



POMPTONIAN NUTRITION ANALYSIS GUIDE

SNACK ITEMS

KELLOGG'S

	Code #	Serving Size	Calories	Protein gm	Carbs gm	Fat gm	Major Allergens
Rice Krispie Treats, Original, 1.3 oz.	KE-26547	1 ea.	150	1	28	3.5	Milk, soy
Rice Krispie Mini Treats, Original, .39 oz.	KE-00736	1 ea.	45	0	8.5	1.1	Milk, soy
Rice Krispie Treats, Caramel Chocolate, 1.48 oz.	KE-04831	1 ea.	180	1	31	5	Milk, soy
Pop Tart Non-Frosted Strawberry, 1.83 oz.	KE-00500	1 ea.	210	2	37	6	Wheat, soy
Pop Tart Single Frosted Bown Sugar & Cinn 1.76 oz.	KE-08584	1 ea.	210	2	34	7	Wheat, soy
Pop Tart Frosted Blueberry, 1.83 oz.	KE-00499	1 ea.	200	2	37	5	Wheat, soy
PopTart Frosted Strawberry, 1.83 oz.	KE-00498	1 ea.	200	2	37	5	Wheat, soy
Pop Tart Whole Grain Brown Sugar & Cinn, 1.76 oz.	KE-36651	1 ea.	200	3	34	7	Wheat, soy
Pop Tart Whole Grain Strawberry, 1.76 oz.	KE-36657	1 ea.	190	2	35	5	Wheat, soy
Strawberry Special K Bar, .81 oz.	KE-12883	1 ea.	90	1	18	1.5	Wheat, milk, soy,
Blueberry Special K Bar, .81 oz.	KE-12885	1 ea.	90	1	18	1.5	Wheat, milk, soy,

For more information on Kellogg's products visit their website at <http://www2.kelloggs.com/>

FRITO-LAY- All products are labeled for possible cross-contamination with peanuts and tree nuts and will be listed on the product label

	Code #	Serving Size	Calories	Protein gm.	Carbs gm.	Fat gm.	Major Allergens
Baked Cheetos Flamin Hot, .875 oz.	FL-30993	1 ea.	120	2	17	4.5	Milk
Baked Cheetos Crunchy, .875 oz.	FL-21642	1 ea.	120	2	17	4.5	Milk
Rold Gold Tiny Twist, 1 oz	FL-32430	1 ea.	110	2	23	1	Wheat
Baked Doritos Nacho Cheese .75 oz.	FL-20002	1 ea.	90	2	15	2.5	Milk, wheat
Smart Food Reduced Fat Popcorn, .50 oz.	FL-30984	1 ea.	70	2	9	3	Milk
Smart Food Cheddar Popcorn, .625 oz.	FL-11130	1 ea.	100	2	9	6	Milk
Baked Ruffles Cheddar & Sour Cream, 1.125 oz.	FL-11216	1 ea.	140	2	25	4	Milk, soy

Baked Lay's Potato Chip, 1.125 oz.	FL-11201	1 ea.	130	2	26	2	
Baked Lay's Sour Cream & Onion, 1.125 oz.	FL-11203	1 ea.	140	2	24	3.5	Milk, soy
Baked Lay's BBQ, 1.125 oz.	FL-11199	1 ea.	140	2	24	2.5	Egg, milk, soy, wheat
Rold Gold Honey Braid, 2 oz.	FL-18501	1 ea.	230	4	47	2	Wheat
Kids Snack Mix, Quaker, .875 oz..	FL-36308	1 ea.	130	2	20	4.5	Wheat, milk
Reduced Fat Dorito, 1 oz.	FL-31748	1 ea.	130	2	19	5	Wheat, milk
Reduced Fat Cool Ranch Dorito, 1 oz.	FL-36096	1 ea.	130	2	18	5	Wheat, milk
Baked Lays KC BBQ .875 oz,	FL-32078	1 ea.	110	2	19	2.5	Egg, milk, soy, wheat
Baked Lays Regular, .875 oz.	FL-32078	1 ea.	100	2	20	1.5	
Baked Lays Sour Cream & Onion, .875 oz.	FL-33627	1 ea.	110	2	19	3	Milk, soy
Doritos Nacho Cheese, 1 oz.	FL-11142	1 ea.	140	2	17	8	Wheat, milk
Doritos Cool Ranch, 1 oz.	FL-11137	1 ea.	140	2	18	7	Milk
Funyuns, 1 oz.	FL-11105	1 ea.	140	2	18	7	Milk and soy
Sunchips, Original Multigrain, 1 oz.	FL-11151	1 ea.	140	2	18	6	Wheat
Sunchips, French Onion 1 oz.	FL11153	1 ea.	140	2	18	6	Wheat, milk, soy
Sun Chips, Garden Salsa, 1oz.	FL-36445	1 ea.	140	2	19	6	Wheat, milk,
Scoops, .875 oz.	FL-42537	1 ea.	110	2	19	2.5	
Cheetos Fantasics, 1 oz.	FL-36098	1 ea.	130	2	20	5	Milk
Blazin Buffalo Ranch Dorito, 1 oz.	FL-37481	1 ea.	140	2	18	7	Milk
Fiery Haberno Dorito, 1 oz.	FL-35921	1 ea.	130	2	16	7	Milk

