

**CARSON CITY SCHOOL DISTRICT**  
**NUTRITION SERVICES DEPARTMENT**

**Approved Snacks that Meet Recommended Criteria**

To meet the criteria, snack items cannot exceed:  
 Maximum of 30% Total Calories From Fat; 10% Total Calories From Saturated Fat;  
 Maximum of 35% Sugar by Weight; Maximum of 600 mg. Sodium

Food offered as part of a reimbursable meal under the National School Lunch Program or the School Breakfast Program, or a snack offered under the USDA After-School Snack Program will meet USDA nutrition guidelines. Items listed below are suitable for a la carte sales, vending machines, student store sales and other snack item sales throughout the school.

Item	Serving Size (weight)
<b>FRESH FRUIT</b>	
Apple (Red)	Medium
Banana	Medium
Fruit Salad (Fresh and Ready Foods)	227 g
Orange	Medium
Pear	Medium
Tangerine	Medium
<b>CANNED/DRIED FRUIT</b>	
Applesauce (Tree Top)	4 oz
Cherry Cup w/Whipped Topping (Cloverdale Farms)	4.25 oz (119 g)
Del Monte Canned Fruit	4 oz
Del Monte Lite Diced Peaches	4 oz
Del Monte Lite Mixed Fruit	4 oz
Dole Fruit Cup	4 oz (113 g)
Dole Fruit Bowls	4 oz (113 g)
Peach Cup w/Whipped Topping (Cloverdale Farms)	4.25 oz (119 g)
Raisins (all)	1.54 oz 43 g
Sunsweet Prunes	1.43 oz 40 g
<b>CHIPS/SNACKS</b>	
Apple Chips (Bare Fruit)	18 g
Baked Classics (Sour Cream & Onion, Mesquite Barbeque)	.5 oz (14.2 g) or 1 oz (28.3 a)
Baked Lays Cheddar & Sour Cream Chips	1.5 oz or less
Baked Lays Original Potato Chips	1.5 oz or less
Baked Lays KC Masterpiece BBQ Chips	1.5 oz or less
Baked Lays Sour Cream & Onion Chips	1.5 oz or less
Baked Doritos Cooler Ranch	1.5 oz or less
Baked Doritos Nacho Cheesier	1.5 oz or less

Item	Serving Size (weight)
Baked Ruffles, all flavors	1.5 oz or less
Butter Pretzel Braids (Poore Brothers)	1.5 oz (42.5 g)
California Classics (Cheese Balls) (Classic Foods, Inc.)	.75 oz (21.3g)
California Classics (Hot & Crunchy Cheese Curls, Caramel Crunch) (Classic Foods, Inc.)	.75 oz (21.3 g) or 1.5 oz (42 g)
Carnival Crunch (Azar Nut Company)	.75 oz (21 g)
Chex Mix (traditional & honey nut only) (General Mills)	1.5 oz or less
Chex Morning Mix Fruit & Nut (General Mills)	1.15 oz (32 g)
Chompers Roasted Toasted Corn (X-treme Ranch, Smoke-n BBQ) (California Nuggets, Inc.)	.8 oz (22.7 g)
Cocoa Sunnies (Dakota Gourmet)	
Cool Ranch Toasted Corn (Dakota Gourmet)	1 oz (28 g)
Corn Nuts (original & ranch only) (Kraft)	1.39 oz (39 g)
Flat Fruit (All Flavors) (Tree Top Food Service)	1 Bar (14 g)
Fruit Energy Bar (Citrus, Cherry/Berry) (Tree Top Food Services)	1.32 oz (37 g)
Fruit Energy Plus Bar (Tropical, Wild Berry) (Tree Top Food Services)	1.32 oz (37 g)
Fruit Leather (Stretch Island Fruit, Inc.)	½ oz (14 g)
Goldfish Savory Snack Mix (Pepperidge Farm)	1.25 oz or less
Guiltless Gourmet Corn Chips	28 g
Hot Rodz Soft Pretzel Sticks (Bavarian Brothers)	1.2 oz (34 g)
Kettle Corn Crunchies (The Popcorn Man)	1 oz (28 g)
Krispy Puffs (Ranch & Herb, Tangy BBQ, Crunchy Tamaro's Gourmet Snacks)	1 oz (28 g)
Light Lay's Doritos Nacho Cheesier	1.5 oz or less
Light Lay's Original Chips (Frito Lay)	1.5 oz or less
Munchies Kids Mix (Frito Lay)	1 oz (28 g)
Newman's Own Pretzel Sticks	1 oz (30 g)
Organic Cinnamon Apple Chips (Bare Fruit)	1.5 oz or less
Peanuts, Blazin' Hot (Kars Nut Products Co.)	1.5 oz or less
Peanuts, Hot & Spicy (Planters)	1.5 oz or less
Peanuts, Salted (Kraft)	1.5 oz or less
Pita Chips (Pita Snax) (ALL Flavors)	1 oz (28 g)
Pita Puffs (BBQ, Cinnamon, Habanero Hot, Ranch) (Handi Foods)	.6 oz (16.8 g)
Pita Puffs (Pizza, Salsa) (Handi Foods)	1 oz (28 g)
Pizza Sauce w/Pretzel (Cloverdale Farms)	3 oz Sauce + 1 oz Pretzel
Pizza Sauce w/Pretzels (Cloverdale Farms)	3 oz Sauce + 2 oz Pretzel
Planter's Light Salted Peanuts	1.5 oz or less
Planter's Low Salt Dry Roasted Nuts	1.5 oz or less
Planter's Hot & Spicy Peanuts	1.5 oz or less
Pop Secret 94% Fat Free Popcorn	1.4 oz (39 g)

