

**SNACKS APPROVED FOR
GRADE LEVELS 7-12**

Snack Items that Meet SB12

Not more than 250 calories per item.
Not more than 35% total calories from fat. Not more than 10% total calories from saturated fat. Not more than 35% total weight from sugar.

Name Products	Brand Name/ Manufacturer	Serving Size (grams)	Calories	Total Fat (grams)	Saturated Fat (grams)	Sugars (grams)
Bagel, onion or plain 2.3oz	Tony Roberts	65.2	173	.86	0.29	3
Bar, Frozen Juice	Minute Maid	64.4	60	0	0	20
Bars, chewy granola lowfat chocolate chip	General Mills	43	155	3	0.94	10
Bars, Chex Milk n cereal Bar	General Mills	40	160	4	1.5	13
Bars, Chex Milk n cereal Bar	General Mills	40	160	4	1.5	13
Bars, fruit organic crispy rice envirokidz	Nature Path	28	110	3	0	7
Bars, Frunola Bar Cranberry	Kettle Valley	50	150	0.5	0	29
Bars, Frunola Bar plum	Kettle Valley	50	150	0.5	0	29
Bars, Journey apple cinnamon	Kellogg's	37	140	3	.5	11
Bars, Journey peanut butter w/ fudge chunks	Kellogg's	37	150	4	1	12
Bars, Kudos milk chocolate granola bar mini m & m	Mars	28	90	2.5	1	9
bars, luna bar peanut butter & jelly	Clif	48	170	2.5	1	13
bars, luna bar sesame raisin crunch	Clif	48	170	3	0.5	13
bars, luna bar toasted nuts n cranberry	Clif	48	170	3	0	12
Bars, moist and chewy dutch apple granola bar	Health Valley	29	100	1	0	10
Bars, nature valley chew trail mix fruit and nut	General Mills	35	140	4	0.5	12
Bars, nature valley chew trail mix sweet and salty almond	General Mills	35	160	7	2	12
bars, nugo bars chocolate	Nugo	28	100	1.5	1.0	7
Bars, nutrigrain chewy twists apple cobbler	Kellogg's	37	140	3	0.5	12
Bars, nutrigrain chewy twists strawberry cheesecake	Kellogg's	37	140	3	0.5	13
bars, sourpuss juice		64.4	60	0	0	17

Name Products	Brand Name/ Manufacturer	Serving Size (grams)	Calories	Snack	Items that Meet SB12	Sugars (grams)
				Total Fat (grams)	Saturated Fat (grams)	
bars, sourpuss juice	J J Snack	64.4	60	0	0	17
Bars, special k blueberry	Kellogg's	23	90	1.5	1	8
Bars, special k strawberry	Kellogg's	23	90	1.5	1	8
bars,z bar caramel apple	Clif	36	120	2	0.5	12
bars,z bar chocolate brownie	Clif	36	120	2	0.5	12
Breadstick, soft parbake	Shannon	51	131	1	0	2
Breadsticks, Cheesy	Shannon	51	135	3	1.55	0.5
breakfast bar mini honey wheat WHB12572	Simply Blue	35.44	132.5	1.85	.34	7.3
brownie Low fat	Buena Vista	56	159	1.14	0.0192	18.4
Carnival crunch snack mix	Azar Nuts	21.35	80	1.5	0	3
cereal bar, team cheerios	General Mills	40	150	3.5	0	11
cereal bar, trix	General Mills	40	160	4.0	0	11
cereal breakfast squares, oatmeal raisin	Quaker	39.69	140	2.5	0.5	14
cereal Gorilla Munch Organic	Nature Path	30	115	1	0	9
Cereal, Gorilla Munch Low Salt	Nature Path	28	110	0	0.29	7
Cereal, mighty bites, whole grain kashi	Kellogg's	23	90	1	0	4
Cereal, Tiger Power Whole Grain Wheat Cereal	Kellogg's	23	80	0	0	6
Cheese balls, cheese curls, Hot & Crunchy	Classic Foods	21.27	100	3.5	0.5	1
Cheese cheddar cheese cubes	Kraft	43	170	15	10	0
Cheese handi snack mozzarella string cheese	Kraft	28	80	6	4	0
cheese it crackers	Sunshine	22	100	3	1	0
Cheese string cheese RF low moisture mozzarella	sargento	21	50	2.5	1.5	0
Cheese string cheese twirls	sargento	24	70	4.5	3	0
cheetos baked crunchy flamin hot	Frito Lay	28	130	5	1	3
chips baked lays kc masterpiece	Frito Lay	24.5	140	3	0	3
chips baked lays original	Frito Lay	31.4	123	1.7	0	3
chips baked lays sour cream and onion	Frito Lay	31.4	134	3.4	0	3
chips baked lays sour cream and onion	Frito Lay	28.125	140	3	0.5	3
chips cheese balls		21	100	3.5	0.5	1
Chips crisp ums cinnamon sugar	Quaker	37	170	6	1	7

