

Middle/High School Compliance	Snack	Calories per item ≤ 200		Calories from fat ≤ 35%			Saturated Fat < 10%		Sugar ≤ 35%	Sodium ≤ 230	
Middle/High School Compliance	Entrée	Calories per item ≤ 350		Calories from fat ≤ 35%			Saturated Fat < 10%		Sugar ≤ 35%	Sodium ≤ 480	
Middle/High School Compliance	Juice beverages must be ≥50% juice, no added sweeteners or caffeine. No Sports drinks during the school day.										
Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
CapriSun 100% Juice (Apple)	Bev	80	0	0	0%	0	0%	20	11	25	Various
CapriSun 100% Juice (Fruit Punch)	Bev	80	0	0	0%	0	0%	20	11	25	Various
CapriSun 100% Juice (Grape)	Bev	90	0	0	0%	0	0%	21	12	25	Various
CapriSun 100% Juice (Berry)	Bev	90	0	0	0%	0	0%	20	11	25	Various
Roast Beef Mini Sub on WW	Entrée	200	25	3	13%	1	1%	4		390	Subway
Turkey Breast Mini Sub on WW	Entrée	180	15	2	8%	0.5	0%	5		380	Subway
Fresco Chicken Soft Taco	Entrée	140	30	3.5	21%	1	1%	2		470	Taco Bell
Fresco Grilled Steak Soft Taco	Entrée	120	40	4.5	33%	1.5	1%	2		440	Taco Bell
Black Beans and Rice	Entrée	180	35	4	19%	0	0%	1		430	Taco Bell
Chicken Cesar Wrap on WW or Salad (Half)	Entrée	110	30	3.5	27%	1	1%	2		340	Togo's
Barbecue Corn Nuts (Kraft)	Snack	180	60	6	33%	1	1%	1		220	ndraisingSolutions.co
Cheddar Goldfish (Pepperidge Farm)	Snack	200	60	6	30%	1.5	1%	0		360	ndraisingSolutions.co
Cheez-It (Sunshine)	Snack	190	50	6	26%	1.5	1%	0		350	ndraisingSolutions.co

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Chile Picante Corn Nuts (Kraft)	Snack	180	60	6	33%	1	1%	0		410	ndraisingSolutions.co
Chili Cheese Fantastix (Frito Lay)	Snack	130	45	5	35%	1	1%	0		200	ndraisingSolutions.co
Cinnamon Toast Crunch Crisps (Gen Mills)	Snack	120	25	3	21%	0	0%	9		200	ndraisingSolutions.co
Flamin' Hot Baked! Cheetos (Frito Lay)	Snack	120	40	4.5	33%	0.5	0%	0		210	ndraisingSolutions.co
Hot 'n Spicy Goldfish (Pepperidge Farm)	Snack	200	60	6	30%	1.5	1%	0		370	ndraisingSolutions.co
Nacho Cheese Doritos RF (Frito Lay)	Snack	130	45	5	35%	1	1%	2		220	ndraisingSolutions.co
Oats n' Honey Granola Bar (Nature Valley)	Snack	190	60	6	32%	0.5	0%	12		160	ndraisingSolutions.co
Old Tyme Pretzels (Snyders)	Snack	180	15	1.5	8%	0	0%	0		180	ndraisingSolutions.co
Ranch Corn Nuts (Kraft)	Snack	180	60	6	33%	1	1%	0		350	ndraisingSolutions.co
Rice Krispies Treats (Kellogg's)	Snack	150	30	3.5	20%	1	1%	12		170	ndraisingSolutions.co
fat free yogurt - 4 oz/French vanilla.	Snack	100	0	5	0%	0	0%	17	15	80	Super Mom's
fat free yogurt - 4oz/Chocolate	Snack	110	0	5	0%	0	0%	17	15	75	Super Mom's
fat free yogurt -8 oz/ French Vanilla	Snack	200	0	10	0%	0	0%	34	15	160	Super Mom's
Chocolate Fudge Sorbet non-dairy	Snack	100	5	0.5	5%	0	0%	14		30	Super Mom's
Barista Blend Coffe N/F Frozen Yogurt	Snack	90	0	0	0%	0	0%	16		70	Super Mom's
Yellow Cake Batter Frozen Yogurt (no sugar added)	Snack	70	0	0	0%	0	0%	6		75	Super Mom's

