

**Francis Howell School District**  
**Approved Snack List and Nutrition Table**

Item	Brand	Total Weight in Grams	Servings per Package	Fat Grams (Total)	Sugar Grams (Total)	Calories per Serving	Calories from Fat (%)	% Fat Status	Sugar by Weight (%)	% Sugar Status	Calories (Total)	Calorie Status	Overall Status	Overall Status	Overall Status
100 Calorie Oreo Crisps	Nabisco/Kraft	23.0	1.0	2.0	8.0	100	18%	OK	35%	OK	100	OK	OK	OK	OK
Animal Crackers	Nabisco/Kraft	28.0	1.0	4.0	7.0	120	30%	OK	25%	OK	120	OK	OK	OK	OK
Baked Breakfast Cookies - Oatmeal Chocolate Chip	Frito-Lay/Quaker	48.0	1.0	6.0	14.0	180	30%	OK	29%	OK	180	OK	OK	OK	OK
Baked Breakfast Cookies - Oatmeal Raisin	Frito-Lay/Quaker	48.0	1.0	4.5	15.0	170	24%	OK	31%	OK	170	OK	OK	OK	OK
Baked Cheetos	Frito-Lay/Quaker	24.8	1.0	4.5	4.0	120	34%	OK	16%	OK	120	OK	OK	OK	OK
Baked Chips	Frito-Lay/Quaker	31.8	1.0	3.0	3.0	140	19%	OK	9%	OK	140	OK	OK	OK	OK
Baked Chips - BBQ	Frito-Lay/Quaker	31.8	1.0	3.5	3.0	140	23%	OK	9%	OK	140	OK	OK	OK	OK
Baked Doritos	Frito-Lay/Quaker	38.9	1.0	5.0	2.0	170	26%	OK	5%	OK	170	OK	OK	OK	OK
Baked Doritos	Frito-Lay/Quaker	21.2	1.0	3.0	1.0	90	30%	OK	5%	OK	90	OK	OK	OK	OK
Baked Flamin' Hot Cheetos	Frito-Lay/Quaker	42.5	1.0	8.0	1.0	200	36%		2%	OK	200	OK	OK		
Baked Fries-Cheddar and Bacon	Johny Rapps	28.0	1.0	4.0	1.0	130	28%	OK	4%	OK	130	OK	OK	OK	OK
Cheerios Cereal Bar - Honey Nut	General Mills	40.0	1.0	4.0	14.0	160	23%	OK	35%	OK	160	OK	OK	OK	OK
Cheerios Cereal Bar - Strawberry	General Mills	37.0	1.0	3.5	10.0	150	21%	OK	27%	OK	150	OK	OK	OK	OK
Cheese Balls	Johny Rapps	21.0	1.0	4.0	1.0	100	36%		5%	OK	100	OK	OK		
Cheese Nips	Nabisco/Kraft	35.0	1.0	7.0	0.0	170	37%		0%	OK	170	OK	OK		
Cheetos Fantastix	Frito-Lay/Quaker	28.0	1.0	5.0	0.0	130	35%	OK	0%	OK	130	OK	OK	OK	OK
Chewy Chocolate Chunk Bars	Frito-Lay/Quaker	24.0	1.0	2.0	7.0	90	20%	OK	29%	OK	90	OK	OK	OK	OK
Chewy Oatmeal Raisin Bars	Frito-Lay/Quaker	24.0	1.0	2.0	7.0	90	20%	OK	29%	OK	90	OK	OK	OK	OK
Chewy Peanut Butter Bars	Frito-Lay/Quaker	24.0	1.0	2.0	7.0	90	20%	OK	29%	OK	90	OK	OK	OK	OK
Chex Chocolate Caramel	General Mills	34.0	1.0	4.5	9.0	150	27%	OK	26%	OK	150	OK	OK	OK	OK
Chex Chocolate Mix	General Mills	21.0	1.0	3.5	6.0	100	32%	OK	29%	OK	100	OK	OK	OK	OK
Chex Mix	General Mills	49.0	1.0	6.0	3.0	210	26%	OK	6%	OK	210				OK
Chex Mix Cheddar	General Mills	49.0	1.0	6.0	4.0	210	26%	OK	8%	OK	210				OK
Chex Mix Chocolate Turtle	General Mills	46.0	1.0	7.0	14.0	210	30%	OK	30%	OK	210				OK

