



Dowling Food Service Management

Snack Product Nutritional Information



Nutritional information provided by the individual manufacturers, information changes continually and cannot be held responsible for changes.

Please contact your school's Food Service Director to determine your specific items and brands

Item Name	Pack Size	Portion Size	Calories	Total Fat	Saturated Fat	Sodium	Cholesterol	Total Carbs
Baked Cheetos flamin hot	72 ct	7/8 oz	120	4.5 G	0.5 G	210 MG	0 MG	17 G
CHEETOS FANTASTIC CHILI CHEESE	72 CT	1 OZ	130	5 G	1 G	240 MG	0 MG	19 G
RF COOL RANCH DORITOS	72 CT	1 OZ	130	5 G	1 G	220 MG	0 MG	19 G
RF NACHO DORITOS	72 CT	1 OZ	130	5 G	1 G	220 MG	0 MG	19 G
COOL RANCH DORITOS	72 CT	1 OZ	130	5 G	1 G	170 G	0 MG	18 G
NACHOS DORITOS	72 CT	1 OZ	140	7 G	1.5 G	200 MG	0 MG	17 G
SUN CHIP HARVEST CHEDDAR	72 CT	1 OZ	140	6 G	1 G	130 MG	0 MG	18 G
SUN CHIP GARDEN SALSA	72 CT	1 OZ	140	6 G	1 G	160 MG	0 MG	19 G
BAKED SOUR CREAM AND ONION	60 CT	1.1 OZ	140	3 G	0.5 G	240 MG	0 MG	24 G
BAKED CHIPS FRITO LAYS	60 CT	1.1 OZ	130	1.5 G	0 G	170 MG	0 MG	26 G
BAKED BBQ CHIPS FRITO LAYS	104 CT	.87 OZ	140	3 G	0.5 G	230 MG	0 MG	25 G
SMART FOOD WHITE CHEDDAR POPCORN	104 CT	.87 OZ	100	6 G	1.5 G	200 MG	0.5 MG	9 G
ANDY CAPP HOT FRIEES	72 CT	1 OZ	150	7 G	3 G	240 MG	0 MG	17 G
CHEEZ ITS REDUCED FAT		1.5 OZ	180	5 G	1.5 G	520 MG	0 MG	28 G
SNYDER 100 CAL POPCORN BUTTER	5/8 OZ	5/8 OZ	100	8 G	0.5 G	150 MG	0 MG	6G
QUAKER RICE CAKES CARMEL CORN			60	0 G	0 G	150MG	0 MG	13 G
QUAKER RICE CAKES CHEDDAR CHEESE			70	2.5 G	0 G	230 MG	0 MG	11 G
FRUIT BY THE FOOT	42 CT	.75 OZ	80	1 G	0 G	50 MG	0 MG	17 G
FRUIT ROLL UP	144 CT	.5 OZ	50	1 G	0 G	55 MG	0 MG	12 G
RICE KRISPY TREAT ORIGINAL	80 CT	1.3 OZ	160	4 G	1.5 G	179 MG	0 MG	29 G
CHEWY GRANOLA BAR CHOCOLATE CHIP	48 CT	.84 OZ	90	2 G	0.5 G	80 MG	0 MG	19 G
PRETZEL POPPERS ZESTY PIZZA	100 CT	1 OZ	120	3.5 G	0.5 G	170 MG	0 MG	19G
PRETZEL POPPERS CHEEZY NACHO	100 CT	1 OZ	120	3.5 G	0.5 G	200 MG	0 MG	19G
LINDENS COOKIES CHOCOLATE CHIP	24 CT	2 PACK	150	7 G	2 G	160 MG	5 MG	21 G
LINDENS COOKIEES FUDGE	24 CT	2 PACK	150	7 G	2 G	70 MG	15 NG	20 G
LINDENS COOKIES OATMEAL RAISIN	24 CT	2 PACK	140	5G	1.5G	85 MG	10 MG	22 G
LINDENS COOKIES BUTTER CRUNCH	24 CT	2 PACK	140	5G	1.5G	135 MG	10 MG	23 G
AUSTIN VANILLA CREME 4 PACK	120 CT	4 PACK	170	7 G	1 G	95 MG	0 MG	26 G
MILANO COOKIES	120 CT	2 PACK	120	7 G	2 G	55 MG	5 MG	14 G
SNACKWELL CHOCOLATE SANDWICH	60 CT	4 PACK	210	6 G	2 G	310 MG	0 MG	37 G
RITZ HANDI SNACKS	30 CT	1 UNIT	100	6 G	2 G	330 MG	10 MG	10 G
NY SNACKS POTATO STICKS	72 CT	.75 OZ	120	6 G	.74 G	60 MG	0 MG	13.5 G
PRETZEL INDIVIDUAL BOX	60 CT	1 OZ	100	1 G	0 G	520 MG	0 MG	20 G
DUNK A ROOS CHOCOLATE GRAHAM	24 CT	1 TRAY	120	4.5 G	1 G	120 MG	0 MG	20 G
AIR HEAD SPINNERS	45 CT	1 ROLL	80	0.5 G	0 G	10 MG	0 MG	18 G
GOLDFISH CHEDDAR	300 CT	.75 OZ	80	1 G	0 G	300 MG	0 MG	15 G
GOLDFISH PRETZEL	300 CT	.75 OZ	80	1 G	0 G	300 MG	0 MG	15 G



