

Snack
Program
K-8



Snack Nutritional Requirements & Standards

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

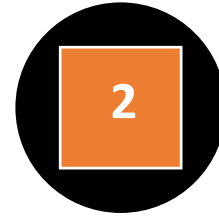
Daily Offerings



2 FLAVORS OF BAKED
CHIPS



2 FLAVORS OF
CEREAL/GRANOLA
BARS



2 SMALL BAG SNACKS



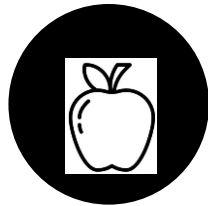
1 CEREAL OPTION

Beverages

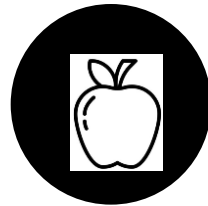
Middle Schools



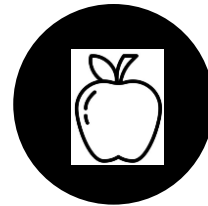
16 OZ WATER



SNAPPLE
JUICE



IZZE
SPARKLING
FRUIT JUICE

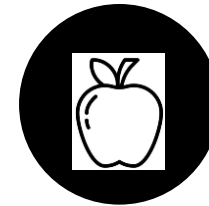


CAPRI SUN
JUICE

Elementary Schools



8 OZ
WATER



CAPRI-SUN
JUICE

Baked Chips



Cereal / Granola Bars



Small Bag Snacks



Cereal

General Mills No Artificial Colors & No Artificial Flavors

Rice Chex

Gluten Free

Over Toasted Rice Cereal

Amount per serving		% Daily Value	
Total Fat 0.5g	1%	Sodium 230mg	10%
Saturated Fat 0g	0%	Total Carb. 24g	8%
Trans Fat 0g	0%	Dietary Fiber 1g	4%
Polysaturated Fat 0g	0%	Total Sugars 2g	4%
Monounsaturated Fat 0g	0%	Incl. 2g Added Sugars	4%
Cholesterol 0mg	0%	Protein 2g	4%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Whole Grain Rice, Rice, Sugar, Salt, Maltose, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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General Mills No Artificial Colors & No Artificial Flavors

Cheerios

Gluten Free

Toasted Whole Grain Oat Cereal

Amount per serving		% Daily Value	
Total Fat 2g	3%	Total Carbohydrate 21g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g	0%	Soluble Fiber 1g	4%
Cholesterol 0mg	0%	Total Sugars 1g	2%
Sodium 140mg	6%	Incl. 1g Added Sugars	2%
		Protein 4g	8%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 100 per serving

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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Cheerios

Apple Cinnamon

Sweetened Whole Grain Oat Cereal

Amount per serving		% Daily Value	
Total Fat 1.5g	2%	Total Carbohydrate 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g	0%	Soluble Fiber less than 1g	4%
Cholesterol 0mg	0%	Total Sugars 9g	18%
Sodium 110mg	5%	Incl. 9g Added Sugars	18%
		Protein 2g	4%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Whole Grain Oats, Sugar, Corn Starch, Apple Pure Concentrate, Corn Syrup, Canola and/or Sunflower Oil, Retiner's Syrup, Salt, Cinnamon, Triiodium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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Cinnamon Toast Crunch

CRISPY WHOLE WHEAT & RICE CEREAL

25% LESS SUGAR

Amount per serving		% Daily Value	
Total Fat 2.5g	3%	Total Carb. 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 4g	13%
Trans Fat 0g	0%	Total Sugars 6g	12%
Cholesterol 0mg	0%	Incl. 6g Added Sugars	12%
Sodium 160mg	7%	Protein 1g	2%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 100 per serving

Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola and/or Sunflower Oil, Malodextrin, Dextrose, Salt, Cinnamon, Triiodium Phosphate, Soy Lecithin, Citramalic Acid, BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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KiX

CRISPY CORN PUFFS

Kid-Tested Mother-Approved

Amount per serving		% Daily Value	
Total Fat 0.5g	1%	Total Carb. 1.4g	5%
Saturated Fat 0g	0%	Dietary Fiber 1g	3%
Trans Fat 0g	0%	Total Sugars 2g	3%
Cholesterol 0mg	0%	Incl. 2g Added Sugars	3%
Sodium 100mg	4%	Protein 1g	2%

Nutrition Facts
Serving size 1 bowl (17g)
Calories 70 per serving

Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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Trix

NATURALLY FRUIT FLAVORED SWEETENED CORN PUFFS WITH OTHER NATURAL FLAVORS

25% LESS SUGAR

Amount per serving		% Daily Value	
Total Fat 1.5g	2%	Total Carbohydrate 24g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g	0%	Total Sugars 7g	14%
Cholesterol 0mg	0%	Incl. 7g Added Sugars	14%
Sodium 140mg	6%	Protein 1g	2%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (potassium and iron dyes, tartaric acid, annatto extract), Triiodium Phosphate, Natural Flavor, Citric Acid, Malic Acid.

Vitamins and Minerals: Calcium Carbonate, Triiodium Phosphate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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Cocoa Puffs

Naturally Flavored Frosted Corn Puffs

SPECIAL EDITION

MADE WITH REAL COCOA!