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Chex Mix Sweet 'n Salty	General Mills	49.0	1.0	6.0	9.0	210	26%	OK	18%	OK	210				OK
Chex Strawberry Yogurt	General Mills	34.0	1.0	4.0	8.0	150	24%	OK	24%	OK	150	OK	OK	OK	OK
Chips Ahoy 100 Calorie Pack	Nabisco/Kraft	23.0	1.0	3.0	7.0	100	27%	OK	30%	OK	100	OK	OK	OK	OK
Chocolate Drizzle	Kelloggs	22.0	1.0	3.0	8.0	100	27%	OK	36%		100	OK		OK	
Cinnamon Raisin Bars	South Beach	35.0	1.0	5.0	7.0	140	32%	OK	20%	OK	140	OK	OK	OK	OK
Cinnamon Toast Crunch Cereal Bar	General Mills	37.0	1.0	3.5	10.0	150	21%	OK	27%	OK	150	OK	OK	OK	OK
Cinnamon Toast Crunch Chips	General Mills	28.0	1.0	3.0	9.0	120	23%	OK	32%	OK	120	OK	OK	OK	OK
Cocoa Puffs Cereal Bar	General Mills	40.0	1.0	4.0	15.0	170	21%	OK	38%		170	OK		OK	
Cocoa Puffs Cereal Bar	General Mills	37.0	1.0	3.0	9.0	150	18%	OK	24%	OK	150	OK	OK	OK	OK
Cracker Crisp Cheddar	Frito-Lay/Quaker	23.0	1.0	3.0	3.0	100	27%	OK	13%	OK	100	OK	OK	OK	OK
Cracker Crisp Original	Frito-Lay/Quaker	31.8	1.0	4.5	4.0	140	29%	OK	13%	OK	140	OK	OK	OK	OK
Fiber One Oats & Caramel Bar	General Mills	40.0	1.0	3.5	9.0	140	23%	OK	23%	OK	140	OK	OK	OK	OK
Fiber One Oats & Chocolate Bar	General Mills	40.0	1.0	4.0	10.0	140	26%	OK	25%	OK	140	OK	OK	OK	OK
Fruit Snacks - Mixed Fruits	Farther & Sathers	56.0	1.0	0.5	18.0	180	3%	OK	32%	OK	180	OK	OK	OK	OK
Fudge Chocolate Chip Cookie	Grandma	39.0	1.0	7.0	10.0	170	37%		26%	OK	170	OK	OK		
Garden of Eatin' - Reduced Fat	General Mills	46.0	1.0	6.0	2.0	200	27%	OK	4%	OK	200	OK	OK	OK	OK
Gingerbread Cookies	Lil Debbie's	21.0	1.0	3.0	7.0	90	30%	OK	33%	OK	90	OK	OK	OK	OK
Gobstoppers	Nestle's	50.1	1.0	0.0	14.0	50	0%	OK	28%	OK	50	OK	OK	OK	OK
Goldfish Cheddar	Pepperidge Farms	43.0	1.0	7.0	1.0	200	32%	OK	2%	OK	200	OK	OK	OK	OK
Grasshopper Cookies	Keebler	21.0	1.0	4.0	4.0	100	36%		19%	OK	100	OK	OK		
Gum	Polar Ice	40.5	1.0	0.0	0.0	5	0%	OK	0%	OK	5	OK	OK	OK	OK
Honey Almond Flax	Kaski	35.0	1.0	5.0	5.0	140	32%	OK	14%	OK	140	OK	OK	OK	OK
Honey Maid Cinnamon Sticks	Nabisco/Kraft	49.0	1.0	4.5	14.0	210	19%	OK	29%	OK	210				OK
Honey Maid Cinnamon Sticks	Nabisco/Kraft	28.0	1.0	3.0	8.0	120	23%	OK	29%	OK	120	OK	OK	OK	OK

