



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.

[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 201-843-3120, ext. 120. Information is current to the best of our knowledge, as of November 2015. Manufacturer reserves the right to make changes or substitutions.

FOR INFORMATIONAL PURPOSES ONLY

Snacks

Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)
Baked Lay's BBQ Potato Crisps	.875oz (24.8g)	110	2.5g	0g	19g	2g
Baked Lay's Regular Potato Crisps	.875oz (24.8gr)	100	1.5g	0g	20g	2g
Baked Lay's Sour Cream and Onion Crisps	.875oz (24.8gr)	110	3g	0g	19g	3g
Cheez-It - Whole Grain Original	21g	100	3.5g	1g	14g	0g
David's Whole Grain Chocolate Brownie Cookie	1.85oz (52g)	190	7g	2g	32g	15g
David's Whole Grain Chocolate Chip Cookie	1.85oz (52g)	190	6g	2g	32g	16g
David's Whole Grain Rainbow Candy Cookie	1.85oz (52g)	190	6g	2g	28g	16g
Doritos - Reduced Fat Cool Ranch	1 oz (28.3gr)	130	5g	1g	19g	1g
Doritos - Reduced Fat Nacho Cheese	1oz (28.3gr)	130	5g	.5g	20g	0g
Doritos - Reduced Fat Spicy Sweet Chili	1 oz (28.35 oz)	130	5	0.5	20g	1
Goldfish Whole Grain Baked Cheddar Crackers	.75oz	100	1g	0g	14g	0g
Jack & Jill Popsicle Firecracker Jr.	1.6oz (44g)	35	0g	0g	9g	7g
Jack & Jill Red. Fat Cotton Candy Push Up	3 oz (51g)	80	1g	.5g	15g	13g
Jack & Jill Rich's Sour Swell Bar	53g	70	1g	.5g	12g	11g
Jack&Jill Reduced Fat Cookies & Cream Cone	4 oz (85 g)	170	3.5g	1.5g	33g	16g
Jack&Jill Reduced Fat Ice Cream Sandwich	4oz (70g)	160	3.5g	1.5g	31g	15g
Pop Tart Whole Grain 1pk Cinnamon	1.76 oz (49.90 g)	180	2.5	1	34g	15
Popcorners Kettle	1.1 oz (31.19 g)	140	4	0	23g	3
Rice Krispies Treats - Whole Grain	1.41oz (40gr)	160	4g	1g	30g	11g
Simply Chex Cheddar	.92 oz (26.08 g)	110	2.5	0.5	20g	4
Smartfood White Cheddar Popcorn	.625oz (17.7gr)	100	6g	1.5g	9g	1g
Welch's Fruit Snacks	44g	130	0g	0g	34g	15g

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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.