

## Competitive Food Sales: Compliant Food Items 2016-17

Snack Item	First Ingredient	Which food groups does this item contain? (Check all that apply)					Weight of Product in Grams	Servings	Calories	Total Calories	Total Fat Grams	Sat. Fat Grams	Total Calories from Fat	Total Sat Calories from Fat	Trans Fats	Grams of Sugar	Sodium	Percent Calories from Fat	Percent Calories from Sat Fat	Percent of weight from sugar
		Protein	Whole Grain	Fruit	Dairy	Veg														
Andrade's Fruit Fill Ice Bar-Mango	Water, Diced Mango			x			95	1	60	60	0	0	0	0	13	0	0.00%	0.00%	13.68%	
Andrade's Fruit Fill Ice Bar-Pineapple	Water, Diced Pineapple			x			95	1	60	60	0.5	0	0	0	11	5	0.00%	0.00%	11.58%	
Andrade's Fruit Fill Ice Bar-Spicy Mango	Water, Diced Mango			x			95	1	60	60	0	0	0	0	6	5	0.00%	0.00%	6.32%	
Andrade's Fruit Fill Ice Bar-Spicy Watermelon	Water, Diced Watermelon			x			95	1	45	45	0	0	0	0	10	5	0.00%	0.00%	10.53%	
Andrade's Fruit Fill Ice Bar-Strawberry	Strawberries			x			95	1	50	50	0	0	0	0	12	0	0.00%	0.00%	12.63%	
Andrade's Fruit Fill Ice Bar-Watermelon	Water, Diced Watermelon			x			95	1	45	45	0	0	0	0	10	0	0.00%	0.00%	10.53%	
Baked! Lay's BBQ Flavor Potato Crisps	Dried Potatoes				x		24.8	1	110	110	2.5	0	22.5	0	3	170	20.45%	0.00%	12.10%	
Baked! Lay's Original Potato Crisps	Dried Potatoes				x		31.8	1	130	130	2	0	18	0	2	150	13.85%	0.00%	6.29%	
Baked! Lay's Sour Cream & Onion Crisps	Dried Potatoes				x		24.8	1	100	100	2.5	0	22.5	0	3	140	22.50%	0.00%	12.10%	
Belvita Soft Baked Mix Berry (MS/HS)	Whole Grain Blend (rolled oats)		X				49.86	1	190	190	7	0.5	63	4.5	0	10	150	33.16%	2.37%	20.06%
Belvita Soft Baked Oats & Chocolate (MS/HS)	Whole Grain Blend (rolled oats)		X				49.86	1	200	200	7	1	63	9	0	10	150	31.50%	4.50%	20.06%
Big Spoon Yogurt Cake Batter (MS/HS)	Pasteurized and cultured skim milk				X		133	1	192	192	3	2	27	18	0	27	112	14.06%	9.38%	20.30%
Big Spoon Yogurt Cookies & Cream (MS/HS)	Pasteurized and cultured skim milk				X		133	1	176	176	1	0	9	0	0	27	128	5.11%	0.00%	20.30%
Big Spoon Yogurt Pumpkin Cheesecake	Pasteurized and cultured skim milk				X		133	1	168	168	0	0	0	0	0	29	125	0.00%	0.00%	21.80%
Big Spoon Yogurt Vanilla and Chocolate	Pasteurized and cultured skim milk				X		133	1	168	168	0	0	0	0	0	27	116	0.00%	0.00%	20.30%
Blue Bunny Cool Daze Fudge Bar	Milk fat and nonfat milk				X		92	1	92	92	1.5	1	13.5	9	0	21	95	14.67%	9.78%	22.83%
