

Smart Snack List for Nutrition Services

Product Name	Selling Price	Serving Size	Calories	Fat	Sodium	Carbs	Protein
- Items marked with a * are available to High School Students ONLY.							
Food Items							
Chips							
Cheetos Baked Crunchy Cheese	\$1.00	.875oz	120 cal	4.5g	200mg	17g	2g
Cheetos Red Fat Puff Hot	\$1.00	.7oz	90 cal	3.5g	135mg	14g	2g
Cheetos Baked Cheese Crunchy Hot	\$1.00	.875oz	120 cal	4.5g	200mg	17g	2g
Doritos Red Fat Cool Ranch	\$1.00	1oz	130 cal	5g	160mg	19g	2g
Doritos Red Fat Flamas	\$1.00	1oz	130 cal	5g	200mg	20g	2g
Doritos Red Fat Nacho Cheese	\$1.00	1oz	130 cal	5g	200mg	20g	2g
Doritos Red Fat Spicy Sweet	\$1.00	1oz	130 cal	5g	180mg	20g	2g
Lay's Sour Cream & Onion	\$1.00	0.875	110 cal	3g	150mg	19g	2g
Ruffles Cheddar & Sour Cream	\$1.00	0.8	100 cal	2.5g	200mg	17g	1g
Whole Grains							
Betty Crocker Bar Oatmeal Chocolate Chip	\$1.00	1.24oz	150 cal	4.5g	105mg	24g	2g
Funyuns Snack Onion Oven Baked	\$1.00	.75oz	100cals	3.5g	125mg	14g	2g
GM Bar Cereal Cocoa Puffs	\$1.00	1.42oz	150cals	3g	100mg	30g	3g
GM Bar Cereal Trix	\$1.00	1.42oz	150cals	3.5g	100mg	30g	2g
GM Chex Mix Hot & Spicy	\$1.00	.92oz	110 cal	2.5g	140mg	20g	2g
Keebler Crackers Scooby Graham	\$1.00	1oz	120 cal	3.5g	115mg	21g	2g
Kellogg's Pop Tart Brown Sugar Cinnamon	\$1.00	1.76oz	180 cal	2.5g	190mg	37g	2g
Kellogg's Pop Tart Strawberry	\$1.00	1.76oz	180 cal	2.5g	180mg	38g	2g
Kellogg's Rice Krispies Treat	\$1.00	1.41oz	160 cal	4g	140mg	30g	2g
Pepperidge Farm Crackers Gold Fish Cheddar	\$1.00	.75oz	100cals	3.5g	180mg	14g	2g
Rich's Confetti Frosting Filled Cookie IW	\$1.00	1.7oz	200cals	7g	170mg	30g	2g
Rich's Triple Chocolate Filled Cookie IW	\$1.00	1.7oz	200cals	7g	130mg	31g	3g
Smart Food Popcorn Delight Red Fat White	\$1.00	.5oz	70 cal	2.5g	110mg	9g	2g
Tiopepe Churro Raspberry SPECIAL!	\$1.00	5"	160 cal	4g	60mg	28g	3g
Fruit & Fruit Snacks							
Fresh Apple	\$0.50	1 each	0g	0mg	0mg	15g	0g
Fresh Orange	\$0.50	1 each	0g	0mg	0mg	16g	1g
Fresh Banana	\$0.50	1 each	0g	0mg	0mg	27g	1g
Fruit Snacks Mott's Assorted	\$1.00	1.6oz	130 cal	0g	55mg	38g	0g
Beverages							
Basic Offerings							
Darigold Chocolate Fat Free Milk	\$0.70	8fl oz	130 cal	0g	210mg	24g	8g
Darigold Strawberry Fat Free Milk (SO) SPECIAL!	\$0.70	8fl oz	150 cal	0g	120mg	29g	8g
Darigold White Low Fat 1% Milk	\$0.70	8fl oz	110 cal	2.5g	130mg	13g	9g
Suncup 100% Apple Juice	\$0.70	4fl oz	60 cal	0g	15mg	14g	0g
Suncup 100% Orange Juice	\$0.70	4fl oz	60 cal	0g	5mg	14g	1g
Juice							
Capri Sun Fruit Dive 100% Juice	\$1.00	6fl oz	80 cal	0g	25mg	21g	0g
Izze Sparkling Juice Apple	\$1.75	8.4fl oz	90 cal	0g	15mg	23g	0g
Izze Sparkling Juice Blackberry	\$1.75	8.4fl oz	90 cal	0g	20mg	22g	0g
Izze Sparkling Juice Clementine	\$1.75	8.4fl oz	90 cal	0g	15mg	21g	0g
Izze Sparkling Juice Pomegranate	\$1.75	8.4fl oz	90 cal	0g	10mg	22g	0g
Naked Fruit Smoothie Strawberry Banana (SO) SPECIAL!	\$3.00	10fl oz	160 cal	0g	10mg	37g	2g
Tropicana 100% Apple Juice	\$1.75	10fl oz	140 cal	0g	25mg	34g	1g
Tropicana 100% Orange Juice	\$1.75	10fl oz	140 cal	0g	20mg	33g	2g