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chips Genisoy soy crisps apple cinnamon	Genisoy	28	120	2	0	4
Chips, Baked Nacho cheesier & cooler Doritos	Frito Lay	21.26	90	2.5	0	3
Chips, Baked Pita, Honey Wheat	Bachman	28	120	2.5	0	3
Chips, Baked Pita, jalapeno cheddar	Bachman	28	120	2.5	0	1
Chips, Baked Pita, sea salt	Bachman	28	120	2.5	0	0
Chips, Baked Pita, sun dried tomato	Bachman	28	120	2.5	0	1
Chips, Baked Pita, white cheddar	Bachman	28	120	3.5	0	1
Chips, Baked Ranch Doritos	Frito Lay	28	170	5	1	2
Chips, Baked Ruffles Cheddar and Sour Cream	Frito Lay	24.81	140	2.5	0	3
Chips, Kettle Krisps Light lowfat French Onion	Kettle Foods	28	110	1.5	0	1
Chips, Kettle Krisps Light lowfat Hickory BBQ	Kettle Foods	28	110	1.5	0	1
Chips, Kettle Krisps Light salted lowfat	Kettle Foods	28	110	1.5	0	0
Chips, light lays, original	Frito Lay	28.35	75	0	0	3
Chips, reduced fat nacho cheesier	Frito Lay	28	130	5	1.4	2
Chips, sweet bbq thin crisps	Stacy's Pita Chips	28	110	2	0	4.5
Chips, white cheddar cheese thin crisps	Stacy's Pita Chips	28	106	2.5	0	4.5
Chips, yukon gold potato onion, garlic and yogurt	Terra Chips	28	130	5	0.75	4
Cookies ahoy thin crisps 100 calorie pack	nabisco	26	100	3	1	7
cookies all sport bites graham 28.4gm	MJM	28.4	113.25	3.24	.49	6.54
cookies apple cinnamon bear graham 25.5gm	MJM	25.5	105.5	2.97	.67	5.78
cookies chocolate bear graham 25.5gm	MJM	25.5	105.5	2.76	0.62	6
cookies chocolate chip dough rf	Buena Vista	28	118	4.5	1.12	9.25
cookies chocolate teddy grahams	nabisco	28	120	4	0.5	8
cookies cinnamon teddy grahams	nabisco	35	160	5	1	9
cookies dough oatmeal raisin rf 1.6oz Camden Creek	J J Snack	45	170	6	1.5	15
cookies honey teddy grahams	nabisco	35	150	4.5	1	9

