

Desserts

Description: m/h = Secondary Only	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, Apple Cinnamon Nutrigrain - m/h	1.00 each	130.0	3.0	0.5	0.0	2.0	24.0	200.0	1.8	0.0	750.0	105.0	0.0	2.0
Bar, Blueberry Nutrigrain - m/h	1.00 each	130.0	3.0	0.5	0.0	2.0	24.0	200.0	1.8	0.0	750.0	105.0	0.0	2.0
Bar, Cereal Chocolate	1.00 each	162.8	4.9	1.1	0.0	2.2	28.2	0.0	0.4	0.0	0.0	151.9	0.0	3.3
Bar, Marshmallow Treat - m/h	1.00 each	184.6	4.3	1.2	0.0	1.2	34.5	0.0	0.9	0.0	492.3	209.2	0.0	0.0
Bar, Oatmeal Brown Sugar	1.00 each	140.0	2.5	0.5		3.0	29.0	100.0	3.6	0.0	500.0	150.0	10.0	3.0
Bar, Strawberry Nutrigrain - m/h	1.00 each	130.0	3.0	0.5	0.0	2.0	24.0	200.0	1.8	0.0	750.0	120.0	0.0	2.0
Brownie - m/h	1.00 each	175.0	2.5	1.0	0.0	2.8	36.0	0.0	1.6	0.0	0.0	206.4	1.0	1.0
Cereal, Snack Low-Fat Granola	1.00 each	160.0	2.0	0.5	0.0	3.0	34.0	0.0	0.0	0.0	500.0	100.0	0.0	3.0
Cookie, Gingerbread Man	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
Crackers, Graham Cinnamon 2 pk	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	1.0
Crackers, Graham Vanilla 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
Granola Bar Crunchy Honey Oat - m/h	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, 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, 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
Ice Cream Cup, Chocolate Low-fat	1.00 each	80.4	1.4	0.9	0.1	1.9	14.9	65.0	0.6	0.1	285.8	49.4	5.8	0.5
Ice Cream Cup, Strawberry Low-fat	1.00 each	78.1	1.3	0.8	0.1	1.9	14.7	71.0	0.1	1.4	264.0	52.1	6.0	0.2
Ice Cream Cup, Vanilla Low-fat	1.00 each	81.6	1.4	0.9	0.0	2.0	15.2	76.1	0.1	0.6	283.1	55.8	5.5	0.1
Ice Cream: Banana Fudge Bar - m/h	1.00 each	100.0	1.5	1.0	0.0	3.0	17.0	100.0	0.0	0.0	0.0	70.0	10.0	0.0
Ice Cream: Cookie & Cream Cone - m/h	1.00 each	170.0	8.0	6.0	0.0	2.0	22.0	40.0	1.4	0.0	0.0	105.0	0.0	1.0
Ice Cream: Cookies & Cream Cup - m/h	1.00 each	90.0	2.0	1.0	0.0	2.0	17.0	60.0	0.7	0.0	300.0	60.0	5.0	0.0
Ice Cream: Cookies & Cream Sandwich - m/h	1.00 each	180.0	7.0	3.0	0.0	3.0	26.0	40.0	1.1	0.0	200.0	115.0	15.0	0.0
Ice Cream: Fudge Bar, Low Fat - m/h	1.00 each	100.0	2.0	1.0	0.0	3.0	17.0	0.0	0.7	0.0	0.0	65.0	5.0	0.0
Ice Cream: Lime Sherbet	1.00 each	90.0	0.5	0.5	0.0	1.0	21.0	250.0	0.0	15.0	0.0	25.0	5.0	0.0
Ice Cream: Neapolitan Sandwich - m/h	1.00 each	170.0	6.0	3.0	0.0	3.0	25.0	60.0	1.1	0.0	200.0	105.0	20.0	0.0
Ice Cream: Nutzo Cone - m/h	1.00 each	190.0	9.0	7.0	0.0	3.0	23.0	40.0	0.7	0.0	0.0	70.0	0.0	0.0
Ice Cream: Orange Sherbet	1.00 each	90.0	0.5	0.5	0.0	1.0	21.0	40.0	0.0	15.0	0.0	25.0	5.0	0.0
Ice Cream: Rainbow Pop Up - m/h	1.00 each	80.0	0.5	0.5	0.0	1.0	19.0	40.0	0.0	18.0	0.0	20.0	5.0	0.0
Ice Cream: Rainbow Sherbet	1.00 each	90.0	0.5	0.5	0.0	1.0	21.0	40.0	0.0	15.0	0.0	25.0	5.0	0.0
Ice Cream: Strawberry Fruit Bar, Frozen - m/h	1.00 each	70.0	0.0	0.0	0.0	0.0	18.0	0.0	0.0	30.0	0.0	5.0	0.0	0.0
Muffin, Banana	1.00 each	160.0	5.0	1.0	0.0	3.0	26.0	200.0	3.6	1.2	1,000.0	190.0	35.0	2.0
Muffin, Blueberry	1.00 each	140.0	4.0	1.0	0.0	3.0	25.0	200.0	4.2	0.0	1,000.0	168.8	32.8	1.9
Oatmeal Cookie	1.00 each	170.1	5.3	1.6	0.0	2.1	27.6	0.0	1.5	0.0	0.0	159.5	0.0	4.3
Pudding Cup, Chocolate	1.00 each	140.3	3.0	2.5	0.0	2.0	26.1	100.0	8.0	0.0	0.0	150.3	0.0	2.0
Pudding Cup, Vanilla	1.00 each	120.3	3.5	2.0	0.0	1.0	22.1	10.0	2.0	0.0	200.5	135.3	10.0	1.0
Snack Mix, Chocolate	1.00 each	150.0	4.5	1.5	0.0	2.0	26.0	20.0	1.8	0.0	0.0	105.0	5.0	2.0
Snack Mix, Strawberry Yogurt	1.00 each	140.0	4.0	1.5	0.0	2.0	27.0	0.0	0.4	0.0	0.0	65.0	0.0	2.0