



*Feeding Body & Mind...One Child At A Time*

## Nutrition Information on Foods Items Sold Ala Carte 2011-2012

**NOTE:** Student Nutrition Services attempt to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. Nutritional information is provided by manufacturers and USDA, and is subject to change without notification. Revised October 1, 2011

### ALA CARTE FOODS

Product Description	Kcals	Fat (gm)	%Kcals from Fat	Sat Fat (gm)	%Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
<b>Snack Items</b>											
Applesauce (4oz)	80	0	0%	0	0%	0	0	20	10	2	
Broccoli w/ Lite Ranch Dip (1/2cup)	72	4	50%	1	13%	0	2	4	185	2	Excellent source of Vitamin C, Fiber and Calcium
Bonzer's Cookie-Elem (1.3oz)	155	5	29%	2	12%	0	3	24	90	1	Reduced Fat, Made with Whole Grains
Brownie, Whole Grain (1.4oz)	149	7	42%	0	0%	0	2	20	91	2	Whole Grain
Carroteenies w/ Lite Ranch Dip (1/2cup)	105	4	48%	1	12%	0	1	9	257	1	Excellent Source of Vitamin A
Cheddar Cheese Portion (1 oz)	110	9	74%	5	41%	0	7	<1	180	0	20% Recommended Daily Allowance (RDA) for Calcium
Chocolate Elf Graham Cracker (1oz)	130	5	35%	2	14%	0	2	17	100	1	10% RDA for Calcium
Dannon Yogurt (4oz)	110	2	16%	1	8%	0	5	19	80	0	15% RDA for Calcium
Dill Pickle (1 ea)	10	0	0%	0	0%	0	0	2	669	0	
Fruit & Yogurt Parfait w/ Granola	275	3	10%	1	3%	0	7	57	118	4	Low Fat Yogurt
Fruit Snacks-Sec (2.5oz)	210	0	0%	0	0%	0	1	50	40	0	Good Source of Vitamins C, E & Beta Carotene
Goldfish Cheese Crackers (.75oz)	100	3.5	32%	1	9%	0	2	14	180	0	
Hummus & Pretzel Dipping Cup	260	22	76%	3	10%	0	6	13	420	3	

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Marshmallow Cereal Bar (.8oz)	100	2.5	23%	1.5	14%	0	0	19	130	0	
Marshmallow Cereal Bar (1.3oz)	130	3.5	24%	1	7%	0	1	28	170	0	
Otis Spunkmeyer Cookie-Sec (1.3oz)	160	8	45%	4	23%	0	2	23	120	0	
Raisins (1.5oz)	126	1	4%	0	0%	0	1	33	12	2	Excellent Source of Fiber & Iron
Smart Cookies (1oz)	140	3.5	23%	1.5	10%	0	2	22	105	0	No high fructose corn syrup, no artificial colors
String Cheese, Lite (1oz)	80	6	68%	3.5	39%	0	7	1	210	0	20% RDA for Calcium
Sunflower Kernals (1oz)	170	14	74%	1.5	8%	0	6	5	85	0	Source of Polyunsaturated & Monounsaturated Fats
Zoo Animal Crackers (1oz)	130	2	14%	0	0%	0	2	25	95	0	
<b>Chips (1 oz bag)</b>											
BBQ	120	3	23%	0	0%	0	2	22	210	2	Baked
Cheetos	120	5	34%	1	8%	0	2	17	210	0	Baked
Doritos, Cool Ranch	130	5	33%	1	7%	0	2	19	160	2	Reduced Fat
Doritos, Nacho	130	5	35%	1	7%	0	2	19	220	1	Reduced Fat
Original	120	2	15%	0	0%	0	2	23	180	2	Baked
Popcorn Kettlecorn	130	5	35%	0	0%	0	1	21	130	2	Whole Grain Source
Sunchips Garden Salsa	140	6	39%	1	6%	0	2	19	160	2	Whole Grain Source
Sunchips Harvest Cheddar	140	6	39%	1	6%	0	2	18	170	2	Whole Grain Source
Sunchips Original	140	6	39%	1	6%	0	2	20	115	2	Whole Grain Source
Synders Pretzel Twists	110	0	0%	0	0%	0	3	25	250	0	Baked
Tostitos Scoops	120	3	23%	0.5	4%	0	2	22	150	2	Baked, Whole Grain Source
<b>Hot Snack Items</b>											
Cheese Cup, Jalapeno	130	9	62%	6	41%	0	8	4	830	0	
Cheese Filled Pretzel (5oz)	195	4	18%	2.5	12%	0	6	33	350	1	
Gourmet Pretzel Twist (6oz)	450	1.5	3%	0	0%	0	15	91	720	3	
Soft Pretzel Bites (12 each)	360	0	0%	0	0%	0	8	76	280	0	

