

North East ISD Dessert Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820												
Description * items 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	
Bar, Cereal Cinnamon*	1.00	each	150.0	3.5	0.0	0.0	2.0	28.0	200.0	3.6	0.0	0.0	150.0	0.0	1.0
Bar, Cereal Trix*	1.00	each	150.0	3.5	0.0	0.0	2.0	28.0	150.0	3.6	0.0	0.0	135.0	0.0	2.0
Bar, Marshmallow Treat*	1.00	each	180.0	4.0	2.0	0.0	2.0	33.0	0.0	2.7	0.0	4.0	230.0	0.0	0.0
Bar, Nutrigrain Apple Cinnamon*	1.00	each	140.0	3.0	0.5	0.0	1.0	26.0	200.0	1.8	0.0	750.0	105.0	0.0	1.0
Bar, Nutrigrain Blueberry *	1.00	each	140.0	3.0	0.5	0.0	1.0	26.0	200.0	1.8	0.0	750.0	105.0	0.0	0.0
Bar, Nutrigrain Strawberry*	1.00	each	140.0	3.0	0.5	0.0	1.0	26.0	200.0	1.8	0.0	750.0	120.0	0.0	0.0
Bar, Oatmeal Cinnamon Brown Sugar *	1.00	each	220.0	4.0	1.0	0.0	4.0	43.0	200.0	3.6	0.0	0.0	230.0	15.0	5.0
Bar, Peanut Butter & Jelly	1.00	each	297.0	17.2	2.5	0.0	8.6	29.7	1.7	3.4	0.0	0.3	282.6	0.0	3.1
Cinnamon Crunch Snack	1.00	each	120.0	3.0	0.0	0.0	2.0	22.0	80.0	3.6	4.8	500.0	200.0	0.0	1.0
Cookie, Gingerbread	1.00	each	100.0	2.0	1.0	0.0	1.0	18.0	2.0	6.0	0.0	6.0	65.0	0.0	1.0
Cookie, Smile, Strawberry & Oat	1.00	each	160.0	5.0	1.5	0.0	0.0	27.0	20.0	0.7	0.0	0.0	125.0	0.1	0.0
Crackers, Fish Shape Graham Cinnamon	1.00	each	120.0	4.0	1.0	0.0	1.0	19.0	100.0	0.7	0.0	0.0	110.0	0.0	0.0
Crackers, Graham Chocolate Mini	1.00	each	120.0	3.0	1.0	0.5	2.0	23.0	0.0	1.8	0.0	0.0	140.0	0.0	0.0
Crackers, Graham Cinnamon Mini	1.00	each	130.0	4.0	1.0	0.0	2.0	21.0	100.0	0.7	0.0	0.0	105.0	0.0	0.0
Crackers, Graham Vanilla Physedibles	1.00	each	120.0	4.0	1.0	0.0	2.0	19.0	40.0	1.4	2.4	100.0	105.0	0.0	1.0
Graham & Granola Snack	1.00	each	135.0	4.5	1.5	0.0	3.0	22.0	20.0	1.1	0.0	0.0	80.0	0.0	1.5
Granola Bar, Chocolate Chip	1.00	each	90.0	2.0	0.5	0.0	1.0	19.0	80.0	0.7	0.0	0.0	80.0	0.0	1.0
Granola Bar, Crunchy Honey Oat*	1.00	each	90.0	3.0	0.0	0.0	2.0	15.0	0.0	0.4	0.0	0.0	80.0	0.0	1.0
Granola Bar, Smores	1.00	each	100.0	2.0	0.5	0.0	1.0	19.0	80.0	0.4	0.0	0.0	80.0	0.0	1.0
Loaf, Apple Spice (wrapped)	1.00	each	150.0	4.5	1.0	0.0	3.0	25.0	200.0	4.5	0.0	20.0	170.0	30.0	2.0
Muffin, Blueberry (wrapped)	1.00	each	155.0	5.0	0.5	0.0	2.0	23.0	0.1	0.6	0.1	29.0	30.0	17.0	0.5
Pudding Cup, Chocolate	1.00	each	150.0	5.0	1.5	1.5	3.0	22.0	80.0	1.1	0.0	0.0	150.0	0.0	0.0
Pudding Cup, Vanilla	1.00	each	140.0	5.0	1.5	1.5	2.0	21.0	80.0	0.0	0.0	0.0	160.0	0.0	0.0
Rice Crispy Square, Homemade	1.00	each	35.3	2.2	0.4	0.0	0.1	3.6	0.0	0.0	0.0	100.6	27.0	0.0	0.0
Toaster Pastry, Brown Sugar or Strawberry	1.00	each	210.0	7.0	2.0	0.0	2.0	34.0	0.0	1.8	0.0	500.0	170.0	0.0	0.0

North East ISD Ice Cream Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820												
Description * items 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
Banana Fudge Bar *	1.00	each	140.0	5.0	4.5	0.0	3.0	21.0	100.0	0.7	0.0	0.0	75.0	0.0	0.0
Cookie & Cream Cone*	1.00	each	170.0	8.0	6.0	0.0	2.0	22.0	350.0	0.7	0.0	0.0	65.0	0.0	0.0
Cookies & Cream Cup*	1.00	each	130.0	6.0	3.5	0.0	3.0	15.0	80.0	0.4	0.0	200.0	65.0	20.0	0.0
Cookies & Cream Sandwich*	1.00	each	190.0	7.0	3.0	0.0	3.0	30.0	60.0	1.1	0.0	4.0	160.0	15.0	0.0
Fudge Bar*	1.00	each	140.0	5.0	4.5		3.0	21.0	100.0	0.7	0.0	0.0	75.0	0.0	0.0
Ice Cream Cup, Chocolate	1.00	each	100.0	4.5	3.0	0.0	2.0	13.0	60.0	0.4	0.0	200.0	45.0	20.0	0.0
Ice Cream Cup, Strawberry	1.00	each	100.0	4.5	3.0	0.0	2.0	12.0	60.0	0.4	0.0	200.0	45.0	20.0	0.0
Ice Cream Cup, Vanilla	1.00	each	100.0	5.0	3.0	0.0	2.0	12.0	60.0	0.4	0.0	200.0	45.0	20.0	0.0
Mini Ice Cream Sandwich	1.00	each	100.0	4.0	2.5	0.0	2.0	15.0	20.0	0.0	0.0	0.0	80.0	0.0	0.0
Neapolitan Ice Cream Sandwich*	1.00	each	170.0	6.0	3.0	0.0	3.0	25.0	250.0	0.7	0.0	200.0	115.0	20.0	0.0
Nutzo Cone*	1.00	each	180.0	9.0	7.0	0.0	2.0	21.0	300.0	0.7	0.0	0.0	60.0	0.0	0.0
Sherbet, Lime	1.00	each	90.0	0.5	0.5	0.0	1.0	21.0	40.0	0.0	0.0	0.0	25.0	0.0	0.0
Sherbet, Orange	1.00	each	90.0	0.5	0.5	0.0	1.0	21.0	40.0	0.0	0.0	0.0	25.0	0.0	0.0
Sherbet, Rainbow	1.00	each	90.0	0.5	0.5	0.0	1.0	21.0	40.0	0.0	0.0	0.0	25.0	0.0	0.0
Sherbet, Rainbow Pop Up*	1.00	each	90.0	0.5	0.5	0.0	1.0	20.0	40.0	0.0	15.0	0.0	20.0	0.0	0.0