Blue Bunny Cool Daze Strawberry Sundae Crunch Bar	Milk fat and nonfat milk				X		73	1	160	160	5	1	45	9	0	16	70	28.13%	5.63%	21.92%
Buena Vista, Choc Chip Cookie, WG, RF (MS/HS)	Whole Wheat Flour		x				43	1	180	180	7	1.5	63	13.5	0	14	160	35.00%	7.50%	32.56%
Buzz Strong Chocolate Chip Cookie (MS/HS)	Whole Wheat Flour		X				43	1	180	180	5	1.5	45	13.5	0	15	120	25.00%	7.50%	34.88%
Buzz Strong Mint Chocolate Chip Cookie (MS/HS)	Whole Wheat Flour		X				43	1	180	180	5	1.5	45	13.5	0	15	120	25.00%	7.50%	34.88%
Cheez It Whole Grain	Whole Wheat Flour		x				21	1	100	100	3.5	1	31.5	9	0	0	150	31.50%	9.00%	0.00%
Cheez It Whole Grain Atomic Cheddar	Whole Wheat Flour		x				21	1	90	90	3	0.5	27	4.5	0	0	190	30.00%	5.00%	0.00%
Chex Mix Brand Snack Hot 'n Spicy	Whole Wheat		x				26	1	110	110	3	0.5	27	4.5	0	2	140	24.55%	4.09%	7.69%
ChexMix Habanero Lime	Whole Wheat Flour		X				26	1	110	110	2.5	0.5	22.5	4.5	0	3	170	20.45%	4.09%	11.54%
Clif Kid Z Bar Chocolate Brownie	Organic Oat Blend (Rolled Oats)		X				36	1	120	120	3.5	1	31.5	9	0	11	120	26.25%	7.50%	30.56%
Clif Kid Z Bar Chocolate Chip	Organic Oat Blend (Rolled Oats)		X				36	1	120	120	3	1	27	9	0	12	105	22.50%	7.50%	33.33%
Cocoa Krispies Choc Chewy Cereal Bar	Whole Grain Oats		x				38	1	150	150	4.5	1	40.5	9	0	10	140	27.00%	6.00%	26.32%
Fantastix Chili Cheese Corn&Potato Snck	Whole Corn Meal		x				28	1	130	130	5	1	45	9	0	1	200	34.62%	6.92%	3.57%
Fantastix Flamin' Hot Corn&Potato Crisps	Whole Corn Meal		x				28	1	130	130	5	1	45	9	0	1	200	34.62%	6.92%	3.57%
Fudgsicle 100 calorie	Nonfat Milk				x		65	1	100	100	2	1	18	9	0	14	80	18.00%	9.00%	21.54%
Gourmet Treat Muffin Banana (MS/HS)	Whole Wheat Flour		X				64	1	200	200	6	1.5	54	13.5	0	16	60	27.00%	6.75%	25.00%
Gourmet Treat Muffin Blueberry (MS/HS)	Whole Wheat Flour		X				64	1	200	200	6	1	54	9	0	16	60	27.00%	4.50%	25.00%
Gourmet Treat Muffin ChocFudge (MS/HS)	Whole Wheat Flour		X				64	1	190	190	6	1.5	54	13.5	0	16	60	28.42%	7.11%	25.00%
Honey Maid Lil' Squares	Graham Flour		X				30	1	130	130	3	0	27	0	0	8	150	20.77%	0.00%	26.67%
Honey Maid Teddy Grahams	Graham Flour		X				28	1	120	120	4	0.5	36	4.5	0	7	90	30.00%	3.75%	25.00%
Jack Links Beef Jerky, Original	Beef	X					24	1	70	70	1	0	9	0	0	6	200	12.86%	0.00%	25.00%
Jack Links Beef Jerky, Teriyaki	Beef	X					24	1	70	70	1	0	9	0	0	6	200	12.86%	0.00%	25.00%
Jack Links, Beef Jerky, Pepper	Beef	X					24	1	70	70	1	0	9	0	0	6	190	12.86%	0.00%	25.00%
