












Smart Snacks

Smart Snacks - Dairy























Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Chocolate Crunch Bar 	75g	160	5	1.5	16	<1	3	45
Strawberry Crunch Bar 	67g	150	5	1	17	1	2	75
Fudge Bar 	92g	130	1.5	1	21	<1	4	65
Strawberry FrozFruit Bar 	121g	130	0	0	23	2	0	30
Ice Cream Sandwich 	55g	120	1.5	1	12	2	3	105
Ice Cream Cone 	49g	110	2	1	12	0	2	65
Orange Dream Bar 	73g	100	1.5	1	17	0	1	25
Yogurt with Fruit 	113g	90	0	0	15	0	3	50
Swirl Ice Cream Cup 	51g	70	1	0.5	11	2	2	35

Smart Snacks - Protein

Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
String Cheese 	28g	80	5	3	<1	0	7	190
Beef Stick 	14g	30	1	0	1	0	4	100





Smart Snacks

Smart Snacks – Grains







Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Pop Tart Cinnamon 	50g	180	2.5	1	15	3	2	190
Pop Tart Fudge 	50g	180	3	1	16	3	3	190
Pop Tart Strawberry 	50g	180	2.5	1	15	3	2	180
Muffin, Chocolate 	57g	180	5	2	16	3	3	120
Muffin, Blueberry 	57g	170	5	2	15	2	3	120
Carnival Cookie 	43g	160	5	1.5	12	2	2	120
Chocolate Chip Cookie 	40g	160	5	1.5	12	2	2	100
Rice Krispies Treats 	40g	160	4	1	11	<1	2	140
Coco Puff Cereal Bar 	40g	150	3	0	9	3	3	100
Trix Cereal Bar 	40g	150	3.5	0.5	9	2	2	100
Donut, Ultra Power 	54g	150	5	1.5	12	1	3	200
Double Chocolate Cookie 	38g	137	4.4	1.5	13	<2	2	136
Doritos, Nacho Cheese 	28g	130	5	0.5	0	2	2	200
Doritos, Cool Ranch 	28g	130	5	1	1	2	2	160
Cheetos, Crunchy 	24.8g	120	4.5	1	1	1	2	200
Nutri Grain Bar 	37g	120	3	0.5	11	3	2	125
Chex Mix, Hot 'n Spicy 	26g	110	3	0.5	2	2	2	140
Chex Mix, Cheddar 	26g	110	2.5	0.5	4	2	2	135
Sun Chips Snack Mix 	24.8g	110	4	0	1	2	2	170
Cheez-It Crackers 	21g	100	3.5	1	0	1	2	150
Grahams, Cinnamon Gripz 	28g	100	3	1	5	3	2	80
Donut Star Glazed 	37g	100	2.5	0.5	7	1	3	150

Smart Snacks

Smart Snacks – Fruit











Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Sidekicks Fruit Juice 	4.4fl oz	80	0	0	19	0	0	45
Fruit Snacks 	25g	70	0	0	8	5	0	30
Fruit Roll-Ups 	14g	45	1	0	4	3	0	55
Fruit Roll-Ups 	14g	45	1	0	4	2	0	55

Smart Snacks – Breakfast

Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Cinnamon Roll 	75g	160	5	1.5	16	<1	3	45
Egg & Sausage Tornado 	67g	150	5	1	17	1	2	75
French Toast Sticks 	92g	130	1.5	1	21	<1	4	65
Egg & Cheese Boat 	121g	130	0	0	23	2	0	30
Egg & Cheese Taco 	55g	120	1.5	1	12	2	3	105
Egg, Potato & Sausage Taco 	49g	110	2	1	12	0	2	65

Smart Snacks

Smart Snacks - Lunch

Smart Snack Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
PB & J Uncrustable 	76g	320	17	3.5	13	3	10	320
Buffalo Crunchers 	164g	260	16	4.5	1	2	10	450
Pizza Crunchers 	78g	200	9	4	1.5	2.5	10	410
Corn Dog 	112g	240	8	2.5	5	5	9	390
Buffalo Chicken Wrap 	80g	170	5	1.5	1	0	8	230
Mozzarella Sticks 	51g	160	8	3	1	1	8	170
Ranchero Tornado 	79g	180	6	1.5	2	2	8	350
Southwest Flauta 	76g	170	5	1.5	1	4	9	200
Southwest Tornado 	79g	160	6	1.5	1	2	6	280
Chicken Enchilada 	70g	140	4	1.5	1	4	8	210