

## Elementary School Ala Carte Nutrition Information

<u>Item</u>	<u>Calories</u>	<u>Total fat (g)</u>	<u>Total carb. (g)</u>	<u>Fiber (g)</u>	<u>Sodium (mg)</u>
Baked Chips	140	3.5	24	2	240
Fantastix	130	5	19	1	200
Baked Doritos, 1.38 oz	170	5	29	2	310
Bar, Breakfast J&J	283	8.45	48.31	3.45	221
Brownie <i>Made in PF facility</i>	175	2.52	36	1	206
Buzz Berry, 8 oz 100% Fruit Juice <i>Assorted Flavors</i>	130	0	32	.9	7
Capri Sun (6 oz.) 100% juice	100	0	24	0	20
Cheese Balls	100	4	15	1	95
Cheez-Its, RF 1.5 oz	180	5	28	1	520
Chex Mix <i>Assorted Flavors</i>	140	3.5	27	2	260
Cocoa (seasonal)	50	0	10	1	180
Cookie (1.3 oz)	150	6	23	1	180
Edamame w/ low fat Ranch	214	12.5	13.6	5.85	224
Granola bar – Nature’s Valley <i>(Asst. flavors)</i>	90	3	15	1	80
Ice cream, Lite (3 oz.) <i>Assorted flavors</i>	70	1	13	0	50
Frozen Yogurt	90	1	17	<1 gm	60
Fudgy Bar, FF	70	0	15	0	50
Sherbet	90	.5	21	0	25
Kettle Corn	120	3.5	21	2	180
Muffin, WG 2 oz Assrtd . flavors	171	4.58	28.63	1.68	70
NutriGrain bar <i>Assorted Flavors</i>	130	3	24	2	120
Pop Tart, WG	190	5	35	5	150
Pretzels, 1 oz.	110	1	23	1	450
Simply Fruit Bites or Braids – made in PF facility	70	0	16	1	15
String Cheese	60	2.5	0	0	200
Sunflower Seeds, Honey Rstd.	170	14	8	2	88
Sunflower Seeds, salted	170	14.5	6	3	110
Veggies w/ low fat Ranch	105	7	13	3.5	310
Yogurt Parfait	346	11.20	55	3	120