

NUTRITIONAL INFORMATION SY 09/10 SNACK ITEMS

	PORTION	CALORIES	PROTEIN	CARBS	FAT
BRIGGS ICE CREAM					
ICE CREAM CUP, CHOC	EACH	70	2	15	1.5
ICE CREAM CUP, VANILLA	EACH	70	2	14	1.5
ICE CREAM CUP, COTTON CANDY	EACH	90	2	14	3.5
ICE CREAM CUP, STRAW	EACH	70	2	14	1.5
ICE CREAM CUP, STRAW SWIRL	EACH	100	1	15	3
ICE CREAM CUP, CHOC SWIRL	EACH	100	2	15	3
ICE CREAM, CHOCOLATE SHORTCAKE	EACH	101	1.12	23.52	1.12
ICE CREAM, STRAW SHORTCAKE	EACH	130	1	23	3.5
ICE CREAM, ORANGE CREME BAR	EACH	90	1	18	1
ICE CREAM, FUDGE FRENZY	EACH	80	3	19	0.5
ICE CREAM CONE, CRUM COOKIE	EACH	170	3	31	3.5
ICE CREAM, SANDWICH	EACH	160	3	30	3
ICE CREAM, PUSH-UP COTTN CNDY	EACH	90	2	14	3.5
ICE CREAM, PUSH-UP, ORANGE JCE	EACH	101	1.12	23.52	1.12
FROZEN JUICE BAR - SOUR APPLE	SERVING	40	0	10	0
FROZEN JUICE BAR - VERY BERRY	SERVING	40	0	10	0
LUIGI'S SHERBET, ORANGE	INDVID CUP	120	0	27	1.5
LUIGI'S SHERBET, RASPBERRY	INDVID CUP	120	0	27	1.5

LINDENS COOKIES					
COOKIES, BUTTER CRUNCH 2 PK	BAG	140	1	23	5
COOKIES, CHOCOLATE CHIP, 2 PK	BAG	150	2	21	6
COOKIES, FUDGE CHIP, 2 PK	BAG	150	2	20	7
COOKIES, LEMON 2 PK	BAG	150	2	21	6
COOKIES, CHOCOLATE CHIPPERS	BAG	168	2	22	6.5
COOKIES, OATMEAL RAISIN, 2 PK	BAG	140	3	22	5

LITTLE DEBBIE					
L.D. CHEDDAR ON CHEESE CRACKERS	PACK	130	2	16	6
L.D. CHOC CHIP CREME PIE	PACK	150	1	23	6
L.D. CHOC CREMES	PACK	140	1	21	6
L.D. FUDGE ROUNDS	PACK	150	1	23	6
L.D. GINGERBREAD COOKIE	PACK	90	1	15	3
L.D. MARSHMALLOW TREAT	PACK	100	1	19	2.5
L.D. MARSHMALLOW PIE, CHOC	PACK	180	2	28	7
L.D. MARSHMALLOW SUPREME	PACK	140	1	23	5
L.D. OATMEAL CREME PIE	PACK	170	1	26	7
L.D. STAR CRUNCH	PACK	150	1	22	6
L.D. SNOW PUFF	PACK	100	1	20	2
L.D. 100 CALORIE BROWNIES	PACK				

