

Food Items That Meet the Criteria in 702 KAR 6:090

("This is just a small sample of the large number of items that do fit the criteria in Section 2 of 702 KAR 6:090.
You may offer any other items that also meet the criteria such as fresh fruits and vegetables.")

<ul style="list-style-type: none"> ▪ 32% sugar by weight & 14 grams sugar ▪ 30% fat calories ▪ 300 mg sodium & no more than 2 ounces 	Weight grams	Calories	Total Carb grams	Sugars grams	% Sugar by weight	Fat grams	% calories from fat	Sodium mgs
Austin's Quality Zoo Animal Crackers, 1 oz pkg	28	130	25	7	25%	2	14%	95
Carnival Crunch	21	80	16	3	14%	1.5	17%	180
Chex Morning Mix Banana Nut, 1.15 oz pkg	32	130	24	9	28%	3.5	24%	170
Chex Morning Mix, Fruit & Nut	32	130	24	8	25%	3.5	24%	190
Frito Lay Baked Doritos, Nacho Cheesier, 3/4 oz pkg	21.3	90	16	0.5	2%	2.5	25%	160
Frito Lay Baked Doritos, Cooler Ranch, 3/4 oz pkg	21.3	90	16	0.5	2%	2.5	25%	150
Frito Lay Baked Potato Chips (Plain) 1.125oz pkg	31.8	130	26	2	6%	1.5	10%	170
Goldfish Pretzel	21	80	15	0	0%	1	11%	300
J & J Jungle Crackers, 1 oz pkg	28	120	21	6	21%	3	23%	55
Kashi Heart to Heart Oat Cereal, 2.3 oz cup	65	230	50	10	15%	3	12%	200
Keebler Graham Crackers 3 count pkg								
Apple Cinnamon	21	90	16	4	19%	3	30%	85
Vanilla	22	90	17	5	23%	1.5	15%	95
Keebler Journey Bar, 1.3 oz pkg								
Apple Cinnamon	37	140	28	11	30%	3	19%	105
Chocolate	37	150	26	11	30%	5	30%	90
Kellogg's Corn Flakes, 3/4 oz pkg	21	80	18	2	10%	0	0%	150
Kellogg's Frosted Mini-Wheats, 1 oz pkg	28	100	23	6	21%	0	0%	0
Kellogg's Raisin Bran, 1.25 oz	35	110	27	11	31%	1	8%	210
General Mills Cheerios, 1.06 oz	30	110	23	1	3%	2	16%	280
Mini Moon Pie, 1.2 oz pkg								
Banana	34	152	26	8	24%	4.5	27%	120
Vanilla	34	152	26	8	24%	4.5	27%	120
MJM's All-Sports Graham Bites, 0.9 oz pkg	26	110	19	6	23%	3	25%	84
Nabisco 100 Calorie Packs, wheat thin minis	21	100	16	3	14%	3	27%	200
Nabisco 100 Calorie Packs, cheese nips then crisps	21	100	15	0	0%	3	27%	250
Nature Valley Crunch Granola Bar, 1 oz bar								
Chocolate Chip	28	120	21	7	25%	2.5	19%	45
Oats & honey	42	180	29	11	26%	6	30%	160
Maple & Brown Sugar	42	180	29	11	26%	6	30%	160
Nature Valley Crunch Granola Bar, peanut butter	42	180	29	11	26%	6	30%	170
Snyder of Hanovers Old Tyme Pretzels, 1.58 oz pkg	44.8	180	36	0.5	1%	1.5	8%	180
Stoublers Animal Crackers - Chocolate 1 oz pkg	28	121	21	7	25%	3	22%	150
Nabisco Teddy Grahams, 3/4 oz pkg								
Chocolate	21	90	15	6	29%	3	30%	115
Cinnamon	21	90	16	5	24%	3	30%	100
Popcorn Man Kettle Corn, 1.0 oz pkg	28	120	21	5	18%	3.5	28%	65
Quaker Chewy Granola Bars, chocolate chip	28	120	21	9	32%	4	30%	70
Quaker Chewy Granola Bars, RF PB & choc chip	28	120	20	9	32%	3.5	26%	85
Quaker Fruit & Oatmeal on the Go, Apple, 1.65 oz	47	190	35	14	30%	5	24%	15
School House Treats, 0.9 oz pkg								
Baseball	31	140	23	8	26%	4.5	29%	90
Football	31	140	24	8	26%	4.5	29%	90
SoyNut Butter & Pretzel Snack .9 oz	26	120	16	2	8%	4	30%	130
Tom's Animal Crackers, 2 oz pkg	60	240	46	12	20%	4	15%	280

