

SNACK ITEMS

String Cheese

Nutrition Facts	
Serving Size	1oz
Calories	86
Calories from Fat	51
Total Fat	5.68g
Saturated Fat	3.6g
Cholesterol	15mg
Sodium	150mg
Carbohydrates	1g
Dietary Fiber	0g
Sugars	0g
Protein	7.4g
Vitamin A 0% · Vitamin C 0%	
Calcium 21% · Iron 0%	

Apple Juice

Nutrition Facts	
Serving Size	1 pouch 77mL
Per Serving % Daily Value*	
Calories	80
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	25mg
Carbohydrates	20g
Dietary Fiber	0g
Sugars	20g
Protein	0g
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 0%	

Apple

Nutrition Facts	
Serving Size	2oz 57g
Per Serving % Daily Value*	
Calories	34
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrates	8g
Dietary Fiber	2g
Sugars	6g
Protein	0g

Vitamin A 1% · Vitamin C 206%
Calcium 1% · Iron 1%

Bananna

Nutrition Facts	
Serving Size 1 med	110g
Per Serving % Daily Value*	
Calories	100
Calories from Fat	9
Total Fat	0g
Saturated Fat	2g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	51g
Dietary Fiber	6g
Sugars	14g
Protein	1g
Vitamin A 3% · Vitamin C 33%	
Calcium 1% · Iron 3%	

Grapes

Nutrition Facts	
Serving Size 1 bunch	92g
Per Serving % Daily Value*	
Calories	62
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	16g
Dietary Fiber	1g
Sugars	15g
Protein	1g
Vitamin A 2% · Vitamin C 6%	
Calcium 1% · Iron 1%	

Orange

Nutrition Facts	
Serving Size 1	180g
Per Serving % Daily Value*	
Calories	85
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0g
Carbohydrates	21g
Dietary Fiber	4g

Sugars	17g
Protein	2g
Vitamin A 8% · Vitamin C 16 0%	
Calcium 7% · Iron 1%	

Strawberries

Nutrition Facts	
Serving Size	1 cup 152g
Per Serving % Daily Value*	
Calories	49
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	12g
Dietary Fiber	3g
Sugars	7g
Protein	1g
Vitamin A 0% · Vitamin C 149%	
Calcium 2% · Iron 3%	

Greek Yogurt

Nutrition Facts	
Serving Size	1/2 cup 112g
Per Serving % Daily Value*	
Calories	75
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	10mg
Sodium	70mg
Carbohydrates	13g
Dietary Fiber	0g
Sugars	11g
Protein	9g
Vitamin A 0% · Vitamin C 0%	
Calcium 20% · Iron 4%	

Beef Jerky

Nutrition Facts	
Serving Size	1oz
Per Serving % Daily Value*	
Calories	90
Calories from Fat	30
Total Fat	3g
Saturated Fat	1.5g
Cholesterol	35mg
Sodium	730mg

Carbohydrates	6g
Dietary Fiber	1g
Sugars	4g
Protein	10g
Vitamin A 0% · Vitamin C 0%	
Calcium 2% · Iron 8%	

**Capri Sun
Punch**

Nutrition Facts	
Serving Size 6oz	
Per Serving % Daily Value*	
Calories	80
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	25mg
Carbohydrates	21g
Dietary Fiber	0g
Sugars	20g
Protein	0g
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 0%	

Chex Mix

Nutrition Facts	
Serving Size 26g	
Per Serving % Daily Value*	
Calories	110
Calories from Fat	25
Total Fat	2.5g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	135mg
Carbohydrates	20g
Dietary Fiber	2g
Sugars	4g
Protein	2g
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 2%	

Fruit Roll

Nutrition Facts	
Serving Size 14g	
Per Serving % Daily Value*	
Calories	45
Calories from Fat	10
Total Fat	1g
Saturated Fat	0g

Cholesterol	0mg
Sodium	55mg
Carbohydrates	11g
Dietary Fiber	2g
Sugars	4g
Protein	0g
Vitamin A 0% · Vitamin C 25%	
Calcium 0% · Iron 0%	