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Honey Maid Delight Bars Chocolate	Kraft	28.0	1.0	3.5	7.0	100	32%	OK	25%	OK	100	OK	OK	OK	OK
Honey Maid Delight Bars Cream Cheese	Kraft	28.0	1.0	3.0	7.0	100	27%	OK	25%	OK	100	OK	OK	OK	OK
Lorna Doon Cookies - 100 Calorie	Nabisco/Kraft	21.0	1.0	3.0	6.0	100	27%	OK	29%	OK	100	OK	OK	OK	OK
Low Fat Granola Bars	Frito-Lay/Quaker	24.0	1.0	1.5	7.0	90	15%	OK	29%	OK	90	OK	OK	OK	OK
Max-3 Musketeers Choc. Brownie	Mars	35.7	1.0	4.5	12.0	140	29%	OK	34%	OK	140	OK	OK	OK	OK
Max-3 Musketeers Choc/Straw.	Mars	35.7	1.0	4.5	12.0	140	29%	OK	34%	OK	140	OK	OK	OK	OK
Max-3 Musketeers Smores	Mars	35.7	1.0	4.5	12.0	140	29%	OK	34%	OK	140	OK	OK	OK	OK
Max-Combos Hot & Spicy Crackers	Mars	30.1	1.0	5.0	2.0	130	35%	OK	7%	OK	130	OK	OK	OK	OK
Max-Combos Pizza Crackers	Mars	30.1	1.0	5.0	1.0	130	35%	OK	3%	OK	130	OK	OK	OK	OK
Max-Combos Ranch Pretzels	Mars	30.1	1.0	1.0	2.0	110	8%	OK	7%	OK	110	OK	OK	OK	OK
Max-M & M Cookies	Mars	32.6	1.0	5.0	11.0	150	30%	OK	34%	OK	150	OK	OK	OK	OK
Max-Snickers Clusters	Mars	30.1	1.0	4.5	8.0	140	29%	OK	27%	OK	140	OK	OK	OK	OK
Max-Snickers Cookies	Mars	32.6	1.0	5.0	11.0	150	30%	OK	34%	OK	150	OK	OK	OK	OK
Max-Twix Cereal Clusters	Mars	30.1	1.0	4.0	9.0	140	26%	OK	30%	OK	140	OK	OK	OK	OK
Mini Chocolate Cupcakes	Mrs. Freshley's	37.0	1.0	3.0	6.0	100	27%	OK	16%	OK	100	OK	OK	OK	OK
Mini Delights - Cinnamon Struessel	Frito-Lay/Quaker	20.0	1.0	3.5	6.0	90	35%	OK	30%	OK	90	OK	OK	OK	OK
Mini Pretzel	SuperSnax	42.5	1.0	0.0	1.0	160	0%	OK	2%	OK	160	OK	OK	OK	OK
Mini Vanilla Wafers	Nabisco/Kraft	28.0	1.0	5.0	10.0	130	35%	OK	36%		130	OK		OK	
Muffin Tops - Blueberry	Malt-O-Meal	23.0	1.0	2.5	8.0	100	23%	OK	35%	OK	100	OK	OK	OK	OK
Nature Valley Energy Bar - Apple Crisps	General Mills	42.0	1.0	6.0	11.0	160	34%	OK	26%	OK	160	OK	OK	OK	OK
Nature Valley Energy Bar - Roasted Almond	General Mills	42.0	1.0	7.0	11.0	190	33%	OK	26%	OK	190	OK	OK	OK	OK
Nature Valley Yogart Bar - Strawberry	General Mills	35.0	1.0	3.5	13.0	140	23%	OK	37%		140	OK		OK	
Newtons Fruit Crisps	Nabisco/Kraft	28.0	1.0	2.0	8.0	100	18%	OK	29%	OK	100	OK	OK	OK	OK
Nutri-Grain Cereal Bar - Apple Cinnamon	Kelloggs	37.0	1.0	3.0	13.0	140	19%	OK	35%		140	OK		OK	

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Nutri-Grain Cereal Bar - Apple Cinnamon	Kelloggs	37.0	1.0	3.0	13.0	140	19%	OK	35%		140	OK		OK	
Nutter Butter Bites	Nabisco/Kraft	35.0	1.0	7.0	10.0	170	37%		29%	OK	170	OK	OK		
Oat & Honey Bars	Nature Valley	42.0	1.0	6.0	11.0	180	30%	OK	26%	OK	180	OK	OK	OK	OK
Oatmeal & Chocolate Bars	Fiber One	40.0	1.0	4.0	10.0	140	26%	OK	25%	OK	140	OK	OK	OK	OK
Oatmeal to Go - Variety	Quaker	60.0	1.0	4.0	19.0	220	16%	OK	32%	OK	220				OK
Oats & Caramel	Fiber One	40.0	1.0	4.0	9.0	140	26%	OK	23%	OK	140	OK	OK	OK	OK
Oberto Beef Jerky	Frito-Lay/Quaker	25.5	1.0	0.5	5.0	70	6%	OK	20%	OK	70	OK	OK	OK	OK
Oreo - 100 Calorie	Nabisco/Kraft	23.0	1.0	2.0	8.0	100	18%	OK	35%	OK	100	OK	OK	OK	OK
Peanut Butter Bars	Nature Valley	42.0	1.0	7.0	11.0	180	35%	OK	26%	OK	180	OK	OK	OK	OK
Peanut Butter Bars	Kaski	35.0	1.0	5.0	5.0	140	32%	OK	14%	OK	140	OK	OK	OK	OK
Peanut Butter Bars	South Beach	35.0	1.0	5.0	6.0	140	32%	OK	17%	OK	140	OK	OK	OK	OK
Peanut Butter Granola Bar	General Mills	42.0	1.0	7.0	11.0	180	35%	OK	26%	OK	180	OK	OK	OK	OK
Pecan Swirl	Lil Debbies	28.0	1.0	4.0	7.0	100	36%		25%	OK	100	OK	OK		
Planters Salted Peanuts	Nabisco/Kraft	28.0	1.0	4.5	1.0	170	24%	OK	4%	OK	170	OK	OK	OK	OK
Poptart Brown Sugar Cinnamon	Kelloggs	50.0	1.0	7.0	14.0	200	32%	OK	28%	OK	200	OK	OK	OK	OK
Poptart Strawberry	Kelloggs	50.0	1.0	5.0	15.0	190	24%	OK	30%	OK	190	OK	OK	OK	OK
Pretzel Poppers - Chezy Nacho	SupperSnax	42.5	1.0	5.0	1.0	160	28%	OK	2%	OK	160	OK	OK	OK	OK
Pretzel Poppers - Zesty Pizza	SupperSnax	42.5	1.0	5.0	1.0	160	28%	OK	2%	OK	160	OK	OK	OK	OK
Pretzels	Frito-Lay/Quaker	42.5	1.0	0.0	1.0	160	0%	OK	2%	OK	160	OK	OK	OK	OK
Pretzels	Snyders	42.0	1.0	0.0	1.0	160	0%	OK	2%	OK	160	OK	OK	OK	OK
Quakes	Quaker	49.0	1.0	0.5	8.0	100	5%	OK	16%	OK	100	OK	OK	OK	OK
Rice Krispie Treats	Kelloggs	37.0	1.0	3.5	12.0	150	21%	OK	32%	OK	150	OK	OK	OK	OK
Rice Krispie Treats	Kelloggs	48.0	1.0	5.0	16.0	200	23%	OK	33%	OK	200	OK	OK	OK	OK
Ritz Bits Sandwiches - Cheese	Nabisco/Kraft	42.0	1.0	4.5	6.0	220	18%	OK	14%	OK	220				OK

