

# Snack Nutrition Information

**Table Legend**

Kcal = Calories

Fat = Total Fat

Sat. Fat = Saturated Fat

Chol = Cholesterol

Na = Sodium

Carb = Carbohydrates

Fiber = Total Fiber

Pro = Protein

Vit. A = Vitamin A

Vit. C = Vitamin C

Ca = Calcium

Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of August 9, 2017.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools  
Dining Service Department  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple, Slices	1/2 cup	35	0	0	0	5	9	1	0	0	1	0	1
Applesauce Cup, Unsweetened	1 each	51	0	0	0	0	13	1	0	0	12	0	0
Applesauce, Unsweetened	1/2 cup	51	0	0	0	2	14	2	0	35	1	4	0
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
Bread, Sliced	1 slice	65	1	0	0	115	13	1	3	0	0	40	1
Cantaloupe, Fresh	1/2 cup	27	0	0	0	13	7	1	1	2706	29	7	0
Carrots, Baby Raw	1/2 cup	26	0	0	0	58	6	2	0	10342	2	24	1
Celery Sticks	1/2 cup	4	0	0	0	19	1	0	0	108	1	10	0
Cereal, Apple Jacks	1 bowl	110	1	1	0	160	24	3	2	400	12	0	4
Cereal, Apple Cinn Cheerios	1 bowl	110	2	0	0	110	23	2	2	500	6	100	4
Cereal, Cinnamon Toast Crunch	1 bowl	110	3	1	0	160	22	2	1	400	5	80	4
Cereal, Froot Loops	1 bowl	110	1	1	0	170	24	3	2	500	15	0	5
Cereal, Golden Grahams	1 bowl	110	1	0	0	220	24	1	1	400	5	80	4

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Cereal, Honey Nut Cheerios	1 bowl	110	2	0	0	160	22	2	2	500	6	100	5
Cereal, Trix	1 bowl	110	2	0	0	140	24	1	1	400	5	80	4
Cheese Stick, Colby Jack	1 stick	110	9	5	30	170	1	0	7	300	0	200	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	1	0	6	200	0	200	0
Cheese, American, Sliced	1 slice	40	3	2	8	150	1	0	3	45	0	144	0
Chips, Baked Cheetos Puffs	1 bag	90	4	0	0	135	14	0	2	0	0	100	1
Chips, Baked Cheetos Crunchy	1 bag	110	5	1	0	200	16	1	2	0	0	16	0
Chips, BBQ Crisps	1 bag	110	3	0	0	140	19	1	2	0	0	7	0
Chips, Doritos, Cool Ranch	1 bag	130	5	1	0	150	20	2	2	0	0	20	0
Chips, Doritos, Nacho Cheese	1 bag	130	5	1	0	200	20	2	2	0	0	20	0
Chips, Sour Cream & Onion	1 bag	100	3	0	0	200	18	1	1	0	0	0	0
Cookie, Chocolate Chip	1 each	190	6	2	15	160	32	2	3	200	0	20	1
Cookie, Chocolate Brownie	1 each	190	6	2	10	160	33	2	3	200	0	20	1
Cookie, Educational States and Capital	1 package	130	4	1	0	95	22	1	2	0	0	0	10
Cookie, Oatmeal Raisin	1 each	190	6	2	10	120	33	2	3	200	0	20	1
Cookie, Sugar	1 each	190	6	2	10	160	33	2	3	300	0	20	1
Cracker, Animal	1 package	100	3	0	0	95	18	1	1	0	0	0	1
Cracker, Cheez-it	1 package	100	4	1	4	150	14	1	2	500	0	100	1
Cracker, Elf Graham	1 package	120	4	1	0	105	21	1	2	500	0	100	1
Cracker, Goldfish Cheddar	1 package	100	4	1	5	170	14	1	3	0	0	20	0
Cracker, Goldfish Colors Cheddar	1 package	100	4	1	0	170	14	1	2	200	0	20	1
Cracker, Goldfish Pretzels	1 package	90	2	0	0	200	16	1	2	0	0	0	1

