



MEETING YOUR GUIDELINES WITH DELICIOUS PRODUCTS.

Every state is required to follow the USDA Federal Guidelines when it comes to school nutritional meal products and à la carte items. Our goal is to assist you in finding delicious products to satisfy and delight students and staff, while enabling you to increase your school's profit potential and meeting your specific needs and guidelines.

NATIONAL GUIDELINES

The USDA Smart Snacks Rule means that all foods and beverages sold outside the school meal program during the school day must meet the nutritional standards. These standards are:

- <190 Calories
- <6g Total Fat
- ≤2g Saturated Fat
- Approved by the USDA as meeting the Smart Snack Rules



ITEM	SERVING (g)	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Sodium (mg)	Sugars (g)	Carbs (g)
Twister Cups									
No Fat Sour Blue Raspberry Twister Cup [†]	87.8	80	0	0	0	0	10	14	19
No Fat Cotton Candy Yogurt Twister Cup [†]	66.47	80	0	0	0	0	95	15	15
No Fat Sour Apple Twister Cup [†]	87.8	80	0	0	0	0	10	14	19
No Fat Birthday Cake Yogurt Twister Cup [†]	66.47	80	0	0	0	0	85	15	16
Cones									
Low Fat Cookies N' Cream Cone	62	120	15	1.5	1	0	100	14	25
Low Fat Crazy Cone	64	120	15	2	1	0	85	10	25
Low Fat Chocolate Vanilla Twist Cone	64	150	12	2	1.5	0	95	20	30
Low Fat Raspberry Yogurt Dessert Cup[†]	70.9	110	0	0	0	0	85	20	23
Dessert Cups									
No Fat Vanilla Yogurt Dessert Cup [†]	68.71	80	0	0	0	0	80	15	16
Lemon Sherbet Dessert Cup [†]	95.77	100	10	1	0.5	0	40	22	23
Orange Sherbet Dessert Cup [†]	95.77	100	10	1	0.5	0	40	22	23
Raspberry Sherbet Dessert Cup [†]	95.77	120	10	1	0.5	0	40	25	27
No Fat Birthday Cake Yogurt Dessert Cup [†]	52	70	0	0	0	0	50	11	14
Low Fat Chocolate Ice Cream Dessert Cup [†]	52	70	10	1	0.5	0	60	9	14
Low Fat Strawberry Sundae Dessert Cup [†]	52	80	5	1	0.5	0	55	11	15
Low Fat Chocolate Sundae Dessert Cup [†]	52	80	5	1	0	0	60	11	16
Low Fat Vanilla Ice Cream Dessert Cup [†]	52	70	10	1	0.5	0	60	10	14
Low Fat Cotton Candy Ice Cream Dessert Cup [†]	52	70	10	1	0.5	0	60	10	14
Low Fat Spooky Sundae Dessert Cup [†]	52	80	5	1	0.5	0	60	11	16
Low Fat Pumpkin Spice Dessert Cup [†]	52	70	5	1	0.5	0	65	11	15
Low Fat Candy Cane Dessert Cup [†]	52	70	10	1	0.5	0	60	9	14
Low Fat Cherry Vanilla Dessert Cup [†]	52	70	10	1	0.5	0	60	10	14
Seasonal Dessert Cups									
Low Fat Spring Party Dessert Cup [†]	52	70	10	1	0.5	0	60	10	14
Red. Fat Vanilla Mighty Mini Sandwich	44	120	30	2.5	1	0	70	10	12
Reduced Fat Vanilla Ice Cream Sandwich	64.54	180	30	3.5	1.5	0	150	20	33
Red. Fat Cookies & Cream Ice Cream Sandwich	65	150	25	2.5	1.5	0	150	13	29
Red. Fat Minty Mint Ice Cream Sandwich	65	180	30	3.5	1.5	0	150	20	33
Red. Fat Brownie Batter Ice Cream Sandwich	65	180	35	3.5	1.5	0	140	20	33
Sandwiches									
Banana Cream Tropi-Kool Fruit Bar [†]	115	160	25	2.5	1.5	0	30	27	33
Strawberry Tropi-Kool Fruit Bar [†]	115	110	0	0	0	0	0	24	28
Mango Tropi-Kool Fruit Bar [†]	115	110	0	0	0	0	5	25	28
Stick Bars									
Red. Fat Salted Caramel Brownie Crunch Bar	68	150	40	4.5	1.5	0	135	12	23
Chocolate Scooter Ice Cream Bar	68	170	45	6	1.5	0	85	13	26
Strawberry Scooter Ice Cream Bar	68	160	45	6	1.5	0	75	13	25
Low Fat Orange Blossom® Bar [†]	62	70	10	1	0.5	0	50	13	14
Polar Blast - Fruit Punch Bar [†]	73.93	70	0	0	0	0	5	12	16
Fudge-O Bar [†]	68	80	0	0	0	0	80	15	16
Cherry Blue Raspberry Juice Rush® [†]	140	110	0	0	0	0	20	24	27
Lemon Orange Juice Rush® [†]	140	110	0	0	0	0	20	24	27
Strawberry Mango Juice Rush® [†]	140	110	0	0	0	0	20	24	27
1oz Whole Grain Chocolate Brownie Cookie	28	100	30	3.5	1	0	90	8	17
1oz Whole Grain Sugar Cookie	28	100	30	3.5	1	0	90	8	18
1oz Whole Grain Chocolate Chip Cookie	28	100	30	3.5	1	0	85	8	17
1oz Whole Grain Rainbow Cookie	28	100	30	3.5	1	0	85	8	15

[†] - MADE WITH GLUTEN FREE INGREDIENTS!