Item	Serving Size (weight)
Pretzels, Mini (Tools for Schools)	.75 oz (21.2 g)
Pretzels (generic)	1 oz (30 g)
Pretzel Goldfish (Pepperidge Farm)	1 pouch, .75 oz (21 g)
Pretzel Poppers (Cool Ranch, Cheezy Nacho, Sour Cream & Onion, Zesty Pizza, Blazin' Hot) (Super Snax)	1.5 oz (42.5 g)
Pretzel Sticks (generic)	1 oz (30 g)
Pringles Fat Free	1 oz (30 g)
Quaker Quakes Rice Snacks-Cheddar Cheese	.67 oz (19 g)
Original Blend Trail Mix (Kar's Nut Company)	1 oz (28 g)
Orville Redenbacher Smart-Pop	38 g
Real Fruit Bar (Kettle Valley)	.7 oz (20 g) or 1.4 oz (40 g)
Rold Gold Classic Tiny Twists Pretzels	1 oz
Rold Gold Honey Braided Twists	1 oz
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g
S'More Mix (Dakota Gourmet)	1.25 oz (35 g)
Snyder's Mini Pretzels	1 oz (30 g)
Soft Pretzel Sticks (All brands)	1.22 oz (34 g)
Sunflower Kernels (Kar's Nut Company)	1 oz (28 g)
Sunkist Fruit Snacks	.9 oz (25.5 g)
Super Pretzel Pretzelfills Cinnamon Apple Harvest	
Super Pretzel cinnamon Raisin Pretzel (J&J Snacks)	2.5 oz (71 g)
Super Pretzel Soft Pretzel Bites (J&J Snacks)	Up to 3 oz (84 g)
Super Pretzel Soft Pretzel (J&J Snacks)	2.5 oz (71 g)
Super Pretzel Soft Pretzel Rods (J&J Snacks)	Up to 3 oz (84 g)
Superstix Stuffed Soft Pretzel Sticks (Super Pretzel)	2.1 oz (59 g)
Sweetly Twisted Pretzel (Buena Vista Food Products)	3 oz (84 g)
Tickles Snack Mix	.93 oz (26 g)
Tostito's Baked Tortilla Chips	1 oz (28 g)
<b>COOKIES AND CRACKERS</b>	
Utz Pretzels	1 oz (28 g)
All Sports Bites Grahams (MJM)	28 g
All Sports Bites Trans Fat Free (MJM)	1 oz (28 g)
Animal Crackers (Keebler)	2 oz (56 g)
Animal Crackers (Original, Cinnamon, Graham, Chocolate Graham, Iced Pink & White)	Stauffer's
Animal Snackers (plain, chocolate) (Bisomerica)	1 oz (28 g)
Apple Cinnamon Bear Grahams (MJM)	.9 oz (26 g)
Apple Cinnamon Waffle Grahams (Strawberry, Blueberry) (MJM)	.9 oz (26 g)
Austin Zoo Animal Crackers	30 g
Barnum's Animal Crackers	30 g