Kelg Special K Cheddar	Potatoes				X		25	1	90	90	2.5	0	22.5	0	0	1	190	25.00%	0.00%	4.00%
Kelg Special K Honey BBQ	Potatoes				X		25	1	90	90	2	0	18	0	0	2	140	20.00%	0.00%	8.00%
Mier's Fruit Bar, Cucumber w/ Chili	Natural Crushed Cucumber				X		118	1	60	60	0	0	0	0	14	5	0.00%	0.00%	11.86%	
Mier's Fruit Bar, Lemon	Natural Lemon Juice			X			118	1	60	60	0	0	0	0	15	10	0.00%	0.00%	12.71%	
Mier's Fruit Bar, Lime	Natural Lime Juice			X			118	1	60	60	0	0	0	0	15	10	0.00%	0.00%	12.71%	
Mier's Fruit Bar, Pineapple	Natural Crushed Pineapple		X				118	1	70	70	0	0	0	0	17	10	0.00%	0.00%	14.41%	
Mier's Fruit Bar, Strawberry Ice	Natural Strawberry Fruit			X			118	1	60	60	0	0	0	0	15	10	0.00%	0.00%	12.71%	
Mier's Fruit Bar, Watermelon	Natural Crushed Watermelon			X			118	1	60	60	0	0	0	0	16	5	0.00%	0.00%	13.56%	
Munchies Baked Snack Crackers-Flamin	Whole Wheat Flour		x				25.5	1	110	110	3.5	1	31.5	9	0	1	160	28.64%	8.18%	3.92%

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		Protein	Whole Grain	Fruit	Dairy	Veg														
Munchies Kids Mix, Frito Lay	Whole Wheat Flour		X				24.8	1	100	100	3	0	27	0	0	2	150	27.00%	0.00%	8.06%
Nature Valley Granola Bars Oats 'n Honey (MS/HS)	Whole Grain Oats		X				42	1	190	190	6	0.5	54	4.5	0	12	160	28.42%	2.37%	28.57%
Nature Valley Granola Bars Peanut Butter (MS/HS)	Whole Grain Oats		X				42	1	190	190	7	1	63	9	0	11	180	33.16%	4.74%	26.19%
Nuti-Grain WG Apple Cinnamon	Whole Grain Oats		X				37	1	120	120	3	0.5	27	4.5	0	12	110	22.50%	3.75%	32.43%
Nuti-Grain WG BlueBerry	Whole Grain Oats		X				37	1	120	120	3	0.5	27	4.5	0	12	110	22.50%	3.75%	32.43%
Nuti-Grain WG Strawberry	Whole Grain Oats		X				37	1	120	120	3	0.5	27	4.5	0	11	125	22.50%	3.75%	29.73%
Pepperidge Farm Goldfish	Whole Wheat Flour		X				21	1	100	100	3.5	1	31.5	9	0	6	170	31.50%	9.00%	28.57%
Pepperidge Farm Goldfish, Ranch WG	Whole Wheat Flour		X				21	1	100	100	3.5	0.5	31.5	4.5	0	0	190	31.50%	4.50%	0.00%
Popchips Barbecue	Dried Potatoes				X		23	1	100	100	3	0	27	0	0	2	180	27.00%	0.00%	8.70%
Popchips Sour Cream and Onion	Dried Potatoes			X			23	1	100	100	3.5	0	31.5	0	0	1	160	31.50%	0.00%	4.35%
Popcorners WG Memphis BBQ	Whole Grain Sorghum		X				28	1	120	120	4	0	36	0	0	2	160	30.00%	0.00%	7.14%
Popcorners WG Swt Cinnamon	Whole Grain Sorghum		X				28	1	130	130	5	0.5	45	4.5	0	3	30	34.62%	3.46%	10.71%
