

NUTRITIONAL INFORMATION*- After School Snacks

Revised 3/15/2016

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)
Applesauce Cup	50	0	0	0	15	15	2	11
Cereal Bowl, Apple Cinnamon Cheerios	110	1.5	0	0	110	22	2	2
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
Crackers, Cheez-Its	100	3.5	1	0	10	14	1	2
Crackers, Goldfish	100	3.5	1	5	170	14	1	3
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, Scooby-Doo	120	3.5	1	0	115	21	1	2
Mini Vanilla Wafers	140	7	0.5	0	85	19	2	1
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.