Fritos, Original.75 oz.	FL-19852	1 ea.	120	1	12	8	
Doritos Nachos, .5625 oz.	FL-13296	1 ea.	80	1	40	4.5	Wheat, milk
Cheetos Crunchy, .625 oz.	FL-13367	1 ea.	100	1	10	6	Milk
Rold Gold Pretzels, .50 oz.	FL-19132	1 ea.	50	1	11	0.5	Wheat
Lay's Potato Chips, .50 oz.	FL-19846	1 ea.	80	1	8	5	
Grandma's Big Oat Raisin Cookie, 2 pack	FL-12334	1 cookie	180	2	30	6	Wheat, eggs

For more information on Frito-Lay products visit their website at <http://www.fritolay.com/>

LINDEN COOKIES

All Linden products are processed in a facility that handles peanuts or tree nuts

	Code #	Serving Size	Calories	Protein gm.	Carbs gm.	Fat gm.	Major Allergens
Chocolate Chip 2 pk. 1.1 oz.	LC-Chochip-2	1 ea.	168	2	22	6.5	Wheat, eggs
Fudge Chip 2 pk. 1.1 oz.	LC-Fudgech2	1 ea.	168	2	20	6.5	Wheat, eggs
Butter Crunch, 2 pk., 1.1 oz.	LC-BTRCR2	1 ea.	168	2	23	6	Wheat milk, eggs
Oatmeal Raisin, 2 pk., 1.1 oz.	LC-Oatmeal2	1 ea.	142	2	21	5.4	Wheat, milk, eggs
Pnut Butter Choc Chip, 2pk. 1.1 oz.	LC-Pbrcc2	1 ea.	167	2	20	6.5	Wheat, eggs, peanuts
Choc Chip, .6 oz.	LC-Chochip-1pk.	1 ea.	84	1	11	3	Wheat, eggs
Fudge Chip, .6 oz.	LC-Fudge-1 pk.	1 ea.	84	1	10	3	Wheat, eggs
Butter Crunch, .6 oz.	LC-Btr-1 pk.	1 ea.	168	1	11.5	3	Wheat, milk, eggs
Oatmeal Raisin, .6 oz.	LC-Oatmeal-1pk.	1 ea.	71	1	10.5	2.7	Wheat, milk, eggs
Pnut Butter Choc Chip, .6 oz.	LC-Pbtrcc-2	1 ea.	84	1	10	3	Wheat, eggs, peanuts
ChocChippers, 1.1oz.	LC-Chchip45	1 ea.	168	2	22	6.5	Wheat, eggs
Mellow Crisp Bar, 1.2 oz.	LC-Mellow	1 ea.	130	1	24	3	

JONNY RAPP'S SNACKS

	Recipe # / Code #	Serving Size	Calories	Protein gm.	Carbs gm.	Fat gm.	Major Allergens
Jonny Rapp's, Baked Hot & Spicy Fries, 1 Oz.	VS-17471	1 ea.	130	2	20	4	Milk, soy
Jonny Rapp's Cheddar & Bacon, 1 oz.	VS-17472	1 ea.	130	2	20	4	Milk

For more information on Jonny Rapp's products visit their web site at http://www.barrelofunsnacks.com/index.php/products/product/p/jonny_rapps_baked_fries/

J & J SNACKS

	Recipe # / Code #	Serving Size	Calories	Protein gm.	Carbs gm.	Fat gm.	Major Allergens
Superpretzel, 2. 5 oz.	3010	1 ea.	180	6	38	1	Wheat
Superpretzel, King Size, 5 oz.	3014	1 ea.	360	12	76	2	Wheat
Superpretzel, Soft Bites, 53 gm.	3085	5 bites.	140	4	31	0.5	Wheat
Mr. Twister Soft Pretzel	3100	1 ea.	260	9	53	1.5	Wheat
Superpretzel, 1 oz.	3013	1 ea.	70	2	16	0.5	Wheat
Superpretzel, Soft Pretzel Rods	3102	1 ea.	80	3	16	0	Wheat
Superpretzel Big Cheese Filled Soft Pretzel, 5 oz.	3019	½ pretzel	195	6	33	4	Wheat, milk
Superpretzel, Cinnamon Raisin, 5 oz.	3246	½ pretzel	190	6	39	1	Wheat
Tio Pepe's Churros, Regular, 35 g.	3321	1 ea.	130	2	12	8	Wheat, milk, eggs, soy
Tio Pepe's Churros, 35g/w/Cinnamon Sugar 10 g	3328	1 ea.	170	2	22	8	Whea, milk, eggs, soy
Tio Pepe's Apple Filled Churros, 50 g	4110	1 ea.	150	2	25	5	Wheat, milk, egg, soy
Tio Pepe's Raspberry Filled Churros, 50 g	4112	1 ea.	160	2	25	5	Wheat, milk, egg, soy
Shape-Up Frozen Juice Cup- Halloween	41003P	3 fl. Oz..	70	0	18	0	Soy
Shape-Up Frozen Juice Cup- Winter Wonderland	41003X	3 fl. Oz.	70	0	18	0	Soy

