

NUTRITIONAL INFORMATION*- After School Snacks

Revised 8/29/22

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)
Cereal Bowl, Cinnamon Toast Crunch, RS	110	22	3	0	0	160	2	1
Cereal Bowl, Frosted Flakes, RS	100	24	0	0	0	170	2	2
Cereal Bowl, Fruity Cheerios	120	25	1.5	0	0	140	2	2
Cereal, Lucky Charms	110	23	1	0	0	180	2	2
Cheese, String	80	0	6	3.5	15	200	0	6
Chips, Baked Cheetos	120	16	4.5	1	0	200	1	2
Chips, Sunchips	140	19	6	0.5	0	140	2	2
Crackers, Bug Bites	120	21	3.5	1	0	115	1	2
Crackers, Cheez-Its	100	14	3.5	1	0	150	1	3
Crackers, Elf Grahams	120	21	4	1	0	105	1	2
Crackers, Goldfish	100	14	3.5	0.5	0	170	1	2
Crackers, Goldfish Giant (Vanilla)	120	19	4	1	0	110	2	1
Crackers, Cinnamon Grahams	110	19	3.5	0	19	15	1	2
Cracker, Maple Waffle Graham	120	20	3.5	0.5	0	115	2	1
Cracker, Savory Bites	90	15	2.5	0	0	190	2	1
Crackers, Scooby-Doo	120	21	3.5	1	0	115	1	2
Munchie Mix	110	17	3.5	0	0	180	2	2
Strawberry Chex	130	23	3	1	0	55	2	2
Pretzels	110	23	1	0	0	450	1	2
Yogurt, Trix (4oz)	100	20	0.5	0.5	5	50	0	3

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