	2					x	x	
Kellogg's Whole Grain Rice Krispie Treat	160	4	1	0	0	140	30	1	11	2				x	x		
Popcorn Indiana All Natural Kettlecorn (secondary)	130	5	0	0	0	130	21	2	9	1	x	x					
Smart Food Delight White Cheddar Popcorn	70	2.5	0	0	0	110	9	2	0	2		x		x			

# SMART SNACKS IN SCHOOL

## 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			
													Egg	Milk	Soy	Wheat
100% Fruit Juice Sidekick Blue Raspberry-Lemon	90	0	0	0	0	30	22	0	19	0						
100% Fruit Juice Sidekick Kiwi-Strawberry	90	0	0	0	0	35	22	0	19	0						
100% Fruit Juice Sidekick Sour Cherry-Lemon	90	0	0	0	0	25	22	0	19	0						
100% Fruit Juice Sidekick Strawberry-Mango	90	0	0	0	0	35	22	0	19	0						
100% Juice - Black Cherry Switch	120	0	0	0	0	5	30	0	29	0						
100% Juice - Fruit Punch Switch	120	0	0	0	0	5	30	0	28	0						
100% Juice - Hardcore Apple Switch	120	0	0	0	0	7	29	0	28	0						
100% Juice - Kiwi Berry Switch	120	0	0	0	0	5	30	0	29	0						
100% Juice - Watermelon Strawberry Switch	120	0	0	0	0	5	29	0	28	0						
Naked Juice Berry Blast (secondary)	160	0	0	0	0	10	37	0	32	2						
Naked Juice Blue Machine (secondary)	210	0	0	0	0	15	50	4	36	1						
Naked Juice Green Machine (secondary)	170	0	0	0	0	20	42	0	35	2						
Naked Juice Mighty Mango (secondary)	180	0	0	0	0	10	43	0	35	1						
Naked Juice Strawberry Banana (secondary)	160	0	0	0	0	5	38	0	29	2						
JUST Water	0	0	0	0	0	0	0	0	0	0						