

			Nutrients																Common Allergens									
Item	Grade Level	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	% Cals from fat	% Cals from Sat Fat	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Peanut	Tree Nut	Milk	Egg	Wheat	Soy	Fish	Shellfish	Gluten Free	
Juice, Capri Sun, 100% Apple	K-5	1 ea	80	0	0	0%	0%	0	0	25	20	0	20	0	0	0	0	0										x
Juice, Capri Sun, 100% Berry	K-5	1 ea	90	0	0	0%	0%	0	0	25	21	0	20	0	0	0	0	0										x
Juice,Capri Sun, 100% Citrus	K-5	1 ea	100	0	0	0%	0%	0	0	20	23	0	21	0	0	0	0	0										x
Juice, Capri Sun, 100% Fruit Punch	K-5	1 ea	80	0	0	0%	0%	0	0	25	21	0	20	0	0	0	0	0										x
Juice,Snapple, 100% Fruit Punch	6-12	1 ea	170	0	0	0%	0%	0	0	15	42	0	40	0	750	60	150	0										x
Juice, Snapple, 100% Grape	6-12	1 ea	170	0	0	0%	0%	0	0	15	43	0	41	0	750	60	150	0										x
Juice, Snapple, 100% Green Apple	6-12	1 ea	170	0	0	0%	0%	0	0	30	41	0	39	0	750	60	150	0										x
Juice, Snapple, 100% Orange Mango	6-12	1 ea	170	0	0	0%	0%	0	0	15	41	0	40	0	750	60	150	0										x
Juice, Switch 100% All Flavors (8.3 oz)	6-12	1 ea	120	0	0	0%	0%	0	0	5	30	0	29	0	0	60	0	0										x
Milk, 1% lowfat	K-12	1 cup	100	2.5	1.5	23%	14%	0	10	125	12	0	12	8	500	2	300	0			x							x
Milk, 1/2% lowfat chocolate	K-12	1 cup	140	1	0	6%	0%	0	5	110	24	0	23	8	400	2	300	0			x							x
Milk, 1% lowfat strawberry	K-12	1 cup	140	2.5	1.5	16%	10%	0	5	120	25	0	23	8	500	2	300	0			x							x
Milk, 1% lowfat Vanilla	K-12	1 cup	140	2.5	1.5	16%	10%	0	5	120	25	0	23	8	500	2	300	0			x							x
Milk, Lactaid	K-12	1 cup	80	0	0	0%	0%	0	5	125	13	0	12	8	500	0	500	0			x							x
Milk, Skim	K-12	1 cup	80	0	0	0%	0%	0	<5	130	12	0	12	8	500	2	300	0			x							x

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				Calories	Total Fat (g)	Saturated Fat (g)	% Cals from fat	% Cals from Sat Fat	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Peanut	Tree Nut	Milk	Egg	Wheat	Soy	Fish	Shellfish	Gluten Free
Bagel, 2.5 oz	9-12	1	ea	180	1	0	5%	0%	0	0	270	35	3	3	6	0	5	40	2			x	x	x	x			
Bagel, 2.5 oz - Honey Wheat	9-12	1	ea	170	1.5	0	8%	0%	0	0	260	34	3	3	6	1000	5	200	5					x	x			
Baked Fries, Jalapeno & cheddar (.75 oz)	9-12	1	ea	100	3.5	0	32%	0%	0	0	180	15	1	2	2	100	2	20	0			x						x
Baked Fries, Mesquite BBQ (.75 oz)	9-12	1	ea	100	2.5	0	23%	0%	0	0	220	16	1	2	1	200	2	0	0									x
