

Nutritionals/Allergens/Dyes

S/Y 2022 - 2023

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Sesame	Peanut Treenut	Dyes
BREAKFAST															
BAGEL	130	25	200	1.5	4	2	2				yes	yes			
BARS															
BANANA CHIP BENEFIT BAR	140	24	105	4	2	2	12	yes	yes		yes	yes			
OATMEAL CHIP BAR	290	47	240	9	5	3	22	yes	yes		yes	yes			
BISCUIT W/SAUSAGE & CHEESE	285	25	726	15	14	1	3	yes	yes		yes	yes			
BISCUIT	190	23	400	9	4	1	2	yes	yes		yes	yes			
BREAKFAST BREADS															
BANANA BREAD	280	44	220	10	5	2	25	yes	yes		yes	yes			
LEMON BREAD	230	44	250	8	5	2	15	yes	yes		yes	yes			
PUMPKIN BREAD	260	44	240	8	5	2	24	yes	yes		yes	yes			
BREAKFAST BREAK CTC CEREAL	270	55	210	6	2	5	25								
	CTC Cereal	110	22	160	3	1	3	6				yes	yes		
	Apple juice	60	15	5	0	0	13								
	Grahams, cinnamon	100	18	45	3	1	2	6	yes	yes		yes	yes		
BREAKFAST BREAK CTC BAR	340	65	185	7	3	5	13								
	CTC Bar	160	30	120	4	2	3	8				yes	yes		
	Fruit juice	60	15	5	0	0	0								
	Animal Crackers	120	20	55	3	1	2	5	yes	yes		yes	yes		
BREAKFAST BREAK TEAM CHEERIOS	310	63	135	6.5	3	5	28								
	Team cheerios cereal bar	150	30	85	3.5	2	3	9				yes	yes		
	Apple juice	60	15	5	0	0	13								
	Grahams, cinnamon	100	18	45	3	1	2	6	yes	yes		yes	yes		
BREAKFAST PIZZA, WILD MIKES IW*	170	18	300	7	9	2	3	yes			yes	yes			
CEREAL															
BLUEBERRY CHEX (2 OZ)	240	46	350	5	3	1	12								
CINNAMON CHEX (1 OZ)	120	23	170	2.5	1	1	6								
CINNAMON CHEX (2 OZ)	230	46	340	5	3	3	12								
HONEY CHERRIOS	210	44	340	3	6	5	12								
RICE CHEX	100	24	250	0.5	2	1	2								
EGG & CHEESE ON BUN	150	19	270	6	6	2	4	yes	yes		yes	yes			
FRENCH TOAST STICKS	240	38	260	7	6	2	12	yes	yes		yes	yes			
GRANOLA CLUSTERS	220	47	95	2.5	5	4					yes	yes			
GRANOLA ROUND	271	44	181	5	8	5	18	yes	yes		yes	yes			
MINI CINNIS	240	40	300	5	7	2		yes				yes			
MUFFIN, BANANA MINI	140	24	140	3	3	1	12	yes	yes		yes	yes			
MUFFIN, BANANA (Blue Sky)	280	47	280	7	6	2	26	yes	yes		yes	yes			
MUFFIN, BLUEBERRY	280	46	190	8	5	2	22	yes	yes		yes	yes			
OATMEAL CHIP BAR (Benefit)	290	47	240	9	5	3	22	yes	yes		yes	yes			

