

Nutritional Information

06-07

| Product | serv size | calories | Total Fat (G) | Saturat Fat (G) | Trans Fats (G) | choles terol (mg) | sodium (mg) | Carbo hydrates (G) | Fiber (G) | Sugar (G) | Protein (G) | Vit A (RE) | Vit C (mg) | Calcium (mg) | Iron (mg) | Calories (from fat) |
|--------------------------|-----------|----------|---------------|-----------------|----------------|-------------------|-------------|--------------------|-----------|-----------|-------------|------------|------------|--------------|-----------|---------------------|
| popcorn | 3/4 oz | 130 | 10 | 1 | 0 | 0 | 250 | 8 | 2 | 1 | 1 | 0 | 3 | 26 | 0 | 100 |
| Sunchip Fr. Onion | 1 oz | 140 | 6 | 1 | 0 | 0 | 130 | 18 | 2 | 3 | 2 | 0 | 0 | 0 | 0.21 | 60 |
| Sunchip original | 1 oz | 140 | 6 | 1 | 0 | 0 | 123 | 18 | 2 | 2 | 2 | 0 | 0 | 0 | 0.21 | 50 |
| Sunchip hrvt ched | 1 oz | 140 | 6 | 1 | 0 | 0 | 160 | 19 | 2 | 2 | 2 | 0 | 0 | 0 | 0.21 | 50 |
| pretzel | 1 bag | 110 | 1 | 0 | 0 | 0 | 580 | 23 | 1 | 1 | 2 | 0 | 0 | 0 | 0.84 | 10 |
| funyuns | 3/4 oz | 110 | 5 | 1 | 0 | 0 | 200 | 14 | 1 | 1 | 1 | 0 | 0 | 0 | 0.42 | 45 |
| baked hot cheetos | 7/8 oz | 120 | 4.5 | 0.5 | 0 | 0 | 210 | 17 | 0 | 1 | 2 | 0 | 0 | 0 | 0.42 | 40 |
| cool ranch doritos | 1 oz | 140 | 7 | 1 | 0 | 0 | 170 | 18 | 1 | 1 | 2 | 0 | 0 | 26 | 0.21 | 60 |
| rice krispy treat | 1 ea | 160 | 4 | 1.5 | 0 | 0 | 170 | 29 | 0 | 14 | 1 | 56 | 0 | 0 | 0.42 | 35 |
| rice krispy choc | 1 ea | 170 | 7 | 4 | 0 | 0 | 125 | 26 | 1 | 15 | 1 | 42 | 0 | 0 | 0.21 | 60 |
| fruit rollup | 1 each | 80 | 1 | 0 | 0 | 0 | 50 | 17 | | 10 | 0 | | 14 | | | 10 |
| fruit rollup stick | .5 oz | 50 | 1 | 0 | 0 | 0 | 55 | 11 | | 7 | 0 | | 14 | | | 5 |
| sunkist 100% fruit snack | .9 oz | 80 | 0.5 | 0 | 0 | 0 | 55 | 19 | | 8 | 0 | | 57.5 | | | 5 |
| mini oreos | 1 pk | 160 | 7 | 2 | 0 | 0 | 190 | 25 | 1 | 14 | 2 | 0 | 0 | 0 | 1 | 60 |
| teddy grahams | 3/4 oz | 90 | 3 | 0.5 | 0 | 0 | 95 | 16 | 1 | 5 | 1 | 0 | 0 | 104 | 0.42 | 25 |
| gaint goldfsh grahms | .9 oz | 120 | 4 | 1 | 0 | 0 | 110 | 19 | 1 | 6 | 1 | 0 | 0 | 0 | 0.42 | 35 |
| dolphins & friends | .9 oz | 110 | 4.5 | 1.5 | 0 | 0 | 220 | 16 | 1 | 0 | 2 | 0 | 0 | 0 | 0.42 | 40 |
| goldfish lemon | .9 oz | 120 | 4 | 1 | 0 | 0 | 100 | 18 | 1 | 7 | 2 | 14 | 2.3 | 0 | 0.21 | 35 |
| MJM ap/cin waffle | 1 each | 103 | 3 | 0.45 | 0.05 | 0 | 84 | 17 | 1 | 0 | 1 | 249 | 3 | 114 | 1 | 27 |
| MJM lem bear graham | 1 each | 103 | 3 | 0.45 | 0.05 | 0 | 85 | 17 | 0.86 | 5 | 1 | 239 | 3 | 13 | 1 | 27 |
| fig newton | 2 oz | 200 | 4 | 1 | 0 | 0 | 230 | 39 | 3 | 22 | 2 | 0 | 0 | 57 | 0.63 | 35 |

Snacks

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|----------------------|-----------|----------|---------------|-----------------|----------------|-------------------|-------------|--------------------|-----------|-----------|-------------|------------|------------|--------------|-----------|---------------------|
| orange crm ice cream | 2.75 oz | 100 | 2 | 2 | 0 | 0 | 15 | 19 | 0 | 8 | 1 | 0 | 14 | 26 | 0 | 20 |
| cookie cone | 3 oz | 170 | 8 | 6 | 0 | 0 | 105 | 22 | 1 | 13 | 2 | 0 | 0 | 52 | 0.82 | 70 |
| no sugar vanilla cup | 3 oz | 80 | 2 | 1.5 | | 10 | 55 | 11 | 0 | 4 | 3 | 28 | 0 | 455 | 0 | 20 |
| strbry banana bar | 2.25 oz | 80 | 0 | 0 | 0 | 0 | 10 | 21 | 0 | 20 | 0 | 0 | 14 | 0 | 0 | 0 |
| Fat Free fudge bar | 2 oz | | | | | | | | | | | | | | | |
| Fudge bar | 3 oz | 140 | 5 | 4.5 | 0 | 0 | 75 | 21 | 1 | 20 | 3 | 0 | 0 | 260 | 0.42 | 45 |
| banana fudge bar | 3 oz | 120 | 4 | 3.5 | 0 | 0 | 80 | 19 | 0 | 19 | 3 | 42 | 0 | 260 | 0 | 35 |
| cookie crm cup | 3 oz | | | | | | | | | | | | | | | |
| Gaterade | 12 oz | 90 | 0 | | | | 160 | 22 | | 22 | 0 | | | | 0 | 0 |
| 100% OJ | 8 oz | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | | 57.5 | 26 | | 0 |
| MM FP 100% | 6.7 oz | 100 | 0 | | | | 15 | 24 | | 21 | 0 | | 57.5 | 130 | | |
| VF tea | 12 oz | 110 | 0 | | | | 30 | 29 | | 29 | 0 | | 100 | 10 | | |
| MM lemonades | 12 oz | 150 | 0 | | | | 50 | 42 | | 40 | 0 | | | | | |
| Powerade | 12 oz | 100 | 0 | | | | 80 | 25 | | 22 | 0 | | | | | |
| V8 Splash | 12 oz | 110 | 0 | | | | 70 | 27 | 0 | 26 | 0 | 140 | 140 | | | |
| Hawaiian Punch | 12 oz | 180 | 0 | | | | 170 | 45 | | 43 | 0 | | 57.5 | | | |
| MM fruit punch | 12 oz | 170 | 0 | | | | 50 | 46 | | 45 | 0 | | 57.5 | | | |

candy ice cream drinks