

# SNACK NUTRITION LIST

	SERVING (g)	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Sugars (g)	Carbs (g)
Assorted Bagels	80	200	1.5	0	200	2	40
Baked Chips	31.8	140	4	0.5	180		24
Dannon Oikos Nonfat Greek Yogurt	150	120-130	0	0	50	18-19	20
Fruit Snacks	44	130	0	0	15	15	32
Hard Pretzels	19.8	80	1.5	0	200	0	15
Hersheys Cookies & Cream Cone	64	150	2	1.5	95	20	30
Hersheys Yogurt Twister Cups	66.47	80	0	0	85	15	16
Kettle Chips	38.9	200	11	1.5	240	2	23
Minute Maid Lemonade Bar	113.4	100	0	0	20	18	26
Mozzarella String Cheese	28	80	6	4	180	0	1
Pudding, Chocolate & Vanilla Cup	6 oz	130	3	0	200	15	25
Smartfood White Cheddar Popcorn	14.1	75	2.5	0	100	less than 1	9
Soft Pretzels	71	180	0.5	0	150	16	37
Whole Grain Cheez-Its	21	100	3.5	1	150	0	14
Whole Grain Reduced Fat Cheetos	19.8	90	3.5	0.5	140	0	13
Whole Grain Reduced Fat Doritos	28.3	130	5	0.5	200	less than 1	20
Whole Grain Shortbread Cookies	29	130	4	1	95	8	22
Whole Grain Sun Chips	28.35	110-140	4 to 6	0-1	150-200		15-18
Whole Grain Goldfish Crackers	0.75	100	4	0.5	170	0	14
<b><u>Beverages</u></b>							
Apple & Eve 100% Fruit Juice	120	60	0	0	5	12	14
Fruit 66 100% Sparking Juice	227	120	0	0	10	22	30
Izze Sparkling Juice	248	90	0	0	20	20	22
Milk, Chocolate	8 oz	110	0	0	210	18	20
Milk, White	8 oz	110	0	0	135	12	13
Naked 100% Fruit Juice Smoothie	324.32	160-180	0	0	10	32-35	43
Tropicana 100% Juice	283.49	140	0	0	25	28-31	33-34