

Chips, Popcorn and Pretzels

Kansas Model Wellness Policy Guidelines for A la Carte, Vending and School Stores

Exemplary Level – All foods meet all of the following guidelines per selling unit.

- Fat – 35% or less of total calories from fat (or less than 4 g. per 100 calories)
Except for nuts, seeds and nut butters.
- Sugar – 35% or less of weight from total sugar (or less than 9 g. per 100 calories)
Except for fruit without added sugar.
- Calories – 200 calories or less

Cal. = Calorie, G. = Gram, SU = Selling Unit

Product Name	Ounces Per SU	Grams Per SU	Sugar		Fat	
			Grams Per SU	Calories Per SU	Grams per Per SU	Calories from Fat
Aisle City Dried Fruit (sugar exempt)	1.10	31.19	17.00	100	2.00	19
Andy Capp Cheddar Fries	0.85	24.09	1.00	110	4.50	40
Andy Capp Hot Fries	1.50	42.51	2.00	190	6.00	50
Andy Capp Hot Fries	0.85	24.09	1.00	110	3.50	30
Biscomerica Animal Snackers	2.00	56.68	16.00	240	6.00	60
Broad Street Bakery Angle Food Cake	2.50	70.88	24.00	180	1.00	10
Crunch n Munch	1.00	28.34	11.00	130	5.00	45
Jamba Blueberry Blast	1.50	42.53	5.00	220	11.00	100
Kars Brown Sugar Granola Trail Mix	1.25	35.44	8.00	150	5.00	45
Kars Cashews	1.00	28.35	1.00	160	14.00	120
Kars Healthy Picks Blueberry Pomegranate	4.00	113.40	10.00	70	0.00	0
Kars Salted Peanuts	1.00	28.35	1.00	170	15.00	130
Kars Trail Mix- Original Candy Column	1.50	42.53	10.00	200	14.00	130
Kars Wasabi Nut Crunch	1.25	35.44	2.00	190	11.00	100
Kellogg's Cheez-it Reduced Fat	1.50	42.53	0.00	190	6.00	50
Kellogg's Cinnabon Apple Bars	1.30	36.86	13.00	150	4.50	40
Kellogg's Cinnabon Bars	1.30	36.86	13.00	150	4.50	40
Kellogg's Fiber Plus Chocolate Chip	1.20	34.02	7.00	120	4.00	40
Kellogg's Fiber Plus Dark Chocolate Almond	1.20	34.02	7.00	130	5.00	45
Kellogg's Kashi Trail Mix Bar	1.23	34.87	6.00	140	5.00	45
Kellogg's Keebler Granola Fudge Chocolate Chip	1.23	34.87	10.00	150	5.00	45
Kellogg's Keebler Granola Fudge Peanut Butter	1.23	34.87	10.00	150	6.00	50
Kellogg's Nutri-Grain Apple	1.30	36.86	12.00	130	3.00	30
Kellogg's Nutri-Grain Strawberry	1.30	36.86	12.00	130	3.00	30
Kellogg's Pop Tarts SingleWhole Grain Cinnamon	1.76	49.90	15.00	180	3.00	25
Kellogg's Pop Tarts SingleWhole Grain Strawberry	1.76	49.90	15.00	180	2.50	25
Kellogg's Rice Krispies Cereal Bars Apple	1.27	36.00	9.00	140	3.00	25
Kellogg's Rice Krispies Cereal Bars Cocoa	1.27	36.00	10.00	150	4.50	40
Kellogg's Rice Krispies Treats	1.30	36.86	12.00	150	3.50	30
Kellogg's Special K Bar - Chocolatey Drizzle	0.81	22.96	8.00	90	1.50	15
Kellogg's Special K Strawberry	0.81	22.96	9.00	90	1.50	15
Monogram Beef Steak Strip	0.55	15.59	1.00	40	1.00	15
Monogram Beef Jerky Teriyaki	1.00	28.35	6.00	80	1.00	10

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Monogram Hannah's Honey Turkey	1.00	28.35	4.60	57	1.80	12
Monogram Original Beef Jerky	1.00	28.35	3.00	70	1.00	10
Monogram Teriyali Beef Steak Strip	0.55	15.59	3.00	40	1.00	10
Poore Brothers Burger King Hot Fries	0.70	19.85	1.00	100	3.50	32
Poore Brothers Honey Braids	1.50	42.53	7.00	170	2.50	25
Reichel Dippin Sticks Apples and Carmel	2.75	77.96	20.00	100	1.00	10
Reichel Dippin Sticks Sea Salt Pita & Hummus.	1.80	51.03	1.00	150	4.50	40
Sconz Reduce Sugar Gummi Bears	2.25	63.79	21.00	200	0.00	0
Sconz Reduce Sugar Sour Worms	2.00	56.70	19.00	188	0.00	0
Sconza Scorchers	2.00	56.70	14.00	160	0.00	0
Sensible Foods - Fuji Apple (sugar exempt	0.42	11.91	9.00	50	0.00	0
Special K Chocolatey Pretzel	0.77	21.83	7.00	90	2.00	20
Special K Cracke Chip Sea Salt	0.87	24.66	0.00	90	2.00	15
Special K Cracke Chip Sour Cream onion	0.87	24.66	1.00	90	2.00	20
Special K Cracker Chip Cheddar	1.06	30.05	1.00	110	3.00	25
Special K Cracker Chip Sea Salt	1.06	30.05	0.00	110	2.50	20
Special K Pastry Crisps Blueberry	0.88	24.95	7.00	100	2.00	20
Special K Pastry Crisps Strawberry	0.88	24.95	7.00	100	2.00	20
Welch's Reduced Sugar Fruit Snacks	1.50	42.53	14.00	120	0.00	0
Sunny Fruit Snacks (New)	1.50	42.53	15.00	120	0.00	0
Friday's Crunchy Fries	1.50	42.53	3.00	210	11.00	100
Jalapeno poppers	1.50	42.53	1.00	175	10.00	90
Special K Protein Shakes Strawberry	10.00	283.50	18.00	180	5.00	45
Special K Protein Shakes Chocolate	10.00	283.50	18.00	190	5.00	45
Special K Protein Shakes Vanilla	10.00	283.50	18.00	180	5.00	45
Basil mini choclote chips	1.50	42.53	14.00	160	3.50	35