Item	Serving Size (weight)
Big Top Animal Crackers (Old Colony Baking Co.)	2 oz (57 g)
Born in the USA Cookies (Biscomerica)	10z
Cheez-it Reduced Fat Crackers (Sunshine/Keebler)	1.5 oz 43 g
Cheese Nips 100 Calorie Packs (Nabisco/Kraft)	.74 oz 21 g
Chips Ahoy! 100 Calorie Packs (Nabisco/Kraft)	.81 oz 23 g
Chocolate Bear Grahams (MJM)	.9 oz (26 g)
Chocolate Chip Cookie, reduced fat (Best Maid)	2 oz (56.8 g) or less
Chocolate Graham Cookie (Stauffer's)	1 oz (28 g)
Cinnamania Cinnamon Bun Graham Snacks (Kellogg's)	1.76 oz 50 g
Cinnamania French Toast Graham Snacks (Kellogg's)	1.76 oz 50 g
Cinnamon Graham Cookie (Stauffer's)	.9 oz (28 g)
Cinnamon Toast Bites (SuperSnax)	1.5 oz (42.5 g)
Cookies (Oatmeal Raisin, Chocolate Chocolate, Chocolate Chip) (Gourmet Lites)	2 oz (57 g)
Cookie Grahams, all flavors (Real Food Direct)	1.2 oz 36 g
Cookie Monster Cookies	30 g
Crunchy Cookie (Oatmeal Raisin) (Quaker)	1.23 oz (35 g)
Dinosaur Grahams (Strawberry, Lemon) (MJM)	.9 oz (26 g)
Famous Amos Gingersnaps	24 g
Global Sport Vanilla Graham Snacks (Global Foods)	1.5 oz or less
Goldfish Crackers, (Parmesan, Pretzel) (Pepperidge Farms)	.75 oz (21 g)
Goldfish Physedibles Baked Animal Crackers (lemon, Strawberry) (Pepperidge Farm, Campbell's)	1.5 oz or less
Got Milk (Mookie Cookies) (Global Foods)	2 oz or less
Graham Crackers (Low Fat Honey Wheat, Cinnamon) (MJM)	.9 oz (26 g)
Graham Cracker (3 pack) (MJM)	.9 oz
Honey Graham Cracker with Fiber (MJM)	.9 oz (26 g)
Honey Maid Cinnamon Thin Crisps, 100 Calorie Pack (Nabisco)	.81 oz (23 g)
Kashi TLC Crackers	30 g
Keebler Animal Crackers	56 g
Keebler Animal Crackers, Undersea Friends	2 oz (56 g)
Keebler Chocolate Graham Crackers	31 g
Keebler Cinnamon Graham Crackers	30 g
Keebler Fat Free Zesta	16 g
Keebler Honey Graham Crackers	31 g
Keebler Iced Animal Cookies	32 g
Keebler Original Graham Crackers	29 g
Keebler Reduced Fat Wheatables	31 g
Keebler Teddy Grahams	1 oz
Lance Saltine Crackers	11 g