Cheese, Light String, 1 oz	9-12	1	ea	60	2.5	2	38%	30%	0	10	210	1	0	0	8	100	0	200	0			x						x
Cheeze-Its, RF (1.5 oz)	K-12	1	pkg	195	7	1.5	32%	7%	0	0	375	30	1	0	6	150	0	60	1			x		x	x			
Chips, Baked Cheetos (.9 oz)	K-12	1	pkg	120	4.5	0.5	34%	4%	0	0	200	17	1	1	2	0	0	100	1			x						x
Chips, Baked Lays BBQ (1.13 oz)	K-12	1	pkg	110	2.5	0	20%	0%	0	0	190	19	2	2	2	0	1	20	0			x		x	x			
Chips, Baked Lays Original (1.13 oz)	K-12	1	pkg	100	1.5	0	14%	0%	0	0	115	20	2	2	2	0	1	0	0						x			x
Chips, Baked Lays SC & Onion (1.13 oz)	K-12	1	pkg	120	3	0.5	23%	4%	0	0	210	21	2	3	2	0	2	40	0			x			x			x
Chips, Baked Ruffles CH & SC (1.13 oz)	K-12	1	pkg	120	3.5	0.5	26%	4%	0	0	270	21	2	2	2	0	1	20	0			x			x			x
Chips, Cheetos, Fantastix (1 oz)	K-12	1	pkg	130	5	1	35%	7%	0	0	200	19	1	1	2	500	0	0	0			x						x
Chips, Doritos, Cool Ranch RF (1 oz)	K-12	1	pkg	130	5	1	35%	7%	0	0	160	19	2	1	2	0	0	40	1			x						x
Chips, Doritos, Nacho Cheese RF (1 oz)	K-12	1	pkg	130	5	0.05	35%	0%	0	0	200	20	1	0	2	100	0	0	0			x						x
Chips, Doritos, Spicy Sweet Chili RF (1 oz)	K-12	1	pkg	130	5	0.5	35%	3%	0	0	180	20	2	1	2	0	0	20	0					x	x			
Chips, Quaker Snack Mix (.9 oz)	K-12	1	pkg	110	4	1	33%	8%	0	0	200	18	1	4	2	500	6	0	2			x		x				
Cookie, WG choc chip	K-12	1	pkg	140	5	1.5	32%	10%	0	5	70	22	2	11	1.5	0	0	0	1				x	x	x			
Cookie, RF WG Candy 1.33 oz	K-12	1	ea	146	5	1.5	31%	9%	0	12	118	24	1	13	2	36	0	8	1			x	x	x	x			
Cookie, RF WG Choc chip 1.33 oz	K-12	1	ea	145	5	1.5	31%	9%	0	12	124	24	1	13	2	36	0	10	1			x	x	x	x			
Cookie, RF WG Sugar 1.33 oz	K-12	1	ea	148	5	1.6	30%	10%	0	10	152	24	1	13	2	50	0	8	1			x	x	x	x			
Cotton Candy Cup, LF	K-12	1	pkg	70	1	0.5	13%	6%	0	5	40	12	0	8	2	100	0	250	0			x						
Dream Bar,Fudge LF	K-12	1	bar	90	1.5	1	15%	10%	0	5	55	16	0	12	3	100	0	200	0	x		x						x
Dream Bar,Orange	K-12	1	bar	70	1	0.5	13%	6%	0	5	25	15	0	12	1	0	0	40	0			x						x
Graham Crackers, Bug Bites (1 oz)	K-5	1	pkg	120	3.5	1	26%	8%	0	0	115	21	1	8	2	500	0	100	1					x	x			
Graham Crackers, Scooby-Doo (1 oz)	K-5	1	pkg	120	3.5	1	26%	8%	0	0	115	21	1	8	2	500	0	100	1					x	x			
Granola Bar, Strawberry Vanilla	9-12	1	ea	90	1.5	0	15%	0%	0	0	75	19	1	7	1	0	0	80	0	x	x	x		x	x			
Goldfish, Cheddar	K - 12	.75	oz	100	3.5	1	32%	9%	0	5	180	14	1	0	2	0	0	20	0.4			x		x	x			
Goldfish, Hot 'N Spicy Cheddar	K - 12	.75	oz	100	3	1	27%	9%	0	5	190	14	1	0	3	0	0	200	1			x		x	x			

