

# SMART SNACKS IN YOUR SCHOOL

## ELEMENTARY SCHOOL SNACK PROGRAM

The cafeteria offers a variety of healthier snacks to complement your child's meal. These snacks are in-line with the new, strict standards of the Healthy, Hunger-Free Kids Act and with the USDA's Smart Snacks policy. They also meet the standards recommended by the Alliance for a Healthier Generation.

The goal is to create a healthy school environment and to offer snacks that ensure students are only offered tasty and nutritious foods during the school day.

Below, please find a list of snacks offered in your elementary school. Many of these snacks are reformulated versions of some of the students' favorite treats (shhh...don't tell your kids!). Water (16.9oz), juice (4oz.), and fresh fruits and vegetables are also available daily.



**POMPTONIAN**  
FOOD SERVICE

[Please click here to visit the USDA website](#)

For informational purposes only. If your child has an allergy or is diabetic, please contact the cafeteria at 973-697-3106. Information is current to the best of our knowledge, as of February 2017. Manufacturer reserves the right to make changes or substitutions.

# FOR INFORMATIONAL PURPOSES ONLY

Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)
Apple & Eve 100% Apple Juice	8 fl. Oz.	110	0g	0g	26g	22g
Apple & Eve 100% Fruit Juice (Fruit Punch)	8 fl. Oz.	110	0g	0g	29g	22g
David's W/G Candy Cookie	1.85oz.	190	6g	2g	28g	16g
David's W/G Choc Brownie Cookie	1.85oz.	190	7g	2g	32g	15g
David's W/G Choc Chip Cookie	1.85oz.	190	6g	2g	32g	16g
David's W/G Oatmeal Raisin Cookie	1.85oz.	190	6g	1.5g	33g	16g
David's W/G Sugar Cookie	1.85oz.	190	6g	1.5g	33g	15g
Envy 100% Fruit Juice	8 fl. Oz.	110	0g	0g	29-30g	27-30g
Frito Lay Baked BBQ Potato Chips	24.8g	110	2.5g	0g	19g	3g
Frito Lay Baked Original Potato Chips	24.8g	100	1.5g	0g	20g	2g
Frito Lay Baked Sour Cream and Onion Potato Chips	24.8g	100	2.5g	0g	18g	3g
Frito Lay Baked Tostitos Scoops	24.8g	110	2.5g	0g	19g	0g
Frito Lay Reduced Fat Dorito Cool Ranch	28.3g	130	5g	1g	19g	1g
Frito Lay Reduced Fat Dorito Nacho	28.3g	130	5g	0.5g	20g	0g
Frito Lay Reduced Fat Dorito Spicy Sweet Chili	28.3g	140	5g	0.5g	20g	<1g
Frito Lay Ruffles Baked Cheddar & Sour Cream	22.6g	100	3g	0g	17g	2g
Frito Lay Smart Food Delight White Cheddar Popcorn	14.1g	70	2.5g	0g	9g	<1g
Kellogs Rice Krispies Treats Whole Grain	40g	160	4g	1g	30g	11g
Land-o-lakes String Cheese	1oz.	80	6g	3.5g	1g	0g
Linden's Chocolate Chip Whole Grain	1.1oz	140.3	5.2g	1.55g		10.9g
Pepperidge Farm Pretzel Goldfish WG	.75oz	90	1.5g	0g	16g	0g
Pepperidge Farm Cheddar Goldfish WG	21g	100	3.5g	1g	14g	0g
Rich's 3 oz. Low Fat Sandwich	51g	130	2g	1g	25g	12g
Rich's Chocolate Shortcake -Lowfat	70g	140	3.5g	1g	22g	15g
Rich's Creamy Cotton Candy	54g	70	1g	.5g	15g	8g
Rich's Crumbled Cookie Cone	70g	170	3.5g	1.5g	31g	15g
Rich's Fudge Frenzy	63g	90	0g	0g	19g	13g
Rich's Orange Cream Bar	52g	70	1g	.5g	14g	11g
Rich's Polar Pole - Orange	46g	70	1g	.5g	13g	12g
Rich's Polar Pole - Rainbow	58g	70	1g	.5g	13g	12g
Rich's Sour Swell Cherry	53g	70	1g	.5g	12g	11g
Rich's Strawberry Shortcake - Lowfat	70g	130	3.5g	1g	23g	15g
Rich's Vanilla & Chocolate Cone	70g	150	3g	1.5g	27g	14g
Rips 100% Juice Slush	4 oz.	110	0g	0g	28g	19g
Sun Cups Cream-O-Land 100% Apple Juice	4 fl oz.	50	0g	0g	13g	12g
Sun Cups Cream-O-Land 100% Grape Juice	4 fl oz.	80	0g	0g	19g	18g
Sun Cups Cream-O-Land 100% Natural Fruit Punch	4 fl oz.	60	0g	0g	14g	15g
Sun Cups Cream-O-Land 100% Orange Juice	4 fl oz.	60	0g	0g	13g	12g
Sun Cups Cream-O-Land 100% Orange-Pineapple Juice	4 fl oz.	60	0g	0g	14g	12g
Switch Fruit Punch	8oz can	120	0g	0g	29-30g	28-29g
USDA String Cheese Mozzarella	1 oz	90	7g	5g	0g	0g
Welch's Fruit Snacks Berries and Cherries	44g	130	0g	0g	34g	15g
Welch's Fruit Snacks Mixed Fruit	44g	130	0g	0g	34g	15g



# PARENTS CHOOSE

Many parents want to help their child make proper dining choices. Your school cafeteria is working to help. Most importantly, Pomptonian designs a menu of popular choices that, over the course of the week, achieve several nutritional goals.

## Each day, meals contain:

- A protein
- A whole grain
- A fresh fruit selection
- A vegetable selection
- A hormone-free, low or non-fat milk selection.

The cafeteria also offers snacks that comply with the new USDA Smart Snack rules, which require all grains to be whole grain rich and limits calories, sodium, and fat.