

Snack Nutrition Information

Table Legend

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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

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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, 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	100	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, Educational Fun & Fitness	1 package	120	4	0	0	65	22	2	2	0	0	4	1
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	120	5	0	0	115	20	2	2	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 each	113	10	1	7	482	3	0	1	0	0	28	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
Rice Krispies Treats	1 each	160	4	1	0	140	30	0	2	0	0	0	2
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
Sunflower Kernals, Honey Roasted	1 packet	190	15	2	0	65	11	3	6	0	0	20	1
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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