



Nutrition Center Wellness Snacks

What snacks are we offering at Upper St. Clair School District?

Cookies: All Cookies are Otis Spunkmeyer
 All Cookies are Whole Grain
 All Cookies are Reduced Sugar and Reduced Fat
 All Cookies contain no more than 35% calories from Fat, 10% calories from Saturated Fat, or Sugar by weight.

Ice Cream: All Ice Cream Novelties are Reduced Sugar and Reduced Fat
 All Ice Cream Novelties contain no more than 35% calories from Fat, 10% calories from Saturated Fat, or Sugar by weight.

Other Snacks: The items listed below are a sampling of the snacks we are currently offering:

	Calories per serving	% calories from Fat	% calories from Sat. Fat	% Sugar by Weight	Contains Whole Grains
Chips-Baked Lays	130-140	11-25%	0-3%	9%	
Cereal Bars-Team Cheerios/Trix	180	21%	3%	21-27%	Yes
Whole Grain Soft Pretzel	70	6%	0%	1%	Yes
Quaker Snack Mix	110	32%	8%	16%	
100 Calorie Choc Chip & Oreo Pack	100	15-25%	0-5%	30-34%	
Teddy Grahams	120	29%	8%	25%	Yes
Whole Grain Pop Tarts	190	24%	7%	26%	Yes
Simply Chex-Whole Grain	150	27%	9%	29%	Yes
Baked Goldfish	130	31%	7%	4%	
Pretzel Twists	110	9%	0%	1%	
Baked Goldfish Giant Grahams	120	29%	8%	23%	Yes



**USDA Guidelines for a Healthy Snack are:
 Maximum 35% Sugar by weight, 35% calories from Fat, 10% calories from Saturated Fat**