

North East ISD Snack Bar Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820												
Description available only in midde & high schools	Portion		Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Cheese Sauce	2.00	ounce	91.5	6.4	4.1	0.0	5.5	2.7	22.9	1.8	0.0	5.5	548.7	18.3	0.0
Cheese, Mozzarella String	1.00	each	80.0	6.0	3.5	0.0	7.0	0.0	200.0	0.0	0.0	200.0	210.0	15.0	0.0
Chips, Baked Cheddar & Sour Cream	1.00	each	140.0	4.0	0.5	0.0	2.0	25.0	40.0	0.4	3.6	0.0	250.0	0.0	2.0
Chips, Baked KC Masterpiece	1.00	each	120.0	3.0	0.5	0.0	2.0	22.0	20.0	0.0	2.4	0.0	210.0	0.0	2.0
Chips, Baked Tostitos	1.00	each	110.0	2.5	0.0	0.0	2.0	19.0	20.0	0.4	0.0	0.0	115.0	0.0	2.0
Chips, Cheetos Baked	1.00	each	130.0	5.0	1.0	0.0	2.0	19.0	100.0	1.1	0.0	0.0	240.0	0.0	0.0
Chips, Cheetos Flaming Hot	1.00	each	130.0	5.0	0.5	0.0	3.0	19.0	100.0	0.7	0.0	0.0	240.0	0.0	0.0
Chips, Cooler Ranch, Reduced Fat	1.00	each	140.0	7.0	1.0	0.0	2.0	18.0	20.0	0.4	0.0	100.0	170.0	0.0	1.0
Chips, Doritos Nacho Reduced Fat	1.00	each	140.0	8.0	1.5	0.0	2.0	17.0	20.0	0.4	0.0	0.0	180.0	0.0	1.0
Chips, Funyons	1.00	each	140.0	7.0	1.0	0.0	2.0	18.0	0.0	6.0	0.0	0.0	270.0	0.0	0.0
Chips, Pretzel Twist	1.00	each	100.0	0.0	0.0	0.0	3.0	23.0	0.0	1.1	0.0	0.0	420.0	0.0	1.0
Chips, Sunchip Cheddar	1.00	each	140.0	6.0	1.0	0.0	2.0	19.0	0.0	0.4	0.0	0.0	160.0	0.0	2.0
Chips, Sunchip French Onion	1.00	each	140.0	6.0	1.0	0.0	2.0	18.0	0.0	0.4	0.0	0.0	130.0	0.0	2.0
Crackers, Peanut Butter - 6 count	1.00	package	200.0	10.0	2.5	0.0	4.0	23.0	40.0	1.4	0.0	0.0	310.0	0.0	2.0
Fries w/ Cheese, Curly	1.00	serving	785.2	42.0	14.3	0.0	16.3	85.1	34.3	7.1	24.3	8.2	2,119.1	27.4	8.1
Fries, Curly	1.00	serving	648.0	32.4	8.1	0.0	8.1	81.0	0.0	4.4	24.3	0.0	1,296.0	0.0	8.1
Jerky, Beef	1.00	each	70.0	1.0	0.0	0.0	10.0	6.0	0.0	1.1	0.0	0.0	470.0	20.0	0.0
Large Side Salad	1.00	each	113.1	6.7	1.2	0.0	2.5	11.9	35.3	0.8	5.4	2,071.4	224.1	5.8	1.2
Pickles, Whole Dill	1.00	each	1.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	332.1	0.0	0.0
Pretzel Popper, Nacho or Pizza	1.00	each	160.0	5.0	0.5	0.0	5.0	28.0	20.0	1.8	0.0	100.0	360.0	0.0	4.0
Strawberries & Cream Cup	6.00	ounce	54.4	0.5	0.0	0.0	1.1	13.1	27.2	0.7	100.0	20.4	1.7	0.0	3.4
Sunflower Kernels	1.00	each	169.7	14.0	1.5	0.0	6.0	5.0	0.0	10.0	0.0	0.0	84.9	0.0	2.0
Watermelon Cup	6.00	ounce	51.0	0.3	0.0	0.0	1.0	12.8	11.9	0.4	13.8	967.9	1.7	0.0	0.7