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PANCAKES MINI	195	33	297	5.58	3.72	3.72		yes	yes		yes	yes			
PANCAKE AND SAUSAGE ON STICK	140	16	360	5	8	2	6	yes	yes		yes	yes			
RAISINS & SUNFLOWER KERNELS	309	30	15	18	8	4	24								
SAUSAGE PATTY (BEEF)	60	1	220	3.5	6	0	0								
SWEET POTATO SWIRL ROLL	240	38	240	8	5	3	12				yes	yes			
YOGURT/FRUIT SMOOTHIES	130	36	65	0	5	0	20	yes							
WAFFLE, ENVY small	160	20	170	7	4	2	15	yes	yes			yes			
WAFFLES, MINI	200	35	220	5	4	4	10	yes	yes		yes	yes			
YOGURT 4 OZ															
Danimals Strawberry -Banana	70	14	60	0	4	0	10	yes							
Vanilla	70	14	60	0	4	0	10	yes							
Strawberry	70	14	60	0	4	0	10	yes							
LUNCH															
ANYTIMER															
HAM & CHEESE ((Turk)Ham, cheese, crackers(2))	360	33	720	17	18	1	8	yes	yes		yes	yes			
TURKEY & CHEESE (Turkey, cheese, crackers (2))	360	37	910	16	18	0	11	yes	yes		yes	yes			
PIZZA LUNCH W/ PEP (Turk pep, cheese, crusts)	350	35	880	15	15	4	7	yes			yes	yes			
PIZZA LUNCH W/ CHEESE (Cheese, crusts)	360	34	750	17	13	4	7	yes			yes	yes			
APPLES, WARM CINNAMON	104	25	14	0	0	2	12								
BAGEL, MINI PIZZA	260	24	560	4	21	4		yes			yes	yes			
BEEF & CHEESE TACO STICK	345	32	631	13	20	4	1	yes			yes	yes			
BENTO BOX, EGG	373	51	288	14	15	8	7		yes			yes			
BENTO BOX, HUMMUS	467	50	651	25	12	10	7								
BENTO BOX, PEPPERONI & CHEESE	520	49	936	27	22	7	14	yes				yes			
BOLOGNA & CHEESE ON BUN	272	33	685	9	20	4	10	yes			yes	yes			
BOLOGNA & CHEESE PRE K	158	17	381	6	11	2	2	yes			yes	yes			
BISCUIT	190	23	400	9	4	1	2	yes	yes		yes	yes			
BOLOGNA(TURKEY) & CHEESE SUB IW	270	34	690	10	13	3		yes			yes	yes			
BRATSURST (1) W/OUT ROLL	180	0	520	14	14	0	0								
BRATWURST ON ROLL	310	26	800	16	19	3	3				yes	yes			
BREAD STICK, GARLIC	170	25	170	6	2	2		yes	yes		yes	yes			
CALZONES, CHEESE MINI	320	40	470	11	17	4		yes			yes	yes			
CHEESE CUBES (CHEDDAR & COLBY JACK)	92	0	191	7	7	0		yes							
CHEESE POCKET	290	30	550	13	15	2	2	yes				yes			
CHEESE SANDWICH	281	33	665	10	20	4	12	yes			yes	yes			
CHEESE, STRING	80	2	200	6	6	0	0	yes							
CHEESEBURGER W/BACON	351	31	639	17	23	4	10	yes			yes	yes			
CHEESEBURGER	331	31	531	16	21	4	10	yes			yes	yes			
CHICKEN N/WAFFLES	509	80	630	18	20	3	34	yes	yes		yes	yes			

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Sesame	Peanut Treenut	Dyes
CHICKEN BREAST, GRILLED (gf)	100	1	310	4	15	0	0				yes				
CHICKEN BUFFALO WRAP	480	44	839	23	24	7		yes			yes	yes			
CHICKEN CAESAR WRAP	350	31	799	14	25	5	1	yes	yes	yes	yes	yes			
CHICKEN DRUMSTICK, HOT & SPICY	210	7	380	12	17	1						yes			
CHICKEN DRUMSTICK	190	5	450	11	16	1						yes			
CHICKEN NUGGETS (5)	263	16	450	15	16	3	1				yes	yes			
CHICKEN DRUMSTICK, Glazed(allergen free)	170	4	300	10	17	0	0								
CHICKEN, ORANGE	291	26	716	13	18	7	13	yes			yes	yes			
CHICKEN PARMESAN SANDWICH	451	46	761	17	30	8	8	yes			yes	yes			
CHICKEN PATTY SANDWICH	340	38	530	11	31	6									
Hamburger roll	140	29	240	2	6	3					yes	yes			
Chicken Patty, WM, uniform	200	9	290	9	25	3					yes	yes			
CHICKEN PATTY SANDWICH, SPICY	412	46	640	22	21	6									
Hamburger roll	140	29	240	7	6	3					yes	yes			
Spicy chicken patty	272	17	400	15	15	3					yes	yes			
CHICKEN POPCORN	180	11	411	8	15	1	1	yes			yes	yes			
CHICKEN STRIPS, SPICY	264	16	396	15.21	15.13	3					yes	yes			
CHICKEN STRIPS WRAP	508	49	647	23	24	7	1	yes			yes	yes			
CHICKEN STRIPS SPICY WRAP	507	49	647	24	24	7		yes			yes	yes			
CHICKEN WRAP W/ VEGGIES	516	51	681	23	24	8	1	yes			yes	yes			
CHICKEN TENDERS	264	16	396	15	15	3					yes	yes			
COLD CUTS															
Bolгна (turkey)2oz	120	1	640	10	7	0	0								
Ham (turkey) 2 oz	80	2	240	4	8	0	1								
Turkey, 2 oz	60	0	300	0.5	12	0	0								
COLD CUT SUB	322	33	868	11	25	4	4	yes			yes	yes			
COOKIE, CHOC CHIP FRESH	200	33	160	7	2	2	16		yes		yes	yes			
COOKIE, PUMPKIN HARVEST	139	24	89	4	2	1	11.8	yes	yes		yes				
COOKIE, SUGAR	200	33	115	7	3	2	16		yes		yes	yes			
CORN DOG	281	31	660	13	9	2		yes	yes		yes	yes			
CORN DOG, MINI (6)	257	35	362	10	10	0	11	yes	yes		yes	yes			
CRACKERS, CRUNCH & CRAVE	190	30	200	6	4	4	5					yes			
CROISSANT	190	29	190	7	5	3	3	yes	yes		yes	yes			
EGG ROLL	140	24	200	3.5	4	3	2				yes	yes	yes		
FISH NUGGETS	180	20	290	4	16	2	0			yes		yes			
FRITOS (2 OZ)	320	32	330	20	3	3	0								
GRANOLA CLUSTERS	220	47	95	2.5	5	4					yes	yes			
GRAVY, 2 OZ	25	3	142	1	1	0	0	yes	yes		yes	yes			
HAM & CHEESE PRE-K	175	18	461	6	13	2	2	yes			yes	yes			

