

OLENTANGY FOOD SERVICE
Nutritional and Ingredient Information**
2018-2019

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Information not complete																
Cat	Com	Item	Manufacturer	Manufacturer Number/Code	Serving Size	Meal Component	Nutritional Information									
							Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	CHO (g)	Fiber (g)	Sugar (g)	Protein (g)
H		Pretzels, Stix Cheddar-Filled, Bosco	Bosco (Tyson)	705672-1120	1 stick	0.5 MT/2 GR	200	7	2	0	10	230	27	3	3	7
H	✓	Pretzels, Prebaked, Large, J&J	J&J	30110	1 each	2 GR	140	0.5	0	0	0	150	30	3	1	5
H	✓	Pretzels, Prebaked, Rod, J&J	J&J	31012	1 oz	1 GR	70	0.5	0	0	0	40	14	1	0	2
H	✓	Pretzels, Prebaked, Small, J&J	J&J	30113	1 oz	1 GR	70	0.5	0	0	0	100	14	1	0	2
H		Snack Cheez-Its, Sunshine	Sunshine (Kelloggs)	2410079263	1 pouch	1 GR	100	3.5	1	0	5	150	14	1	0	3
H		Snack Chex Mix Hot'n Spicy, GM	General Mills	16000-31934	1 pouch	1 GR	110	2.5	0.5	0	0	140	20	1	2	2
H		Snack Chex Simply Chex, Chocolate Carmel, GM	General Mills	16000-31933	1 pouch	1 GR	120	3.5	0.5	0	0	50	22	2	6	2
H		Snack Chex Simply Chex, Strawberry Yogurt, GM	General Mills	16000-31937	1 pouch	1 GR	120	3	1	0	0	55	23	2	6	2
H		Snack Chex, Simply Chex, Cheddar, GM	General Mills	16000-31932	1 pouch	1 GR	110	2.5	0.5	0	0	125	20	2	4	2
H		Snack Cheese Balls, Salevo			1 package		100	4	0	0	0	130	16	1	1	2
H		Snack Cheetos, Crackers, Trax, Cheddar, Frito Lay	Cheetos (Frito Lay)	13136	1 package	1 GR	110	3.5	1	0	0	140	17	2	2	2
H		Snack Cheetos Crunchy Baked, Frito Lay	Cheetos (Frito Lay)	62933	1 package		120	4.5	1	0	0	200	16	1	1	2
H		Snack Cheetos Crunchy Baked, Flaming Hot, Frito Lay	Cheetos (Frito Lay)	62984	1 package		120	4.5	0.5	0	0	200	17	1	1	2
H		Snack Cheetos Fantastix, Chili Cheese, Frito Lay	Cheetos (Frito Lay)	36098	1 package		130	5	1	0	0	100	19	2	1	2
H		Snack Cheetos Fantastix, Flamin' Hot, Frito Lay	Cheetos (Frito Lay)	43578	1 package		130	5	1	0	0	200	20	2	1	2
H		Snack Cheetos Puffs RF, Frito Lay	Cheetos (Frito Lay)	21910	1 package		90	3.5	0.5	0	0	140	13	1	1	2
H		Snack Cheetos Puffs RF, Flaming Hot, Frito Lay	Cheetos (Frito Lay)	21912	1 package		90	3.5	0.5	0	0	140	13	1	0	2
H		Snack Cheetos Puffs, White Cheddar, RF, Frito Lay	Cheetos (Frito Lay)	12109	1 package		120	4.5	1	0	0	190	17	1	1	2
H		Snack Doritos RF, Cool Ranch, Frito Lay	Doritos (Frito Lay)	36096	1 package		130	5	0.5	0	0	150	20	2	0	2
H		Snack Doritos RF, Flamas, Frito Lay	Doritos (Frito Lay)	62829	1 package		130	5	0.5	0	0	200	20	2	1	2
H		Snack Doritos RF, Nacho Cheese, Frito Lay	Doritos (Frito Lay)	31748	1 package		130	5	1	0	0	200	20	2	1	2
H		Snack Doritos, RF, Nacho Cheese, TOP N'GO (HS only)			1 package	2 GR	190	7	1	0	0	280	28	2	1	3
H		Snack Doritos RF, Spicy Sweet Chili, Frito Lay	Doritos (Frito Lay)	49093	1 package		130	5	0.5	0	0	200	20	2	1	2
H		Snack, Doritos, RF, Wild White Nacho, Frito Lay			1 package		130	5	1	0	0	170	20	2	1	2
H		Snack Frito Corn Chip RF, Bulk, Frito Lay			~34 chips		140	6	1	0	0	170	19	2	0	2
H		Snack Funyuns, Frito Lay	Funyuns (Frito Lay)	66689	1 package		100	3.5	0.5	0	0	125	14	1	1	2
H		Snack Goldfish Crackers Mini, Cheddar, Pepperidge Farms	Pepperidge Farm (Campbell)	18105	1 pouch	1 GR	100	4	0.5	0	0	170	14	1	0	2
H		Snack Goldfish Crackers Mini, Color, Pepperidge Farms	Pepperidge Farm (Campbell)	4788	1 pouch	1 GR	100	3.5	0.5	0	0	170	14	1	0	2
H		Snack Goldfish Crackers Mini, Pretzel, Pepperidge Farms	Pepperidge Farm (Campbell)	14396	1 pouch	1 GR	90	1.5	0	0	0	200	16	1	0	2
H		Snack Heartzels, Frito Lay	Rold Gold (Frito Lay)	15940	1 package	1 GR	80	1	0	0	0	200	16	2	1	2
H		Snack Kettle, BBQ, 40% LF, Frito Lay	Lays (Frito Lay)	9598	1 package		180	7	1	0	0	190	27	2	3	3
H		Snack Kettle, Jalapeno Cheddar, 40% LF, Frito Lay	Lays (Frito Lay)	25111	1 package		180	7	1	0	0	160	27	2	2	3
H		Snack Kettle, Original, 40% LF, Frito Lay	Lays (Frito Lay)	25115	1 package		180	7	1	0	0	190	27	2	1	3
H		Snack Kettle Salt and Vinegar, 40% LF, Frito Lay	Lays (Frito Lay)	25113	1 package		180	7	1	0	0	180	28	2	3	3