Item	Serving Size (weight)
Magic Cookies (Biscomerica)	1 oz (28 g)
Mini Honey Maid Oatmeal Raisin Cookies	2 oz (56 g)
Mother's Iced Oatmeal Cookie	2 oz (57 g)
Nabisco Honey Maid Cinnamon Graham Sticks	1.75 oz
Nabisco Original Premium Saltine Crackers	18 g
Nabisco Teddy Graham Cookie Cinnamon	30 g
Newton Bars (Nabisco)	1.3 oz (37 g)
Oatmeal Cookie, no nuts (Sabaaba Foods)	2 oz (57 g)
Orville Redenbacher-Smart Pop	38 g
Peanut Butter Cookie Crisps, 100 Calorie Pack (Nabisco)	.85 oz (24 g)
Pepperidge Farms Giant Goldfish ( <b>Cinnamon &amp; Chocolate</b> )	.9 oz
Quaker Crispums	33 g
Reduced Fat Chocolate Chip Cookie Dough (Cookie Tree Bakeries)	2 oz or less
Reduced Fat Chocolate Chip Cookie Dough (Otis Spunkmeyer)	1.0 oz (28 g) or 1.33 oz (38 g)
Reduced Fat Oatmeal Raisin Cookie (Buena Vista)	2 oz or less
Ritz Chips Original (Nabisco)	.75 oz (21 g)
Ritz Crackers Dinosaurs (Nabisco)	1 oz (28 g)
Ritz Snack Mix, 100 Calorie Pack (Nabisco)	.77 oz (22 g)
Snackin' Grahams	42 g
Spooky Cookies (Biscomerica)	1 oz (28 g)
Sweet Discovery Reduced Fat Cookies (Butter <b>Sugar, Carnival, Chocolate Chip, Oatmeal Raisin</b> )(Otis Spunkmeyer)	2.0 oz or less
Vanilla Bear Grahams (MJM)	.9 oz (26 g)
Vanilla Cookies (Global Foods)	1.5 oz or less
Vanilla Wafers (Nabisco)	1 oz (28 g)
Wheat Thins 100 Calorie Packs (Nabisco/Kraft)	.74 oz (21 g)
Wheatworth Crackers (Nabisco/Kraft)	.5 oz (13 g)
Wild Things Animal Crackers (Super Snax)	1.5 oz (42.5 g)
Zoo Animal Crackers (Austin)	2 oz or less
<b>BREAKFAST/CEREAU ENERGY BARS</b>	
Advantage Edge Bar	57 g
Apple Breakfast Bar (Buena Vista)	2 oz (56 g)
Apple Sweet Roll (Dolly Madison)	2.4 oz
Breakfast Squares (Darlington Farms)	1.7 oz (48 g)
Buttermilk Bars (Commodity)	2.5 oz (70 g)
Cinnamon Sweet Roll (Dolly Madison)	2.14 oz
Cobbler Cereal Bar (Apple, <b>Strawberry</b> )	1.3 oz (37 g)
Cranberry Breakfast Bar (Buena Vista)	2 oz (56 g)

Item	Serving Size (weight)
Cliff Bar	68 g
Dave's Buttermilk Bar	2.5 oz (71 g)
Dave's Buttermilk Donut	2 oz (56 g)
Fruit Bar (Apple, Blueberry, Strawberry) (Stauffer Biscuit Company)	1.3 oz (37 g)
Fruit Energy Bar (Flat Fruit)	1.41 oz (40 g)
Fruit Strudels (Darlington Farms)	1.7 oz (48 g)
Good Source Fruit & Grain Bar, Strawberry	37 g
Harvest Power Bar (Chocolate & Apple Crisp)	65 g
Hot Pockets Biscuit w/grape filling (Nestles)	2.5 oz (71 g)
Journey Chewy Multi-Grain Cereal Bar (Apple Cinnamon, Peanut Butter with Fudge Chunks) (Keebler)	1.3 oz (37 g)
Kidz Organic Whole Grain Bars (Pear Raspberry) (Healthy Valley)	.74 oz (21 g)
Low Fat Brownie (Buena Vista Foods)	2 oz (57 g)
Luna Bar (NO ORANGE BLISS OR KEY LIME PIE)	48 g
Marshmallow Crispy Squares (Goody Man)	.8 oz (22 g)
Milk & Cereal Bar (General Mills) (CHEX, Strawberry)	1.4 oz (40 g)
Muffin (Blueberry Low Fat, Apple Blossom Low Fat, Banana Low Fat) (BakeCrafters)	2 oz (57 g)
Muffins (Chocolate Fudge, Lemon, Blueberry, Banana) (Gourmet Treats)	3 oz (85 g) or less
Muffins, reduced fat, reduced sugar (Banana, Apple Cinnamon, Chocolate Chocolate Chip) (Otis Spunkmeyer)	1.8 oz (51 g)
Nature Valley "Chewy" Granola Bar (Oatmeal Raisin) (General Mills)	1 oz (28 g)
Nature Valley 100% Natural Crunchy Granola Bar (Peanut Butter, Maple Brown Sugar, Oats 'N Honey) (General Mills)	2.5 oz or less
X-Start Complete Breakfast Bar (Mixed Berry, Oatmeal Cinnamon Raisin)	2.5 oz or less
Nutri-Grain Cereal Bars (Strawberry, Cheesecake, Apple Cobbler) (Kellogg's)	37 g
Nutri-Grain Granola Chewy Bar (Honey Oat & Raisin, Chunky Chocolate) (Kellogg's)	1.3 oz (37 g)
Nutri-Grain Muffin Bar (Banana only) (Kellogg's)	45 g
Pop Tarts, unfrosted (No Blueberry) (Kellogg's)	52 g (1 pop tart)
Pop Tarts, frosted (Frosted Brown Sugar Cinnamon, Frosted Blueberry Only) (Kellogg's)	50 g (1 pop tart)
Protein Plus	85 g
Quaker Breakfast Squares for Kids (Oatmeal Raisin)	40 g

