

Dear Teachers and Parents,

Below is a list of products and their sugar content that is sold in the Student Store. There have been some concerns on the amount of sugar the students are receiving due to the products offered. I hope you find this information useful.

Sugar content is in grams.

Cheetos	1							
Hot Cheetos	0							
Cheez-its	0							
Chex Mix	3							
Doritos	1							
Gardetto's	1							
Choc. Chip, cookies	18							
Fruit snacks	13	these are made with 100% fruit juice						
Icee	16							
Klondike bars	23							
Corn dogs	6							
Pizza	11	same for cheese and pepperoni						
Chimichangas	less than 1	same for chicken and steak						
Chicken Sandwich	4							
Hot Pockets	4	ham	7	pepperoni				
Easy Mac	5							
Cup of soup	2							
Milk	27							
Juice (100%)	23	grape	22	fruit punch	22	apple	23	mixed berry
Sunny D	11							
Vitamin Water	13	Juice & Sunny D containers are 6.75 oz. & milk is 8 oz.						