

**SNACKS**

MENU ITEM	DESCRIPTION	SERVING SIZE	SCHOOL EQUIVALENTS	CALORIES	SODIUM	TOTAL FAT	CARBS
Pop Tarts	Chocolate, Strawberry or Brown sugar cinnamon pop tart	1 each 50 g	Grain/bread	190	200	3 g	38 g
Cinnamon Toast Crisps	Cinnamon sparkly cereal bits in a pouch	1 each 28 g	Grain/bread	120	160 mg	3 g	22 g
Scooby treats	Cinnamon flavored graham stick	1 each	Grain/bread	120	115 mg	3.5 g	21 g
Nutrigrain bar	Fruit filled pastry	1 each 44 g	Grain/Bread	160	150 mg	4 g	29 g
Muffin	Chocolate or Blueberry pre packaged muffin	57 g	Grain/Bread	200	140 MG	7 G	32 G
Fruit Frudel	Whole grain bread stick stuffed with apple cherry filling	1 each 86 g	2 Grain/Bread	210	170 mg	3 g	37 g
Cinnamon Mini	3 Mini pull apart cinnamon rolls Pillsbury	1 pkg 65 g	Grain/Bread	240	300 mg	8 g	40 g
Rice Krispy treat	Marshmallow whole grain krispy treat	1 each 1.14 g	Grain/bread	160	140 mg	4 g	38 g
Elf Grahams	Chocolate elf shaped cookie	1 pkg 28 g	Grain/bread	120	125 mg	4 g	21 g
Animal cracker Snack	Animal shaped graham crackers	1 pkg 28 g	Grain/bread	120	115 mg	3.5 g	22 g
Goldfish crackers	Cheesy Fish shaped crackers	1 pkg 26 g	Grain/bread	120	110 mg	4 g	19 g
Baked Cheetos		19.8 gr .7 oz	M/MA	90	140 mg	3.5 g	13 g
Granola Bar	Cookie and cream in whole grain bar	1 pkg 28 g	Grain/bread	150	135 mg	4 g	29 g

Grips Graham treat	Keebler mini chocolate chip cookies grahams	1 pkg 27 g	Grain/bread	120	80 mg	3.5 g	21 g
Cereal	Assorted variety bowls of cereal	1 bowl 63 g	Grain/bread	120	150 mg	3 g	28 g
Milk	Choice of 2% White or Fat free Chocolate	8 ounces 251 g	M/MA	130	180 mg	5 g	20 g
Cheese stick		1 EACH 28 g	M/MA	90	200 mg	7g	0
Yogurt	yogurt cup	1 cup 113 g	M/MA	80	35	.05 g	15g
Juice	Apple, grape, or orange	6 oz 188 g	FRUIT/VEG	120	0	0	29 g
¾ CUP FRUIT	Assorted fruits in cup	6 oz 188 g	FRUIT/VEG	100	0	0	25 g

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