

**RUSSELL INDEPENDENT SCHOOLS
VENDING MACHINE
NUTRITIONAL COMPONENTS
FISCAL YEAR 2007-2008**

INFORMATION PROVIDED BY: RANDY DARBY, VENDOR

ITEM	WEIGHT	SERVING SIZE	SERVINGS PER PACKAGE	PER SERVING										
				CALORIES	CALORIES FROM FAT	TOTAL FAT (grams)	SATURATED FAT (grams)	TRANS FAT (grams)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)
CANDIES														
HOSTESS DING DONGS	39 GRAMS	1 CAKE	1	170	80	9	6	0	5	105	23	1	18	1
M&M BITE SIZE COOKIES	51 GRAMS	1 PACKAGE	1	260	120	13	7	0	5	150	33	1	18	3
NABISCO CALORIE PACK CHIPS AHOY	23 GRAMS	1 PACKAGE	1	100	25	3	1	0	0	140	18	<1	7	1
NABISCO CALORIE PACK OREO	23 GRAMS	1 PACKAGE	1	100	15	2	0	0	0	160	19	<1	8	1
NUTTY BARS	60 GRAMS	2 COOKIES	1	320	180	20	8	0	0	125	33	1	22	4
RICE KRISPIES-CHOCOLATEY DRIZZLE	22 GRAMS	1 BAR	1	100	30	3	1.5	0	0	95	17	0	9	1
RICE KRISPIES-DOUBLE CHOCOLATELY CHUNK	22 GRAMS	1 BAR	1	100	35	4	2.5	0	0	75	15	1	9	1
RICE KRISPIES-RAINBOW	22 GRAMS	1 BAR	1	90	25	3	1	0	0	85	17	0	9	1
CHIPS/CRACKERS														
BUGLES	1.5 OZ	1 PACKAGE	1	140	70	8	6	0	0	270	15		1	1
CHEESE AND WHEAT VARIETY CRACKERS	1.5 OZ	1 PACKAGE	1	200	90	10	2	4	0	370	24	<1	6	3
CHEETOS-CRUNCHY	1.5 OZ	1 PACKAGE	1	160	90	10	2	0	<5	290	15	<1	1	2
CHEEZIT BAKED CRACKERS	1.5 OZ	1 PACKAGE	1	220	100	11	3	0.5	0	360	25	<1	1	5
DORITOS-COOL RANCH	1.5 OZ	1 PACKAGE	1	140	60	7	1	0	0	170	18	1	<1	2
DORITOS-NACHO CHEESE	1.5 OZ	1 PACKAGE	1	150	70	8	1.5	0	0	180	17	1	1	2
FRITOS-ORIGINAL	1.5 OZ	1 PACKAGE	1	160	90	10	1.5	0	0	160	16	2	0	2
LAYS-CLASSIC	1.5 OZ	1 PACKAGE	1	150	90	10	3	0	0	180	15	1	0	2
LAYS-SOUR CREAM AND ONION	1.5 OZ	1 PACKAGE	1	160	90	10	3	0	0	210	15	1	1	2
LAYS-WAVY ORIGINAL	1.5 OZ	1 PACKAGE	1	150	90	10	2.5	0	0	180	15	1	0	2
MINI PRETZELS	1.5 OZ	1 PACKAGE	1	160	0	0	0	0	0	350	35	1	1	4
RUFFLES-ORIGINAL	1.5 OZ	1 PACKAGE	1	160	90	10	3	0	0	160	14	1	0	2
DANISH/DONUTS														
BIG TEXAS CINNAMON ROLL	4.0 OZ	1 ROLL	1	460	190	22	6	6	10	470	61	2	33	6
CHEESE DANISH	4.0 OZ	1 DANISH	1	450	180	19	6	6	10	410	62	1	36	6
GLAZED CHOCOLATE DONUT	2.0 OZ	1 DONUT	1	251	120	13	3	3	3	177	31	1	22	2
GLAZED DONUT	2.0 OZ	1 DONUT	1	262	131	15	3	3	0	211	30	1	21	2
KELLOGG'S FRUIT SNACKS														
CHERRY	2.5 OZ	12 PIECES	2.5	90		0				15	22	16	1	
MIXED BERRY	2.5 OZ	12 PIECES	2.5	90		0				15	22	17	1	
STRAWBERRY	2.5 OZ	12 PIECES	2.5	90		0				15	22	17	1	

NOTE> ITEMS ARE AVAILABLE TO STUDENTS AFTER THE CLOSE OF THE SCHOOL DAY