

SNACK PRODUCTS THAT MEET THE 2018-2019 SMART SNACK GUIDELINES

Item	Pack Size	Manufacture	EQUAL OR LESS THAN	EQUAL OR LESS THAN		LESS THAN		EQUAL OR LESS THAN			EQUAL OR LESS THAN	EQUAL OR LESS THAN
			<200	FAT- < 35%		SAT FAT - < 10%		SUGAR - < 35%			TRANS FAT <0.5	SODIUM <200
			Calories	Grams	% Total Cal	Grams	% Total Cal	Grams	Total Grams	% Total Weight	Grams	MG
FOOD AND NUTRITION SERVICES												
Breakfast Bars												
Tortilla Chips :												
Tortilla chips, plain, bulk												
Cookies												
STUDENT STORES												
SNACK BARS												
PUFFINS BAR, BLUEBERRY YOGURT	37 GM	BARBARA'S BAKERY	140	1.5	10%	1	6%	8	37	22%		85
PUFFINS BAR, FRENCH TOAST	37 GM	BARBARA'S BAKERY	130	1.5	10%	1	7%	7	37	19%		100
PUFFINS BAR, PEANUT BUTTER CHOCOLATE CHIP	37 GM	BARBARA'S BAKERY	140	3.5	23%	1	6%	7	37	19%	0	190
PUFFINS BAR, STRAWBERRY YOGURT	37 GM	BARBARA'S BAKERY	130	2	14%	1	7%	8	37	22%	0	90
CLIFF KID, Z BAR, CHOCOLATE BROWNIE	36 GM	CLIFF BAR	120	3.5	26%	1	8%	11	36	31%	0	135
CLIFF KID, Z BAR, CHOCOLATE CHIP	36 GM	CLIFF BAR	120	3	23%	1	8%	12	36	33%	0	95
CLIFF KID, Z BAR, HONEY GRAHAM	36 GM	CLIFF BAR	110	2	16%	0	0%	11	36	31%	0	100
CLIFF KID, Z BAR, ICED OATMEAL	36 GM	CLIFF BAR	130	4	28%	1	7%	12	36	33%	0	135
LUNA BAR, TOASTED NUTS & CRANBERRIES	48 GM	CLIFF BAR	170	4.5	24%	0.5	3%	11	48	23%	0	115
CHEWY CHOCOLATE CHUNK	0.89 OZ	GENERAL MILLS	90	2	20%	0.5	5%	6	25	24%	0	55
CHEWY TRAIL MIX BAR FRUIT & NUT	1.23 OZ	GENERAL MILLS	140	4	26%	0.5	3%	12	35	34%	0	65
CHEWY VARIETY PACK CHOCOLATE CHUNK	0.89 OZ	GENERAL MILLS	90	2	20%	0.5	5%	6	25	24%	0	115
CHEWY VARIETY PACK OATMEAL RAISIN	0.89 OZ	GENERAL MILLS	90	1.5	15%	0	0%	6	25	24%	0	50
CHEX MIX BAR, TURTLE	35 GM	GENERAL MILLS	130	3.5	24%	1	7%	11	35	31%	0	160
CRUNCHY OATS & HONEY (DOUBLE BAR)	1.48 OZ	GENERAL MILLS	190	6	28%	0.5	2%	12	42	29%	0	160
CRUNCHY OATS & HONEY (SINGLE BAR)	.74 OZ	GENERAL MILLS	90	3	30%	0	0%	6	21	29%	0	80
CRUNCHY PEANUT BUTTER (DOUBLE BAR)	1.48 OZ	GENERAL MILLS	190	7	33%	1	5%	11	42	26%	0	180
CRUNCHY PEANUT BUTTER (SINGLE BAR)	.74 OZ	GENERAL MILLS	90	3.5	35%	0.5	5%	6	21	29%	0	90
CHEWY GRANOLA BAR CHOCOLATE ALMOND & SEA SALT	35 GM	KASHI	140	4	26%	1	6%	7	35	20%	0	120