NUTRITION ANALYSIS FOR BEVERAGES

ITEM	Serving Size	Calories	Carbohydrates (grams)	Sugar (grams)	Vitamin C	Calcium	Iron	Vitamin D
BEVERAGES								
Aquafina	20oz.	0	0	0	0	0	0	0
Aquafina Splash, Citrus	20 oz.	5	0	0	0	0	0	0
Aquafina Splash, Grape	20 oz.	5	0	0	0	0	0	0
Aquafina Splash, Raspberry	20 oz.	10	0	0	0	0	0	0
Aquafina Splash, Wild Berry	20 oz.	10	0	0	0	0	0	0
Capri Sun Fruit Waves, Apple Splash, 100% Juice	6.75 fl. oz.	90	23g	22g	0	0	2 %	0
Capri Sun Fruit Waves, Berry Breeze, 100% Juice	6.75 fl. oz.	100	24g	19g	0	0	2 %	0
Capri Sun Fruit Waves, Fruit Dive, 100% Juice	6.75 fl. oz.	100	24g	20g	0	0	2 %	0
Capri Sun Fruit Waves, Grape Tide, 100% Juice	6.75 fl. oz.	100	25g	23g	0	0	0	0
Crystal Light on the Go (All Flavors)	20 oz.	5	0	0	0	0	0	0
Dole Apple Juice, 100% Juice	11.5 oz.	160	39g	36	100%	2	0	0
Dole Orange Juice, 100% Juice	11.5 oz.	160	39g	32	100%	2	0	0
Dole Strawberry Kiwi, 100% Juice	11.5 oz.	170	47g	37	100%	2	0	0
Dole Apple Juice, 100% Juice	15.2 oz.	210	51g	48	190%	4	0	0
Dole Grape Juice, 100% Juice	15.2 oz.	300	74g	68	190%	4	0	0
Dole Orange Juice, 100% Juice	15.2 oz.	210	51g	42	190%	4	0	0
Dole Ruby Red Grapefruit, 100% Juice	15.2 oz.	260	63g	55	190%	4	4	0
Juicy Juice, Cherry	6.75 oz.	120	31	31 g	120%	0	0	0

NUTRITION ANALYSIS FOR BEVERAGES

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Juicy Juice, Grape	6.75 oz.	110	27	27	100%	0	0	0
Juicy Juice, Punch	6.75 oz.	100	24	24	100%	0	0	0
Lactaid, Fat Free	8oz.	80	12g	11g	0	50%	0	25%
Lipton Brisk – Diet Iced Tea w/Lemon	12oz.	0	0	0	0	0	0	0
Lipton Iced Tea – Diet Green Tea w/Citrus	12oz.	0	<1	0	0	0	0	0
Lipton Brisk – Diet Iced Tea w/Lemon	20oz.	5	0	0	0	0	0	0
Lipton Iced Tea – Diet Green Tea w/Citrus	20oz.	10	1	0	0	0	0	0
Milk, Skim	8oz.	80	11g	11g	2%	30%	0	25%
Milk, Strawberry 1%	8oz.	170	26g	25g	2%	30%	0	25%
Milk, Vanilla 1%	8oz.	170	27g	26g	2%	30%	0	25%
Milk, White 1%	8oz.	100	11g	11g	2%	30%	0	25%
Milk, Chocolate 1% Nesquik	14oz.	316	66g	53g	2%	40%	4%	0
Milk, Vanilla 1%, Nesquik	14oz.	280	51g	49g	2%	40%	0	0
Milk, Strawberry 1%, Nesquik	14oz.	316	58g	54g	2%	40%	0	0
Milk, Chocolate Fat Free, Nesquik	16 fl oz.	160	32g	30g	0	40%	0	0
Propel – Berry	16.9oz.	21	6g	4g	20%	0	0	0
Propel – Lemon	16.9oz.	21	6g	4g	20%	0	0	0
Slush Puppy 100% Fruit Juice	9oz.	150	0	35g	0	0	0	0