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Pink Lemonade Sorbet N/F No Dairy	Snack	80	0	0	0%	0	0%	15		0	Super Mom's
Milk Chocolate Frozen Yogurt	Snack	130	15	2	12%	1	1%	18		80	Super Mom's
Dutch Chocolate Frozen Yogurt	Snack	120	25	2.5	21%	1.5	1%	15		70	Super Mom's
Key Lime Frozen Yogurt N/F non-dairy	Snack	90	0	0	0%	0	0%	17		0	Super Mom's
Kiwi Strawberry Sorbet N/F non-dairy	Snack	90	0	0	0%	0	0%	16		0	Super Mom's
New York Cheesecake Frozen Yogurt N/F	Snack	100	5	0	5%	0	0%	17		75	Super Mom's
Mango Tango Sorbet N/F non-dairy	Snack	80	0	0	0%	0	0%	15		0	Super Mom's
Dulce De Leche Frozen Yogurt	Snack	120	20	2	17%	1.5	1%	18		70	Super Mom's
Birthday Cake Frozen Yogurt	Snack	100	5	0.5	5%	0	0%	16		75	Super Mom's
Strawberry Frozen Yogurt (NSA)	Snack	70	0	0	0%	0	0%	6		75	Super Mom's
Greek Lemon Frozen Yogurt N/F	Snack	90	0	0	0%	0	0%	11		80	Super Mom's
Pumpkin Frozen Yogurt N/F	Snack	110	0	0	0%	0	0%	18		80	Super Mom's
Pempermint Stick Frozen Yogurt N/F	Snack	100	0	0	0%	0	0%	17		70	Super Mom's
French Vanilla Frozen Yogurt	Snack	110	25	2.5	23%	1.5	1%	15		70	Super Mom's
Pistachio Frozen Yogurt N/F	Snack	100	0	0	0%	0	0%	18		75	Super Mom's
Toffee Frozen Yogurt	Snack	100	5	0.5	5%	0	0%	18		80	Super Mom's
Cookies and Cream Frozen Yogurt N/F	Snack	110	5	0	5%	0	0%	17		80	Super Mom's

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Fruit cups with Clasico seasoning	Snack	2	0	0	0%	0	0%	0		185	Various
Cheesy Hot Chrrito	Snack	130	45	5	8%	0	0%	0		100	warnockfoods.com
Newly submitted items 8-27-14											
Sugar Free Shaved Ice	Snack	5	0	0	0%	0	0%	0		0	
TOSTITOS® REDUCED FAT TORTILLA CHIPS CRISPY ROUNDS (Bulk)	Snack	140	70	7	11%	1	6%	0	0	120	Various Vendors
BAKED! LAY'S® POTATO CRISPS REGULAR *	Snack	130`	18	2	3%	0	0%	2	1%	150	Various Vendors
BAKED! LAY'S® POTATO CRISPS SOUR CREAM & ONION *	Snack	120	25	3	5%	0.5	3%	3	1%	170	Various Vendors
BAKED! LAY'S® POTATO CRISPS BBQ *	Snack	123	28	3.1	5%	0.4	2%	3.5	1%	193	Various Vendors
CHEETOS® REDUCED FAT PUFFS	Snack	90	30	3.5	5%	0	0%	0	0%	135	Various Vendors
CHEETOS® REDUCED FAT PUFFS FLAMIN' HOT	Snack	90	30	3.5	5%	0	0%	0	0%	135	Various Vendors
SMARTFOOD® DELIGHT WHITE CHEDDAR POPCORN	Snack	130	45	5	8%	1	4%	0	0%	220	Various Vendors

