Penn Trafford School District
Nutritional Data

Menu Item	Serving Size	Calories	Cal/Fat	% Cal/Fat	Cal/SatFat	% Cal/SatFat	% Sugar By Wght	Carbs (g)	Cholesterol (mg)
Nutri-Grain Twists Apple	37 g	140	25	18%	4.5	3%	32%	27 g	0 mg
Nutri-Grain Twists Strwbry	37 g	140	25	18%	4.5	3%	32%	27 g	0 mg
Special K Bar	23 g	90	15	17%	9	10%	35%	18 g	0 mg
Snackwell Cookies	48 g	210	50	24%	9	4%	38%	38 g	0 mg
Oreo Thins	23 g	100	20	20%	0	0%	39%	20 g	0 mg
Chips Ahoy Thins	23 g	100	27	27%	9	9%	30%	18 g	0 mg
Teddy Grahams	35g	160	40	25%	9	6%	26%	27 g	0 mg
Smart Food Popcorn	14.1 g	70	25	36%	4.5	6%	7%	9 g	1 mg
Munchies	24.8 g	110	30	27%	9	8%	16%	18 g	0 mg
Red. Fat Gold N Cheese	35 g	160	50	31%	13.5	8%	0%	22 g	0 mg
Baked Doritos	38.9 g	170	40	24%	9	5%	5%	30 g	0 mg
Baked Lay's	31.8 g	130	15	12%	0	0%	6%	26 g	0 mg
Baked Cheetos	42.5 g	200	70	35%	9	5%	5%	29 g	4 mg
BBQ Baked Lay's	42.5 g	180	40	22%	4.5	3%	9%	33 g	0 mg
Reduced Fat Doritos Sweet & Spicy Chili	1 oz	130	45	35%	3.9	3%	0%	20 g	0 mg
Nutri-Grain Apple Cin.	37 g	140	25	18%	4.5	3%	35%	26 g	0 mg
Nutri-Grain Strawberry	37 g	140	25	18%	4.5	3%	35%	27 g	0 mg
Cin. Toast Cereal Bar	45 g	180	35	19%	13.5	8%	40%	31 g	0 mg
Red. Fat Captains Wafers	39 g	160	50	31%	31.5	20%	15%	25 g	0 mg
Pretzels	28 g	110	10	9%	0	0%		23 g	0 mg
Rice Krispie Treats	37 g	160	35	22%	17	11%	38%	29 g	0 mg
Crunchmania, Ci\nnamon Bun	1.76 oz	230	70	30%	13%	10.0%	26%	37 g	0 mg
Crunchmania, Vanilla	1.76 oz	230	70	30%	13%	10.0%	26%	37 g	0 mg
Sugar Fr. Choc. Chip Cookie Chewy Choc Chip	24 g	100	35	35%	9 g	9%	25%	17 g	0 mg
Sun Chips Garden Salsa	28.3 g	140	50	36%	9 g	6%	7%	19 g	0 mg
Mini Loaf Blueberry Muffin	57 g	170	50	29%	9 g	5%	28%	29 g	10 mg
Cool Tropics Rips-Red	161 g	130	0	0%	0 g	0%	19%	32 g	0 mg
Cool Tropics Rips-Blue	161 g	140	0	0%	0 g	0%	19%	33 g	0 mg
IZZE - Blackberry	8.4 oz	90	0	0%	0 g	0%	38%	22 g	0 mg
IZZE - Apple	8.4 oz	90	0	0%	0 g	0%	38%	23 g	0 mg
Goal				**35%**		**10%**	**<35%**		

Contact Mrs. Robin Duff, Food Service Director at 724-744-2664 for further information.

The nutritional content on this menu was compiled from ARAMARK's "Nutrikids Lunchbyte Systems" and from ARAMARK's e-recipes. Nutritional content may vary depending on ingredients used, cooking techniques, portion size selected, seasonings added by the customer, and other factors. For more information, or special needs, please speak with the manager on duty.