Item	Serving Size (weight)
Quaker Breakfast Squares (ALL FLAVORS)	60 g
Quaker Chewy Granola Bar (Peanut Butter, Butterfinger, Peanut Butter & Chocolate Chunk, S'mores low fat, Oatmeal Raisin low fat, Cinnamon Sugar, Baked Apple ONLY)	28 g
Quaker Fruit n' Crunch	40 g
Quaker Fruit & Oatmeal Bar (Very Berry Muffin, Apple Crisp)	1.3 oz (37 g)
Reduced Fat Donut Plus (Super Bakery)	3 oz (84 g)
Rice Cakes	13 g
Rice Krispies Treat (Original only) (Kellogg's)	1.3 oz (37 g)
Snickers Marathon Bar (Multi-Grain Crunch, Chewy Chocolate ONLY)	1.94 oz (55 g)
Special K Bar (Strawberry) (Kellogg's)	23 g
Team Cheerios Cereal Bar (General Mills)	40 g
Trix Cereal Bar (General Mills)	40 g
<b>FROZEN DESSERTS</b>	
Big Stick Rainbow (Good Humor)	3.5 oz
Big Stick Cherry Pineapple (Good Humor)	3.5 fl oz
Big Stick Lick A Color (Good Humor)	3.5 oz
Bubble Gum Swirl (Popsicle/Good Humor)	2.6 oz
Cotton Candy Swirl (Popsicle/Good Humor)	2.6 oz
Creamsicle (Good Humor)	2.7 fl oz
Firecracker Jr. (Good Humor)	1.6 oz
Good Humor Sandwich	3.5 fl oz
Great White (Good Humor)	3.0 oz
Holanda Fruit Bar, Lemon-Lime (Good Humor)	3.0 oz
Holanda Fruit Bar, Strawberry (Good Humor)	3.0 oz
HyperStripe (Good Humor)	2.7 oz
Mega Warhead (Good Humor)	4.0 oz
Original Fudgsicle Bar (Popsicle/Good Humor)	2.7 oz
Pop-ups Reckless Rainbow (Popsicle)	2.75 oz
Pop-ups Orange Burst (Popsicle)	2.75 oz
Push-up Rainbow (Popsicle/Good Humor)	2.75 fl oz
Push-up Sponge Bob (Popsicle/Good Humor)	2.75 fl oz
Red Zone (Good Humor)	3.7 oz
Scribbles (Good Humor)	2.4 oz
Shots (Popsicle)	3.2 fl oz (90 g)
So Long Sucker (Popsicle)	3.5 fl oz (103 ml)
Super Twin (Good Humor)	2.5 oz
Torpedo, Cherry (Good Humor)	1.75 oz
Towering Tornado (Good Humor)	

