

THE SCHOOL DISTRICT OF PALM BEACH COUNTY 2013 - 2014

BID 10C - 60D SPECIFICATIONS

√ = Meets Guideline X = Does Not Meet Guideline

APPROVED SNACK LIST

ITEM/SIZE/CALORIES	≤ 35% FAT (EXCLUDING NUTS)	≤ 10% SAT. FAT	≤ 35% SUGAR/ WEIGHT	≤ 0G TRANS FAT	NA ≤ 230 MG	≤ 180 CAL	≤ 200 CAL	≥ 2 G FIBER OR 5 G PROTEIN OR ≥ 10% DV OR ≥ 1/4 CUP SERVING	MIDDLE SCHOOLS	HIGH SCHOOLS
Annie's Homegrown Chocolate Bunny Grahams 1 oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Annie's Homegrown Chocolate Chip Bunny Grahams 1 oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Annie's Homegrown Honey Bunny Grahams 1 oz./130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Cheetos Crunchy Cheese Snacks .875oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Cheetos Hot .875oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Doritos Nacho Cheese .75oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Doritos RF Nacho Cheese .75oz./130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Doritos RF Cool Ranch .75g 130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Lay's BBQ Potato Chips 0.875oz. /110 Kcals	√	√	√	√	√	√	√	1	YES	YES
Baked Lay's Potato Crisps	√	√	√	√	√	√	√	1	YES	YES
Buddy Fruits Pouch 3.2 oz./ 90 Kcals	√	√	√	√	√	√	√	1	YES	YES
Cheetos Puffs .7 oz. (100 Kcals)	X	√	√	√	√	√	√	2	NO	NO
Cheetos Puffs Flamin'Hot .7 oz. (90 Kcals)	√	√	√	√	√	√	√	1	YES	YES
Cheetos Fantastix Chili Cheese 1 oz. /130 Kcals	√	√	√	√	√	√	√	1	YES	YES

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Cheetos Fantastix Flamin' Hot 28 g./ 120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Cocoa Roasted Almonds .63 oz./ 100 Kcals 7 servings	√	√	√	√	√	√	√	1	YES	YES
Dole Fruit Mixed Bowls 4.2 oz/115 Kcals	√	√	√	√	√	√	√	1	YES	YES
Fiber One Chewy Bars - Oats & Chocolate 1.4 oz./140 Kcals	√	√	√	√	√	√	√	2	YES	YES
Frito Lay - Doritos Nacho Cheese RF /1 OZ/ 130 CAL	√	√	√	√	√	√	√	1	YES	YES
Frito Lay - Doritos Spicy Sweet Chili RF /1 OZ/ 130 CAL	√	√	√	√	√	√	√	2	YES	YES
Frito Lay - DoritosCool Ranch RF /1 OZ/ 130 CAL	√	√	√	√	√	√	√	1	YES	YES
Herr's - Baked Potato Crisps Original /1 OZ/ 120 CAL	√	√	√	√	√	√	√	1	YES	YES
General Mills - Chex Mix Turtle Bar 1.2 OZ/ 130 CAL	√	√	√	√	√	√	√	1	YES	YES
General Mills - Cinnamon toast Crunch Cereal Bar 37g/ 140 CAL	√	√	√	√	√	√	√	2	YES	YES
General Mills - Cinnamon toast Crunch Crisps 28g/ 120 CAL	√	√	√	√	√	√	√	1	YES	YES
General Mills - Cocoa Puffs Cereal Bar 37g/ 140 CAL	√	√	√	√	√	√	√	2	YES	YES
Gummy Snacks Asst. Fruit Flavors .90oz/70 Kcals	√	√	√	√	√	√	√	1	YES	YES
Kellogg's Nutri-Grain Cereal Bars Apple Cinnamon 37g/130 Kcals	√	√	√	√	√	√	√	2	YES	YES
Kellogg's Nutri-Grain Cereal Bars Blueberry 37g/130 Kcals	√	√	√	√	√	√	√	2	YES	YES

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Kellogg's Nutri-Grain Cereal Bars Strawberry 37g/130 Kcals	√	√	√	√	√	√	√	2	YES	YES
Kellogg's Rice Krispies Treats 37g/150 Kcals	√	√	√	√	√	√	√	2	YES	YES
Kellogg's Rice Krispies Chewy Cereal Bar Apple Cinnamon 36g/140 Kcals	√	√	√	√	√	√	√	2	YES	YES
Kellogg's Rice Krispies Chewy Cereal Bar Cocoa 36g/150 Kcals	√	√	√	√	√	√	√	2	YES	YES
Kellogs - Special K Bar .81 oz./90 Kcals	√	√	√	√	√	√	√	2	YES	YES
KidZ Bar Iced Chocolate Chip 1.27 oz./ 120 Kcals	√	√	√	√	√	√	√	2	YES	YES
KidZ Bar Iced Oatmeal Cookie 1.27 oz./ 130 Kcals	√	√	√	√	√	√	√	2	YES	YES
Luna Fiber Bar Chocolate Raspberry 1.41 oz. 110 Kcals	√	√	√	√	√	√	√	2	YES	YES
Luna Protein Bar Lemon Zest 1.69 oz. 180 Kcals	√	√	√	√	√	√	√	3	YES	YES
Luna Protein Bar Peanut Butter Cookie 1.69 oz. 180 Kcals	√	√	√	√	√	√	√	3	YES	YES
Mars Generation Max 3Musketees chocolate 35.7g /140 Kcals	√	√	√	√	√	√	√	1	YES	YES
Mars Generation Max Smores 35.7g /140 Kcals	√	√	√	√	√	√	√	1	YES	YES
Mars M&M Cookies 32.6g/150 Kcals	√	√	√	√	√	√	√	1	YES	YES
Mediterranean Snacks Lentil Chips 1 oz./110 Kcals	√	√	√	√	√	√	√	1	YES	YES