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Sesame	Peanut Treenut	Dyes
HAM (Turkey) & CHEESE SUB	301	30	790	12	20.6	3					yes	yes			
HAMBURGER	290	31	380	17	22	3									
Hamburger roll	140	29	240	7	6	3					yes	yes			
Burger	150	2	140	10	16	0									
HOT DOG	272	28	583	12.5	11	4									
Hot dog roll	140	28	230	1.5	5	4					yes	yes			
Hot dog	132	0	353	11	6	0									
HUMMUS CUP (2 OZ)	70	10	150	2	4	4	0								
LASAGNE ROLL UP	280	37	570	8	15	6	9	yes			yes	yes			
MAC & CHEESE SIDE DISH	166	17	544	6	9	1		yes	yes			yes			
MACARONI & CHEESE	322	34.5	1089	12	19	2		yes	yes			yes			
MARINARA SAUCE	20	3	100	0	0	0	0								
MAYONNAISE 1 tbsp	45	1	100	4.5	0	0			yes						
MEATBALL & CHEESE SUB	330	31	720	12	22	4		yes			yes	yes			
MEATBALLS (4)	110	1	290	6	12	0	0								
MEATBALL SUB	285	34	614	9	19	4					yes	yes			
MEATBALLS W/KOREAN BBQ	147	9	347	6	12	6					yes				
MOZZARELLA DIPPERS (2)	320	32	780	14	14	2	2	yes			yes	yes			
MOZZARELLA STICKS (5)	300	33	440	12	16	3	2	yes				yes			
MUFFIN, CORNBREAD	150	23	90	5	3	0	9	yes	yes		yes	yes			
NACHOS, GRANDE BEEF	362	36	675	15	18	5	13				yes	yes			
PASTA, ROTINI & MEAT SAUCE	317	24	611	16	18	4	8		yes			yes			
PIZZA 4X6	336	27	435	16	20	3	6	yes			yes	yes			
PIZZA, TONY'S MEATEATERS	369	27	663	19	21	3		yes			yes	yes			
PIZZA, TONY'S	310	31	440	13	16	3	9	yes			yes	yes			
PIZZA, TONY'S PEPPERONI	370	32	671	16	19	4		yes			yes	yes			
PRETZELS, HEARTZELS	80	15	200	1.5	2	2		yes				yes			
PRETZELS, SOFT	140	30	150	0.5	5	3	1					yes			
QUESADILLA, CHICKEN & CHEESE	320	38	770	11	18	4	5	yes			yes	yes			
RANCH DRESSING PC	70	5	125	6	0	0		yes	yes						
RAVIOLI, BEEF CANNED 1 C	250	30	690	8.04	16	5		yes			yes	yes			
RICE (1/2 CUP)	96	20	1	1	2	1									
RIPPER, HAM (turkey) AND CHEESE	271	28	592	8	22	3		yes			yes	yes			
ROLL, DINNER 1 ea	80	16	130	1	3	2					yes	yes			
ROLL, HAMBURGER	140	29	240	2	6	4					yes	yes			
ROLL, HOAGIE	140	27	270	2	6	3					yes	yes			
ROLL, HOT DOG	140	28	230	1.5	5	4					yes	yes			
SALAD, CAESAR SIDE	59	5	140	4	2	2		yes	yes	yes					
SALAD, CHICKEN CAESAR	169	7	461	8	18	2		yes	yes	yes	yes				

