

Snack Cart: Nutritional Information

Item	Brand	Description	Calories	% cal from Fat	% cal from Sat Fat	Trans Fat	Sodium (mg)	% cal from Sugar	Allergens Listed	comments
Institute of Medicine (IOM)		Snack Nutritional Standards	≤200	≤35%	<10%	0	≤200	≤35%		
Fresh Fruit ★	Varies with choice	fresh fruit	varies with seasonal selection							
Cheese Stick ★	Land-O-Lakes	reduced fat cheese stick	90	70%	50%	0	200	0%	milk, dairy	Brand may vary with USDA product; IOM allows for higher fat content in dairy and nut foods
Yogurt	Upstate Farms	yogurt - strawberry	90	0%	0%	0	75	71%	milk, dairy	Nutrition may vary slightly with flavor choice; Naturally occurring lactose with added fruit juice sweetener make up the sugar content of this product.
Popcorn ★	Barrel O' Fun	popcorn	80	56%	6%	0	100	0%		Popped in sunflower and/or corn oil.
Pretzels ★	Barrel O' Fun	pretzels	110	8%	0%	0	450	0%	wheat	
Caramel Rice Snacks	Quaker	rice cakes	80	7%	0%	0	260	25%	milk, soy	
Cheddar Cheese Rice Snacks	Quaker	rice cakes	90	30%	0%	0	290	0%	milk ingredients	
Sunflower Kernels	Dakota Gourmet	lightly salted sunflower kernels	170	85%	8%	0	110	2%		Roasted in sunflower oil; IOM allows for higher fat content in dairy, nut and seed foods.
Cinnamon Graham cracker	Honey Maid	graham cracker	120	19%	4%	0	160	27%	wheat, soybean	
Honey Nut Scooters Cereal	Malt-O-Meal	cereal	90	10%	0%	0	170	35%	wheat, soybean	
Cheez-It Crackers	Sunshine	reduced fat baked snack crackers	100	32%	9%	0	170	0%	wheat, milk, soy	
Raisins ★	Sun Maid	sun dried raisins	120	0%	0%	0	5	90%		Dried fruit is allowed to have a higher sugar content due to naturally occurring fructose
Gripz - Mighty Tiny Graham Bits	Keebler	graham cracker snack	100	27%	9%	0	75	20%	wheat, milk, soy	
Power Alley - Chocolate chip	Schwann Foods	granola-type bar	190	21%	9%	0	55	27%	milk, soybean	produced on equipment that also processes: peanuts, tree nuts, egg
Power Alley - Oatmeal raisin	Schwann Foods	granola-type bar	190	24%	9%	0	55	25%	milk, soybean	wheat, sesame

Note: We offer a minimum of 8 items to choose from each day. Due to peanut allergies, we avoid foods with peanuts as an ingredient, but some items are processed in facilities with peanuts in them. To add variety, fresh seasonal fruit is available as a choice every day while other products are rotated in and out of the program according to preferences in your child's school. We will add more items to rotate into the program as they become available to us.

★ Deephaven Elementary School will have these items available daily.