NUTRITION ANALYSIS FOR BEVERAGES

ITEM	Serving Size	Calories	Carbohydrates (grams)	Sugar (grams)	Vitamin C	Calcium	Iron	Vitamin D
Spring Water	16.9 fl. oz.	0	0	0	0	0	0	0
Switch , Black Cherry, 100% Juice	12 fl. oz.	120	31g	24	100%	0	0	0
Switch , Grape, 100% Juice	12 fl. oz.	120	31g	23	100%	0	0	0
Switch , Orange Tangerine, 100% Juice	12 fl. oz.	130	33g	28	100%	0	0	0
Switch , Tropical Punch, 100% Juice	12 fl. oz.	160	40g	36	100%	0	0	0
Switch , Watermelon Strawberry, 100% Juice	12 fl. oz.	140	3g	28	100%	0	0	0
Tropicana Sugar Free Lemonade	12 oz.	10	<1g	0	15%	0	0	0
Tropicana Sugar Free Orangeade	12 oz.	5	<1g	0	150%	0	0	0
Tropicana Sugar Free Punch	12 oz.	5	<1g	0	150%	0	0	0
Tropicana Sugar Free Lemonade	20 oz.	15	1g	0	30%	0	0	0
Tropicana Sugar Free Orangeade	20oz.	10	1g	0	250%	0	0	0
Tropicana Sugar Free Punch	20oz.	10	1g	0	250%	0	0	0
Vital Fruit	8 fl. oz.	50	13g	10g	0	30%	0	3%
Welch's Mountain Berry, 100% Juice	11.5 fl oz.	200	49g	47g	100%	0	0	0
Welch's Raspberry Lime Twist, 100% Juice	11.5 fl oz.	180	46g	44g	100%	0	0	0

NUTRITION ANALYSIS FOR SNACKS 2006-2007

MENU ITEM	Serving Size	Calories	Fat (grams)	% Cal. From Fat	Saturated Fat (grams)	% Saturated Fat	Trans Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	% Cal. From Sugar	Fiber (grams)	Vitamin A	Vitamin C	Calcium	Sodium (mg)
SNACKS															
Austin's Zoo Animal Crackers	1oz.	130	2g	15%	0	0	0.5g	25g	7g	23.3%	<1g	0	0	0	90mg
Baked Lays Doritos-Nacho Cheesier	.75oz	90	2.5g	25%	0	0	0	16g	<1	0	1g	0	0	4%	160mg
Baked Lays Sour Cream & Onion	1.125	120	3g	5%	0.5g	3%	0	21g	3g	0	2g	0	4%	4%	210mg
Baked Lays KC Masterpiece	1.125	110	2.5g	4%	0	0	0	19g	2g	0	2g	0	2%	2%	190mg
Baked Lays Original	1oz.	110	1.5g	2%	0	0	0	23g	2g	0	2g	0	2%	4%	150mg
Chortles Mini-Mini Chocolate Chip Cookies	1oz.	114	3g	24%	1g	8%	0	19g	7g	24.6%	0.5g	<1%	2%	<1%	95mg
Dole Fruit & Crème Parfait Apples & Caramel	4oz.	120	2g	15%	1g	8%	0	25g	21g	19%	1g	0	25%	0	10mg
Dole Fruit & Crème Parfait Peaches & Crème	4oz.	110	2g	16%	1g	8%	0	23g	20g	20%	<1g	6%	30%	0	10mg
Dole Fruit & Crème Parfait Pineapple & Crème	4oz.	110	2g	16%	1g	8%	0	24g	20g	21%	0	2%	30%	0	5mg
Dole Fruit Sorbet, Pineapple	4oz.	120	0	0	0	0	0	30g	27g	24%	0	0	60%	0	40mg
Dole Fruit Sorbet, Pineapple Mango	4oz.	130	0	0	0	0	0	32g	27g	24%	<1g	6%	10%	2%	20mg
Dole Fruit Sorbet, Strawberry Banana	4oz.	130	0	0	0	0	0	32g	27g	24%	0	0	20%	0	20mg
Frostar Pudding on-a-stick	1.75 fl.oz.	100	3g	0	<1g	0	0	15g	13g	25.5%	0g	0	0	6%	60mg
Goody Man Marshmallow Crispy Squares	1.6oz.	180	4g	20%	1g	5%	1.5g	33g	14g	31%	0	4%	15%	0	230mg
Jello, Sugar Free Cherry Gelatin	3.25oz.	10	0	0	0	0	0	0	0	0	0	0	0	0	45mg
Jello, Sugar Free Strawberry Gelatin	3.25oz.	10	0	0	0	0	0	0	0	0	0	0	0	0	45mg
Jello, Sugar Free, Reduced Fat Chocolate Pudding	3.75oz.	60	1.5	23%	.5g	7.5%	0	14g	0	0	<1	0	0	10%	180mg
Jonny Rapp's Baked Fries, Cheddar-Bacon	1oz.	130	4g	27%	0.5g	3%	0	20g	1g	4%	2g	0	0	2%	230mg
Jonny Rapp's Baked Fries, Hot & Spicy	1oz.	130	4g	27%	0.5g	3%	0	20g	1g	4%	2g	0	0	2%	230mg
Jonny Rapp's Baked Fries, Ketchup	1oz.	130	4g	27%	0.5g	3%	0	20g	1g	4%	2g	0	0	2%	230mg