Item	Serving Size (weight)
Xtreme Sport (Good Humor)	3.7 oz
Natural Strawberry Fruit & Juice Bar (Breyers)	3.75 oz
All American Chiller Pop (Blue Bunny)	4 oz
Bomb Pop - Red, White, Blue (Blue Bunny)	2 oz
CN Rainbow Bomb Pop (Blue Bunny)	2.15 oz
Cyberbyte	3.5 oz
Fat Free Yogurt Cups (Blue Bunny)	4 oz
Frozen Fruit Bar Pineapple (Blue Bunny)	4 oz
Frozen Fruit Bar Mango (Blue Bunny)	4 oz
Frozen Fruit Bar Strawberry (Blue Bunny)	4 oz
Health Smart Fudge Bar (Blue Bunny)	2.5 oz
Health Smart Ice Cream Cups (Blue Bunny)	4 oz
Low Fat Fudge Bar (Blue Bunny)	3 oz
Low Fat Orange Dream Bar (Blue Bunny)	3 oz
Low Fat Pudding Pop, Vanilla/Choc Swirl (Blue Bunny)	1.75 oz
Lucas Limon (Blue Bunny)	3 oz
Mini Bomb Pop (Blue Bunny)	1.3 oz
Orange Sherbet Cool Tubes (Blue Bunny)	3 oz and 4 oz
Sherbet Cups (Blue Bunny)	4 oz
Strawberry Shortcake Sandwich	4.0 fl oz
Tropical Super Chiller Pop (Blue Bunny)	4 oz
Twin Pop Sticks (Blue Bunny)	3 oz
Xtreme Ultimate Ice	4.0 fl oz
Bolis Icesticks Helados	3 fl oz (90 ml)
Strawberry Frozen Fruit Bar (Fruiti Pops)	4 fl oz
Tamarind Frozen Fruit Bar (Fruiti Pops)	4 fl oz
Fruit-a-Freeze Chunks of Fruit ( <b>Strawberry, Pineapple, Mango, Lime, Lemon</b> ) (Cool Brands)	1 Bar (114 g)
Fruit-a-Freeze Tamarindo (Cool Brands)	1 Bar (89 g)
Skinny Cow Fudge Bar	3.0 fl oz (57 g)
Skinny Cow Vanilla Chocolate Cup	3.6 fl oz (68 g)
Skinny Cow Vanilla Strawberry Cup	71 g
Skinny Cow Vanilla Sandwich	76 g
Snow Cones	1 oz (28.4 g)
Ice Tickle	2 oz (57 g)
Peach Ice Singles (Wawona Frozen Foods)	3.0 oz (85 g)

Item	Serving Size (weight)
Strawberry Ice Singles (Wawona Frozen Foods)	2.75 oz (78 g)
Luigi's Sherbet, all flavors (J & J Snack Foods)	4 fl. oz (118 ml) or less
Luigi's Sourpuss Juice Bar, Watermelon, Cherry (J & J Snack Foods)	3.1 fl. oz (93 ml)
California Frozen Yogurt, Cookies & Cream, Mud Pie, Strawberry & Cream (Golden West)	4 fl oz (70 g) or less
Frozen Yogurt (Low Fat) (Anderson Dairy)	4 oz or less
<b>MISCELLANEOUS</b>	
BBQ Beef Sandwich (Fresh & Ready Foods)	170 g
Beef Jerky (Original, Hot & Spicy) (Double B Foods)	1 oz (28 g)
Burrito, Vegetarian (Fiesta Santa Fe)	5 oz (140 g)
Caramel Dip, Low Fat (Litehouse)	1 oz (1.3 Tbsp) (28 g)
Chicken Caesar Salad, no dressing, no croutons (Fresh and Ready Foods)	1 salad (approx 273 g)
Chicken Salad Mini Sub (Fresh & Ready Foods)	1 sandwich (approx 113 g)
Cinnamon Raisin Bread w/Vanilla Icing (Oregon Trail Bread – Intergrated Baking Resources)	63 g (1 slice)
Easy Mac Macaroni & Cheese (Kraft)	1 pouch (61 g)
Enjoy Gourmet Foods Beef Jerky	1 oz
Gelato Café (Fiordilatte, Vanilla, Strawberry Fruttosa, Lemon, Chocolate)	
General Mills Cheerios Cereal	1 oz
Hunt's Snack Pack Pudding (Vanilla) (ConAgra Foods)	3.5 oz (99 g)
Kellogg's All-Bran Cereal	1.1 oz
Kellogg's Cornflakes	21 g
Kellogg's Froot Loops 1/3 Less Sugar	.67 oz (19 g), ¼ cup
Kellogg's Frosted Flakes 1/3 Less Sugar	1 oz (28 g), ¾ cup
Kellogg's Low Fat Granola Cereal	49 g
Kellogg's Mini Shredded Frosted Wheat Cereal	51 g
Kellogg's Puffed Wheat Cereal	11 g
Kellogg's Raisin Bran Cereal	2.1 oz
Kellogg's Rice Krispy Cereal	33 g
Kellogg's Special K Cereal	21 g
Klein's Dill & Hot Pickles	37 g (small whole)
Lean Pockets Bacon, Egg & Cheese (Nestles)	64 g
Lean Pockets Sausage, Egg & Cheese (Nestles)	64 g
Oberto Beef Jerky (original & Hickory Smoked)	15/16 oz
Pancakes, buttermilk (IW DeWafelbakkers)	3.0 oz or less
Pancakes, cinnamon (IW DeWafelbakkers)	3.0 oz or less
Quaker Fruit & Crunch Granola	
Roast Chicken Triangle (Fresh an Ready Foods)	1 sandwich (approx. 155g)

