

Afterschool Snack Nutrition Facts

2011-2012

Last Revised on 8.18.11

Recipe Name	Serving Size	Portion	Calories	Carbs, g	Total Fat, g	Protein, g	Sodium, mg	Fiber, g
Applesauce	4 oz	1/2 cup	50	12	0	0	10	2
Bar, Cherry Apple Crunch	2 oz	1 each	240	37	8	3	180	2
Bar, Clif Chocolate Chip Zbar	1.3 oz	1 each	130	24	3.5	3	95	3
Bar, Zac Attack Strawberry	1.5 oz	1 each	150	25	4	4	75	3
Cereal: Barbara's Shredded Spoonfuls	3/4 cup	1 each	120	24	1.5	4	200	4
Cereal: Malt-O-Meal Honey Nut Scooters	1 cup	1 cup	110	24	1.5	2	210	2
Cereal: General Mills, Kix	3/4 cup	3/4 cup	60	14	0.5	1	105	2
Cheese, Low Moisture Part Skim Mozzarella String	1 oz	1 each	80	<1	5	7	190	0
Chips, Multigrain Sunchips	1 oz	1 each	140	19	6	2	120	3
Chips, White Corn Tortilla	1 oz	1 each	140	17	7	2	150	1
Crackers, Belly Bears Cinnamon Graham	1 oz	1 each	130	21	4	2	120	1
Crackers, Back to Nature, Crispy Wheat	1.1 oz	1 each	130	22	4	2	290	1
Crackers, Goldfish	0.8 oz	1 each	100	14.0	3.5	2.0	180	<1
Fruit, Fresh	1 piece	varies	varies	varies	varies	varies	varies	varies
Juice, Orange	4 oz	1/2 cup	60	14.5	0	0.5	0	14.0
Milk, Organic 1%	8 oz	1 cup	100	12	2.5	8	125	0
Sunflower Seeds	1 oz	1 each	170	4	16	6	110	2

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