Popped Crisps Honey BBQ	Long Grain Brown Rice		x				22	1	90	90	2.5	0	22.5	0	0	2	170	25.00%	0.00%	9.09%
Popped Crisps Orig w/ Sea Salt	Long Grain Brown Rice		x				20	1	80	80	2.5	0	22.5	0	0	0	200	28.13%	0.00%	0.00%
Popped Crisps Sour Cream & Onion	Long Grain Brown Rice		x				22	1	90	90	2.5	0	22.5	0	0	1	180	25.00%	0.00%	4.55%
Pop-Tarts, Frosted Cinnamon (MS/HS)	Whole Wheat Flour		x				50	1	180	180	3	1	27	9	0	15	190	15.00%	5.00%	30.00%
Pop-Tarts, LF Frosted Strawberry (MS/HS)	Whole Wheat Flour		x				50	1	180	180	2.5	1	22.5	9	0	15	180	12.50%	5.00%	30.00%
Quaker Chewy Granola Bars, S'mores	Granola (WG rolled oats)		x				24	1	100	100	2	0.5	18	4.5	0	8	75	18.00%	4.50%	33.33%
Quaker Chwy PB Choc R-Sugar	Granola		X				24	1	100	100	3	1	27	0	0	5	100	27.00%	0.00%	20.83%
Quaker Chwy S'mores	Granola		X				24	1	100	100	2	0.5	18	4.5	0	8	75	18.00%	4.50%	33.33%
Quaker King Size Chewy-PB Choc Chip	Granola (WG rolled oats)		x				42	1	170	170	5	1.5	45	13.5	0	12	170	26.47%	7.94%	28.57%
RF Cheetos Flamin' Hot Puffs	Whole Cornmeal		x				19.8	1	90	90	3.5	0	31.5	0	0	1	135	35.00%	0.00%	5.05%
RF Cheetos Mellow Puffs	Whole Cornmeal		x				19.8	1	90	90	3.5	0	31.5	0	0	1	135	35.00%	0.00%	5.05%
RF Doritos Cool Ranch Tortilla Chips	Whole Corn		x				28	1	130	130	5	1	45	9	0	1	160	34.62%	6.92%	3.57%
RF Doritos Nacho Cheese Tortilla Chips	Whole Corn		x				28	1	130	130	5	0.5	45	4.5	0	0	200	34.62%	3.46%	0.00%
RF Doritos Spicy Sweet Chili Tortilla Chps	Whole Corn		x				28	1	130	130	5	0.5	45	4.5	0	1	180	34.62%	3.46%	3.57%
RF Tostitos Tortilla Chips	Whole Corn		x				24.8	1	120	120	4.5	0.5	40.5	4.5	0	0	105	33.75%	3.75%	0.00%
Rice Krispies Cereal Bar Choc	Whole Grain Oats		X				38	1	150	150	4.5	1	40.5	9	0	10	140	27.00%	6.00%	26.32%
Rice Krispies Chewy Cereal Bar Apple Cin	Whole Grain Oats		x				36	1	140	140	3	0.5	27	4.5	0	9	105	19.29%	3.21%	25.00%
Rice Krispies Chewy Cereal Bar Berry	Whole Grain Oats		x				36	1	140	140	3	0.5	27	4.5	0	9	105	19.29%	3.21%	25.00%
Rice Krispies Treats Whole Grian	Whole Grain Brown Rice		x				40	1	160	160	4	1	36	9	0	11	150	22.50%	5.63%	27.50%
Rich's Low Fat Ice cream Sandwich	Non-fat milk and milkfat				x		51	1	130	130	2	1	18	9	0	12	120	13.85%	6.92%	23.53%
Rich's Strawb Shortcake- Low Fat	non-fat milk and milkfat				x		70	1	170	170	3.5	1	31.5	9	0	16	45	18.53%	5.29%	22.86%
Rich's Chocolate Shortcake-Low Fat	Non-fat milk and milkfat				x		70	1	140	140	3.5	1	31.5	9	0	15	60	22.50%	6.43%	21.43%