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
BAKED! TOSTITOS® TORTILLA CHIPS SCOOPS	Snack	120	25	3	5%	0	0%	0	0%	125	Various Vendors
DORITOS® REDUCED FAT TORTILLA CHIPS COOL RANCH	Snack	130	45	5	8%	1	5%	1	1%	160	Various Vendors
DORITOS® REDUCED FAT TORTILLA CHIPS NACHO CHEESE	Snack	130	45	5	8%	0.5	3%	0	0%	200	Various Vendors
DORITOS® REDUCED FAT TORTILLA CHIPS SPICY SWEET CHILI	Snack	130	45	5	7%	0.5	3%	0	0%	180	Various Vendors
TOSTITOS® REDUCED FAT TORTILLA CHIPS CRISPY ROUNDS	Snack	140	70	7	11%	7	6%	0	0%	120	Various Vendors
ROLD GOLD® PRETZELS HEARTZELS WHOLE GRAIN RICH	Snack	80	13.5	1.5	2%	0	0%	0	0%	200	Various Vendors
QUAKER® SNACK MIX KIDS MIX (reformulated in Aug 2014)	Snack	100	30	3	5%	0	0%	2	5%	150	Various Vendors
BAKED! CHEETOS® CHEESE SNACKS CRUNCHY	Snack	130	45	5	8%	1	5%	1	2%	230	Various Vendors
BAKED! CHEETOS® CHEESE SNACKS CRUNCHY HOT	Snack	160	100	11	17%	1.5	8%	0	0%	250	Various Vendors

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
REDUCED FAT MUNCHIES™ BAKED SNACKS CRACKERS HOT (Aug 14)	Snack	140	60	6	10%	1	5%	0	0%	220	Various Vendors
REDUCED FAT MUNCHIES™ BAKED SNACKS CRACKERS CHEDDAR CHEESE (Aug 14)	Snack	170	70	8	12%	1.5	7%	1	3%	290	Various Vendors
SUNCHIPS® MULTIGRAIN SNACK MIX GARDEN SALSA (Aug 2014)	Snack	140	60	6	10%	1	4%	2	5%	150	Various Vendors
SUNCHIPS® MULTIGRAIN SNACK MIX HARVEST CHEDDAR (Aug 2014)	Snack	140	60	6	10%	1	4%	2	5%	210	Various Vendors
TOSTITOS® REDUCED FAT TORTILLA CHIPS CRISPY ROUNDS - 2 Bread/Grain (Aug 2014)	Snack	120	40	4.5	7%	0.5	3%	0	0%	105	Various Vendors
BAKED! LAY'S® POTATO CRISPS BBQ *	Snack	120	30	3	5%	0.5	3%	3	4%	210	Various Vendors
BAKED! LAY'S® POTATO CRISPS REGULAR *	Snack	120	15	2	3%	0	0%	2	3%	180	Various Vendors

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
BAKED! LAY'S® POTATO CRISPS SOUR CREAM & ONION *	Snack	120	25	3	4%	0	0%	0	0%	210	Various Vendors
QUAKER CHEWY® GRANOLA BAR - MAPLE BROWN SUGAR	Snack	140	22	2.5	4%	1	5%	9	10%	120	Various Vendors
QUAKER® INSTANT OATMEAL REGULAR FLAVOR	Snack	100	18	2	3%	0	0%	0	0%	80	Various Vendors
QUAKER® INSTANT OATMEAL VARIETY -Maple Brown Sugar	Snack	160	20	2	3%	0	0%	13	10%	270	Various Vendors
QUAKER® INSTANT OATMEAL VARIETY- 2 Cinn Spice	Snack	160	20	2	3%	0.5	2%	11	10%	210	Various Vendors
QUAKER® INSTANT OATMEAL VARIETY- Apple Cinn	Snack	130	15	1.5	2%	0.5	2%	13	10%	190	Various Vendors
QUAKER® OATMEAL- TO GO- APPLES & CINNAMON	Snack	220	35	4	6%	1	4%	22	18%	200	Various Vendors
QUAKER® OATMEAL- TO-GO BROWN SUGAR CINNAMON	Snack	220	35	4	6%	1	4%	19	15%	230	Various Vendors

