

A la Carte Nutrition Information	Svg Size	Calories	Cal from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	calcium (%)	Iron (%)
Beef Stick, Fast Fuel	14 g	30	10	1	0	0	10	190	0	0	1	4	0	0	0	2
Betty Crocker Double Chocolate Bar	35 g	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
Beverage, Bottled Water 12 oz	12 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beverage, Bottled Water, 20 fl oz	20 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beverage, Minute Maid Juice, 12 oz	10 fl oz	140	0	0	0	0	0	20	33	0	30	1	0	120	0	0
Beverage, Flavored Bottled Water, Lemon & Strawberry	20 fl oz	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Beverage, Juice 4 oz	4 fl oz	80	0	0	0	0	0	15	18	0	18	1	0	0	0	0
Beverage, Juicy Juice 6.75 oz	6.75 fl oz	100	0	0	0	0	0	15	24	0	22	0	0	100	0	0
Beverage, Powerade Zero, 20 fl oz	20 fl oz	0	0	0	0	0	0	25	<1	0	0	0	0	0	0	0
Beverage, Sparkling Ice, 17 fl oz	17 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beverage, SWITCH	8 fl oz	120	0	0	0	0	0	5	30	0	89	0	0	100	0	0
Beverage, Tea, Unsweetened	18.5 fl oz	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0
Beverage, Vitamin Water Zero	20 fl oz	0	0	0	0	0	0	0	4	0	<1	0	0	100	0	0
Brownie, WG Individually Wrapped	1.75 oz	200	60	7	1.5	0	15	130	31	2	17	3	0	0	2	6
Cereal, Pouch to Go Apple Jacks	1 oz	110	10	1	0.5	0	0	160	24	3	8	2	10	25	0	0
Cereal, Pouch to Go Cinnamon Toast Crunch	1 oz	110	25	3	0.50	0	0	160	22	2	8	1	8	8	8	20
Cereal, Pouch to Go Frosted Flakes	1 oz	200	5	1	0.00	0	0	330	49	5	14	4	20	50	0	50
Cereal, Pouch to Go Fruit Loops	1 oz	110	10	1	0.5	0	0	170	24	3	8	2	10	25	0	25
Cereal, Pouch to Go Krave S'mores	1 oz	110	30	3	0.5	0	0	95	21	3	9	2	15	20	0	20
Cereal Bar, Cinnamon Toast Crunch	1.42 oz	150	30	3	0.5	0	0	115	30	3	8	3	0	0	20	10
Cereal Bar, Fruity Cheerios	1.42 oz	150	30	3.5	0.5	0	0	100	29	3	9	3	4	2	25	10
Cereal Bar, Golden Grahams	1.45 oz	150	30	3.5	0.5	0	0	105	30	3	9	2	2	0	20	8
Cereal Bar, Team Cheerios	1.42 oz	150	30	3.5	0	0	0	85	30	3	9	2	2	2	20	20
Cheese Stick, Mozzarella	1 oz	80	50	6	3.5	0	15	200	1	0	0	6	4	0	20	0
Chex Mix, Hot & Spicy	.92 oz	110	25	3	0.5	0	0	140	19	2	2	2	0	0	0	4
Chips, Baked! Lays BBQ	0.875 oz	110	25	2.5	0	0	0	190	19	2	2	2	0	2	2	0
Chips, Baked! Lays Sour Cream & Onion	0.875 oz	100	25	2.5	0	0	0	140	18	1	3	2	0	2	0	0
Chips, Cheetos Puffs	0.7 oz	90	30	3.5	0	0	0	135	14	<1	<1	2	0	0	8	4
Chips, Crunchy Cheese Cheetos	1 pkg	120	40	4.5	0.5	0	0	200	17	0	0	2	0	0	10	4
Chips, Crunchy Flamin Hot Cheetos	1 pkg	120	40	4.5	0.5	0	0	200	18	0	0	2	0	0	10	4
Chips, Doritos RF Cool Ranch	1 pkg	130	45	5	1	0	0	160	19	0	0	2	0	0	10	4
Chips, Doritos RF Nacho Cheese	1 pkg	130	45	5	0.5	0	0	200	20	2	0	2	2	0	0	2
Chips, Harvest Cheddar Snack Mix	1 pkg	110	40	4	0	0	0	200	15	2	1	2	0	0	0	2
Chips, Munchie Mix	1 pkg	110	35	4	0.5	0	0	200	18	1	4	2	10	10	0	10

