



Foodservice Program

CHANGING SCHOOL LUNCH ONE DAY AT A
TIME, TRAY BY TRAY.

ELEMENTARY SNACK LIST AND ALLERGEN INFORMATION 2010-2011

Approved Items for Sale as
A la Carte Snacks at all Elementary Schools

Snack	Allergy info
All Natural Baked Multigrain Sun Chips	contains seeds & wheat
Chocolate Chip Organic Z-Bar	contains soy, wheat, seeds
Stonyfield Farms Organic Strawberry Yogurt Push-up	contains dairy
Food Should Taste Good Multigrain Tortilla	contains seeds NOTE: Added for Gluten-Intolerant Children
Back to Nature Chocolate Chunk Cookies	contains wheat/soy see disclaimer re: milk
Back to Nature Honey Graham Sticks	contains wheat same company as above <i>but no disclaimer.</i>
Snyders of Hanover: Nibblers	No Allergens but disclaimer regarding peanuts
Fresh Fruit is Always Available	n/a

SNACK Nutritional Information and Allergy Alerts

ORIGINAL SUN CHIPS

Allergen Not Listed:

SEED (Sunflower)

Ingredients
WHOLE CORN, SUNFLOWER OIL, WHOLE WHEAT, RICE FLOUR, WHOLE OAT FLOUR, SUGAR, AND SALT.
Allergy Info
(Manufacturers are asked to review for the following allergens: Egg, Gluten-free ingredients, Milk, Peanut, Shellfish, Soy, Tree Nut, and Wheat. If applicable, they will appear below.)
Wheat
Notes
Kosher symbol = Triangle K

ZBAR

Allergens:

Soy, Wheat, Seeds (flax)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1 Bar (36g)		Total Fat 4g	6%	Sodium 100mg	4%	Insoluble Fiber 2g	
Calories 130		Sat. Fat 1.5g	8%	Potassium 140mg	4%	Sugars 11g	
Calories from Fat 35		Trans Fat 0g		Total Carb. 24g	8%	Other Carb. 10g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 0mg	0%	Dietary Fiber 3g	12%	Protein 3g	
		Vit. A 6% • Vit. C 35% • Calcium 30% • Iron 10% • Thiamin (B1) 30% • Riboflavin (B2) 15% Niacin (B3) 20% • Vit. B6 20% • Folate 20% • Vit. B12 10% • Phosphorus 6% • Zinc 15%					

Nutrition facts here & on wrapper may differ. Info on wrapper reflects actual contents.

Ingredients: Organic Chocolate Chips (Organic Evaporated Cane Juice, Organic Unsweetened Chocolate, Organic Cocoa Butter, Soy Lecithin, Natural Flavors), Organic Rolled Oats, Organic Oat Flour, Organic Brown Rice Syrup, Organic Tapioca Syrup, Organic Fig Paste, Organic Evaporated Cane Juice Syrup, Organic Maple Syrup, Organic Soy Butter, Organic Chocolate (Organic Evaporated Cane Juice, Organic Unsweetened Chocolate, Organic Cocoa Butter, Soy Lecithin, Natural Flavors), Natural Flavors, Organic Milled Flaxseed, Organic Oat Fiber, Baking Soda, Salt.

BACK TO NATURE

Chocolate Chunk Cookies

Allergens:

Wheat, Soy

see disclaimer

Chocolate Chunk

- No hydrogenated oils
- No high fructose corn syrup
- No artificial preservatives, flavors or colors

Ingredients: UNBLEACHED ENRICHED FOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMISWEET CHOCOLATE (CHOCOLATE, SUAR, DEXTROSE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), EVAPORATED CANE JUICE, EXPELLER-PRESSED OLEIC SAFFLOWER OIL, BROWN RICE SYRUP, BAKING SODA, SEA SALT. CONTAINS: WHEAT, SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES MILK.

BACK TO NATURE

Honey Graham Sticks

Allergens:

Wheat

Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), EVAPORATED CANE JUICE, EXPELLER-PRESSED OLEIC SAFFLOWER OIL, GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), HONEY, BROWN RICE SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SEA SALT, NATURAL FLAVOR. CONTAINS: WHEAT.

Same Company *but no disclaimer.*

SNYDERS NIBBLERS

Pretzel

Allergens:

Wheat

DISCLAIMER:

Produced in a facility that handles peanut butter.

Sourdough Fat Free Nibblers



INGREDIENTS:
 Unbleached wheat flour, water, salt, yeast, natural flavor, Vitamin E (mixed tocopherols) added to preserve freshness, soda.
Allergy Information: Produced in a facility that handles peanut butter.

Nutrition Facts

Serving Size 1oz

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 120			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200 mg			8%
Total Carbohydrate 25g			8%
Dietary Fiber <1g			4%
Sugars <1g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		

FOOD SHOULD TASTE GOOD

Multigrain Tortilla Chip

Allergens:

Seeds (Sunflower/Sesame)

Nutrition Facts

Serving Size 1 oz (28g/about 9 chips)
 Servings Per Container about 6

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
Calories 140			
Total Fat 6g			10%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 4g			
Cholesterol 0mg			0%
Sodium 80mg			3%
Potassium 65mg			2%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

MULTIGRAIN

INGREDIENTS

Stone Ground Corn,
 High Oleic Sunflower Oil and/or
 Safflower Oil, Brown Rice Flour,
 Flax Seeds, Evaporated Cane Juice, Oat
 Fiber, Sesame Seeds,
 Sunflower Seeds, Quinoa, Soy Flour,
 Sea Salt

**FRITO-LAY
 SUN CHIPS**

Allergens:

Seeds (Sunflower/
 Sesame)

Ingredients: **WHOLE
 CORN,
 SUNFLOWER OIL,
 WHOLE WHEAT,
 RICE FLOWER,
 WHOLE OAT
 FLOUR, SUGAR,
 SALT**

Nutrition Facts

Serving Size 1 oz. (28g/About 16 chips)
 Servings Per Container About 11

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
Calories 140			
Total Fat 6g			10%
Saturated Fat 1g			5%
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3.5g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			10%
Sugars 2g			
Protein 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		
Vitamin E 6%	Thiamin 2%		
Niacin 2%	Vitamin B ₆ 2%		
Phosphorus 4%	Magnesium 4%		
Zinc 2%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

**STONYFIELD FARMS
 YOGURT PUSH UP/
 OFFERED FROZEN**

Organic Yogurt Snack

Allergens:

Dairy

OUR FAMILY RECIPE:

**CULTURED PASTEURIZED ORGANIC
 REDUCED FAT MILK, NATURALLY MILLED
 ORGANIC SUGAR, ORGANIC TAPIOCA
 STARCH, ORGANIC STRAWBERRY JUICE
 FROM CONCENTRATE, NATURAL FLAVOR,
 ORGANIC CAROB BEAN GUM, PECTIN,
 CARRAGEENAN, ORGANIC BEET JUICE
 CONCENTRATE (FOR COLOR), VITAMIN D3.
 CONTAINS OUR EXCLUSIVE BLEND OF SIX
 LIVE ACTIVE CULTURES INCLUDING L.
 ACIDOPHILUS, BIFIDUS, L. CASEI, AND L.
 RHAMNOSUS.**