FIBER ENRICHED HONEY GRAHAM	23 GM	KELLOGG'S	90	2.5	25%	0	0%	4	23	17%	0	130
KEEBLER HONEY GRAHAMS	22 GM	KELLOGG'S	90	2.5	25%	0	0%	5	22	23%	0	95
KEEBLER ORIGINAL GRAHAMS	22 GM	KELLOGG'S	90	2.5	25%	0	0%	4	22	18%	0	100
RICE KRISPIES TREATS MADE WITH WHOLE GRAIN	40 GM	KELLOGG'S	160	4	23%	1	6%	11	40	28%	0	150
RICE KRISPIES TREATS MINI SQUARES	12 GM	KELLOGG'S	50	1	18%	0	0%	3	12	25%	0	45
RICE KRISPIES TREATS WHOLE GRAIN CHOCOLATEY CHIP BAR	45 GM	KELLOGG'S	190	45	213%	2	9%	14	45	31%	0	150
SPECIAL K BAR, HONEY NUT	22 GM	KELLOGG'S	90	2	20%	0	0%	6	22	27%	0	100
100 CALORIE BAR - CHIPS AHOY THIN CRISPS	23 GM	NABISCO	100	3	27%	1	9%	7	23	30%	0	140
BARBARA'S GRANOLA BAR, CINNAMON & RAISIN	21 GM	NATURES CHOICE	80	2	23%	0	0%	7	21	33%	0	0
QUAKER CHEWY GRANOLA BAR 90 CALORIE CHOC CHUNK	24 GM	QUAKER	90	2	20%	0	0%	7	24	29%	0	80
QUAKER CHEWY GRANOLA BAR 90 CALORIE OATMEAL RAISIN	24 GM	QUAKER	90	1.5	15%	0	0%	7	24	29%	0	80
QUAKER CHEWY GRANOLA BAR LOW FAT S'MORES	24 GM	QUAKER	90	2	20%	0.5	5%	8	24	33%	0	75
QUAKER CHEWY GRANOLA BAR MAPLE BROWN SUGAR	36 GM	QUAKER	140	2.5	16%	1	6%	9	36	25%	0	120

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			<200	FAT- < 35%		SAT FAT - < 10%		SUGAR - < 35%			TRANS FAT <0.5	SODIUM <200
			Calories	Grams	% Total Cal	Grams	% Total Cal	Grams	Total Grams	% Total Weight	Grams	MG
QUAKER CHEWY GRANOLA BAR PEANUT BUTTER	24 GM	QUAKER	90	2	20%	0	0%	7	24	29%	0	120
QUAKER CHEWY GRANOLA BAR PEANUT BUTTER CHOCOLATE CHIP	24 GM	QUAKER	100	3	27%	1	9%	7	24	29%	0	90
QUAKER CHEWY GRANOLA BAR S'MORES	24 GM	QUAKER	90	2	20%	0.5	5%	8	24	33%	0	75
QUAKER CHEWY GRANOLA BAR, 25% LESS SUGAR COOKIES/CREAM	24 GM	QUAKER	90	2.5	25%	0.5	5%	5	24	21%	0	80
QUAKER CHEWY GRANOLA BAR, REDUCED SUGAR PEANUT BUTTER CHOC	24 GM	QUAKER	100	3	27%	1	9%	5	24	21%	0	100
ZOES HEAVENLY APPLE BAR	48 GM	ZOE FOODS	180	5	25%	0.5	3%	10	48	21%	0	70
SNACK CHIPS AND CRACKERS												
CARAMEL CORN NUGGETS	28 GM	CALIFORNIA NUGGETS	129	4	28%	0	0%	0.9	28	3%	0	76
CHEESY CHEDDAR CORN NUGGETS	28 GM	CALIFORNIA NUGGETS	130	4	28%	0	0%	2	28	7%	0	135
CHILI LEMON CORN NUGGETS	28 GM	CALIFORNIA NUGGETS	130	4	28%	1	7%	1	28	4%	0	120
APPLE PIE CRUNCH	42.5 GM	CLASSIC FOODS	170	4	21%	0	0%	9	42.5	21%	0	25
BAKED CHEETOS CRUNCHY SNACKS	.875 OZ	FRITO LAY	120	4.5	34%	0.5	4%	<1	25	0%	0	200