Chips, Pretzels Mini Twists	1 pkg	100	5	0.5	0	0	0	200	20	2	0	3	0	0	0	8
Chips, Ruffles Cheddar & Sour Cream	0.8 oz	100	20	3	0	0	0	200	160	17	1	2	1	0	0	0
Chips, Scoops	0.875 oz	110	25	2.5	0	0	0	125	19	2	0	2	0	0	2	2
Chips, SmartFood White Cheddar Popcorn	1 oz	130	45	5	1	0	0	220	18	3	1	3	0	0	0	2
Cookies, Candy Chip 1.5 oz	1.5 oz	160	45	5	1.5	0	10	120	26	2	12	2	0	0	0.9	3.5
Cookies, Chocolate Chip 1.5 oz	1.5 oz	160	45	5	1.5	0	10	120	26	2	12	2	0	0	0.9	3.5
Cookies, Double Chocolate 1.5 oz	1.5 oz	150	40	4.5	0	10	0	115	26	2	12.4	1.7	0	0	0.9	3.5
Cookies, Sugar Cookie 1.5 oz	1.5 oz	150	40	4.5	0	10	0	115	26	2	12.4	1.7	0	0	0.9	3.5
Cookies, Sugar with Frosting and Sprinkles	1.5 oz	172	60	6.7	1.8	0	6.5	78	27	1	15	1	1	0	1	4
Cracker, Captain Wafer	4 crackers	60	15	1.5	0.5	0	0	105	9	1	1	1	0	0	2	2
Crackers, Goldfish Cheddar Crackers	.75 oz	100	30	3.5	1	0	5	170	14	1	0	3	0	0	2	2
Crackers, Honey Maid Mini Graham Crackers	1 oz	130	25	3	0	0	0	150	24	2	8	2	0	0	4	0
Crisps, Nature Valley Chocolate Chip	1.2 oz	150	45	5	1	0	0	135	25	2	9	3	0	0	0	4
Croutons, Whole Grain Garlic Butter	1 pkg	200	90	11	1	0	0	160	29	2	0	3	2	0	6	4
French fries, 3 oz	3 oz	82.5	22.5	2.6	0.0	0.0	0.0	180.0	12.8	1.5	0.0	1.5	0.0	2.5	4.0	0.4
Frozen Yogurt	8 oz	200	0	0	0	0	0	150	44	0	34	6	0	0	10	0
Fruit Snacks, Welch's 1.5 oz	44 g	130	0	0	0	0	0	20	34	3	15	1	25	100	0	0
Granola Bites, Smores	35 g	150	50	6	1.5	0	0	125	24	2	9	2	0	0	0	2
Luigi's Orange Sherbet	4 oz	120	10	1.5	1	0	5	35	27	0	25	0	0	100	2	2
Muffin, Apple Cinnamon	57 g	190	50	6	2	0	45	130	30	2	16	3	0	0	2	6
Muffin, Banana Muffin	57 g	190	50	6	2	0	45	130	31	2	16	3	0	0	2	6
Muffin, Blueberry Muffin	57 g	190	50	6	2	0	45	130	30	2	16	3	0	0	2	6
Muffin, Chocolate Muffin	57 g	190	50	6	2	0	45	130	32	2	17	4	2	0	4	8
North Star - Frog Spit Tube	65 g	80	10	1	0.5	0	1	10	18	0	14	1	60	60	2	0
North Star - Fruit Bar, Pineapple	118g	90	0	0	0	0	0	0	24	0	22	0	0	0	0	0
North Star - Fruit Bar, Strawberry	118 g	110	0	0	0	0	0	0	27	0	25	0	0	0	0	0
North Star - Turbo Tube	65 g	80	10	1	0.5	0	1	10	18	0	14	1	6	60	2	0
North Star -Chocolate Ice Cream Cup	3 oz	70	10	1	0.5	0	10	45	12	0	10	2	4	0	8	0
North Star -Cookies N' Cream Bar	40 g	100	15	1.5	1	0	5	70	19	0	13	2	4	0	8	0
North Star -Strawberry Ice Cream Cup	3 oz	70	10	1	0.5	0	10	45	12	0	10	2	4	0	8	0
North Star -Vanilla Ice Cream Cup	3 oz	60	10	1	0.5	0	10	45	11	0	9	2	4	0	8	0
North Star-Dream Bar	2.5 oz	80	10	1	0.5	0	5	30	15	0	12	1	6	0	4	0
North Star-Fudge Bar	70 g	100	0	0	0	0	0	90	22	0	17	2	0	0	8	0
Poptart Single, Brown Sugar	1.76 oz	180	25	2.5	1	0	0	190	37	3	15	2	10	0	10	10
Poptart Single, Hot Fudge	1.76 oz	180	25	3	1	0	0	190	38	3	15	3	0	0	0	0
Poptart Single, Strawberry	1.76 oz	180	20	2.5	1	0	0	180	38	3	15	2	10	0	10	10
Pretzel soft	2.2 oz	140	5	0.5	0	0	0	150	30	3	1	5	0	2	2	10
Rice Krispie Treat	40 g	160	35	4	1	0	0	120	30	1	10	2	6	0	0	10
Yogurt, Danimals Yogurt	4 oz	80	0	0	0	0	<5	65	16	0	13	4	0	0	15	0
Yogurt, PF Blueberry (6 oz)	6 oz	90	0	0	0	0	0	90	16	3	8	6	0	0	35	0

Yogurt, PF Strawberry (6 oz)	6 oz	90	0	0	0	0	0	0	90	16	3	8	6	0	0	35	0
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