

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
<i>Ice Cream</i>											
Blue Raspberry Twister	3.75oz	80			0	0	0	0	10	19	1
Sour Apple Twister	3.75oz	80			0	0	0	0	10	19	0
Birthday Cake Twister	3.75oz	80			0	0	0	0	85	16	4
Cotton Candy Twister	3.75oz	80			0	0	0	0	95	15	4
Cookies & Cream Cone	1 cone	120			15	1.5	1	5	100	25	2
Crazy Cone	1 cone	120			15	1	1	5	80	24	2
Ice Cream Sandwich	4oz	180			30	3.5	1.5	10	150	33	4
Mini Ice Cream Sandwich	2.5oz	120			30	2.5	1	5	70	12	2
Mango Tropi-Kool Bar	4oz	100			0	0	0	0	65	36	0
Strawberry Tropi-Kool Bar	4oz	100			0	0	1	0	30	43	1
Polar Blast Fruit Juice Bar	2.25oz	70			0	0	0	0	5	16	0
Roc-Star Ice Cream	57 grams	180			50	6	2	0	90	31	2
<i>Snacks</i>											
Chocolate Chip Granola Bar	1 bar	100			30	3.5	1	0	75	17	1
Peanut Butter Chocolate Chip	1 bar	100			25	3	1	0	95	17	2
Oven Baked Cheetos	1 oz	130			45	5	1	0	230	20	2
Oven Baked Flamin Hot Cheetos	1 oz	130			45	5	1	0	220	20	2
Oven Baked BBQ Lays	1 oz	130			30	3	0.5	0	190	22	2
Oven Baked Sour Cream & Onion	1 oz	120			25	3	0.5	0	170	21	2
Oven Baked Original Ruffles	1 oz	120			30	3	0	0	135	22	2
Oven Baked Cheddar & Sour Cream	1 oz	120			25	3.5	0.5	0	240	21	2
Lays, Original	1 oz	160			90	10	1.5	0	170	15	2
Sour Cream & Onion Lays	1 oz	160			90	10	1.5	0	160	15	2
Salt & Vinegar Lays	1 oz	160			90	10	1.5	0	220	15	2
Ruffles Original	1 oz	160			90	10	1.56	0	160	15	2
Ruffles Sour Cream & Onion	1 oz	160			90	10	1.5	0	140	15	2
Pringles Original	1 oz	150			90	9	2.5	0	150	15	1
Sun Chips, French Onion	1 oz	140			60	6	1	0	160	18	2
Sun Chips, Garden Salsa	1 oz	140			60	6	1	0	150	18	2

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Doritos Nacho Cheese	1 oz	140			70	8	1	0	210	16	2
Doritos, Cool Ranch	1 oz	150			70	8	1	0	180	18	2
Cheetos Puffs	1 oz	90			30	3.5	0	0	135	14	2
Fritos, original	1 oz	160			90	10	1.5	0	170	15	2
Fritos, Honey BBQ Twists	1 oz	150			80	9	1.5	0	180	16	2
Rice Krispie Treats,	1 bar	170			60	7	4	0	125	26	1