BAKED CHEETOS FLAMING HOT	.875 OZ	FRITO LAY	120	4.5	34%	0	0%	0	25	0%	0	190
BAKED LAYS BBQ POTATO CRISPS	.875 OZ	FRITO LAY	110	2.5	20%	0	0%	3	25	12%	0	170
BAKED LAYS BBQ POTATO CRISPS	1 OZ	FRITO LAY	120	3	23%	0.5	4%	3	28.4	11%	0	190
BAKED LAYS ORIGINAL POTATO CRISPS	.875 OZ	FRITO LAY	100	1.5	14%	0	0%	2	25	8%	0	115
BAKED LAY'S SOUR CREAM & ONION POTATO CRISPS	.875 OZ	FRITO LAY	100	2.5	23%	0	0%	3	25	12%	0	140
BAKED LAYS SOUTHWESTERN POTATO CRISPS	28 GM	FRITO LAY	120	3	23%	0.5	4%	2	28.4	7%	0	160
BAKED TOSTITOS SCOOPS	.875 OZ	FRITO LAY	110	2.5	20%	0	0%	0	25	0%	0	125
CHEETOS RF FLAMIN HOT PUFFS	.7 OZ	FRITO LAY	90	3.5	35%	0	0%	2	20	10%	0	135
CHEETOS RF MELLO PUFFS	.7 OZ	FRITO LAY	90	3.5	35%	0	0%	1	20	5%	0	135
FUNYUNS	.75 OZ	FRITO LAY	100	3.5	32%	0.5	5%	1	21.26	5%	0	125
PRETZELS ROLD GOLD HEARTZELS	.70 OZ	FRITO LAY	80	1.5	17%	0	0%	0	20	0%	0	200
RF APPLEWOOD SMOKED BBQ KETTLE COOKED POTATO CHIPS	1.375 OZ	FRITO LAY	180	7	35%	1	5%	3	38.9	8%	0	190
RF DORITOS NACHO CHEESE TORTILLA CHIPS	1 OZ	FRITO LAY	130	5	35%	0.5	3%	0	28.4	0%	0	200
RF DORITOS SPICY SWEET CHILI TORTILLA CHIPS	1 OZ	FRITO LAY	130	5	35%	0.5	3%	<1	28.4	0%	0	180
RF DORTITOS COOL RANCH TORTILLA CHIPS	1 OZ	FRITO LAY	130	5	35%	1	7%	1	28.4	4%	0	160
RF DORTITOS FLAMAS TORTILLA CHIPS	1 OZ	FRITO LAY	140	5	32%	0.5	3%	0.5	28	2%	0	200
RF KETTLE COOKED POTATO CHIPS JALAPENO CHEDDAR	1.375 OZ	FRITO LAY	180	7	35%	1	5%	2	38.9	5%	0	160
RF KETTLE COOKED POTATO CHIPS ORIGINAL	1.375 OZ	FRITO LAY	180	7	35%	1	5%	1	38.9	3%	0	190
RF KETTLE COOKED POTATO CHIPS SEA SALT & VINEGAR	1.375 OZ	FRITO LAY	180	7	35%	1	5%	3	38.9	8%	0	180
RF TOSTITOS TORTILLA CHIPS	1 OZ	FRITO LAY	140	5	32%	0.5	3%	0	28.4	0%	0	120
RF TOSTITOS TORTILLA CHIPS	.875 OZ	FRITO LAY	120	4.5	34%	0.5	4%	0	25	0%	0	105
SMARTFOOD DELIGHT WHITE CHEDDAR POPCORN	.5 OZ	FRITO LAY	70	2.5	32%	0	0%	0	14	0%	0	110
CHEX MIX HOT N SPICY	0.92 OZ	GENERAL MILLS	110	3	25%	0.5	4%	2	26	8%	0	140
SIMPLY CHEX CHEDDAR	0.92 OZ	GENERAL MILLS	110	2.5	20%	0.5	4%	4	26	15%	0	135
SIMPLY CHEX CHOCOLATE CARAMEL	1.03 OZ	GENERAL MILLS	130	4	28%	1	7%	8	29	28%	0	65
SIMPLY CHEX STRAWBERRY YOGURT	1.03 OZ	GENERAL MILLS	120	3	23%	1	8%	6	37	16%	0	55
