

Menu Item	Serving Size	Calories	Total fat (gm)	Sat. Fat (gm)	Carbohydrate (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit. A (RE) %	Vit. C (mg) %	Sugars (g)
A' La Cart											
Snapple Juices	1 can	170	0	0	42	0	100	0	10%	100%	40
Crystal Light	1 packet	12.5	0	0	0	0	0	0	0	0	0
Rice Krispy Treat											
Regular	1 bar	160	3.5	1	30	1	0	0.72	8%	0	13
Chocolate	1 bar	170	7	4	26	1	0	0.36	6%	0	9
Mello Crisp	1 bar	130	3	1	24	1	0	1.44	2%	0	10
Chortles	1 pack	114	3	1	19	2	1	1.08	1%	2%	7
Soft pretzels	1	250	1.19	0.29	50.5	9.35	1.19	4.6	0.4	0	2.5
Mini Pretzels	½ oz pack	50	0.5	0	11	1	0	1.1	0	0	0
Mini Pretzels	1 oz pack	110	1	0	22	2	0	1.1	0	0	>1
Zoo Crackers	1 pack	120	2	0	24	2	0	1.1	0	0	7
Popcorn	½ oz bag	70	0.5	0	8	1.5	0	0	0	0	0
Straw. Crunch	3 oz	130	3.5	1	23	1	40	0	6%	0	15
Choc. Crunch	3 oz	140	3.5	1.5	26	2	40	1.44	0	0	10
Fudge Frenzy	3 oz	80	0.5	0	19	3	100	1.1	0	0	7
No Sug. Added Reduced Fat Ice Cream Sand.	1 sandwich	120	4	2	22	3	60	0.36	4%	0	2g 8g sug. alcohol
Giggle Ice Cream Sandwich	1-mini Sandwich	95	3.5	1.7	14.5	1.5	10	0	2%	0	N/A
Fruit Ice (1/4 c juice)	4 oz cup	168	0	0	27	0	22	0.3	3.5%	2%	N/A
Fruit Jello	4 oz cup	114	0	0	29	0	7	3	7.8%	5%	N/A
Mozzarella Stick	1 oz stick	60	3	1.5	1	7	200	0	30%	0	N/A
Dolphin Crackers	1 oz bag	110	4.5	1.5	16	2	0	1.44	0	0	0
Swirl, small	4oz	55	0	0	15	0	0	0	15%	50%	12
Swirl, Large	6oz	85	0	0	22	0	0	0	23%	75%	18