

Foods that Meet the Board Policy 8230 and Federal Regulations

| Product | Calories | Fat Calories | Sat. Fat Grams | Sugar Grams |
|---|-----------------|---------------------|-----------------------|--------------------|
| Burrito, Chicken - San Miguel 7 oz. | 360 | 70 | 1.5 | 2 |
| Burrito, Steak & Cheese - Posada | 290 | 80 | 3.5 | < 1 |
| Chicken Bakes - Kirkland Foster Farms | 590 | 200 | 6 | 12 |
| Chimichanga, Chicken El Monterey - 142 g | 280 | 90 | 3 | 7 |
| Cookie - Otis Spunk. Red. Fat Butter - 28 g. | 117 | 35 | 1.2 | 8.6 |
| Cookie - Otis Spunk. Red. Fat Choc. Chip - 28 g. | 150 | 40 | 1.5 | 13 |
| Cookie - Otis Spunk. Red. Fat Oatmeal Raisin - 28 g. | 117 | 28 | 1.2 | 8.6 |
| Cookie Dough - Otis Spunkmeyer - Red. Fat choc. Chip - 43 g | 170 | 45 | 1.5 | 11 |
| Cookie Dough - Otis Spunkmeyer - Red. Fat Sugar - 43 g | 160 | 45 | 1.5 | 1 |
| Corn nuts - Barbecue 39 g | 180 | 54 | 1 | 17 |
| Corn nuts - Ranch 28.6 g | 130 | 45 | 5 | 16 |
| Corn Nuts - Original- 1.7 oz. | 214 | 68 | 1.2 | 0.3 |
| Crackers, Cheddar Goldfish - 1.5 oz. | 200 | 60 | 2 | 5 |
| Granola Bar, Chocolate Chip - Quaker - 24 g | 100 | 25 | 1.5 | 4 |
| Granola Bar, Low Fat Oatmeal - Quaker - 24 g | 90 | 15 | 0 | 1 |
| Granola Bar, Nature Valley Oats and Honey - 42 g | 180 | 50 | 0.5 | 1 |
| Granola Bar, Peanut Butter - Quaker - 24 g | 100 | 25 | 1 | 5 |
| Kraft Easy Mac & Cheese | 220 | 45 | 3 | 1 |
| Pizza, Dominoes Large Canadian Bacon - 1/8 | 261 | 77 | 3 | 1 |
| Pizza, Dominoes Med. Tossed Cheese - 1 slice | 210 | 60 | 3 | 7 |
| Pizza, Dominoes Small Hand tossed Ham & Pineapple - 1 slice | 185 | 50 | 2.5 | 7 |
| Pop Tarts - Kellogg's Frost. Brown Sugar 50 g. 1 pastry | 210 | 63 | 2 | 7 |
| Pop Tarts - Kellogg's Frost. Strawberry 52 g. 1 pastry | 200 | 45 | 2 | 2 |
| Pretzel, Super Pretzel Baked Soft | 160 | 9 | 0 | 24 |
| Rice Krispie Bar - Kellogg's .78 oz | 90 | 27 | 1 | 1 |
| Rice Krispie Bar - Kellogg's 1.25 oz | 150 | 30 | 1 | 14 |
| Salsa - 2 Tbsp | 10 | 0 | 0 | 14 |
| Soup, Chicken w/ Mini Noodles - Campbell's | 80 | 18 | 1 | 4 |
| Soup, Clam Chowder - Supreme | 170 | 25 | 2 | 4 |
| Soup, Creamy Tomato - Campbell's | 190 | 36 | 1 | 3 |

Created: 4/1/10