

# SMART SNACKS IN SCHOOL

CUSD Smart Snacks	Calorie (kcal)	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol(mg)	Sodium(mg)	Carbohydrates(gm)	Fiber (gm)	Sugar (gm)	Protein (gm)	Allergens				
											Egg	Milk	Soy	Wheat	Peanut or Tree Nut
Doritos Reduced Fat Flamas (Middle school)	130	5	0.5	0	0	200	20	2	1	2		x			
Doritos Reduced Fat Nachos Cheese (Middle school)	130	5	1	0	0	200	20	2	1	2		x			
Hint Water, Blackberry (High School)	0	0	0	0	0	0	0	0	0	0					
Hint Water, Pineapple (High School)	0	0	0	0	0	0	0	0	0	0					
Hint Water, Strawberry (High School)	0	0	0	0	0	0	0	0	0	0					
Hint Water, Watermelon (High School)	0	0	0	0	0	0	0	0	0	0					
Lays Potato Chips, Reduced Fat Applewood Smoked BBQ (High school)	180	7	1	0	0	190	27	2	3	3		x			
Lays Potato Chips, Reduced Fat Jalapeno Cheddar (High school)	180	7	1	0	0	160	27	2	2	3		x			
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					

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.