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UTZ PRODUCTS					
POTATO CHIPS, CRAB, UTZ	BAG	150	2	14	9
CHEESIER NACHOS	BAG	150	2	19	8
POPCORN, WHITE CHEDD, UTZ	BAG	118	2.36	11.81	7.09
POTATO CHIPS, HONEY BBQ, UTZ	BAG	150	2	14	9
POTATO CHIPS, RED HOT, UTZ	BAG	150	2	14	9
POTATO CHIPS, REGULAR, UTZ	BAG	150	2	14	9
POTATO CHIPS, SALT & VINEGAR	BAG	150	2	14	9
SNACK/PARTY MIX, UTZ	BAG	140	2	19	7
PRETZELS, THIN, UTZ	BAG	110	2	22	1
PRETZELS, WHEEL, UTZ	BAG	110	2	22	1
FRITO LAY PRODUCTS					
BAKED CHEETOS	BAG	110	0	17	4.5
BAKED CHEETOS, FLAMIN' HOT	BAG	120	2	17	4.5
BAKED DORITOS, NACHO	BAG	68	1.5	12	2.25
BAKED DORITOS, RANCH	BAG	90	2	16	2.5
BAKED DORITOS, CHILI	BAG	130	2	20	5
FUNYONS	BAG	110	1	14	5
MUNCHIE MIX	BAG	130	0	20	4
MUNCHIE MIX HOT	BAG	110	2	18	4
LAY'S BAKED CHIPS, REGULAR	BAG	111	2.29	22.86	1.71
LAY'S BAKED CHIPS, SR CRM & CHED	BAG	140	1.75	13.13	8.75
LAY'S BAKED CHIPS, KC BBQ	BAG	105	1.75	19.25	2.62
LAY'S BAKED CHIPS, SR CRM & ONION	BAG	105	1.75	18.37	2.62
FANTASTIX	BAG	130	2	19	5
TOSTITO SCOOPS	BAG	110	2	19	2.5
MISC SNACKS					
ANDY CAPP HOT FRIES	BAG	150	2	17	7
AUSTIN ANIMAL CRACKERS	BAG	130	2	25	2
BK FRENCH TOAST	BAG	150	1	19	8
BK FRIES	BAG	150	1	19	8
CHEEZ-IT SCRABBLE CRACKERS	BAG	100	2	14	4
CHEX BOLD PARTY MIX	BAG	210	4	32	8
CHEX MIX TRADITIONAL	BAG	210	4	36	6
DOLPHIN & FRIENDS CRACKERS	BAG	110	2	16	4.5
FRUIT BY THE FOOT	EACH	90	0	17	1
FRUIT SNACK, CURIOUS GEORGE	PKG	100	0	22	1.5
GOLDFISH SNACK CRACKERS	BAG	200	5	28	7
KETTLE CORN	BAG	120	2	21	3.5
MINI CHIPS AHOY	BAG	170	2	24	8
MINI OREO	BAG	130	1	20	5
POP-TART, BROWN SUGAR	EACH	200	3	34	6
POP-TART, STRAWBERRY	EACH	190	2	35	5
RICE KRISPIE TREAT	BAR	45	1	8.5	1
T.G.I. F. POTATO SKINS	BAG	150	1	19	8
WELCH'S FRUIT SNACKS MIXED FRUIT	BAG	130	1	31	0
WELCH'S FRUIT SNACKS STRAWBRY	BAG	130	1	33	0
WHEAT THINS, VEGGIE	BAG	230	3	34	9
READI-BAKE SUGAR COOKIE	EA	110	2	18	4

	PORTION	CALORIES	PROTEIN	CARBS	FAT
READI-BAKE CANDY COOKIE	EA	109	2	18	4
READI-BAKE CHOC CHIP COOKIE	EA	110	2	18	4
RIPS SLUSH COOL BLUE	EA	140	1	33	0
RIPS SLUSH KIWI STRAWBERRY	EA	130	1	32	0
100 % JUICE CANNED BEVERAGES					
SWITCH BLACK CHERRY	CAN	130	0	35	0
SWITCH LEMON LIME	CAN	120	0	29	0
SWITCH ORANGE TANGERINE	CAN	140	0	36	0
SWITCH GRAPE	CAN	125	0	33	0
SWITCH KIWI BERRY	CAN	135	0	34	0
SWITCH FRUIT PUNCH	CAN	140	0	35	0
SWITCH WATERMELON STRAWBERRY	CAN	140	0	36	0
VERY FINE KRAZY KIWI	CAN	190	0	46	0
VERY FINE FRUIT PUNCH	CAN	180	0	44	0
VERY FINE TWISTED CHERRY	CAN	180	0	43	0
VERY FINE GRAPE	CAN	230	0	55	0
VERY FINE APPLE STRAWBERRY	CAN	190	0	45	0