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				Total Fat (grams)	Saturated Fat (grams)	Sugars (grams)
cookies lemon	Royal Foods	28.4	112	3.7	.92	8.26
cookies lemon dinosaurs 25.5gm	MJM	25.5	104.6	3	0.47	5.4
cookies Mrs. good cookie icee cookie	J J Snack	28	130	4	1	7
cookies oatmeal	Royal Foods	42.5	170	5.69	1.39	12.55
cookies oatmeal	Royal Foods	28.4	113	3.8	.93	8.37
cookies oatmeal raisin 25.2 gm	Camden Creek	25.2	100	3.5	1	8
Cookies oreo thins thin crisps 100 calorie pack	nabisco	26	100	3	1	9
cookies rf chocolate chip	Otis Spunkmeyer	38	140	4.5	1.5	13
cookies rf sweet discovery carnival	Otis Spunkmeyer	38	140	4.5	1.5	13
cookies rf sweet discovery oatmeal raisin	Otis Spunkmeyer	38	140	4	1.5	11
cookies rf sweet discovery sugar	Otis Spunkmeyer	38	140	4	1.5	11
cookies rf value zone carnival 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies rf value zone chocolate chip 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies rf value zone sugar 1 oz	Otis Spunkmeyer	28	110	3.5	1	9
cookies Star spangled Mrs. Good Cookie	J J Snack	28	130	4	1	7
cookies waffle, blueberry or strawberry 25.5gm	MJM	25.5	106.4	3	0.47	6
Corn Chompers, Roasted Toasted	California Nugget	22.4	84	2	0.3	7
Corn Nuts, Cool Ranch	Dakota Gourmet	28.35	104	2.5	0.4	0.7
Corn Nuts, Cool Ranch	California Nugget	22.4	84	2.5	0.4	7
Corn Nuts, Salsa Snacks	Kraft	28	130	4.5	0.5	1
Cracker Austin Cheese Cracker w/ PB Red Fat	Kellogg's/ Keebler	37	170	7.5	1.5	4
Cracker Austin Toasty w PB Sandwich Crackers RF	Kellogg's/ Keebler	37	170	7	1.5	5
Crackers Animal Snacker whole wheat 1 oz WAS100	Simply Blue	28	120	3	1	8
Crackers cheese nips thin crisps	nabisco	13.8	100	1	0	1
Crackers, Animal crackers	nabisco	34	130	3.5	0.5	6
Crackers, Animal crackers 0.75 oz 30100-20150	Keebler	21.26	100	3.1	0.5	6
Crackers, Animal Snackers	Biscomerica Corp	28	122	3.1	0.5	8.2
Crackers, Animal Snackers Chocolate	Biscomerica Corp	28	112	3.8	0.9	8.2

Name Products	Brand Name/ Manufacturer	Serving Size (grams)	Calories	Snack	Items that Meet SB12	
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Crackers, Animal wild thing	Sugar Foods	28	120	3.5	0.5	7
Crackers, Animal wild thing	Sugar Foods	42	170	4.5	1	10
Crackers, baked animal goldfish phy ed	Campbell Soup Co	25.2	120	4	1	7
Crackers, belly bears choco, cinnamon & honey	J J Snack	28	130	4	0	7
Crackers, cheese nips thin crisps	Kraft	20.7	100	3	1	6
Crackers, elf grahams 1 oz 30100- 40213	Kellogg's/ Keebler	28.35	130	4	1	8
Crackers, goldfish parmesan	Campbell Soup Co	21	100	3	1	7
Crackers, graham sticks scooby doo	Kellogg's	28	120	4	0.5	8
Crackers, grahams chocolate giant goldfish	bell Soup Co/ Pepperidge F	25.2	120	3.5	1	6
Crackers, grahams cinnamon giant goldfish	bell Soup Co/ Pepperidge F	25.2	120	4.5	1	7
Crackers, jungle fruit sweetened mrs. gdcook	J J Snack	31.3	140	4	1	5
Crackers, jungle vanilla mrs. gdcook	J J Snack	31.3	120	3	1	7
Crackers, reduced fat cheese on cheese crackers 79783-20544	Austin/ Kellogg's	39.12	170	6	1.5	6
Crackers, Right Bites Cheez Its 100 Calorie Pack	Kellogg's	22	100	3.0	1	0
Crackers, Ritz Crisps	nabisco	28	140	5	1	3
Crackers, seanimals 79783-40790	Austin/ Kellogg's	28.35	130	4.5	1.0	6
Crackers, Wheatables	Keebler	31	140	4	1	4
Crackers, zoo animal 79783-48786	Austin/ Kellogg's	28.35	130	2	0	7
crisps real pineapple chunks	Brothers All Natural	15	60	0	0	11
crisps real sliced strawberries	Brothers All Natural	7.5	30	0	0	4
frozen dessert Cool daze freezy fruit punch pop 1.88 oz	Blue Bunny	57	45	0	0	10
frozen dessert cool daze fudge dream bar	Blue Bunny	57	90	1.5	1	12
frozen dessert Cool daze ice cream sandwich	Blue Bunny	64	150	3	1.5	15
frozen dessert Cool tube orange sherbet	Blue Bunny	62	80	1	0.5	15
frozen dessert Cool tube rainbow sherbet 3 oz	Blue Bunny	64	80	1	0.5	15