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MENU ITEM	Serving Size	Calories	Fat (grams)	% Cal. From Fat	Saturated Fat (grams)	% Saturated Fat	Trans Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	% Cal. From Sugar	Fiber (grams)	Vitamin A	Vitamin C	Calcium	Sodium (mg)
Lance Baked Tortilla Chips, Nacho Cheese	7/8oz.	120	3g	25%	0.5g	4%	0	17g	1g	4%	1g	2%	0	2%	180mg
Lay's Munchies Snack Mix	0.875oz.	110	3.5g	27%	1g	8%	0	18g	4g	16%	<1g	10%	10%	0	220mg
Luigi's Italian Ice, Cherry	4 fl. oz.	70	0	0	0	0	0	18g	14g	12%	0	0	100%	0	15mg
Luigi's Italian Ice, Lemon	4 fl. oz.	70	0	0	0	0	0	17g	13g	11%	0	0	100%	0	15mg
Luigi's Italian Ice, Strawberry	4 fl. oz.	70	0	0	0	0	0	18g	14g	12%	0	0	100%	0	15mg
Minute Maid Juice Bar, All Flavors	2.25 fl. oz.	60	0	0	0	0	0	15g	14g	21%	0	0	100%	0	10mg
Motts Applesauce, Natural	4oz.	51	0	0	0	0	0	13g	7g	0	1g	1T	8%	0	0
Motts Applesauce, Mixed Berry	4oz.	90	0	0	0	0	0	23g	21g	N/A	1	0	2%	0	0
Motts Applesauce, Peach	4oz.	90	0	0	0	0	0	23g	21g	0	1g	2%	20%	0	0
Motts Applesauce, Strawberry	4oz.	90	0	0	0	0	0	23g	21g	0	1g	0	20%	0	0
Motts Applesauce, Strawberry Banana	4oz.	90	0	0	0	0	0	23g	21g	19%	1	0	20%	0	0
Mrs. GoodCookie Chocolate Chip Belly Bears	1 oz.	150	5g	30%	1g	6%	0	25g	10g	29.4%	0	0	0	10%	110mg
Mrs. GoodCookie , Chocolate Belly Bears	1 oz.	120	4g	30%	0	0	0	20g	7g	25%	0	0	0	10%	75mg
Mrs. Good Cookie , Cinnamon Graham Belly Bears	1 oz.	130	4g	28%	0	0	0	20g	7g	25%	0	0	0	10%	115mg
Mrs. GoodCookie Jungle Crackers	1 pkg.	120	3g	4%	0	0	0	22g	7g		0	0	0	10%	60mg
Mrs. GoodCookie Star Spangled Cookies	1 pkg.	130	4g	65	0	0	0	21g	7g		0	0	0	10%	80mg
Nabisco Cheese Nips, 100 Calorie	0.74oz.	100	3g	27%	1g	9%	.5g	15g	0	0	<1g	0	0	0	250mg
Nabisco Chips Ahoy, 100 Calorie	0.81oz.	100	3g	27%	1g	9%	0	18g	7g	30%	<1g	0	0	0	140mg
Nabisco Honey Maid Cinnamon Thin Crisps 100 Calorie	0.81oz.	100	2g	3%	0	0	0	19g	7g		<1g	0	0	2%	170mg
Nabisco Teddy Grahams, Chocolate	0.75oz.	90	3g	30%	.5g	5%	0	15g	6g	28.5%	<1	0	0	8%	120mg