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Goldfish, Pretzel	K - 12	.75	oz	90	1.5	0	15%	0%	0	0	300	17	1	1	2	0	0	0	1			x		x				
Goldfish, Ranch	K - 12	.75	oz	100	3	1	27%	9%	0	5	190	14	1	0	3	0	0	20	1			x		x				
Ice Cream, Sandwich, LF	K - 12	1	each	130	2.5	1.5	17%	10%	0	5	85	25	0	13	3	100	0	200	0			x		x	x			
Ice Cream, Strawberry Shortcake bar	K - 12	1	each	170	9	4.5	48%	24%	0	10	55	21	0	16	1	200	0	40	0			x		x	x			
Ice Pop, Scribblers	K - 12	2	each	60	0	0	0%	0%	0	0	0	16	0	12	0	0	10	0	0									x
Nature Valley, Oats 'N Honey (1.5 oz)	K - 12	1	each	190	6	0.5	28%	2%	0	0	160	29	2	12	4	0	0	0	0	x	x				x			
Nature Valley Trail Mix, Fruit and Nut (1.2 oz)	K - 12	1	each	140	4	0.5	26%	3%	0	0	65	25	2	13	3	0	0	0	0	x	x				x			
Nutrigrain WG Apple Cinnamon	K - 12	1	each	120	3	0.5	23%	4%	0	0	110	24	3	12	2	750	0	200	2			x		x	x			
Nutrigrain WG Blueberry	K - 12	1	each	120	3	0.5	23%	4%	0	0	110	24	3	12	2	750	0	200	2			x		x	x			
Nutrigrain WG Raspberr	K - 12	1	each	120	3	0.5	23%	4%	0	0	110	24	3	12	2	750	0	200	2			x		x	x			
Nutrigrain WG Strawberry	K - 12	1	each	120	3	0.5	23%	4%	0	0	125	24	3	11	2	750	0	200	2			x		x	x			
Nuts, Cashews Roasted/Salted (2 oz)	K - 12	1	pkg	320	28	5	79%	14%	0	0	160	18	2	2	10	0	0	0	0	x	x	x		x	x			
Nuts, Peanuts, Roasted/Salted (2 oz)	K - 12	1	pkg	340	30	5	79%	13%	0	0	180	9	5	2	16	0	0	40	1	x	x	x		x	x			
Nuts, Trail Mix, Original Blend (1.5 oz)	K - 12	1	pkg	200	14	1.5	63%	7%	0	0	0	17	3	10	7	0	0	0	0	x	x	x		x	x			
Pretzels, Mini (1.5 oz)	K - 12	1	pkg	160	0	0	0%	0%	0	0	350	35	1	1	4	0	0	0	2	x				x				
Pretzels, Nibblers (1.5 oz)	K - 12	1	pkg	180	4	2	20%	10%	0	0	135	33	1	1	4	0	0	20	1	x		x		x	x			
Pretzels, Sticks (1.5 oz)	K - 12	1	pkg	165	1.5	0	8%	0%	0	0	450	35	1	1	4	0	0	0	2	x				x				
Popsicle, Firecracker	K - 12	1	each	35	0	0	0%	0%	0	0	0	9	0	7	0	0	6	0	0									x
Rice Krispies Treats (1.3 oz)	K - 12	1	each	150	4	1	24%	6%	0	0	170	28	0	13	1	300	0	0	0			x			x			x
Sherbert, Orange Tube	K - 12	2.75	oz	70	1	0.5	13%	6%	0	5	20	13	0	12	3	750	0	20	0			x						x
Sherbert, Rainbow Tube	K - 12	2.75	oz	70	1	0.5	13%	6%	0	5	20	13	0	12	3	750	0	20	0			x						x
Yogurt, Upstate Farms - any flavor 4 oz	K-12	1	ea	90	0	0	0%	0%	0	0	75	19	0	16	3	0	0	300	0			x						x

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