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frozen dessert frostar juice on a stick cherry 1.75oz	J J Snack	58	45	0	0	10
frozen dessert frostar pudding on a stick chocolate 1.75oz	J J Snack	59	110	3	1	13
frozen dessert frostar pudding on a stick vanilla chocolate swirl 1.75oz	J J Snack	59	100	3	0.5	13
frozen dessert frozfruit mango, pineapple good for you bars	Blue Bunny	120	80	0	0	20
frozen dessert frozfruit strawberry good for you bars	Blue Bunny	120	90	0	0	22
frozen dessert fruiticana ice fruit cream blueberry	Fruiticana	75	120	0	0	24
frozen dessert fruiticana ice fruit cream pineapple	Fruiticana	75	120	0	0	26
frozen dessert fudge bar 3oz	Blue Bunny	91	130	1.5	1	20
frozen dessert haagen dazs raspberry, strawberry and banana sorbet and vanilla yogurt	haagen Dazs	71	90	0	0	15
Frozen Dessert ice cream bars strawberry & cream	Heartsmart	63	60	0	0	2
Frozen Dessert ice cream strawberry	Ava Soft	154	140	2.5	1.5	19
Frozen Dessert ice cream vanilla	Ava Soft	154	140	2.5	1.5	19
Frozen Dessert ice singles peach	Wawona	85	78	0.06	0	19
Frozen Dessert ice singles strawberry	Wawona	78	77	.12	0	18
frozen dessert Italian ice cups 4oz	Rosati Inc	113	118	0	0	29.5
frozen dessert juice bars 2.25oz	Minute maid	74	60	0	0	14
frozen dessert juice cup	J J Snack	84	70	0	0	25
frozen dessert orange dream bar 3oz	Blue Bunny	72	100	2	1	16
frozen dessert real italian ice	Luigi's	50	70	0	0	14
frozen dessert shape ups	J J Snack	84	90	0	0	25
fruit bites atomic apple	Brookside	21	70	0	0	2
Fruit Cups Cherry mixed fruit in plastic cup	Del Monte	113	70	0	0	15
Fruit Cups Cherry mixed fruit in pull top can	Del Monte	113	90	0	0	19
Fruit Cups fruit bowls peaches	Dole	113	80	0	0	16
fruit fun fruit 100% fresh ready to eat apples	Sunkist	57	30	0	0	6

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fruit fun fruit 100% fresh ready to eat grapes	Sunkist	85	60	0	0	13
fruit fun fruit 100% fresh ready to eat orange wedges	Sunkist	133	50	0	0	8
fruit fun fruit 100% fresh ready to eat pineapple	Sunkist	77	40	0	0	9
fruit juice nuggets fruit snacks	Florida's Natural	14	43.3	0	0	4.57
fruit juice our string	Florida's Natural	43	130	0	0	14.5
fruit juice string in dispenser	Florida's Natural	42.5	130	0	0	14.3
fruit leather strawberry, apple, tropical, watermelon, wildberry, grape, raspberry	Stretch Island	14	45	0	0	12
fruit snack strawberry, apple, tropical, watermelon, wildberry, grape, raspberry	Kettle Valley	20	68	0.3	0.3	11.5
fruit snack sunkist red sugar	General Mills	25.2	80	0.5	0.4	8
Gels, Cool Berry Burst 4 oz	Kozy Shacks	113	100	0	0	24
Gels, fruit punch 4 oz	Kozy Shacks	113	100	0	0	24
juice bar cherry, SB, blue rasp, luigi sour	J J Snack	63	80	0	0	14
latte iced mocha	Gehl's	208	190	1.5	0	35
marshmallow treat mello crisp	Bachman	34	130	3	1	10
muffins, apple cinnamon RF	Otis Spunkmeyer	50.4	160	5	1	15
muffins, banana RF	Otis Spunkmeyer	50.4	170	5	1	15
muffins, wild blueberry RF	Otis Spunkmeyer	50.5	170	5	1	15
nuts cashews salted 1 oz	Planters	28	170	14	3	2
nuts dry roasted sunflower seeds kernels	Dakota Gourmet	28	165	14.1	1.5	1
nuts honey roasted soy nuts	Dakota Gourmet	28	135	6.2	0.8	3.4
nuts honey roasted sunflower kernels	Dakota Gourmet	28	158	12	1.5	4
nuts mixed nuts mixed 1oz	Kar's	28	165	15	2	1
nuts oil roasted sunflower seeds salted	Dakota Gourmet	28	174	16.3	1.7	1.6
nuts salted peanuts 1 oz	Kar's	28	170	16	2.5	1
nuts sunflower kernels	Kar's	28	170	15	2	0
pearls citrus grapefruit	Citrapak	50	15	0	0	1
pearls citrus orange	Citrapak	50	25	0	0	2
pretzel baked 1 oz #3013	J J Snack	28	70	0	0	0
pretzel butter snaps	snyders	43	170	1.5	0	1