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H		Snack Lay's Baked, BBQ, Frito Lay	Lays (Frito Lay)	44395	1 package		140	3.5	0.5	0	0	180	24	2	3	2			
H		Snack Lay's Baked, Original, Frito Lay	Lays (Frito Lay)	44396	1 package		140	4	0.5	0	0	180	24	2	3	2			
H		Snack Lay's Baked, Sour Cream & Onion, Frito Lay	Lays (Frito Lay)	44398	1 package		140	3.5	0.5	0	0	190	24	2	3	2			
H		Snack Munchies Snack Mix, Quaker	Quaker	36308	1 package	1 GR	110	3.5	0	0	0	180	17	2	2	2			
H		Snack Popcorn Kettle Corn, Vic's	Vic (Shearers)	205010112	1 oz		130	4	0.5	0	0	170	22	2	9	1			
H		Snack Popcorn Original, Vic's	Vic (Shearers)	205090112 / 25	1 package		70	2.5	0	0	0	115	10	2	0	1			
H		Snack Ruffles Baked, Cheddar & Sour Cream, Frito Lay	Ruffles (Frito Lay)	56882	1 package		100	2.5	0	0	0	200	17	1	2	1			
H		Snack Smartfood White Cheddar Popcorn, Frito Lay	Smartfood (Frito Lay)	25566	1 package		70	2.5	0	0	0	100	9	2	1	2			
H		Snack Sunchip Mix, Harvest Cheddar, Frito Lay	Sunchip (Frito Lay)	30820	1 package	1.25 GR	110	4	0	0	0	200	15	2	1	2			
H		Snack Sunflower Seeds, Honey Roasted			1.2 oz		190	15	2	0	0	65	11	3	5	6			
H		Snack Tostitos Baked, Scoops, Frito Lay	Tostitos (Frito Lay)	42537	1 package	1.25 GR	110	2.5	0	0	0	125	19	1	0	2			
H		Snack Tostitos RF, Rounds, Frito Lay	Tostitos (Frito Lay)	18792	1 package	1.25 GR	120	4.5	0.5	0	0	10	18	2	0	2			
H		Snack Tostitos RF, Round Frito Lay (High School Only)	Tostitos (Frito Lay)	30103	1 package	2 GR	200	7	1	0	0	160	29	3	0	3			
H		Stick Beef, Fast Fuel, Old Wisconsin	Old Wisconsin	12948	1 stick		30	1	0	0	10	190	1	0	1	4			