SIMPLY CHEX XTREME HABANERO LIME	.92 OZ	GENERAL MILLS	110	2.5	20%	0.5	4%	3	26	12%	0	170
GENISOY SOY CRISPS CREAMY RANCH	28 GM	GENISOY	120	3.5	26%	0	0%	1	28	4%	0	180

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			Calories	Grams	% Total Cal	Grams	% Total Cal	Grams	Total Grams	% Total Weight	Grams	MG
GENISOY SOY CRISPS DEEP SEA SALTED	28 GM	GENISOY	120	3.5	26%	0	0%	0	28	0%	0	160
GENISOY SOY CRISPS RICH CHEDDAR CHEESE	28 GM	GENISOY	130	4	28%	0.5	3%	1	28	4%	0	140
GENISOY SOY CRISPS ZESTY BBQ	28 GM	GENISOY	120	3.5	26%	0	0%	2	28	7%	0	135
GRIPZ MINI CINNAMON GRAHAMS	25 GM	KEEBLER	100	3	27%	1	9%	5	25	20%	0	80
CHEEZ IT MADE W/WHOLE GRAIN	21 GM	KELLOGG'S	100	3.5	32%	1	9%	0	21	0%	0	150
CHEEZ IT MADE W/WHOLE GRAIN ATOMIC CHEDDAR	21 GM	KELLOGG'S	90	3	30%	0.5	5%	0	21	0%	0	190
POPPED CRISPS HONEY BBQ	22 GM	KELLOGG'S	100	2.5	23%	0	0%	2	22	9%	0	170
POPPED CRISPS SEA SALT	20 GM	KELLOGG'S	90	2.5	25%	0	0%	0	20	0%	0	200
POPPED CRISPS SOUR CREAM & ONION	22 GM	KELLOGG'S	100	2.5	23%	0	0%	<1	22	0%	0	150
100 CALORIE CHIPS AHOY	23 GM	NABISCO	100	3	27%	0.5	5%	7	23	30%	0	140
NEWMAN'S OWN UNSALTED ROUNDS	28 GM	NEWMAN'S OWN	110	1	8%	0	0%	1	28	4%	0	105
GIANT CINNAMON GOLDFISH GRAHAMS	.9 OZ	PEPPERIDGE FARMS	120	4	30%	1	8%	6	26	23%	0	110
GOLDFISH CRACKERS- BLASTED HOT N' SPICY CHEDDAR	.75 OZ	PEPPERIDGE FARMS	100	3	27%	1	9%	0	21.3	0%	0	190
PIRATE'S BOOTY AGED WHITE CHEDDAR	1 OZ	PIRATE'S BOOTY	140	5.5	35%	1	6%	1	28	4%	0	190
BAKED PITA ORIGINAL STYLE CINNAMON	28 GM	PITA SNAX	120	1.5	11%	0	0%	2	28	7%	0	60
KID'S MIX SNACK MIX	.875 OZ	QUAKER	110	3.5	29%	0	0%	2	25	8%	0	160
WHITE ROOM CHEDDAR BAKED POTATO CHIPS	21 GM	ROCK-N-ROLL GOURMET	90	3	30%	0.5	5%	1	21	5%	0	160
APPLEWOOD BBQ POPS	25 GM	SNACK KING	100	3	27%	0.5	5%	3	25	12%	0	190
JALAPENO CHEDDAR PUFFS	22 GM	SNACK KING	90	3	30%	0.5	5%	0	22	0%	0	200
SNYDER'S 12 MULTI GRAIN STICKS	1 OZ	SNYDER'S OF HANOVER	130	2	14%	0	0%	3	28.4	11%	0	180
SNYDER'S OLD TYME PRETZELS	30 GM	SNYDER'S OF HANOVER	120	1	8%	0	0%	<1	30	0%	0	120
SNYDER'S ROASTED GARLIC & HERB NIBBLERS	1 OZ	SNYDER'S OF HANOVER	130	2.5	17%	1	7%	0	28.4	0%	0	140
SNYDER'S UNSALTED MINI PRETZELS	30 GM	SNYDER'S OF HANOVER	110	0	0%	0	0%	<1	30	0%	0	75
BUTTERY CARAMEL SOY THIN CRISPS	28 GM	STACY'S PITA CHIPS	110	2.5	20%		0%	4	28	14%	0	130