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Item Name	Pack Size	Portion Size	Calories	Total Fat	Saturated	Sodium	Cholesterol	Total Carbs
					Fat			
NUMCHIES SNACK MIX	104 CT	7/8 OZ	110	3.5 G	1 G	220 MG	0 MG	18 G
ELF GRAHAM CHOCOLATE	150 CT	1 OZ	130	4.5 G	1.5 G	125 MG	0 MG	21 G
PLANTAINS CHIPS	96 CT	.75 OZ	105	5 G	1.5 G	25 MG	0 MG	14 G
NUTRI GRAIN APPLE CINN BARS	48 CT	1.3 OZ	140	3 G	0.5 G	105 MG	0 MG	26 G
CAPRI SUN 100% GRAPE TIDE	40 CT	6.75 OZ	100	0 G	0 G	25 MG	0 MG	25 G
CAPRI SUN 100% BERRY BREEZE	40 CT	6.75 OZ	100	0 G	0 G	25 MG	0 MG	24 G
CAPRI SUN 100% APPLE SPLASH	40 CT	6.75 OZ	100	0 G	0 G	30 MG	0 MG	23 G
CAPRI SUN 100% FRUIT DIVE	40 CT	6.75 OZ	100	0 G	0 G	25 MG	0 MG	25 G
100 CALORIE OREOS CRISPS	72 CT	.81 OZ	100	2G	0 G	160 MG	0 MG	20 G
100 CALORIE CHIP A HOY	72 CT	.81 OZ	100	3 G	1 G	140 MG	0 MG	18 G
100 CALORIE CHEEZ NIPS	72 CT	.74 OZ	100	3 G	1 G	230 MG	0 MG	15 G
SCOOBY DOO SNACKS	72 CT	1 OZ	120	4 G	0.5G	115 MG	0 MG	20 G
DEVIL CREME PIES	6 CT	1.67 OZ	190	8 G	2 G	170 MG	0 MG	29 G
FUDGE ROUND	8 CT	1.19 OZ	150	6 G	1.5 G	85 MG	0 MG	23 G
MARSHMALLOW TREAT	8 CT	.84 OZ	100	2.5 G	1.5 G	130 MG	0 MG	18 G
OATMEAL CREME PIE REDUCED FAT	8 CT	1.35 OZ	130	2.5 G	0.5 G	180 MG	0 MG	29 G
CHEWY GRANOLA BAR LOW FAT OATMEAL	8 CT	1.0 OZ	140	2.5G	0 G	100 MG	0 MG	27 G
GOOD HUMOR POP UP ORANGE BURST		2.75 OZ	80	1 G	0 G	15 MG	.5 MG	19 G
GOOD HUMOR SCREWBALL CHERRY		3.75 OZ	110	0 G	0 G	15 MG	0 MG	27 G
GOOD HUMOR BUBBLE GUM SWIRL BAR		2.6 OZ	60	0 G	0 G	0 MG	0 MG	13 G
HOOD FUDGE BAR		3 OZ	120	0.5G	0 G	90 MG	0 MG	26 G
HOOD ORANGE CREAM BAR		75 G	110	2 G	1.5 G	40 MG	10 MG	22 G
FIRECRACKER POPSICLE		1.6 OZ	40	0 G	0 G	0 MG	0 MG	10 G
HYPERSTRIPE POPSICLE		2.7 OZ	80	0 G	0 G	0 MG	0 MG	21 G
POPSICLE SCRIBBLER		1.2 OZ	60	0 G	0 G	0 MG	0 MG	16 G
LICK A COLOR		2 OZ	50	0 G	0 G	0 MG	0 MG	13 G