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Cracker, Graham	1 package	90	3	0	0	95	17	1	2	500	0	100	1
Craisins, Blueberry	1 package	110	0	0	0	0	28	3	0	0	0	0	0
Craisins, Cherry	1 package	110	0	0	0	0	28	3	0	0	0	0	0
Dressing, Lite Ranch Dip Cup	1.5 oz	100	10	2	10	460	3	0	1	0	0	20	0
Fruit, Mixed	1/2 cup	80	0	0	0	20	20	1	0	0	12	0	0
Granola Bar, Oat 'n Honey	1 each	90	3	0	0	80	15	1	2	0	0	0	0
Granola, Homemade	1 serving	151	6	4	16	10	23	1	1	213	0	0	0
Grapes, Fresh	1/2 cup	31	0	0	0	1	8	0	0	46	2	6	0
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0
Juice, Apple, 6 fl oz	1 each	80	0	0	0	20	19	0	0	0	0	0	0
Juice, Fruit Blend, 6 fl oz	1 each	80	0	0	0	20	21	0	0	0	5	0	0
Juice, Orange, 6 fl oz	1 each	80	0	0	0	20	20	0	1	0	60	0	0
Juice Box, Apple & Eve, Apple 6.75 fl oz	1 box	90	0	0	0	5	21	0	0	500	60	20	0
Juice Box, Apple & Eve, Berry, 6.75 fl oz	1 box	100	0	0	0	15	24	0	0	500	60	20	0
Juice Box, Apple & Eve, Fruit Punch, 6.75 fl oz	1 box	100	0	0	0	25	24	0	0	500	60	20	0
Milk, Chocolate, Skim	1 each	120	0	0	5	180	20	0	8	500	2	300	0
Milk, White 1%	1 carton	110	3	2	10	130	13	0	8	500	2	300	0
Nectarine, Fresh	1 each	57	0	0	0	0	14	2	1	428	7	8	0
Orange, Fresh	1 each	69	0	0	0	0	17	4	1	340	68	65	0
Peach Cup	1 each	80	0	0	0	5	19	1	1	200	27	0	0
Peach, canned	1/2 cup	54	0	0	0	5	15	1	1	350	2	30	0
Peach, Fresh	1 each	35	0	0	0	0	9	1	1	297	6	5	0
Pear, Canned	1/2 cup	60	0	0	0	5	14	2	0	0	1	0	0
Pear, Cup	1 each	70	0	0	0	5	19	2	0	0	1	0	0

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Pear, Fresh, Medium	1 each	101	0	0	0	2	27	6	1	44	8	16	0
Pineapple, Cup	1 each	70	0	0	0	0	18	1	0	0	9	20	0
Pineapple, Fresh	1/2 cup	41	0	0	0	1	11	1	0	48	39	11	0
Pineapple, Tidbits	1/2 cup	70	0	0	0	0	22	1	0	100	18	18	0
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Popcorn, Kettle	1 bag	120	5	1	0	100	21	2	2	0	0	0	1
Popcorn, Sea Salted Caramel	1 bag	70	3	0	0	115	10	2	1	0	0	0	0
Sandwich, Turkey & Cheese, Half	1 serving	98	3	1	10	260	14	1	7	23	0	112	1
Snack Mix, Harvest Cheddar	1 bag	110	4	0	0	170	15	2	2	100	0	0	0
Snack Mix, Munchies	1 bag	110	4	0	0	180	17	2	2	100	0	20	3
Strawberries, Fresh	1/2 cup	23	0	0	0	1	6	1	0	9	42	12	0
Strawberry Cup	1 each	80	0	0	0	0	19	2	1	0	66	20	0
Tangerine, Fresh	1	83	1	0	0	3	21	3	1	1062	42	58	0
Yogurt, Danimals, Straw- Banana	1 each	80	0	0	5	65	16	0	4	0	0	150	0

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