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SALAD, GRILLED CHICKEN	185	9	449	8	21	2		yes			yes				
SALAD, HAM & CHEESE	218	9	568	12	19	4		yes							
SALAD, TOSSED	22	4	48	0	2	2									
SALAD, SOUTHWEST	201	34	497	3	12	13		yes							
SALAD, CRISPY CHICKEN	387	23	628	23	24	6		yes			yes	yes			
SALAD, TACO	179	13	400	8	17	5	2	YES			YES				
SALAD, TUNA BOX	164	8	457	7	15	2			yes	yes					
SALAD, TURKEY & CHEESE	223	9	580	12	21	2		yes							
SANDWICHES (PRE-MADE I.W.)															
Grilled cheese on WG bread	209	30	387	7	12	3	4	yes			yes	yes			
Turkey bologna, turkey salami & cheese	280	29	480	10	19	2	6	yes			yes	yes			
Turkey ham & cheese on WG roll	290	29	940	11	20	2	5	yes			yes	yes			
Turkey, turkey ham & cheese wedge	250	28	470	9	19	2	6	yes			yes	yes			
SLOPPY JOE	285	39	657	8	19	6	16				yes	yes			
STRING CHEESE	80	0	210	6	7	0		yes							
STUFFING	136	18	234	6	3	1	3				yes	yes			
SUBS, DELI															
BOLOGNA (TURKEY) & CHEESE	294	33	961	13	19	4		yes			yes	yes			
HAM(TURKEY) & CHEESE	301	30	790	9	21	3		yes			yes	yes			
TURKEY & CHEESE	279	29	802	6	27	3		yes			yes	yes			
SUNFLOWER KERNELS	190	11	65	14	6	3									
TACO SALAD	225	14	481	11	21	2									
Beef taco filling	112	5	292	5	13	2					yes				
Cucumber	2	1	5	0	0	0									
Corn	12	5	40	1	4	0									
Cheese, shredded cheddar	67	1	100	5	4	0		yes							
Greens	23	2	40	0	0	0									
Tomatoes	9	0	4	0	0	0									
TOMATO SOUP	90	18	393	0	2	1	10					yes			
TORTILLA (10")	190	32	160	4	5	4	0				yes	yes			
TOSTITOS ROUNDS, IND BAG	200	29	180	7	2	3									
TUNA SALAD	120	2	396	7	12	1			yes	yes					
TUNA SALAD SANDWICH	270	32	679	9	19	5			yes	yes	yes	yes			
TURKEY & CHEESE PRE-K	161	17	464	4	16	2		yes			yes	yes			
TURKEY BREAST, HOLIDAY	80	1	440	1	17	0	0								
TURKEY STICK	40	0	190	1	8	0									
VEGAN BURGER	282	38	666	7	22	7	11				yes	yes			
YOGURT BOX	369	63	362	8	14	4	27	yes			yes	yes			