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pretzel goldfish	Campbell Soup Co/ Pepperidge Farms	21	80	1	0.00	0.9
pretzel mini	snyders	43	160	1.5	0	1
pretzel poppers blazin hot	Sugar Foods	43	170	5	1	2
pretzel poppers cheznacho	Sugar Foods	28	120	3.5	0.5	1.4
pretzel poppers cool ranch	Sugar Foods	28	110	3.5	0.5	1.4
pretzel poppers cool ranch, nacho or pizza	Sugar Foods	42	170	5	1	2
pretzel poppers sour cream and onion	Sugar Foods	28	120	4	1	1
pretzel rold gold heartzels	Frito Lay	28	110	1	0.00	2
pretzel rold gold tiny twists	Frito Lay	14	55	0.5	0	2
pretzel snaps	snyders	43	170	1.5	0	1
pretzel sourdough nibblers	snyders	43	160	0	0	1
pretzel sticks cinnamon	Buena Vista	36.4	122	0.78	0.26	0.026
pudding ballistic banana 4 oz	Kozy Shacks	113	100	1	0.5	13
pudding chocolate	Snack Pack	98	140	5	1.5	1.5
pudding crazy chocolate 4 oz	Kozy Shacks	113	120	1.5	0.5	19
pudding fat free chocolate 4 oz	Gehl's	113	115	0	0.0	20
pudding fat free vanilla 4 oz	Gehl's	113	115	0	0.0	21
pudding very vanilla 4 oz	Kozy Shacks	113	110	1	0.5	17
Rice Cake Honey nut rice cake mini	Quaker	28	110	.8	.18	7
rice snacks quakes caramel corn	Quaker	28	100	0.5	0	8
rice snacks quakes cheddar cheese	Quaker	20	90	3	0.5	1
sauce lite cheese cheddar and jalapeno 62gm	Gehl's	62	50	1.9	0.5	2
scones, lowfat apple cinnamon, lemon and original	Fat Cat	35.5	95	1	1	7
scones, lowfat apple cinnamon, mandarin orange and original	Fat Cat	56.5	151	2	1	12
snack honey graham crackers	Kellogg's	23	90	2.5	0	4
snack mix chex morning mix banana nut	General Mills	33	130	3.5	0.5	9
snack mix chex morning mix cinnamon & Fruit & Nut	General Mills	33	130	3.5	0.5	8
snack mix chex morning mix honey nut	General Mills	33	130	3	0.5	10
snack mix Gardetto's Red Fat	General Mills	28	130	5	1	1
snack mix mixers traditional	nabisco	28	130	4.5	1	2

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snack mix munchies kids mix 28 gm	Frito Lay	28	130	4.5	1	4
snack mix smore 35 gm	Dakota Gourmet	35	140	4.6	1.1	10
snack mix trail mix original	Kar's	56.0	130	9	1.0	5.0
snack toast bites cinnamon	Sugar Foods	42	170	6	1	9
tubes, cool rainbow sherbet	Blue Bunny	64	80	1	0.5	15
tubes, orange sherbet 62gm	Blue Bunny	62	80	1	0.5	15
turnover home run apple and cherry	Horizon Snack Foods	56	167	5.3	1.3	10.9
turnover RF Apple	Horizon Snack Foods	57	167	5.3	1.3	10.4
turnover RF apricot 2oz	Horizon Snack Foods	57	175	5.3	1.3	11.9
turnover RF blackberry 2oz	Horizon Snack Foods	57	174	5.3	1.4	12.2
Wheat thins mini crisps	nabisco	21	100	3	0.5	1
Yogurt creamy fruit blends blueberry, cherry, peach	Dannon	170	170	1.5	1	30
Yogurt creamy fruit blends strawberry	Dannon	170	170	1.5	1	27
Yogurt creamy fruit blends strawberry banana	Dannon	170	170	2	1.5	28
Yogurt danimals drinkable strikin strawberry kiwi, swingin strawberry banana 3.1oz	Dannon	100	90	1.5	1	13
Yogurt fat free black cherry, blueberry	Stonyfield Farm	170	130	0	0	23
Yogurt fruit on the bottom cherry, peach	Dannon	170	150	1.5	1	27
yogurt raspberry, strawberry low fat trix	General Mills	56	120	1.5	0.5	19
yogurt strawberry kiwi, banana, raspberry	Dannon	113	110	2	1	18
Yogurt yoplait trix 4oz	General Mills	113	120	1.5	1	19
Bagel, blueberry 3 oz	Tony Roberts	85	240	0.5	0	8
Bagel, cinnamon raisin 3 oz	Lenders	85	230	1.5	0	9
Bars, fruit apple oatmeal or cranberry	Buena Vista	56	177	4.83	1.4	9.25
bars, luna bar smores	Clif	48	180	4.5	2	12
bars, mojo bar fruit nut	Clif	45	190	8	0.5	12
bars, mojo bar honey roasted peanut	Clif	45	190	6	0.5	12
bars, mojo bar mixed nuts	Clif	45	200	8	1	8
bars, mojo bar mountain mix	Clif	45	200	9	1.5	9
Bars, nature valley granola bar oats and honey	General Mills	43	197	7.2	.9	11
Bars, Odwallar Bar Chocolate	Odwalla	62	240	6	1.5	21