CINNAMON SUGAR PITA CHIPS	28 GM	STACY'S PITA CHIPS	140	5	32%	0.5	3%	6	28	21%	0	115
PITA CHIPS CINNAMON SUGAR BAKED	28 GM	STACY'S PITA CHIPS	140		0%	0.5	3%	6	28	21%	0	115
PITA CHIPS SIMPLY GINGERBREAD FLAVORED	28 GM	STACY'S PITA CHIPS	140	5	32%	0.5	3%	6	28	21%	0	90
SIMPLY BRUSCHETTA PITA CHIPS	28 GM	STACY'S PITA CHIPS	130	5	35%	0.5	3%	1	28	4%	0	190
STICKY BUN SOY CRISPS	28 GM	STACY'S PITA CHIPS	130	5	35%	0.5	3%	3	28	11%	0	180
SWEET BBQ SOY CRISPS	28 GM	STACY'S PITA CHIPS	110	2	16%	0	0%	1	28	4%	0	160
TEXARKANA HOT PITA CHIPS	28 GM	STACY'S PITA CHIPS	130	4	28%	0	0%	2	28	7%	0	200
WHITE CHEDDAR SOY THIN CRISPS	28 GM	STACY'S PITA CHIPS	106	2.5	21%	0	0%	1	28	4%	0	189
KETTLECORN	28 GM	VIC'S	120	3.5	26%	0	0%	8	28	29%	0	180
KETTLECORN	28 GM	WHOLE EARTH	130	5	35%	0	0%	6	28	21%	0	95
FRUIT SNACKS												
BARE FRUIT BAKE-DRIED APRICOT CHUNKS	35 GM	BARE FRUIT	100	0	0%	0	0%	23	35	66%	0	0
BARE FRUIT BAKE-DRIED MANGO CHUNKS	35 GM	BARE FRUIT	120	0.5	4%	0	0%	26	35	74%	0	0
BARE FRUIT CINNAMON APPLE CHIPS	28 GM	BARE FRUIT	90	0	0%	0	0%	21	28	75%	0	10
BARE FRUIT FUJI RED APPLE CHIPS	28 GM	BARE FRUIT	90	0	0%	0	0%	21	28	75%	0	10
BARE FRUIT GRANNY SMITH APPLE	28 GM	BARE FRUIT	90	0	0%	0	0%	21	28	75%	0	10

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			<200	FAT- < 35%		SAT FAT - < 10%		SUGAR - < 35%			TRANS FAT <0.5	SODIUM <200
			Calories	Grams	% Total Cal	Grams	% Total Cal	Grams	Total Grams	% Total Weight	Grams	MG
BETTY CROCKER FRUIT BY THE FOOT BERRY TIE DYE REDUCED SUGAR	21 GM	GENERAL MILLS	80	1.5	17%	0.5	6%	7	21	33%	0	40
BETTY CROCKER FRUIT BY THE FOOT REDUCED SUGAR VARIETY	21 GM	GENERAL MILLS	80	1.5	17%	0.5	6%	7	21	33%	0	35
FRUIT ROLL UPS BLASTIN BERRY HOT COLOR REDUCED SUGAR	.5 OZ	GENERAL MILLS	45	1	20%	0	0%	4	14	29%	0	55
FRUIT ROLL UPS CRAZY COLOR REDUCED SUGAR	.5 OZ	GENERAL MILLS	45	1	20%	0	0%	4	14	29%	0	55
FRUIT ROLL UPS STRAWBERRY REDUCED SUGAR	.5 OZ	GENERAL MILLS	45	1	20%	0	0%	4	14	29%	0	55
FRUIT SHAPES SCOOPY DOO	.9 OZ	GENERAL MILLS	70	0	0%	0	0%	8	25	32%	0	30
WELCH'S BERRIES & CHERRIES FRUIT SNACK REDUCED SUGAR	1.5 OZ	WELCH'S	130	0	0%	0	0%	15	43	35%	0	20
WELCH'S MIXED FRUIT FRUIT SNACK REDUCED SUGAR	.8 OZ	WELCH'S	70	0	0%	0	0%	8	23	35%	0	5
