

NUTRITIONAL INFORMATION*- After School Snacks

Revised 4/10/2019

All products made with whole grain	Calories	Total Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Protein
Items	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Cereal Bowl, Cinnamon Toast Crunch, RS	110	3	0	0	160	22	3	1
Cereal Bowl, Frosted Flakes, RS	100	0	0	0	160	24	2	2
Cereal Bowl, Fruity Cheerios	120	1.5	0	0	150	26	2	2
Cheese, String	80	6	3.5	15	200	0	0	6
Chips, Baked Cheetos	120	4.5	1	0	200	17	1	2
Chips, SunChips	140	6	1	0	150	18	2	2
Crackers, Bug Bites	120	3.5	1	0	115	21	1	2
Crackers, Cheez-Its	100	3.5	1	0	10	14	1	2
Crackers, Elf Grahams	120	4	1	0	105	21	1	2
Crackers, Goldfish	100	3.5	1	5	170	14	1	3
Crackers, Goldfish Giant (Vanilla)	120	4	1	0	110	19	2	1
Crackers, Gripz Choc Chip	120	3.5	1.5	0	80	20	3	2
Crackers, Gripz Cinnamon	100	3	1	0	80	19	3	2
Crackers, Food & Nutrition Grahams	120	4	0	0	65	22	2	2
Crackers, Scooby-Doo	120	3.5	1	0	115	21	1	2
Crackers, Shortbread	150	8	4	0	40	19	0	1
Crackers, Strawberry Shortbread	120	4.5	0	0	115	20	2	2
Munchie Mix	110	4	0.5	0	200	18	1	2
Pretzels	80	1.5	0	0	200	15	2	2
Yogurt, Trix (4oz)	100	0.5	0.5	5	50	20	0	3

*Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