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bars, power bar energy bites chocolate crisp	Power Bar	50	200	5	1	11
bars, power bar energy bites oatmeal raisin crisp	Power Bar	50	210	5	0.5	12
bars, power bar energy bites peanut butter crisp	Power Bar	50	210	5	1	12
cereal bar, apple oatmeal or cranberry 2oz	Buena Vista	56	177	4.83	1.4	9.25
cereal bar, apple oatmeal or cranberry 3oz	Buena Vista	85.05	265	7.25	2.1	13.81
cereal breakfast squares, baked apple	Quaker	60	220	4	1	19
cereal breakfast squares, brown sugar cinnamon	Quaker	60	220	4	1	20
cheezit reduced fat 24100-12226	Kellogg's	45.53	180	5	1.5	0
chips caramel crunch balls california	Classic Foods	42.5	200	4	0	15
Chips, Cinnamon sugar	Stacy's Pita Chips	42	195	6	0	4.5
Chips, Parmesan Garlic and herb	Stacy's Pita Chips	42	195	6	0	4.5
Chips, pesto and sun dried tomato	Stacy's Pita Chips	42	195	6	0	4.5
Chips, simply naked	Stacy's Pita Chips	42	195	6	0	3
Cinnamon bun stick	J J Snack	60	180	3	1	9
cinnamon crumpet w/ whole wheat	Simply Blue	99	240	3.5	0.5	8
Cinnamon Roll 40% whole wheat 2.5oz wncw250	Simply Blue	71	250	8	1.5	23
cookies chocolate chip dough rf	Buena Vista	42	177	6.75	1.69	13.89
cookies chocolate chip dough rf	Buena Vista	56	236	9	2.26	18.55
cookies chocolate chip dough rf 1.6oz Camden Creek	J J Snack	45	180	6	2	15
cookies dough Candy rf 1.6oz Camden Creek	J J Snack	45	180	6	2	15
cookies dough sugar rf 1.6oz Camden Creek	J J Snack	45	180	6	1.5	15
cookies, low fat iced ginger snaps	Famous Amos	49.61	200	3	0.5	17
Cracker Austin Cheese Cracker w/ cheddar jack sandwich	Kellogg's/ Keebler	37	200	10	2.5	5
Cracker Austin PB & J Sandwich Cracker	Kellogg's/ Keebler	39	200	10	2	6
Cracker Austin wheat crackers w cheddar cheese	Kellogg's/ Keebler	37	200	10	2	5