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V8 Vfusion Smoothie - Tropical Fruit*	\$2.50	12fl oz	120 cal	0g	95mg	29g	1g
V8 Vfusion Smoothie - Strawberry Banana*	\$2.50	12 fl oz	120 cal	0g	95mg	30g	1g
V8 Vfusion Smoothie - Watermelon Raspberry*	\$2.50	12 fl oz	120 cal	0g	80mg	29g	1g
V8 Vfusion Smoothie - Peach Mango*	\$2.50	12 fl oz	120 cal	0g	95mg	31g	1g
Water							
Nestle Pure Life Water Large	\$1.00	.5L	-	-	-	-	-
G2 Fruit Punch*							
G2 Fruit Punch*	\$1.75	12fl oz	30 cal	0g	160mg	7g	0g
G2 Glacier Freeze*	\$1.75	12fl oz	30 cal	0g	160mg	7g	0g
G2 Grape*	\$1.75	12fl oz	30 cal	0g	160mg	7g	0g
G2 Orange*	\$1.75	12fl oz	30 cal	0g	160mg	7g	0g
Canned Soda							
Pepsi Zero*	\$2.00	20fl oz	0 cal	0g	65mg	0g	0g
Diet Pepsi*	\$2.00	20fl oz	0 cal	0g	60mg	0g	0g
Diet Pepsi Wild Cherry*	\$2.00	20fl oz	0 cal	0g	60mg	0g	0g
Diet Mtn Dew*	\$2.00	20fl oz	0 cal	0g	85mg	0g	0g
Diet Mist Twist*	\$2.00	20fl oz	0 cal	0g	60mg	0g	0g
Diet Dr Pepper*	\$2.00	20fl oz	0 cal	0g	100mg	0g	0g
Energy Drinks							
Kick Start Blood Orange*	\$2.00	12fl oz	60 cal	0g	130mg	15g	0g
Kick Start Blueberry Pomegranate*	\$2.00	12fl oz	60 cal	0g	125mg	15g	0g
Kick Start Pineapple Orange Mango*	\$2.00	12fl oz	60 cal	0g	130mg	15g	0g
Kick Start Raspberry Citrus*	\$2.00	12fl oz	60 cal	0g	130mg	16g	0g
Hot Drinks							
Coffee Grnd Pier 70 Blend*	\$1.00	10-12 fl oz	0 cal	0g	0mg	0g	0g
ID Creamer Non-Dairy French Van*	-	13ml	35 cal	1.5g	0mg	5g	0g
ID Creamer Non-Dairy Hazelnut*	-	13ml	35 cal	1.5g	0mg	5g	0g
ID Creamer Non-Dairy Original*	-	9ml	25 cal	1g	0mg	4g	0g