

## KINGSWAY REGIONAL SNACK NUTRITION FACTS AND ALLERGENS

THIS IS A LIST OF POPULAR ITEMS OFFERED AND IS BASED ON CURRENT NUTRITIONAL INFORMATION PROVIDED BY US FOODS

PRODUCTS MAY CHANGE WITHOUT NOTICE DUE TO SUBSTITUTIONS OR MANUFACTURING REFORMULATION

NAME OF SNACK	SERVING SIZE	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARB.	FIBER	SUGAR	PROTEIN	ALLERGENS
BAKED LAYS	1 BAG	130	2 g	0 g	0 g	0 mg	150 mg	26 g	2 g	2 g	2 g	SOY
Kruncher's Kettle Chips	1 BAG	140	7 g	1 g	0 g	0 mg	105 mg	17 g	.7 g	0 g	2 g	NONE
CHEETOS FLAMIN HOT	1 BAG	90	3.5 g	0 g	0 g	0 mg	135 mg	14 g	1 g	1 g	2 g	MILK
BAKED CHEETOS	1 BAG	120	4.5 g	0.5 g	0 g	0 mg	200 mg	17 g	1 g	1 g	2 g	MILK
CHEDDAR SUNCHIPS	1 BAG	140	6 g	1 g	0 g	0 mg	210 mg	18 g	2 g	2 g	2 g	MILK & WHEAT
FR ONION SUNCHIPS	1 BAG	140	6 g	1 g	0 g	0 mg	150 mg	18 g	3 g	3 g	2 g	MILK & WHEAT
GRDN SALSA SUNCHIPS	1 BAG	140	6 g	1 g	0 g	0 mg	140 mg	19 g	3 g	2 g	2 g	MILK & WHEAT
MULTIGRAIN SUNCHIPS	1 BAG	140	6 g	1 g	0 g	0 mg	120 mg	18 g	3 g	2 g	2 g	WHEAT
TOSTITOS SCOOPS	1 BAG	110	2.5 g	0 g	0 g	0 mg	125 mg	19 g	2 g	0 g	2 g	NONE
PRETZEL STICKS	1 BAG	160	1.5 g	0 g	0 g	0 mg	420 mg	33 g	1 g	1 g	4 g	WHEAT & MADE IN FACILITY w/ PB
FRITOS	1 BAG	120	8 g	1 g	0 g	0 mg	120 mg	12 g	1 g	0 g	1 g	NONE
ROLD GOLD PRETZEL	1 BAG	110	1 g	0 g	0 g	0 mg	450 mg	23 g	1 g	1 g	2 g	WHEAT
NUTRI-GRAIN BL BRY	1 BAR	120	3 g	0.5 g	0 g	0 mg	110 mg	24 g	3 g	12 g	2 g	MILK, SOY, WHEAT
RICE KRISPIE TREATS	1 TREAT	160	4 g	1 g	0 g	0 mg	140 mg	30 g	1 g	11 g	2 g	MILK & SOY
MINI RICE KRISPIE TREAT	4 TREATS	180	4.5 g	1 g	0 g	0 mg	210 mg	34 g	0 g	15 g	1 g	MILK & SOY
CN. TOAST CRUNCH BAR	1 BAR	150	3 g	0.5 g	0 g	0 mg	115 mg	30 g	3 g	8 g	3 g	WHEAT
FRTY CHEERIO BAR	1 BAR	150	3 g	0.5 g	0 g	0 mg	105 mg	30 g	3 g	9 g	2 g	WHEAT
NATURE VALLEY BARS	1 BAR	90	1.5 g	0 g	0 g	0 mg	50 mg	19 g	1 g	6 g	1 g	SOY
NUTRI GRAIN APPLE CINN	1 BAR	160	4 g	0.5 g	0 g	0 mg	130 mg	30 g	3 g	14 g	2 g	MILK, SOY, WHEAT
NUTRI GRAIN STRWBRY	1 BAR	160	4 g	0.5 g	0 g	0 mg	150 mg	30 g	3 g	14 g	2 g	MILK, SOY, WHEAT
CHOCOLATE CHEWY BAR	1 BAR	100	3 g	1 g	0 g	0 mg	75 mg	17 g	1 g	7 g	1 g	Milk, SOY, WHEAT
NUTRI GRAIN BLUEBERRY	1 BAR	120	3 g	.5 g	0 g	0 mg	110 mg	24 g	3 g	12 g	2 g	MILK, SOY, WHEAT
COOL RANCH DORITOS RF	1 BAG	130	5 g	1 g	0 g	0 mg	160 mg	19 g	2 g	1 g	2 g	MILK
NACHO CHEESE DORITOS	1 BAG	130	5 g	0.5 g	0 g	0 mg	200 mg	20 g	2 g	0 g	2 g	MILK
BAKED NACHO DORITOS	1 BAG	90	3 g	0.5 g	0 g	0 mg	170 mg	16 g	1 g	1 g	2 g	MILK & SOY
SWEET CHILI DORITOS	1 BAG	130	5 g	0.5 g	0 g	0 mg	180 mg	20 g	2 g	1 g	2 g	SOY & WHEAT
BAKED BBQ CHIPS	1 BAG	140	3.5 g	0.5 g	0 g	0 mg	230 mg	24 g	2 g	4 g	2 g	MILK, SOY, WHEAT
BKD CHDR SOUR CREAM	1 BAG	130	4 g	0.5 g	0 g	0 mg	270 mg	24 g	1 g	2 g	2 g	MILK & SOY
BKD SOUR CRM & ONION	1 BAG	100	3 g	0 g	0 g	0 mg	240 mg	24 g	2 g	3 g	2 g	SOY & MILK
SMARTFOOD POPCORN	1 BAG	100	6 g	1.5 g	0 g	5 mg	180 mg	9 g	1 g	1 g	2 g	MILK
QUAKER SNACK MIX	1 BAG	110	4 g	0.5 g	0 g	0 mg	200 mg	18 g	1 g	4 g	2 g	MILK & WHEAT
KING SOFT PRETZEL	1	180	1 g	0 g	0 g	0 mg	150 mg	38 g	1 g	1 g	6 g	WHEAT
SMALL SOFT PRETZEL	1	100	0 g	0 g	0 g	0 mg	80 mg	19 g	0.5 g	1 g	3 g	WHEAT
CHURRO	1	130	9 g	4.5 g	0 g	7 mg	160 mg	38 g	1 g	13 g	6 g	WHEAT & EGG
MIN. MAID CH JCE BAR	1	60	1 g	0 g	0 g	0 mg	10 mg	15 g	0 g	14 g	0 g	NONE
NAME OF SNACK	SERVING SIZE	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARB.	FIBER	SUGAR	PROTEIN	ALLERGENS