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<b>Entrée Items</b>											
BBQ Chicken Chunks (5ea)- Sec	320	10	28%	1.5	4%	0	26	30	1121	0	
Big Daddy Pizza, Cheese-Elem	340	12	32%	4.5	12%	0	19	39	520	2	Made w/ Whole Grain, Reduced Fat
Big Daddy Pizza, Pepperoni-Elem	350	13	34%	4.5	12%	0	19	39	590	2	Made w/ Whole Grain, Reduced Fat
Bosco Sticks (4ea)	380	8	19%	4	9%	0	26	52	560	4	High Fiber, Reduced Fat
Buffalo Chicken Flatz	280	11	35%	6	19%	0	18	28	1010	1	
Chicken Egg Roll	160	5	28%	1	6%	0	10	20	420	2	
Chicken Tenders-Sec (4ea)	380	12	28%	3	6%	0	32	36	1613	0	Baked
Curly Fries (3oz)	160	7	39%	1	6%	0	2	22	460	2	Baked
Grilled Chicken Sandwich	280	10.5	34%	1.5	5%	0	43	31	580	4	Whole Grain Bun
Mini Beef Burger (1ea)	140	5	32%	2	13%	0	9	14	190	0	
Panini- Turkey & Cheese	595	23	35%	12	18%	0	34	54	1518	0	
Red Baron Solo 7" Pizza- Cheese	540	17	28%	9	15%	0	26	70	1200	3	
Red Baron Solo 7" Pizza- Pepp	550	19	31%	10	16%	0	26	68	1350	3	
Southern Style Chicken Bites (6each)	192	8	39%	2	9%	0	19	8	348	0	
Sweet Potato Fries (3oz)	160	6	34%	1	6%	0	2	24	210	4	Baked, 90% RDA Vitamin A
Waffle Fries (3oz)	170	9	48%	4	21%	0	2	21	490	2	Baked
<b>Beverages</b>											
Apple&Eve 100% Juice Box (6.75oz)	100	0	0%	0	0%	0	0	24	25	0	100% Fruit Juice, 100% RDA Vitamin C
Aquafina Bottled Water (20oz)	0	0	0%	0	0%	0	0	0	0	0	
Aquafina Flavor Splash (20oz)	0	0	0%	0	0%	0	0	0	65	0	
Gatorade (12oz)	72	0	0%	0	0%	0	0	20	158	0	
Gatorade (20oz)	125	0	0%	0	0%	0	0	35	275	0	
Gatorade G2 (12oz)	38	0	0%	0	0%	0	0	11	165	0	
Gatorade G2 (20oz)	63	0	0%	0	0%	0	0	18	275	0	
Milk Chug Chocolate Nesquik (8oz)	170	3	16%	2	11%	0	8	30	170	1	40% RDA Calcium, 25% RDA Vitamin D
Milk Chug, 1% Chocolate	300	5	15%	3	9%	0	16	50	370	0	30% RDA Calcium & Vitamin D

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Orange Juice 100% (16oz)	220	0	0%	0	0%	0	4	54	30	0	Calcium Fortified, 100% RDA Vitamin C
<b>Low Fat Ice Cream Treats</b>											
Big Daddy Cookie&Cream (10oz)	275	7.5	25%	2.5	8%	0	5	43	150	0	Low Fat
Big Daddy Ice Cream (10oz)	225	5	20%	2.5	10%	0	5	43	125	0	Low Fat
Chocolate Fudge Bar	80	0.5	6%	0	0%	0	3	19	75	3	Low Fat
Chocolate Ice Cream Cup (3oz)	90	2	20%	1	10%	0	2	17	60	0	Low Fat
Chocolate/Vanilla Ice Cream Cup (3oz)	100	5	45%	3.5	32%	0	2	12	35	0	Low Fat
Frozen Fruit Slushie (4oz)	80	0	0%	0	0%	0	0	20	45	0	100% Fruit, 100% RDA Vitamin C
Ice Cream Sandwich	160	4	23%	1.5	8%	0	4	28	150	0	Low Fat
Italian Ice Cup	98	0	0%	0	0%	0	0	25	15	0	Fat Free
Orange Creamcicle Ice Cream Bar	90	1	10%	1	10%	0	1	18	40	0	Low Fat
Popsicle Lick a Color	90	0	0%	0	0%	0	0	22	10	0	Fat Free
Popsicle Scribbler	60	0	0%	0	0%	0	0	15	15	0	Fat Free
Sour Cherry Italian Ice	98	0	0%	0	0%	0	0	25	15	0	Fat Free
Strawberry Ice Cream Cup (3oz)	90	2	20%	1	10%	0	2	16	55	0	Low Fat
Vanilla Ice Cream Cup (3oz)	90	2	20%	1	10%	0	2	15	50	0	Low Fat
<b>Condiments</b>											
Honey Mustard (1oz)	140	9	58%	1.5	10%	0	0	8	85	0	
Ketchup (1 packet)	10	0	0%	0	0%	0	0	3	100	0	
Lite Mayonnaise (1 packet)	40	4	90%	1	23	0	0	3	100	0	Lite
Lite Ranch (.75oz)	60	6	90%	1	15%	0	1	1	200	0	Lite
Marinara Sauce (1/4 cup)	69	3	33%	0	0%	0	2	12	523	1	
Mustard (1 packet)	5	0	0%	0	0%	0	0	0	56	0	
Peanut Butter Cup (1oz)	169	15	80%	3	16%	0	6	6	133	2	