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
QUAKER® OATMEAL- TO-GO - OATMEAL RAISIN	Snack	220	36	4	6%	1	5%	19	15%	230	Various Vendors
QUAKER® QUICK OATS	Snack	150	25	3	4%	0.5	2%	1	2%	0	Various Vendors
QUAKER CHEWY® GRANOLA BAR REDUCED SUGAR CHOCOLATE CHIP	Snack	100	30	3.5	6%	1	5%	5	4%	75	Various Vendors
QUAKER CHEWY® GRANOLA BAR REDUCED SUGAR PEANUT BUTTER	Snack	100	25	3	55	1	5%	5	4%	100	Various Vendors
QUAKER CHEWY® GRANOLA BAR – 90 CALORIE OATMEAL RAISIN	Snack	90	15	1.5	3%	0	0%	7	5%	80	Various Vendors
QUAKER CHEWY® GRANOLA BAR - LOW FAT S'MORES	Snack	100	20	2	3%	0.5	3%	8	5%	75	Various Vendors
QUAKER CHEWY® GRANOLA BAR - PEANUT BUTTER & CHOCOLATE CHIP	Snack	100	25	3	4%	1	4%	7	5%	95	Various Vendors
QUAKER CHEWY® 90 CALORIE GRANOLA BARS – PEANUT BUTTER	Snack	90	20	2	3%	0	0%	7	5%	120	Various Vendors
QUAKER CHEWY® 90 CALORIE GRANOLA BAR CHOCOLATE CHUNK	Snack	90	20	2	3%	0.5	2%	7	5%	80	Various Vendors

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
QUAKER CHEWY® GRANOLA BAR REDUCED SUGAR COOKIES N CREAM	Snack	90	25	2.5	45	0.5	3%	5	4%	85	Various Vendors
QUAKER CHEWY® KING SIZE CHEWY GRANOLA BAR PEANUT BUTTER CHOCOLATE CHIP	Snack	180	50	6	9%	2.5	12%	13	10%	160	Various Vendors
Corn Nuggets- Ranch	Snack	94	21	3	3.6	1	3.6	1	5%	160	Various Vendors
Corn Nuggets- Barbeque	Snack	94	25	3	4.4	0.0	0	0	0%	95	Various Vendors
Newly submitted items 9-8-14											
Strawberry Pop Tarts	Snack	180	20	2.5	4%	1	5%	15		180	Various
Cinnamon Pop Tarts	Snack	180	25	2.5	4%	1	5%	15		190	Various
Chex Mix- Lime	Snack	110	25	2.5	4%	0.5	2%	3		170	Various
Chex Mix- Hot and Spicy	Snack	110	25	3	5%	0.5	3%	2		140	Various
Chex Mix- Chesse	Snack	110	25	2.5	4%	0.5	3%	4		135	Various
Cinnamon Toast Crunch Cereal Bar	Snack	150	30	3	5%	0.5	3%	8		115	Various
Cocoa Puffs Cereal Bar	Snack	150	30	3	5%	0.5	3%	9		110	Various
Trix Cereal Bar	Snack	150	30	3	5%	0.5	3%	9		105	Various
Team Cheereos Cereal Bar	Snack	150	30	3	5%	0.5	3%	9		90	Various
La Michocana Strawberry Paleta	Snack	70		6		4		2		25	La Michocana
Corn Nuts- Original (1/3 cup)	Snack	130	40	4.5	7%	0.5	3%	<1		120	Various