Rich's Orange Cream Bar	Non-fat milk and milkfat				x		52	1	70	70	1	0.5	9	4.5	0	11	31	12.86%	6.43%	21.15%
Rich's Fudge Frenzy	Nonfat milk				x		63	1	90	90	0	0	0	0	0	13	80	0.00%	0.00%	20.63%
Rich's Sour Swell	Non-fat milk and milkfat				x		53	1	70	70	1	0.5	9	4.5	0	11	20	12.86%	6.43%	20.75%
Rich's Creamy Cotton Candy	Non-fat milk and milkfat				x		54	1	70	70	1	0.5	9	4.5	0	8	40	12.86%	6.43%	14.81%
Rich's Banana Fudge Rocket	Non-fat milk and milkfat				x		88	1	130	130	1.5	1	13.5	9	0	18	95	10.38%	6.92%	20.45%
Rich's Orange Polar Pole	Non-fat milk and milkfat				x		46	1	70	70	1	0.5	9	4.5	0	12	20	12.86%	6.43%	26.09%
Rich's Rainbow Polar Pole	Non-fat milk and milkfat				x		58	1	70	70	1	0.5	9	4.5	0	12	20	12.86%	6.43%	20.69%
Rich's Crumbled Cookie Cone	Non-fat milk and milkfat				x		70	1	170	170	3.5	1.5	31.5	13.5	0	15	105	18.53%	7.94%	21.43%
Rich's Chocolate & Vanilla Cone	Non-fat milk and milkfat				x		70	1	150	150	3	1.5	27	13.5	0	14	90	18.00%	9.00%	20.00%
Rold Gold Heartzels Pretzels	Whole Wheat Flour		x				19.8	1	80	80	1.5	0	13.5	0	0	0	200	16.88%	0.00%	0.00%
Simply Chex Cheddar	Whole Wheat		x				26	1	110	110	2.5	0.5	22.5	4.5	0	4	135	20.45%	4.09%	15.38%
Smartfood Delight White Cheddar Popcorn	Popcorn		x				14	1	70	70	2.5	0	22.5	0	0	0	110	32.14%	0.00%	0.00%
Smoothie, V8 V-Fusion, Peach Mango	Reconstituted Fruit & Veg Juice				x		130	1	120	120	0	0	0	0	0	23	95	0.00%	0.00%	17.69%

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Smoothie, V8 V-Fusion, Watermelon Raspberry	Reconstituted Fruit & Veg Juice				x	130	1	120	120	0	0	0	0	0	28	80	0.00%	0.00%	21.54%
Smoothie, V8, V-Fusion, Strawberry Banana	Strawberry Puree		x			130	1	120	120	0	0	0	0	22	95	0.00%	0.00%	16.92%	
Smoothie, V8, V-Fusion, Tropical Fruit	Reconstituted Fruit & Veg Juice			x		130	1	120	120	0	0	0	0	20	95	0.00%	0.00%	15.38%	
Tostitos Oven Baked Scoops	Whole Corn		x			24.8	1	110	110	2.5	0	22.5	0	0	0	125	20.45%	0.00%	0.00%
Wheat Thins Popped Sea Salt	Whole Grain Wheat Flour		X			22	1	90	90	2	0	18	0	0	1	200	20.00%	0.00%	4.55%

### Competitive Food Sales: Compliant Beverage Items 2016-17

Beverage Name	Type of Beverage (Water, Juice, Milk, Other)	First Ingredient	Serving Size of Beverage	Servings	Calories	Total Calories	Grams of Sugar	Added Sweetener (yes/no)	If type of beverage is "other" in column 2, please provide the following:		
									Sodium	Potassium	Added Caffeine?