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FRUITS															
APPLE, RAW WITH SKIN (5 oz)	72	19	1	0.23	0.3	3	14								
APPLE, JUICE	60	14	5	0	0	0	13								
APPLES, SLICED	29	6	1	0	0	1									
APPLESAUCE CUP	60	17	0	0	0	1									
BUDDY FRUIT, APPLE	60	15	0	0	0	0									
BUDDY FRUIT, APPLE CINNAMON	60	15	5	0	0	1	11								
BUDDY FRUIT, FRUIT BREAK BANANA	80	19	5	0	0	1									
CHERRIES (DRIED, SWEETENED)	130	31	0	0	1	1	27								
CHERRY HEART HOLIDAY ICE	56	15	4	0	0	0									
CRAISINS, STRAWBERRY OR CHERRY	110	28	0	0	0	3									
DRIED FRUIT, ISLAND	120	27	35	1.5	0	1	20								
FRUIT CUP, MIXED	80	19	10	0	0	1									
GRAPES	57	14.15	0	0.45	0.55	0.8									
GRAPE JUICE	70	17	0	0	0										
MANDARIN ORANGE CUP	80	21	15	0	0	1	16								
ORANGE	45	11.28	0	0.12	0.9	2.3									
ORANGE JUICE	60	14	0	0	0	0	13								
PEACH	51	12.4	0	0.33	1.18	1.95									
PEACH CUP	70	18	10	0	1	1									
PEACHES, FROZEN, IN SYRUP	117	29	0	0	0	2									
PEAR	95	25.28	2	0.23	0.6	5.15									
PEAR CUP	70	19	5	0	0	1	15								
PINEAPPLE CUP	90	22	5	0	0	1.01	19								
RAISINS (1.3 OZ PK)	120	30	10	0	1	2	24								
STRAWBERRIES, FRESH	27	6.37	1	0.25	0.56	1.66									
STRAWBERRIES, FROZEN, in syrup	112	33	0	0	0.65	3.18									
WATERMELON (1/2 C)	24	6	0	0	0.5	0.5									
VEGETABLES															
BEANS, BAKED	140	28	140	0.5	8	5									
BEANS, BLACK	110	20	470	1	5	4									
BEANS, GREEN	20	5	100	0	1	1									
BROCCOLI, FRESH	26	4	1	0	1	2									
BROCCOLI, ROASTED	38	8	37	0	3	3									
BROCCOLI W/ CHEESE SAUCE	128	10	407	7	8	3									
BUTTERNUT SQUASH, ROASTED	92	26	5	0	1	9									
CARROTS & CHERRY TOMATOES	23	5.3	17	0.15	0.62	1.51									
CARROTS STICKS	37	8.62	30	0.16	0.88	2.55									

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CARROTS, BABY	22	5.26	50	0.08	0.41	1.85									
CARROTS, BABY GLAZED	68	13	16	2	1	1		yes							
CARROTS, CANNED	20	5	193	0	1	2									
CELERY STICKS	12	2.71	65	0.1	0.56	1.26									
COLE SLAW	115	10	189	8	0	2	5		yes						
COOL TROPICS TROPICAL TRIO SLUSH	80	20	5	0	0	0	17								
CORN	51	12	109	0.6	2	2									
CORN & BLACK BEAN SALAD	75	15	283	1	3	3									
CORN ON COB	60	14	3	0	2	3									
CUCUMBERS & CHERRY TOMATOES	8	1.8	2	0.1	0.32	0.4									
CUCUMBER SALAD	33	8	1	0	0	0									
GOLD RUSH VEG JUICE	40	10	60	0	0	0									
GREEN BEANS	20	5	100	0	1	2									
KALE, STEAMED	66	8	100	2	5	2									
LIMA BEANS	92	17	50	0	5	5									
MARINARA SAUCE	61	10.21	95	2.38	1.36	1.36									
PARADISE PUNCH VEG JUICE	60	15	10	0	0	0									
PEAS & CARROTS	38	8	20	0	2	2									
PEAS	22	4	31	0	1	1									
POTATOES, DELI	120	17	240	6	1	1									
POTATOES, MASHED	70	14	145	1	2	0		yes							
POTATO SALAD 1/2 CUP	165	27	310	5	3	10			yes			yes			
POTATOES, SEASONED WEDGES	130	21	150	4	2	2									
POTATOES, SMILE	160	25	230	6	2	2									
SALSA	30	5.92	207	0	0	2.96									
SOUP, TOMATO (1/2 CUP)	90	18	390	1	2	1	10					yes			
SPINACH & MUSHROOM SALAD	17	3	32	0	2	1									
SUNSPASH JUICE	60	15	10	0	0	0									
TOSSED SALAD	13	2	7	0	0.5	0.5									
TROPICAL TRIO	80	20	25	0											
VEG JUICE GOLD RUSH	40	10	60	0	0	0									
MILK															
MILK, 1%, WHITE	100	11	120	2.5	8	0	11	yes							
MILK, FAT FREE, CHOCOLATE	130	20	230	0	8	0	18	yes							
MILK, FAT FREE, STRAWBERRY	130	25	120	0	8	0	24	yes							
MILK, FAT FREE, WHITE	80	11	120	0	8	0	11	yes							
MILK, SHELF STABLE, CHOC	200	30	130	5	8	0		yes							
MILK, SHELF STABLE, WHITE	100	12	110	2.5	8	0		yes							
RIPPLE, ALLERGEN FREE MILK 8 OZ	140	16	160	4.5	8	0	15								