For more information on J & J products visit their web site at www.jjsnackfoodservice.com

LINDEN COOKIES

All Linden products are processed in a facility that handles peanuts or tree nuts

	Code #	Serving Size	Calories kcal	Protein gm	Carbs gm	Fat gm	Major Allergens
Chocolate Chip Cookies, 2 pk., 1.1 oz.	Lc-Chocchip2	1 ea.	168	2	22	6.5	Wheat, milk, eggs
Fudge Chip, 2 pk., 1.1 oz.	Lc-Fudgechip2	1 ea.	168	2	20	6.5	Wheat, milk, eggs
Butter Crunch, 2 pk., 1.1 oz.	Lc-Btrcr2	1 ea.	165	2	23	6	Wheat, milk, eggs
Oatmeal, 2 pk., 1.1 oz.	Lc-Oatmeal2	1 ea.	142	2	21	5.4	Wheat, milk, eggs
Peanut Butter Choc Chip, 2 pk., 1.1 oz.	Lc-Prcc2	1 ea.	167	2	20	6.5	Wheat, milk, eggs

MJM MARKETING - All MJM products are made in a peanut and tree nut free facility *

	Code #	Serving Size	Calories kcal	Protein gm	Carbs gm	Fat gm	Major Allergens
Choc Bear Grahams, 2 pk., .9 oz.	MJ-40200	1 ea.	106	1.5	19	3	Wheat
Strawberry Waffle Graham 2pk., .9 oz.	MJ-40500	1 ea.	104	1	18	3	Wheat
Blueberry Graham, 2 pk., .9 oz.	MJ-40600	1 ea.	104	1	18	3	Wheat
Apple Cinnamon Waffle Graham, 2 pk., .9 oz.	MJ-42300	1 ea.	103	1	18	3	Wheat
Lemon Bear Graham, 2 pk., .9 oz.	MJ-43900	1 ea.	103	1	18	3	Wheat
All Sport Vanilla Bites, .9 oz.	MJ-514150	1 ea.	113	1.5	20	3	Wheat
Dino Bites Vanilla Flavor, .9 oz.	MJ-524150	1 ea.	111	1	20	3	Wheat
Tropical Treats Orange Flavor, .9 oz.	MJ-551150	1 ea.	112	1.5	19	3	Wheat

NATURE VALLEY

	Code #	Serving Size	Calories kcal	Protein gm	Carbs gm	Fat gm	Major Allergens
Oat n' Honey, .74 oz.	VS-2382	1 ea.	90	2	15	3	Soy, almond, peanut, pecan, walnut, hazelnut

PEPPERIDGE FARM

	Code #	Serving Size	Calories kcal	Protein gm	Carbs gm	Fat gm	Major Allergens
Goldfish, 3/4 oz.	DF-14367	1 ea.	100	2	14	3.5	Wheat, milk
Pretzel Goldfish, 3/4 oz.	DF-14396	1 ea.	90	2	17	1.5	Wheat, milk (trivial amount)
Giant Goldfish Grahams, .9 oz.	DF-15094	1 ea.	120	1	19	4	Wheat

For more information about Pepperidge Farm products visit their website at <http://www.campbellawayfromhome.com/brand.aspx?brand=Pepperidge>

SNYDERS

	Code #	Serving Size	Calories kcal	Protein gm	Carbs gm	Fat gm	Major Allergens
Regular Potato Chips, 1 oz.	SN-021101	1 ea.	150	2	19	7	
BBQ-Potato Chips, 1 oz.	SN-021121	1 ea.	150	2	20	6	
Sour Cream & Onion, 1 Oz.	SN-021141	1 ea	150	2	20	6	Milk
Salt & Vinegar, 1 oz.	SN-021161	1 ea	140	2	19	5	Milk
Hot Buffalo Wing Chips, 1 oz.	SN-021301	1 ea	150	2	19	7	Milk, soy
Tostitos, 1.5 oz.	SN-080820	1 ea	210	2	34	7	
Butter Popcorn, 5/8 oz.	SN-024210	1 ea	100	1	6	8	Milk
Potato Chips, 1/2 oz.	SN-021020	1 ea	75	1	9.5	3.5	

For more information about Snyder products visit their website at <http://www.snydersofhanover.com>