

Carbohydrate Count for Snack Items 2015-16

Beverages (70¢ - milk, other \$1.50)

- Milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g
- Izze - sparkling juice (12oz): 21 - 23g (MS)

50¢ snacks

- Chocolate Chip Cookies: 18.5g
- Cheez-it : 14g
- Cheez-it Cheddar Loco : 14g
- Goldfish: 14g
- Quaker snack mix: 17g

60¢ snacks

- Herr's Baked: 23g
- Tostitos-Oven Baked: 22g
- Cheetos- Oven Baked" 20g
- Smartfood Popcorn: 9g
- Doritos Cool Ranch: 19g
- Doritos, RF Original: 20g
- Cheesestick: <1g

All of our snacks are "Smart Snacks" per USDA guidelines:

- ≤200 calories, ≤230mg sodium
- <10% of calories from saturated fat and ≤35% of calories from fat
- <0.5 g of trans fat/serving
- < 35% of sugar / weight of item
- 1st ingredient must be a whole grain, fruit, vegetable, dairy product or protein food

Fruit: (50¢)

- Apple slices (2oz) - 8g
- Apple, small - 13g
- Banana, 7" - 27g
- Orange , navel - 17g

75¢ snacks

- Pop-Tarts, Frosted Cinnamon (1pk) - 37g
- Pop-Tarts, Frosted Fudge (1pk) - 38g
- Pop-Tarts, Frosted Strawberry (1pk) - 38g
- Fruit Roll-up: 11g

75¢ Ice Cream

- Hershey's Sherbet: 23g (orange, lemon), 27g (raspberry)
- Mighty Mini: 12g
- Orange Blossom: 14g
- Polar Blast: 16g
- Scooter Crunch Bar: 22g (choc. or straw.)

\$1.00 Ice Cream (LR/MS only)

- Reduced Fat Mighty Mint: 33g
- Twist Cups: 12g (FF birthday, LF cotton candy)
- Twist Cone: 24g (crazy), 25g (LF cookies), 30g (twist)

Any questions, concerns -- contact Kristen Feaga, nutritionist
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