Nutritionals/Allergens/Dyes
S/Y 2022 - 2023

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Sesame	Peanut Treenut	Dyes
CONDIMENTS															
HONEY MUSTARD 1 OZ.	45	10	160	0	0	0	9								
CREAM CHEESE 1 OZ	65	1	84	5	3	0		yes							
FAT FREE RANCH DRESSING	23	6	330	0	0	0	2	yes							
KETCHUP (9 GM)	10	2	25	0	0	0	2								
MAYONNAISE (9 GM)	70	0	45	7	0	0	0		yes						
MUSTARD (5.5 GM)	5	0	65	0	0	0	0								
TACO SAUCE (9 GM)	5	1	95	0	0	0									
SYRUP (1.5 OZ)	120	30	20	0	0	0	22								
MARINARA CUP 2.5 OZ	40	7	200	1	1	0	1								
A LA CARTE ITEMS															
HERSHEY'S															
CHOCOLATE SCOOTER BAR	170	26	85	6	2	0	13	yes			yes	yes			
STRAWBERRY SCOOTER CRUNCH	160	25	75	6	2	0	13	yes			yes	yes			
SALTED CARAMEL BROWNIE CRUNCH	160	23	170	6	3	0	14	yes			yes	yes			
ORANGE BLOSSOM BAR	80	18	40	1	1	0	14	yes							
FRUIT PUNCH FREEZE POLAR BLAST	80	21	10	0	0	0	16								RED 40
CHOCOLATE SUNDAE CUP	80	16	60	1	2	0	12	yes							
STRAWBERRY SUNDAE CUP	80	17	50	1	2	0	14	yes							
VANILLA CUP	70	14	55	1	2	0	11	yes							
LINDENS COOKIES															
COOKIES, BUTTER CRUNCH 2PK	141	22	119	5.3	1.5	2	11		yes		yes	yes			
COOKIES, CHOC CHIP 2PK	140	22	70	5.2	1.5	2	11		yes		yes	yes			
COOKIES, FUDGE 2PK	136	20	70	5.2	1.7	2	11		yes		yes	yes			
CHIPS															
BAKED LAYS BBQ	110	19	170	2.5	2	2	3	yes			yes	yes			
BAKED LAYS ORIGINAL	100	20	115	1.5	2	2	2								
BAKED RUFFLES CHED & SC	100	17	200	2.5	1	1	2	yes			yes				
CHEETOS, FANTASTIX FLAMIN HOT	130	20	200	5	2	2		yes							RED 40, YELLOW 6
CHEETOS, CRUNCHY	120	16	200	4.5	2	1		yes							YELLOW 6
DORITOS COOL RANCH	130	20	150	5	2	2		yes							
DORITOS FLAMAS	130	20	200	5	2	2		yes							
FUNYONS	100	14	125	3.5	2	1		yes							
SUNCHIPS ORGINAL	140	18	120	6	2	2	2					yes			
POPCORN, SMARTFOOD WHITE CHEDDAR	70	9	100	2.5	2	2		yes							
TOSTITO ROUNDS	200	29	160	7	3	3	0								
TOSTIOS BAKED SCOOP CHIPS	110	19	125	2.5	2	1									

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CRACKERS/COOKIES/SNACKS															
RICE KRISPIES TREAT W/CHOC CHIP	190	34	150	5	2		14				yes	yes			
FRUIT ROLL-UPS	50	11	55	1	0	2	4								
DRINKS															
JUICY JUICE 100% APPLE (8 oz)	110	28	20	0	0	0	26								
JUICY JUICE FRUIT PUNCH (8 oz)	120	28	15	0	0	0	27								
IZZE BLACKBERRY	90	22	20	0	0	0	20								
IZZY CLEMENTINE	90	22	15	0	0	0	19								
IZZY APPLE	90	23	15	0	0	0	21								
SNAPPLE GREEN APPLE	170	41	30	0	0	0	39								
SNAPPLE ORANGE MANGO	170	42	25	0	0	0	40								
SNAPPLE FRUIT PUNCH	170	42	20	0	0	0	40								
SNAPPLE GRAPE	170	42	20	0	0	0	40								
GATORADE ZERO GLACIAER CHERRY	10	1	270	0	0	0	0								
GATORADE ZERO GLACIER FREEZE	5	2	270	0	0	0	0								
GATORADE G2 ORANGE	35	8	160	0	0	0	7								
GATORADE G2 FRUIT PUNCH	30	8	160	0	0	0	7								RED 40, YELLOW 5
GATORADE G2 LEMON LIME	35	7	160	0	0	0	7								YELLOW 5