



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 or Tree Nut	
Doritos Reduced Fat Cool Ranch (high)	130	5	0.5	0	0	180	20	2	0	2				x				
Fat Cat Whole Grain Cookie Chocolate Chip (elementary)	148	5.3	1.6	0	18.9	96.5	23.8	1.5	11.4	2.1			x	x	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					Produced in a facility that uses milk, soy, peanuts, tree nuts
													Egg	Milk	Soy	Wheat	Peanut or Tree Nut	
Milk, 1% White	120	2.5	1.5	0	15	150	16	0	14	11				x				
Milk, Non-fat Chocolate	110	0	0	0	5	135	20	0	18	8				x				
Water	0	0	0	0	0	0	0	0	0	0								