WELCH'S MIXED FRUIT FRUIT SNACK REDUCED SUGAR	1.5 OZ	WELCH'S	130	0	0%	0	0%	15	43	35%	0	20
JERKY												
Beef Jerky, Peppered	8.5 OZ	Jack Links	70	1	13%	0	0%	6	24	25%	0	190
Beef Jerky, Teriyaki	8.5 OZ	Jack Links	70	1	13%	0	0%	6	24	25%	0	200
NUTS & SEEDS												
CHICKPEAS: Farmhouse Cheddar	.83 oz	Sunrich Naturals	110	4.5	37%	0.5	4%	1	24	4%	0	130
CHICKPEAS: Sea Salt Seasoned	.75 oz	Sunrich Naturals	100	4.5	41%	0	0%	2	21	10%	0	150
SUNFLOWER KERNEL: Blazin' Hot	1.2 oz	Sunrich Naturals	200	14	63%	2.5	11%	1	34	3%	0	135
SUNFLOWER KERNEL: Honey Roasted	1.2 oz	Sunrich Naturals	190	14	66%	2	9%	5	34	15%	0	65
SUNFLOWER KERNEL: Roasted & Salted	1 oz	Sunrich Naturals	170	14	74%	2	11%	1	28	4%	0	110
FROZEN DAIRY: Student Stores												
Frozen Yogurt, Blue Razz Swirl	133 GM	Big Spoon	152	0	0%	0	0%	29	133	22%	0	104
Frozen Yogurt, Cake Batter	133 GM	Big Spoon	192	3	14%	2	9%	27	133	20%	0	112
Frozen Yogurt, Chocolate	133 GM	Big Spoon	176	1	5%	0	0%	27	133	20%	0	126
Frozen Yogurt, Chocolate/Vanilla Swirl	133 GM	Big Spoon	168	0	0%	0	0%	27	133	20%	0	116
Frozen Yogurt, Cookies N' Cream	133 GM	Big Spoon	160	1	6%	0	0%	27	133	20%	0	112
Frozen Yogurt, Mint Cookie	133 GM	Big Spoon	168	0	0%	0	0%	27	133	20%	0	116
Frozen Yogurt, Peach Tart	133 GM	Big Spoon	152	4	24%	0	0%	27	133	20%	0	109
Frozen Yogurt, Peppermint Chocolate Swirl	133 GM	Big Spoon	168	0	0%	0	0%	27	133	20%	0	116
Frozen Yogurt, Pumpkin Cheesecake Swirl	133 GM	Big Spoon	168	0	0%	0	0%	29	133	22%	0	125
Frozen Yogurt, Red Velvet Cheesecake Swirl	133 GM	Big Spoon	176	2	10%	1	5%	29	133	22%	0	128
Frozen Yogurt, Salted Caramel Cheesecake	133 GM	Big Spoon	176	2	10%	1	5%	29	133	22%	0	125
Frozen Yogurt, Strawberry	133 GM	Big Spoon	160	0	0%	0	0%	27	133	20%	0	96
Frozen Yogurt, Strawberry Banana Swirl	133 GM	Big Spoon	160	3	17%	0	0%	27	133	20%	0	115
Frozen Yogurt, Vanilla Bean	133 GM	Big Spoon	160	0	0%	0	0%	27	133	20%	0	112
Sorbet, Super Berry	133 GM	Big Spoon	128	0	0%	0	0%	27	133	20%	0	8
Sorbet, Super Mango	133 GM	Big Spoon	128	0	0%	0	0%	27	133	20%	0	11
Sorbet, Super Sour Apple	134 GM	Big Spoon	112	0	0%	0	0%	26	133	20%	0	0
Blue Ribbon Classics Fudge Bar	3 fl.oz.	Blue Bunny	130	1.5	1%	1	7%	21	92	23%	0	95