Graham Crkr

Nutrition Facts	
Serving Size 14g	
Per Serving % Daily Value*	
Calories	60
Calories from Fat	15
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	60mg
Carbohydrates	11g
Dietary Fiber	<1g
Sugars	3g
Protein	<1g
Vitamin A 6% · Vitamin C 0%	
Calcium 0% · Iron 2%	

**Oatmeal
Brownie**

Nutrition Facts	
Serving Size 35g	
Per Serving % Daily Value*	
Calories	150
Calories from Fat	45
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	115mg
Carbohydrates	24g
Dietary Fiber	3g
Sugars	8g
Protein	2g
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 6%	

**Popcorn
Cheddar**

Nutrition Facts	
Serving Size 14g	
Per Serving % Daily Value*	
Calories	70
Calories from Fat	20

Total Fat	2.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	110mg
Carbohydrates	9g
Dietary Fiber	2g
Sugars	0g
Protein	2g
Vitamin A 0% · Vitamin C 0%	
Calcium 0% · Iron 2%	

**Sunflower
kernal**

Nutrition Facts	
Serving Size 28g	
Per Serving % Daily Value*	
Calories	170
Calories from Fat	140
Total Fat	15g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	140mg
Carbohydrates	5g
Dietary Fiber	2g
Sugars	1g
Protein	5g
Vitamin A 0% · Vitamin C 0%	
Calcium 2% · Iron 8%	

Rice Krispy

Nutrition Facts	
Serving Size 22g	
Per Serving % Daily Value*	
Calories	90
Calories from Fat	20
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	105mg
Carbohydrates	17g
Dietary Fiber	0g
Sugars	8g
Protein	<1g
Vitamin A 4% · Vitamin C 0%	
Calcium 2% · Iron 2%	

**Scooby
Grahams**

Nutrition Facts	
Serving Size 28g	
Per Serving % Daily Value*	

Calories	120
Calories from Fat	35
Total Fat	3.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	115mg
Carbohydrates	21g
Dietary Fiber	1g
Sugars	8g
Protein	2g
Vitamin A 10% · Vitamin C 0%	
Calcium 10% · Iron 4%	

**Pbutter/Jelly
Uncrustable**

Nutrition Facts	
Serving Size 76g	
Per Serving % Daily Value*	
Calories	320
Calories from Fat	150
Total Fat	17g
Saturated Fat	305g
Cholesterol	0mg
Sodium	320mg
Carbohydrates	32g
Dietary Fiber	3g
Sugars	13g
Protein	10g
Vitamin A 10% · Vitamin C 0%	
Calcium 2% · Iron 6%	

Baked Lays

Nutrition Facts	
Serving Size 28g	
Per Serving % Daily Value*	
Calories	130
Calories from Fat	20
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	150mg
Carbohydrates	26g
Dietary Fiber	2g
Sugars	2g
Protein	2g
Vitamin A 0% · Vitamin C 0%	
Calcium 4% · Iron 2%	

Sunchips

Nutrition Facts	
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Serving Size 28g	
Per Serving % Daily Value*	
Calories	134
Calories from Fat	57
Total Fat	6g
Saturated Fat	0g
Cholesterol	0mg
Sodium	153mg
Carbohydrates	18g
Dietary Fiber	2g
Sugars	2g
Protein	2g
Vitamin A 1% · Vitamin C 0%	
Calcium 1% · Iron 2%	

Cheese its

Nutrition Facts	
Serving Size 21g	
Per Serving % Daily Value*	
Calories	100
Calories from Fat	30
Total Fat	3.5g
Saturated Fat	1g
Cholesterol	5mg
Sodium	150mg
Carbohydrates	14g
Dietary Fiber	1g
Sugars	0g
Protein	2g
Vitamin A 10% · Vitamin C 0%	
Calcium 10% · Iron 4%	

Elf Grahams

Nutrition Facts	
Serving Size 28g	
Per Serving % Daily Value*	
Calories	120
Calories from Fat	35
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	105mg
Carbohydrates	21g
Dietary Fiber	1g
Sugars	8g
Protein	2g

Vitamin A 10% · Vitamin C 0%
Calcium 10% · Iron 4%