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Welch's Fruit Snacks (1.5 oz pack)	Snack	130	0	0	0%	0	0%	15		20	Various
Fruit Roll-Ups	Snack	45	10	1	1%	0	0%	4		55	Various
Betty Crocker Chocolate Chip Oatmeal Bar	Snack	150	50	5	8%	1	6%	8		120	generalmillsfoodservice.com
Betty Crocker Butterscotch Oatmeal Bar	Snack	150	50	5	8%	1.5	7%	8		120	generalmillsfoodservice.com
Sconza Sour Worms	Snack	190	0	0	0%	0	0%	17		4	Sconza Candy Company
Newly submitted items 9-23-14											
ACT II Popcorn 94% fat free light butter	Snack	130	20	2	3%	0.5	3%	0	0	190	Various
Mangoneadas	Snack	108	0	0	0%	0	0%	24		6mg	Various
Popped Wheat thins Sour Cream and Onion and Sea Salt Flavored	SNack	90	20	2	3%	0	0%	2		210mg	Various
Heartzels Snack Chips	Snack	80	10	1.5	2%	0	0%	0	0	200mg	Various
Rainbow Pretzel Rod	SNack	60	15	1.5	0.02	0.5	0.03	3		100mg	Wilson Fundraising
99% Caffine Free Sguar Free Iced Mocha	Bev	35	22	2	0.03	2	0.1	0	0	60mg	Various
Newly submitted items 12-11-14											
House Side Salad w/o dressing	Entrée	15	0	0	0	0		2	1%	1 mg	KFC
Corn on the Cobb (5")	Snack	140	10	0.5	7.143	0		5	2%	5 mg	KFC
Honey Sauce Packet	Snack	30	0	0	0	0		5	2%	0 mg	KFC
New Snack Items as of 8-3-15											

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
CapriSun 100% Juice (Apple)	Bev	80	0	0	0%	0	0%	20	11	25	Various
Chockolate Cake Cookie-Buzz Strongs	Snack	180	40	4	6	1	6	10	3	190	Various
Premium Beef Stick- Smart Choice	Snack	45	15	1.5	2	0	0	0	0	200	Various
Betty Crocker Fruit Roll Ups- Reduced Sugar	Snack	45	10	1	1	0	0	4		55	Various
Betty Crocker Fruit by the Foot- Reduced Sugar	Snack	80	15	1.5	2	0.5	3	7		40	Various
Pop Chips- Crazy Hot	Snack	80	25	3	5	0	0	1		190	Various
RF Doritos- Spicy Sweet	Snack	130	45	5	7	0.5	3	1		180	Various
Tajin Clasico Fruit Seasoning	Snack	3	0	0	0	0	0	0		191	Various
Nature Valley Choc Chip Oat Biscuits	Snack	150	45	5	8	1	4	9		135	Various
Nature Valley Cinnamon Oat Biscuits	Snack	150	45	5	8	0.5	3	9		140	Various
New Snack Items as of 8-21-15											
Soft Oatmeal Bar-apple	1.2oz bar	140	35	4g	6%	1.5g	8%	0%	9g	85mg	Various
Chocolate Chip	1.2oz bar	130	35	3.5g	5%	1g	5%	0%	10g	75mg	Various
Strawberry	1.2oz bar	140	35	4g	6%	1.5g	8%	0%	9g	85mg	Various
Gaslamp Sweet & Salty Kettle Corn	.75oz	100	30	3.5g	5%	.5g	3%	0%	6g	90mg	TS Woo
Corn Nuggets (Ranch)	.725oz	94.3	25.4	2.9g	4.04%	0g	0%	0%	0g	94.3mg	World Food
Corn Nuggets (BBQ)	.725oz	94.3	21.8	2.5g	3.60%	.725g	3.60%	0%	.725g	159.5mg	world food
Corn Nuggest (Tajin)	.725oz	94.3	25.4	2.5g	3.60%	0g	0%	0%	0g	136.3mg	World Food
Herr's Baked Original	1oz bag	120	20	2g	3.00%	0g	0%	0%	2g	190mg	Herr's
Hers Baked Ripple Cut	10z bag	120	20	2g	3%	0g	0%	0%	2g	190mg	Various

