

## NUTRITIONAL INFORMATION\*- After School Snacks March 2024

Revised 1/31/24

*All products made with whole grain*	Calories	Carbs	Total Fat	Sat. Fat	Chol.	Sodium	Fiber	Protein
Items	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)
Bar, Nutri-Grain Strawberry	150	30	3.5	0.5	0	150	3	2
Chips, Baked Cheetos	120	17	4.5	1	0	200	1	2
Chips, Doritos Reduced Fat	130	20	5	0.5	0	180	2	2
Chips, Sun Chips	140	19	6	0.5	0	170	2	2
Chex Mix, Cheddar	110	20	2.5	0	0	130	2	2
Chex Mix, Strawberry	130	23	3	1	0	55	2	2
Cracker, Cheez Its	100	14	3.5	1	<5	150	1	3
Cracker, Lemon Blueberry Bites	120	21	3.5	0.5	0	60	2	2
Cracker, Goldfish Giant Grahams	120	19	4	1	0	105	1	1
Cracker, MJM Vanilla Graham	120	20	3.5	0.5	0	95	2	1
Cracker, Scooby Doo	120	21	3.5	1	0	115	1	2
Cracker, Tiger Bites Cinnamon Grahams	120	21	4	1	0	105	1	2
Pretzels, Heartzels	80	16	1	0	0	200	2	2

\*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.