NUTRITION ANALYSIS FOR SNACKS 2006-2007

MENU ITEM	Serving Size	Calories	Fat (grams)	% Cal. From Fat	Saturated Fat (grams)	% Saturated Fat	Trans Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	% Cal. From Sugar	Fiber (grams)	Vitamin A	Vitamin C	Calcium	Sodium (mg)
Nabisco Teddy Grahams, Cinnamon	0.75oz.	90	3g	30%	.5g	5%	0	16g	5	23.8%	<1	0	0	8%	95mg
Nabisco Wheat Thins	0.77oz.	100	3g	25%	0	0	0	16g	2g	9%	1g	0	0	4%	230mg
Nature Valley Chocolate Chip Granola Bar	1oz.	120	2.5g	19%	0.5g	4%	0	21g	7g	25%	2g	0	0	0	45mg
Nature Valley Oats'n Honey Granola Bar	1.5oz.	180	6g	30%	.5g	3%	0	29g	11g	26%	2g	0	0	0	160mg
Pepperidge Farm Goldfish Crackers	.75oz.	100	3.5g	30%	1g	9%	0	14g	0	0	<1g	0	0	2%	180mg
Pepperidge Farms Physedibles Crackers, Strawberry	0.9oz.	120	4g	30%	1g	8%	0	18g	7g	27%	1g	2%	4%	0	100mg
Pepperidge Farms Physedibles Crackers, Lemon	0.9oz.	120	4g	30%	1g	8%	0	18g	7g	27%	1g	2%	4%	0	100mg
Pepperidge Farms Physedibles Crackers, Vanilla	0.9oz.	120	4g	29%	1g	8%	0	19g	6g	24%	1g	2%	4%	0	105mg
Quaker Rice Cakes , Caramel	0.91oz.	100	.5g	5%	0	0	0	23g	8g	31%	<1	0	0	0	260mg
Quaker Rice Cakes , Cheese	0.91oz.	100	.5g	5%	0	0	0	23g	8g	31%	<1	0	0	0	260mg
Sherbet , Grape	4 fl. oz.	122	2g	0	1g	0	0	26g	0	0	0.3g	16%	12%	38%	36mg
Sherbet , Raspberry	4 fl. oz.	122	2g	0	1g	0	0	26g	0	0	0.3g	16%	10%	38%	36mg
Snyder's of Hanover Mini Pretzels 100 Calories	0.9oz.	100	0	0	0	0	0	22g	<1g	<2%	<1g	0	0	0	220mg
Snyder's of Hanover Pretzels	1.58oz.	180	1.5g	8%	0	0	0	36g	<1g	0	2g	0	0	0	180mg
Sunkist Fruit Snacks	0.9oz.	80	0.5g	6%	0	0	0	19g	8g	32%	0	0	100%	0	55mg
Sunshine Cheez-It, 100 Calorie	0.77oz.	100	3g	27%	1g	9%	0	15g	0	0	<1g	2%	0	2%	270mg
Super Snax Pretzel Poppers – Cheezy Nacho	1.5oz.	170	5g	26%	1g	5%	.5g	28g	2g	5%	1g	2%	0	2%	300mg
Super Snax Pretzel Poppers – Zesty Pizza	1.0	120	3.5g	26%	.5g	4%	.5g	19g	1g	4%	<1g	2%	0	2%	170mg
Team Cheerios Cereal Bar, Strawberry	1.4oz.	160	3.5g	20%	0	0	0	30g	11g	28%	2g	0	6%	20%	130mg
Trix Cereal Bar	1.4oz.	160	4g	23%	0	0	0	28g	10g	25%	1g	2%	0	20%	150mg