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				Total Fat (grams)	Saturated Fat (grams)	Sugars (grams)
Crackers, Grilled Cheese Sandwich Crackers	Keebler	37	200	10	2	5
crisпитos apple cinnamon fruit	Tyson	77	200	5	1	12
Donuts reduced fat	Super Bakery	62.4	200	6	2	11
Donuts super reduced fat	Super Bakery	62.4	210	7	2	14
graham snacks bite size blueberry muffin 38000-28667	Kellogg's	49	230	8	2	13
graham snacks bite size blueberry muffin kelloggs 38000-28669	Kellogg's	49	230	8	2	13
graham snacks cinnamon bun 38000- 24518	Kellogg's	49	230	8	2.5	12
graham snacks french toast	Kellogg's	49	230	8	2.5	14.0
Granola Genuine Granola	Goddess Granola	57	260	14	1	8
jerky beef original	Pacific Gold	28	80	1	0	5
jerky beef original	Trail's Best	28	70	1	0	3
jerky beef peppered	Trail's Best	28	70	1	0	3
jerky beef peppered	Pacific Gold	28	90	1	0.5	5
jerky beef stick jacks link	Jacks Link	28	70	0.5	0.5	1
jerky beef Teriyaki	Trail's Best	28	80	1	0	6
jerky beef teriyaki	Pacific Gold	28	80	1	0.5	4
jerky, beef orig, swt & hot,teri, blk pepper	Double B Foods	23	60	.5	0	1
jerky, chew orig, hot	Double B Foods	9	30	0	0	1
jerky, kippered beef steak blk pepper	Double B Foods	28	60	0.5	0.5	1
jerky, kippered beef steak kickin cajun	Double B Foods	28	70	1	0.5	1
jerky, kippered beef steak orig, hickory	Double B Foods	28	70	0.5	0.5	2.0
jerky, kippered beef steak sweet and hot	Double B Foods	28	80	0.5	0.5	4
jerky, kippered beef steak teri kc	Double B Foods	28	80	1	0.5	4
jerky, turkey steak	Double B Foods	28	80	1	0.5	1
latte iced french vanilla	Gehl's	208	190	1.5	0	33
marshmallow crispy square	Super Bakery	34	180	3	1	10
marshmallow crispy square	Super Bakery	45.4	180	4.8	1	14
nuts blazin hot peanuts	Kar's	43	240	22	4	15
nuts cashews salted 1 oz	Kar's	28	180	14	3	2
nuts PB & J Mix	Kar's	43	210	13	2	15
nuts salted Almonds	Kar's	35	213	18.8	1.8	1.8

Name Products	Brand Name/ Manufacturer	Serving Size (grams)	Calories	Snack	Items that Meet	SB12
				Total Fat (grams)	Saturated Fat (grams)	Sugars (grams)
nuts smoked Almonds 1.25oz	Kar's	35	213	18.8	1.3	1.8
nuts smokehouse almonds	Blue Diamond	31	180	16	1	0
nuts yogurt apple nut mix 1.5 oz	Kar's	43	230	15	4.5	7
pan dulce whole wheat 51% 2.5oz wpd5172	Simply Blue	71	242	9	2	9.3
pretzel baked 2.5oz #3010	J J Snack	70	180	1	0	1
pretzel bavarian 2.4oz #3295	J J Snack	67	180	2.5	0.5	1
Pretzel fun shapes holiday themes	J J Snack	65	180	1	0	1
pretzel holiday fun shaped 2.3oz	J J Snack	64.4	180	1.0	0.00	1.0
pretzel honey mustard and onion nibblers	snyders	43	180	4	2	1
pretzel poppers sour cream and onion	Sugar Foods	42	180	6.6	1.5	2.0
pretzel soft apple fill #7192	J J Snack	98	240	1	0	6
pretzel soft bavarian stick 2.4 oz	J J Snack	68	180	2.5	0.5	1
pretzel soft cinnamon #3246	J J Snack	70	190	1	0.00	5
pretzel super cinnamon bun stix	J J Snack	70.8	180	3	1	9
scones, lowfat wild blueberry 92.13gm	Fat Cat	92.13	236	3	1	18
snack mix chex Cheddar	General Mills	50	210	6	1.5	5
snack mix chex hot n spicy	General Mills	49	212	6.5	1.6	3.3
snack mix chex sweet n salty	General Mills	50	210	6.1	1.0	9
snack mix chex traditional	General Mills	49	212	6.5	0.8	3.3
snack ritz bits sandwiches p butter		42	200	12	2	5
turnover RF Apple 3oz	Horizon Snack Foods	85	243	7.1	1.7	15.7
turnover RF Blackberry 3oz	Horizon Snack Foods	85	235	7.1	1.7	17.8
Yogurt crème savers blueberries & crème swirled	Breyers	227	240	3	2	35
Yogurt crème savers orange, raspberries, or strawberries & crème swirled	Breyers	227	230	3	2	36