

**SUGAR CONTENT IN MCPS FOOD ITEMS
(grams)**

ITEMS W/ ADDED SUGARS	GROUP	TOTAL SUGARS	NATURAL SUGARS (EST.)	ADDED SUGARS
CRAISINS (strawberry and orange)	SNACKS	24	3	21
CINNAMON WG ROLL	BREAKFAST	12	0	12
MANDARIN CHICKEN/WG RICE	ENTREES	7	0	7
MORNINGSTAR CHIK NUGGETS	ENTREES	2	0	2
WG KELLOGG MAPLE MINI WAFFLE	BREAKFAST	10	0	10
PANCAKES WITH CINNAMON GLAZE	BREAKFAST	11	0	11
PILLSBURY MINI BAGELS CINNAMON CREAM CHEESE	BREAKFAST	15	2	13
WG FRENCH TOAST STICKS	BREAKFAST	11	0	11
PANCAKES, WG MINI	ENTREES	10	0	10
RED GOLD SPAGHETTI SAUCE	ENTREES	9	3	6
MEATLOAF WITH CHEESE AND KETCHUP	ENTREES	5	1	4
CHERRY BLOSSOM CHICKEN	ENTREES	13	2	11
KELLOGG LOW FAT GRANOLA CLUSTERS	ENTREES	14	0	14
CHICKEN BREAST DRUMMIE	ENTREES	5	1	4
WG GRILLED CHEESE SANDWICH	ENTREES	6	2	4
PB JAMWICH	ENTREES	25	0	25
PBJ POCKET	ENTREES	24	0	24
PIZZA, FR BREAD WG	ENTREES	5	0	5
TURKEY CARNITAS	ENTREES	3	0	3
YOGURT, 4OZ. ASST'D	ENTREES	14	8	6
YOGURT, 8OZ. ASST'D, LOWFAT	ENTREES	37	16	21
YOGURT, 8OZ. ASST'D, NONFAT	ENTREES	32	16	16
YOPLAIT TRIX YOGURT (ALL FLAVORS)	ENTREES	14	8	6
FRUIT & YOGURT PARFAIT 8 OZ	ENTREES	51	24	27
CEREAL OATMEAL WG MAPLE	GRAINS	12	0	12
CEREAL, CORN FLAKES	GRAINS	2	0	2
CEREAL, RICE KRISPIES WG	GRAINS	2	0	2
CEREAL, KASHI TOASTED HONEY	GRAINS	5	0	5
FRENCH TOAST 4 WG	GRAINS	7	0	7
MILK CHOC FF	MILK	21	12	9
MILK, ORIGINAL SOY	MILK	16	0	16
ZEE ZEES COCOA CHERRY NUTRITION BAR	SNACKS	15	5	10
APPLEWAYS OATMEAL BAR (apple and strawberry)	SNACKS	9	0	9
WELCH'S FRUIT SNACKS	SNACKS	11	0	11
ICE CREAM HERSHEY'S TWIST CONE	SNACKS	20	4	16
ICE CREAM HERSHEY'S COOKIES AND CREAM CONE	SNACKS	14	3	11
ICE CREAM HERSHEY'S VANILLA CUP	SNACKS	10	2	8
ICE CREAM HERSHEY'S CHOCOLATE SUNDAE CUP	SNACKS	11	2	9
ICE CREAM HERSHEY'S ICE CREAM SANDWICH	SNACKS	20	4	16
ICE CREAM HERSHEY'S ICE CREAM SANDWICH - COOKIES AND CREAM	SNACKS	13	3	10
ICE CREAM HERSHEY'S ICE CREAM SANDWICH - MIGHTY MINI	SNACKS	10	2	8
ICE CREAM HERSHEY'S FUDGE-O BAR	SNACKS	15	3	12
CANDY COOKIE DOUGH	SNACKS	17	0	17
DOUBLE CHOCOLATE COOKIE DOUGH	SNACKS	18	0	18
SUGAR COOKIE DOUGH	SNACKS	17	0	17
OATMEAL RAISIN COOKIE DOUGH	SNACKS	18	0	18
CHOCOLATE CHIP COOKIE DOUGH	SNACKS	17	0	17
ZERTS BROWNIE BATTER PUDDING CUP	SNACKS	15	3	11
ITEMS W/ NATURALLY OCCURRING SUGARS ONLY	GROUP	TOTAL SUGARS	NATURAL SUGARS	ADDED SUGARS
CAPRI SUN JUICE 6 OZ	SNACKS	20	20	0
APPLE JUICE 4 OZ	SNACKS	13	13	0
ORANGE JUICE 4 OZ	SNACKS	14	14	0
SIDEKICKS 100% FRUIT SORBETS	SNACKS	19	19	0
MILK, SKIM	MILK	12	12	0
MILK, WHITE 1%	MILK	12	12	0
SMOOTHIE, 100 % FRUIT ASSORTED	SNACKS	30	30	0
APPLE AND EVE FRUIT PUNCH	SNACKS	27	27	0
ENVY FRUIT PUNCH	SNACKS	28	28	0
ENVY ACAI BERRY	SNACKS	30	30	0
ENVY STRAWBERRY KIWI FRUIT JUICE	SNACKS	28	28	0
NAKED JUICE MIGHTY MANGO	SNACKS	30	30	0
RAISINS	SNACKS	25	25	0