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Herrs popped chips:											
BBQ	1 bag	100	20	2.5g	4%	0g	0%	0%	2g	190mg	Various
Sea Salted	1 bag	100	20	2.5g	4%	0g	0%	0%	1g	170mg	Various
Chipotle Mango	1 bag	100	20	2.5g	4%	0g	0%	0%	3g	190mg	Various
Go Lite-sweet maui on	1 bag	140	30	3.5g	5%	0g	0%	0%	5g	220mg	Various
Good Natured:											Good Nature
Baked Veg Crisps	1oz bag	110	20	2g	3%	0g	0%	0%	3g	160mg	Good Nature
Baked Veg Crisps-ranch	1 oz bag	110	20	2g	3%	0g	0%	0%	3g	190mg	Good Nature
Baked multigrain crisps	1oz bag	120	20	2.5g	3%	0g	0%	0%	2g	170mg	Good Nature
New Snack Items as of 10-22-15											
CapriSun 100% Juice (Apple)	Bev	80	0	0	0%	0	0%	20	11	25	Various
Chockolate Cake Cookie-Buzz Strongs	Snack	180	40	4	6	1	6	10	3	190	Various
Premium Beef Stick- Smart Choice	Snack	45	15	1.5	2	0	0	0	0	200	Various
Betty Crocker Fruit Roll Ups-Reduced Sugar	Snack	45	10	1	1	0	0	4		55	Various
Betty Crocker Fruit by the Foot- Reduced Sugar	Snack	80	15	1.5	2	0.5	3	7		40	Various
Pop Chips- Crazy Hot	Snack	80	25	3	5	0	0	1		190	Various
RF Doritos- Spicy Sweet	Snack	130	45	5	7	0.5	3	1		180	Various
Tajin Clasico Fruit Seasoning	Snack	3	0	0	0	0	0	0		191	Various
Nature Valley Choc Chip Oat Biscuits	Snack	150	45	5	8	1	4	9		135	Various
Nature Valley Cinnamon Oat Biscuits	Snack	150	45	5	8	0.5	3	9		140	Various
Friday's Hot Fries	Snack	120	40	5	8	0.5	3	1		180	Various
Blue Ribbon Fudge Bars	Snack	130	15	1.5	2	1	5	21		95	Various

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Flavored Water	Bev	56	0	0	0	0	0	14		28	Various
New Snack Items as of 10-22-15											
Ultra Pops	Snack	63	0	0	0	0	0	7		39	Various
New Snack Items as of 1-26-16											
Pirates Booty (white cheddar) Puffed (1oz pkg)	Snack	130	45	5g	8%	1g	2%	0g%	0g%	140mg	various
Pirates Booty (white cheddar) Puffed (1/2 oz pkg)	snack	65	25	2.5g	4%	.05g	1%	0%	0	70mg	various
Pulled Pork Sandwich	Entrée	333	4.8	16		4		7		371	Various
New Snack Items as of 8/1/16											
Kona Ice	Bev	24	0	0	0	0	0	6%	21%	0.75	Fruit First
New Snack Items as of 9/1/16											
Ice Dog 100% Juice Slush Pouch	Bev	60	0	0	0	0	0	14	11.80%	0	Various
Simply Chex Xtreme Habanero Lime	Snack	110	25	2.5	4%	0.5	2%	3	11.50%	170	Various
Spicy Chex Mix Sriracha	snack	140	40	4.5	7%	0.5	3%	3	9%	240	various
Nature Valley Chewy Granola Bars Chocolate Chunk 0.89 oz	snack	90	15	2	3%	0.5	3%	6	24%	55	various
Skeeter Nut Free Shortbread Mini Cookies	snack	89	15	1	1%	0	0	11	35%	36	Various
Allsome! Bite Sized Choc. Chip Cookies	snack	23	8	0	0	0	0	1	34%	58	Various
Diet Syrup Snow Cones	snack	33	11	0	0	0	0	9	28%	0	Ralph's Snoball Supply Inc.
Orange Julius Protein Shake	Entrée	175	25	2.5	12%	0	0	16	8%	315	PowerUP! Nutrition

Item	Type	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar %	Sodium (mg)	Vendor
Cake Batter Protein Shake	Entrée	145	20	2.5	15%	0	0	9.5	5%	265	PowerUP! Nutrition