Item	Serving Size (weight)
Salad Bistro Buttermilk Ranch Fat Free Dressing	1.5 oz (42.5 g)
Salad Bistro Honey Mustard Fat Free Dressing	1.5 oz (42.5 g)
Shrimp, breaded oven crunchy (Tampa Bay Fisheries)	6 oz or less
Sprinklins (Dannon)	4.1 oz (116 g)
String Cheese (ALL BRANDS)	1 oz
Teriyaki Beef Jerky (Pacific Coast Jerky)	½ oz (14 g)
Thomas English Muffin Original	57 g
Tuna Salad Triangle (Fresh and Ready Foods)	1 sandwich (approx. 138 g)
Turkey & Cheese French Roll (Fresh and Ready Foods)	1 sandwich (approx. 206 g)
Turkey & Cheese Pita (Fresh and Ready Foods)	1 sandwich (approx. 198 g)
Turkey & Cheese Triangle (Fresh and Ready Foods)	1 sandwich (approx. 142 g)
Turkey Triangle (Fresh and Ready Foods)	1 sandwich (approx. 140 g)
Twisted Cinnamon Stick (Buena Vista)	1.3 oz (50.4 g)
Whole Wheat Healthy Roast Chicken (Fresh and Ready Foods)	1 sandwich (approx. 210 g)
Whole Wheat Healthy Turkey (Fresh and Ready Foods)	1 sandwich (approx. 203 g)
Wintergreen Mints	
Yogurt, Danimals (Dannon)	4 oz (113 g)
Yogurt, Fruit Blends (Dannon)	6 oz
Yogurt, Fruit on the Bottom (Dannon)	6 oz
Yogurt, Light 'n Fit Creamy (Dannon)	4 oz
Yogurt, Light 'n Fit (Dannon)	6 oz
Yogurt, Natural Flavors (Dannon)	6 oz
Yogurt, fat free (Upstate Farms)	4 oz (112 g)
Yogurt, Trix (Yoplait)	4 oz (112 g)
Reduced Fat Cheese Pizza - PIZZA FACTORY	1/10 of 16" pie
Reduced Fat Cheese Pizza - PIZZA FACTORY	1/8 of 14" pie
Reduced Fat-Reduced Sodium Cheese Pizza (NON AVAILABLE AT THIS TIME)	1/8 of 16" pie
Reduced Fat-Reduced Sodium Cheese Pizza (NON AVAILABLE AT THIS TIME)	1/8 of 14" pie
Reduced Fat-Reduced Sodium Pepperoni Pizza (NON AVAILABLE AT THIS TIME)	1/8 of 16" pie
Reduced Fat Cheese Pizza (NON AVAILABLE AT THIS TIME)	1/10 of 16" pie

New Items	Serving Size (weight)
Grandma's Smoke House Jerky - Teriyaki, Pepper Teriyaki	1 oz.
Grandma's Smoke House Jerky - Honey Beef and Hot Beef.	1 oz.
Grandma's Smoke House Jerky - Original Beef, Pepper Beef, Garlic Beef and Pepperoni Beef	1 oz.
Little Debbie/Sunbelt - Angel Cakes - Raspberry	46 gr.
Little Debbie/Sunbelt - Low fat Chewy Granola Bar - Oatmeal Raisin	35 gr.
Little Debbie/Sunbelt - Fruit & Grain Cereal Bars - Strawberry, Apple Cinnamon, Blueberry and Raspberry	39 gr.
Little Debbie/Sunbelt - Reduced Fat Fudge Brownie	54 gr.
Little Debbie/Sunbelt - Reduced Fat Oatmeal Cream Pie	38 gr.

Items may be added to or deleted from the list as nutrient information becomes available. If you have any questions, please contact Nutrition Services, at (775) 283-2150.

Adopted 4/25/06

Revised 8/16/06