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Roasted Almond Granola Bar	General Mills	42.0	1.0	7.0	11.0	190	33%	OK	26%	OK	190	OK	OK	OK	OK
Rold Gold Honey Wheat Braided Twists	Frito-Lay/Quaker	56.7	1.0	2.0	7.0	220	8%	OK	12%	OK	220				OK
Rold Gold Pretzels - Tiny Twists	Frito-Lay/Quaker	56.7	1.0	2.0	1.0	220	8%	OK	2%	OK	220				OK
Ruffles Cheddar and Sour Cream	Frito-Lay/Quaker	31.8	1.0	4.0	3.0	140	26%	OK	9%	OK	140	OK	OK	OK	OK
Shockers	Nestles	46.7	1.0	0.0	12.0	60	0%	OK	26%	OK	60	OK	OK	OK	OK
Shortbread Cookies	Keebler	21.0	1.0	3.0	7.0	100	27%	OK	33%	OK	100	OK	OK	OK	OK
South Beach Living Cereal Bar Cinnamon/Raisin	Kraft	35.0	1.0	5.0	7.0	140	32%	OK	20%	OK	140	OK	OK	OK	OK
South Beach Living Cereal Bar Peanut Butter	Kraft	35.0	1.0	5.0	6.0	140	32%	OK	17%	OK	140	OK	OK	OK	OK
Special K Chocolatey Drizzle Bar	Kelloggs	22.0	1.0	1.5	8.0	90	15%	OK	36%		90	OK		OK	
Stix - Honey Butter	Pringles	19.3	1.0	3.5	2.0	90	0.35	OK	10%	OK	90	OK	OK	OK	OK
Strawberry Bites	Special K	23.0	1.0	2.0	7.0	90	20%	OK	30%	OK	90	OK	OK	OK	OK
Sun Chips - Harvest Cheddar	Frito-Lay/Quaker	28.3	1.0	6.0	2.0	140	39%		7%	OK	140	OK	OK		
Sunshine Cheez-Its	Keebler	42.0	1.0	5.0	0.0	180	25%	OK	0%	OK	180	OK	OK	OK	OK
Teddy Grahams Chocolate	Nabisco/Kraft	35.0	1.0	5.0	10.0	150	30%	OK	29%	OK	150	OK	OK	OK	OK
Teddy Grahams Honey	Nabisco/Kraft	35.0	1.0	5.0	9.0	150	30%	OK	26%	OK	150	OK	OK	OK	OK
Tic Tacs	Tic Tacs	0.5	1.0	0.0	0.0	1.9	0%	OK	0%	OK	1.9	OK	OK	OK	OK
Trail Mix	Kaski	35.0	1.0	5.0	6.0	140	32%	OK	17%	OK	140	OK	OK	OK	OK
Trix Cereal Bar	General Mills	37.0	1.0	3.5	9.0	150	21%	OK	24%	OK	150	OK	OK	OK	OK

Labeling on all items shall comply with all USDA/FDA regulations, qualifications and policies regarding packaging, labeling, ingredient listing and standards