Amount per serving		% Daily Value	
Total Fat 1.5g	2%	Total Carbohydrate 25g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	7%
Trans Fat 0g	0%	Total Sugars 9g	18%
Cholesterol 0mg	0%	Incl. 9g Added Sugars	18%
Sodium 120mg	5%	Protein 2g	4%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 120 per serving

Whole Grain Corn, Sugar, Corn Meal, Sugar, Cocoa Processed with Alkali, Canola and/or Sunflower Oil, Caramel Color, Salt, Fructose, Baker's Syrup, Baking Soda, Natural Flavor.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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General Mills No High Fructose Corn Syrup, No Colors from Artificial Sources, & No Artificial Flavors

Golden Grahams

CEREAL

Amount per serving		% Daily Value	
Total Fat 1g	1%	Total Carb. 24g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g	0%	Total Sugars 9g	18%
Cholesterol 0mg	0%	Incl. 9g Added Sugars	18%
Sodium 210mg	9%	Protein 1g	2%

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Honey, Baking Soda, Salt, Dextrose, Triiodium Phosphate, Natural Flavor.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (thiamin mononitrate), Vitamin A (retinol), A B Vitamin (thiolic acid), Vitamin B₅, Vitamin D₃.

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Beverages

Middle Schools



Elementary Schools



Additional
Middle School
Offerings



Reduced Fat Chips



Bakery Items



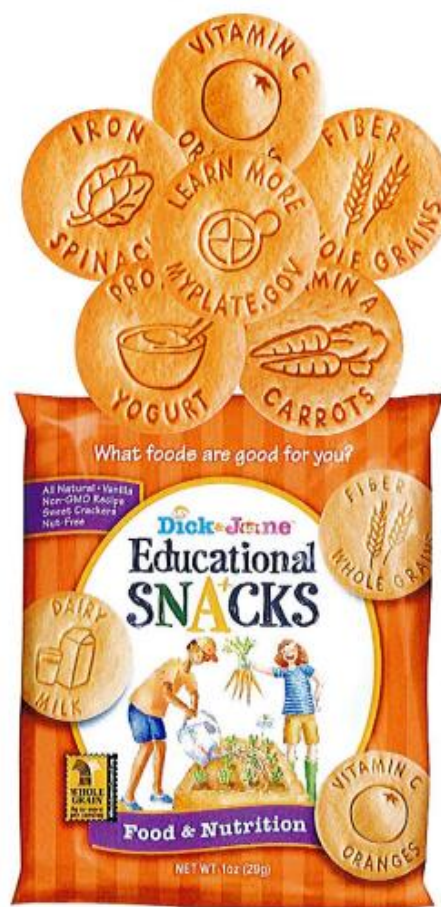
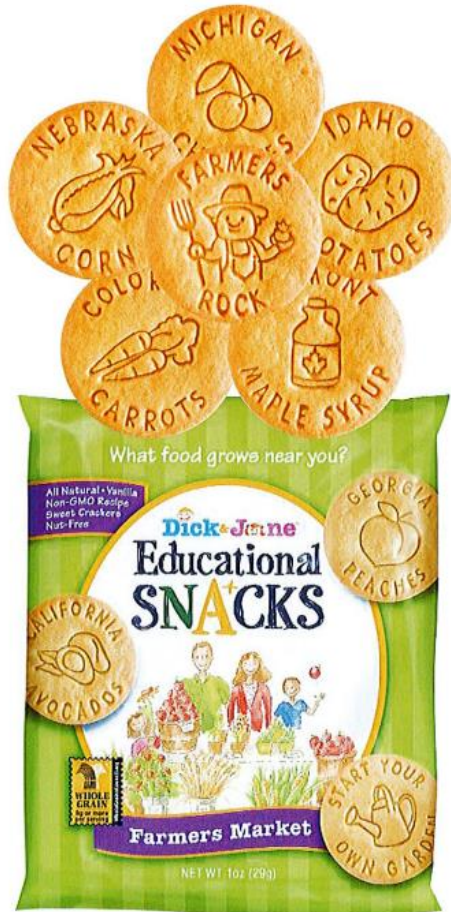
Muffins



Additional
Elementary
School
Offerings



Educational Snacks



Muffins



Special
Treats



Special Treats



Pricing





<u>Ridgefield Elementary Schools</u>	
<u>Snacks</u>	
Chips	\$1.50
Cereal Bar	\$1.50
Granola Bar	\$1.50
Rice Krispie	\$1.50
Goldfish	\$0.75
Scooby Snacks	\$0.75
Annie's Bunnies	\$0.75
Cheez-Its	\$0.75
Chex Mix	\$0.75
Cereal Bowl	\$1.25
Muffin	\$1.50
2 Cookies	\$1.50
<u>Beverages</u>	
Bottled Water	\$1.25
Capri Sun	\$1.50
4 oz juice carton	\$0.60
Milk	\$0.75



<u>Ridgefield Middle Schools</u>	
<u>Snacks</u>	
Chips	\$1.50
Cereal Bar	\$1.50
Granola Bar	\$1.50
Rice Krispie	\$1.50
Small Bag Snacks	\$0.75
Cereal Bowl	\$1.25
Muffin	\$1.50
2 Cookies	\$1.50
Single Pop Tart	\$1.25
<u>Beverages</u>	
Bottled Water	\$1.25
Izze Sparking Juice	\$2.00
Snapple	\$2.00
Capri Sun	\$1.50