

Nutrient List: Afterschool Snack

8/23/17

Snack Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Cereal, Alphabits	Bowlpack	21	110	140	2	3	1.5
Cereal, Apple Jacks	Bowlpack	24	110	160	3	2	1
Cereal, Cheerios	Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch	Bowlpack	22	110	160	3	1	3
Cereal, Cinnamon Toasters	Bowlpack	22	120	130	0	1	3.5
Cereal, Cocoa Puffs, Reduced Sugar	Bowlpack	25	110	160	2	2	1.5
Cereal, Frosted Mini Wheats	Bowlpack	24	100	0	3	3	0
Cereal, Fruit Loops, Reduced Sugar	Bowlpack	24	110	170	3	2	1
Cereal, Honey Scooters	Bowlpack	22	110	190	2	2	1
Cereal, Marshmallow Mateys	Bowlpack	21	110	270	2	3	1.5
Cereal, Rice Chex	Bowlpack	24	100	250	1	2	0.5
Cereal, Rice Chex, Cinnamon	Bowlpack	23	110	170	0	1	2
Cereal, Toasty O's	Bowlpack	18	100	120	2	3	1.5
Cheese, String, Lite Mozzarella	1 each	1	60	200	0	7	3
Crackers, Cinnamon Bear	Pkg	21	130	120	1	2	4
Crackers, Graham	Pkg	20	110	140	2	2	3
Crackers, Honey Bear	Pkg	20	130	100	1	2	4
Crackers, Jungle	Pkg	20	130	95	1	2	4
Crackers, Maple Sunrise Bites	Pkg	20	110	115	2	2	3.5
Crackers, Pretzel Goldfish	Pkg	16	90	200	1	2	1.5
Crackers, Strawberry Waffle	Pkg	21	110	95	1	2	3
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0
Juice, Wild Berry	4 oz Carton	15	60	10	0	0	0
Milk, 1% Lowfat, White	8 oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White	8 oz carton	13	90	135	0	9	0
Seed and Fruit Mix	1 each	22	230	60	3	5	14

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 information provided by the manufacturer. Products may change at any time.