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Nature Valley Oats & Honey Granola Bar/ 1.5 oz/ 190 Kcal	√	√	√	√	√	X	√	1	NO	YES
Nature Valley Peanut Butter Granola Bar/ 1.5 oz/ 190 Kcal	√	√	√	√	√	X	√	1	NO	YES
Planters Salted Peanuts 1.0 oz, 170 Kcal	x	√	√	√	√	√	√	2	YES	YES
Popchips BBQ .8 oz./ 100 Kcals.	x	√	√	√	√	√	√	0	YES	YES
Popchips Original .8 oz./ 100 Kcals -	x	√	√	√	√	√	√	0	YES	YES
PopCorners Kettle 32g/140 Kcals	√	√	√	√	√	√	√	1	YES	YES
PopCorners Caramel 32g/130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Popchips - Salt & Vinegar 0.8 OZ/100 CAL	√	√	√	√	√	√	√	1	YES	YES
Popchips - Sour Cream 0.6 OZ/60 CAL	√	√	√	√	√	√	√	1	YES	YES
Popchips - Barbeque 0.6 OZ/70 CAL	√	√	√	√	√	√	√	1	YES	YES
Popchips - Jalapeno 1oz. / 120 Kcals	√	√	√	√	√	√	√	0	YES	YES
Popchips -Original 0.8 OZ/100 CAL	√	√	√	√	√	√	√	1	YES	YES
Popchips - Sweet Potato 1 oz./120 Kcals	√	√	√	√	√	√	√	0	YES	YES
Quaker Cereal Bars Mixed Berry 1.3 oz./130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Quaker Chewy Granola Bars-LF Smores .84oz./100 Kcals	√	√	√	√	√	√	√	1	YES	YES

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Quaker Fruit & Oatmeal Bars Apple Crisp 1.3oz./130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Quaker Fruit & Oatmeal Bars Strawberry 1.3 oz./130 Kcals	√	√	√	√	√	√	√	1	YES	YES
Quaker Kids Snack Mix .875 oz./110 Kcals	√	√	√	√	√	√	√	1	YES	YES
Quaker Oatmeal-to-go Apples & Cinnamon 1.41 oz./150 Kcals	√	√	√	√	√	√	√	2	YES	YES
Quaker Oatmeal-to-go Brown Sugar Cinnamon 1.41 oz./140 Kcals	√	√	√	√	√	√	√	2	YES	YES
Roll Gold Clasic Tiny Pretzels 1 oz./110 Kcals	√	√	√	√	X	√	√	0	NO	NO
Salveo Apple Cinnamon Multigrain Snackin' Puffs 0.5 oz./60 Kcals	√	√	√	√	√	√	√	0	YES	YES
Salveo Buttery Caramel Multigrain Snacking'Puffs 0.5 oz./60 Kcals	√	√	√	√	√	√	√	0	YES	YES
Salveo Cheddar & Bacon Baked Fries 1 oz./120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Salveo Cheese Balls 0.75 oz./100 Kcals	√	√	√	√	√	√	√	0	YES	YES
Salveo Original Sea Salt Tater Pops 0.8 oz./100 Kcals	√	√	√	√	√	√	√	0	YES	YES
Salveo Peppercorn Ranch Tater Pops 0.8 oz./ 100 Kcals	√	√	√	√	√	√	√	0	YES	YES
Salveo Southwest Cheddar Multigrain Snackin' Puffs 0.5 oz. / 60 Kcals	√	√	√	√	√	√	√	0	YES	YES
Simply Chex 35g/140 Kcals BBQ	√	√	√	√	√	√	√	1	YES	YES

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Simply Chex 34g/140 Kcals Strawberry Yogurt	√	√	√	√	√	√	√	1	YES	YES
Simply Chex 35g/140 Kcals Cheddar	√	√	√	√	√	√	√	1	YES	YES
Simply Chex 34g/150 Kcals Chocolate Caramel	√	√	√	√	√	√	√	1	YES	YES
Simply Chex 34g/140 Kcals Sour Cream & Onion	√	√	√	√	√	√	√	1	YES	YES
Quaker Oatmeal-to-go Oatmeal Raisin 1.41 oz./150 Kcals	√	√	√	√	√	√	√	2	YES	YES
Snack King - Gourmet Kettle Corn /1 OZ/ 130 CAL	√	√	√	√	√	√	√	1	YES	YES
Sunny Fruits Fruit Snacks 43g/120 Kcals	√	√	√	√	√	√	√	2	YES	YES
Snyder's Old Tyme Pretzels 44.8g/180 Kcals	√	√	√	√	√	√	√	2	YES	YES
Vic's Kettle Style Popcorn 1 oz. / 120 Kcals	√	√	√	√	√	√	√	1	YES	YES
Vic's Lite Popcorn 0.75 oz./80 Kcals	√	√	√	√	√	√	√	1	YES	YES
Vic's White Cheddar Popcorn 0.5 oz./50 Kcals	√	√	√	√	√	√	√	1	YES	YES