Cool Daze Low Fat Chocolate Sundae Crunch Bar	3 fl.oz.	Blue Bunny	160	5	28%	1.5	8%	16	75	21%	0	75
Cool Daze Low Fat Ice Cream Sandwich	3 fl.oz.	Blue Bunny	130	2.5	17%	1	7%	12	55	22%	0	105
Cool Daze Low Fat Strawberry Sundae Crunch Bar	3 fl.oz.	Blue Bunny	160	5	28%	1	6%	16	73	22%	0	70
FrozFruit Chunky Pineapple	4 fl.oz.	Blue Bunny	120	0	0%	0	0%	23	120	19%	0	5
FrozFruit Chunky Strawberry	4 fl.oz.	Blue Bunny	130	0	0%	0	0%	26	120	22%	0	15
Dipping Dots Redberry Sherbet	85 gm	Dipping Dots	130	2.5	17%	0.5	3%	25	85	29%	0	50
Yo Dots	85 gm	Dipping Dots	130	3	21%	1	7%	19	85	22%	0	55
Skinny Cow Ice Cream Sandwiches	4.61 oz	Dreyer's	140	1.5	10%	0.5	3%	15	131	11%	0	

Item	Pack Size	Manufacture	EQUAL OR LESS THAN	EQUAL OR LESS THAN	LESS THAN	EQUAL OR LESS THAN	EQUAL OR LESS THAN	EQUAL OR LESS THAN				
			<200	FAT- < 35%		SAT FAT - < 10%		SUGAR - < 35%			TRANS FAT <0.5	SODIUM <200
			Calories	Grams	% Total Cal	Grams	% Total Cal	Grams	Total Grams	% Total Weight	Grams	MG
Rainbow Push Up	2.75 oz	Nestle	90	1	10%	0.5	5%	16	78	21%	0	15
Vanilla Sandwich	3 fl oz	Rich's Ice Cream	130	2	14%	1	7%	12	51	24%	0	120
Strawberry Shortcake	3 fl oz	Rich's Ice Cream	130	3.5	24%	1	7%	15	70	21%	0	45
Chocolate Shortcake	3 fl oz	Rich's Ice Cream	140	3.5	23%	1	6%	15	63	24%	0	60
Crumbled Cookie	3 fl oz	Rich's Ice Cream	150	2.5	15%	1.5	9%	14	70	20%	0	105
Birthday Cake Cone	3 fl oz	Rich's Ice Cream	160	2.5	14%	1.5	8%	17	70	24%	0	115
Sour Swell	2.5 fl oz	Rich's Ice Cream	70	1	13%	0.5	6%	11	53	21%	0	20
Creamy Coton Candy	2.5 fl oz	Rich's Ice Cream	70	1	13%	0.5	6%	8	54	15%	0	40
Rainbow Polar Pole	2.5 fl oz	Rich's Ice Cream	70	1	13%	0.5	6%	12	46	26%	0	20
Fudge Bar, Premium	18/77 gm	Swiss Miss	110	1.5	12%	1	8%	16	77	21%	0	65
NO-CALORIE & LOW-CALORIE ELECTROLYTE REPLACEMENT BEVERAGES: Student Stores NOT ALLOWED IN MIDDLE SCHOOLS MUST BE 12 FL. OZ. OR LESS FOR LOW CALORIE & 20 FL. OZ. OR LESS FOR NO CALORIE												
Powerade Zero - All Flavors	20 fl.oz.	Coca-cola	0	0	#DIV/0!	0	#DIV/0!	0	0	#DIV/0!	0	250
GATORADE G2 - ALL FLAVORS	12 fl.oz.	Gatorade	30	0	0%	0	0%	7		#DIV/0!	0	160
Mr. Flav - All Flavors	12 fl.oz.	Moxie Brands Int.	56	0	0%	0	0%	14	0	0%	0	28
Propel Flavored Waters - All Flavors	16.9 fl.oz.	Pepsico	0	0	#DIV/0!	0	#DIV/0!	0	0	0%	0	160