All Sport Zero Blue Raspberry (HS)	Other	Water	20	1	0	0	0	No	140	150	No
All Sport Zero Blue Raspberry (HS)	Other	Water	12	1	0	0	0	No	85	90	No
All Sport Zero Fruit Punch (HS)	Other	Water	20	1	0	0	0	No	140	150	No
All Sport Zero Fruit Punch (HS)	Other	Water	12	1	0	0	0	No	85	90	No
All Sport Zero Orange (HS)	Other	Water	12	1	0	0	0	No	85	90	No
Capri Sun Berry, 100% Juice	Juice	Apple/Grape/Strawb	6	1	90	90	20	No			No
Capri Sun Fruit Punch, 100% Juice	Juice	Apple/Grape/Strawb	6	1	80	80	20	No			No
G2 (all flavors) (HS)	Other	Water	12 fl. oz.	1	30	30	7	yes	160	45	no
Izze Sparkling Juice, Apple (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	21	no			
Izze Sparkling Juice, Apple (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	21	no			
Izze Sparkling Juice, Blackberry (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	20	no			
Izze Sparkling Juice, Clementine (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	19	no			
Izze Sparkling Juice, Grapefruit (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	20	no			
Izze Sparkling Juice, Pomegranate (MS/HS)	Juice	Pure Juice	8.4 fl. oz.	1	90	90	18	no			
Langers Orange Juice, 100% Juice (MS/HS)	Juice	Orange Juice from	10	1	150	150	33	No			No
Naked Green Machine (MS/HS)	Juice	Apple Juice	10	1	170	170	35	No			No
Naked Mighty Mango (MS/HS)	Juice	Mango Puree	10	1	180	180	35	No			No
Naked Strawberry Banana (MS/HS)	Juice	Strawberry Puree	10	1	160	160	29	No			No
Nestle Water, Plain, Bottled	Water	Purified Water	16.9 fl. oz.	1	0	0	0	no			
Rips Slush Blue Raspberry, 100% Juice	Juice	Water	4	1	60	60	13	No			
Rips Slush Frozen Lemonade, 100% Juice	Juice	Water	4	1	60	60	12	No			
Rips Slush Kiwi Strawberry, 100% Juice	Juice	Water	4	1	60	60	19	No			
The Switch 100% Juice, Black Cherry	Juice	100% Juice	8 fl. oz.	1	120	120	29	no			
The Switch 100% Juice, Fruit Punch	Juice	100% Juice	8 fl. oz.	1	120	120	28	no			
The Switch 100% Juice, Grape	Juice	100% Juice	8 fl. oz.	1	120	120	28	no			
The Switch 100% Juice, Hardcore Apple	Juice	100% Juice	8 fl. oz.	1	120	120	28	no			
The Switch 100% Juice, Kiwi Berry	Juice	100% Juice	8 fl. oz.	1	120	120	29	no			
The Switch 100% Juice, Lemon Lime	Juice	100% Juice	8 fl. oz.	1	120	120	28	no			
The Switch 100% Juice, Orange Tangerine	Juice	100% Juice	8 fl. oz.	1	120	120	29	no			
The Switch 100% Juice, Watermelon Strawb.	Juice	100% Juice	8 fl. oz.	1	120	120	28	no			
Rips Slush Sour Apple, 100% Juice	Juice	Water	4	1	60	60	19	No			

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Please be sure to check all nutrition labels before use.

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Beverage Name	Type of Beverage (Water, Juice, Milk, Other)	First Ingredient	Serving Size of Beverage	Servings	Calories	Total Calories	Grams of Sugar	Added Sweetener (yes/no)	If type of beverage is "other" in column 2, please provide the following:		
									Sodium	Potassium	Added Caffeine?
Snapple Fruit Punch, 100% Juiced (MS/HS)	Juice	Filtered Water	11.5	1	170	170	40	No			No
Snapple Grape, 100% Juiced (MS/HS)	Juice	Filtered Water	11.5	1	170	170	41	No			No
Snapple Orange Mango, 100% Juiced (MS/HS)	Juice	Filtered Water	11.5	1	180	180	38	No			No
Welch Apple Juice, 100% Juice (MS/HS)	Juice	Apple Juice from C	10	1	140	140	35	No			No

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