

Nutrition Facts	Serving	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
A la Carte Items													
Chips													
Ruffles, BBQ	1oz bag	150	10	2.5	0	190	16	1	2	0	10	0	2
Doritos, Spicier Nacho	1oz bag	140	7	1	0	210	18	1	2	0	0	4	2
Bugles, Nacho Cheese	7/8oz bag	130	7	6	0	270	14	0	1	0	0	0	0
Baked Doritos, Nacho Cheesier	1 3/8oz bag	170	4	1	0	300	30	2	3	4	0	6	6
Cheetos, Puffs	1oz bag	160	10	1.5	0	370	15	1	2	0	0	0	4
Cheetos, Flamin Hot	1oz bag	170	11	1.5	0	250	14	<1	2	2	0	0	4
Funyons	3/4oz bag	110	5	1	0	200	14	<1	1	0	0	0	4
Sun Chips, Harvest Cheddar	1oz bag	140	6	1	0	170	19	2	2	0	0	0	0
Sun Chips, French Onion	1oz bag	140	6	1	0	130	18	2	2	0	0	0	2
Baked Lays, Original	1 1/8oz bag	130	1.5	0	0	170	26	2	2	0	2	4	2
Andy Capp's Hot Fries	1oz bag	150	8	1	0	240	17	<1	2	0	0	0	0
Baked Cheetos, Flamin Hot	7/8oz bag	120	4.5	0.5	0	210	17	0	2	0	0	0	4
Baked Lays, Sour Cream & Onion	1 1/8oz bag	140	3	0.5	0	240	24	2	2	0	2	8	2
Baked Doritos, Cooler Ranch	1 3/8oz bag	170	5	1	0	280	30	2	3	0	0	6	4
Ruffles, Cheddar & Sour Cream	1oz bag	160	10	3	0	230	14	1	2	0	10	0	0
Rold Gold Pretzels, Tiny Twists	1oz bag	110	1	0	0	580	23	<1	2	0	0	0	8
Crackers													
Cheez-It's	1.5oz bag	220	11	3	0	360	25	<1	5	2	0	6	8
Goldfish, Cheddar Cheese	1.5oz bag	210	9	2	5	360	9	1	5	0	0	4	8
Cookies													
Mini Oreo's	1.5oz bag	200	9	1.5	0	220	30	1	2	0	0	0	10
Famous Amos, Choc Chip	2oz bag	290	14	4	5	200	37	2	3	0	0	0	6
Mini Fudge Stripes	2oz bag	290	14	7	0	200	38	1	3	0	0	0	6
M&M Bite Size Cookies	1.8oz bag	260	13	7	5	150	33	1	3	0	0	2	4
Grandmas Homestyle, Choc Chip	2 3/4 bag (2 cookies)	370	17	6	0	210	50	2	4	0	0	2	15
Oreo's	1.8oz bag (6 cookies)	240	10	2	0	270	36	2	2	0	0	0	15
Rice Krispy Treat	1.7oz bar	200	5	1.5	0	230	37	<1	1	10	0	0	4

Nutrition Facts	Serving	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Candy													
Reese's Peanut Butter Cups	1.5oz package	230	13	4.5	<5	130	23	1	4	0	0	2	2
Reese Sticks	1.5oz package	230	13	6	<5	110	23	1	4	0	0	2	2
Hershey's Take 5	1.5oz package	220	11	5	<5	180	25	1	4	0	0	2	2
Hershey's Kissables	1.5oz package	210	10	6	5	30	28	1	3	0	0	6	2
Raisinets	1.58oz package	190	8	5	5	15	32	1	2	0	0	4	2
Kit Kat	1.5oz package	220	11	7	<5	30	27	<1	3	0	0	6	2
Munch Bar	1.42oz package	220	15	3.5	10	140	18	2	6	2	0	2	2
M&M's, Almond	1.31oz package	200	11	3.5	5	15	21	2	3	0	0	4	2
Other													
Corn Nuts, Original	1.4oz package	170	6	1	0	250	28	3	4	0	0	0	4
Granola Bar, Oats & Honey	1.5oz package	180	6	0.5	0	160	29	2	4	0	0	0	6
Fruit Gushers, Strawberry Punch	.9oz package	90	1	0	0	50	20	0	0	0	0	0	0
Fruit Roll-Up, Strawberry	1 roll	50	1	0	0	55	11	0	0	0	25%	0	0
Fruit Roll-Up, Crazy Colors	1 roll	50	1	0	0	55	11	0	0	0	25%	0	0
Peanuts, Honey Roasted	1oz package	150	11	1.5	0	115	10	2	6	0	0%	0	2%
Poptarts, Strawberry	2 pastries	400	10	5	0	330	74	1	4	20%	0%	0	20%
Beverages													
Dasani Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Dasani Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Juice, Berry Kiwi	12 fl oz	160	0	0	0	110	43	0	0	0	100%	0	0
Minute Maid Juice, Tropical Citrus	12 fl oz	160	0	0	0	110	44	0	0	0	100%	0	0
Minute Maid Juice, Straw Passion	12 fl oz	170	0	0	0	110	46	0	0	0	100%	0	0
Minute Maid Juice, Rasp Lemonade	12 fl oz	160	0	0	0	110	42	0	0	0	100%	0	0
Powerade, Mountain Blast	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Lemon-Lime	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Black Cherry Lime	12 fl oz	90	0	0	0	80	25	0	0	0	0	0	0
Powerade, Fruit Punch	12 fl oz	100	0	0	0	80	25	0	0	0	0	0	0
Powerade, Orange	12 fl oz	100	0	0	0	80	25	0	0	0	0	0	0