

After School Snack Nutrition Information 2015 - 2016

Item Description	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Sugar (g)
Brownie, WG, IW	1.75 oz	200	7	1.5	130	31	17
Cereal Bar, Cinnamon Toast Crunch	40 g	150	3	0.5	115	30	8
Cereal Bar, Cocoa Puffs	40 g	150	3	0.5	110	30	9
Cereal Bar, Trix	40 g	150	3	0.5	110	30	9
Cereal Pouch, Apple Jacks RS	28 g	110	1	0.5	160	24	8
Cereal Pouch, Froot Loops RS	28 g	110	1	0.5	170	24	8
Cereal Pouch, Krave S'mores	28 g	110	3	0.5	95	21	9
Cheese, Mozzarella String	1 oz	60	2.5	2	210	1	0
Chex Mix, Carmel	29 g	120	4	1	65	21	7
Chex Mix, Cheddar	26 g	110	2.5	0.5	135	20	4
Chips, Cheetos Puffs	0.7 oz	90	3.5	0	135	14	0
Cracker, Cheez-it	21 g	100	3.5	1	150	14	0
Cracker, Goldfish Ranch	0.75 oz	100	3.5	0.5	190	14	0
Cracker Grahams, Bug Bites	28 g	120	3.5	1	115	21	8
Cracker Grahams, Giant Goldfish, Choc	26 g	110	3.5	1	120	19	6
Cracker Grahams, Giant Goldfish, Van	26 g	120	4	1	110	19	7
Crackers Grahams, Scooby Cinn Sticks	28 g	120	3.5	1	115	21	8
Crackers, Jungle Animal Cookies	29 g	130	4	1	110	21	8
Marshmallow Crispy Square	40 g	160	4	1	140	30	11
Nutrigrain Cereal Bar, Strawberry	44 g	160	4	0.5	150	29	14
Poptart, Cinnamon Brown Sugar, 1 ct	50 g	180	2.5	1	190	37	15
Poptart, Fudge, 1 ct	50 g	180	3	1	190	38	15
Poptart, Strawberry 1 ct	50 g	180	2.5	1	180	38	15
Pretzels	0.7 g	80	1.5	0	200	15	0
Snack Mix, Kid's	0.875 oz	100	3	0	150	17	2
Snack Mix, SunChips Harvest Cheddar	0.875 oz	110	4	0	200	15	1
Beverages							
100% Juice, Apple	6 oz	80	0	0	15	20	17
100% Juice, AppleCherry	6 oz	80	0	0	15	22	17
100% Juice, Fruit Punch	6 oz	90	0	0	25	22	22
100% Juice, Grape	6 oz	120	0	0	30	29	27
100% Juice, Orange	6 oz	90	0	0	0	19	18
Milk 1% (Low Fat), Unflavored	8 oz	110	2.5	1.5	130	13	12
Milk Skim (Fat Free), Unflavored	8 oz	90	0	0	130	13	12

NOTICE: The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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