

# 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. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of August 1, 2018.

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)
Applesauce Cup, Unsweetened	1 each	60	0	0	0	0	14	1	0	0	20	0	0
Apple, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple Slices	1 package	35	0	0	0	5	9	1	0	0	1	0	1
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	2	2	500	15	0	5
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	160	24	2	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
Cheese Stick, Colby Jack	1 stick	90	6	4	15	210	1	0	8	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 package	90	4	0	0	140	13	0	2	0	0	10	1
Chips, Baked Cheetos Crunchy	1 package	120	5	1	0	200	16	1	2	0	0	20	0
Chips, BBQ Crisps	1 package	110	3	0	0	140	19	1	2	0	0	7	0
Chips, Doritos, Cool Ranch	1 package	130	5	1	0	150	20	2	2	0	0	40	1
Chips, Doritos, Nacho Cheese	1 package	130	5	1	0	200	20	2	2	0	0	40	0
Chips, Cheddar and Sour Cream	1 bag	100	3	0	0	200	17	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, Food and Nutrition	1 package	120	4	0	0	65	22	2	2	0	0	4	1
Cookie, Fun & Fitness	1 package	120	4	0	0	65	22	2	2	0	0	4	2
Cookie, Presidents	1 package	130	4	1	0	95	22	1	2	0	0	0	2
Cookie, Rainbow	1 each	190	6	2	15	150	28	2	3	200	0	20	1
Cookie, Red Velvet	1 each	190	6	2	15	160	32	2	3	0	0	25	1
Cookie, States and Capital	1 package	130	4	1	0	95	22	1	2	0	0	0	2
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

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Cracker, Goldfish Pretzels	1 package	90	2	0	0	200	16	1	2	0	0	0	1
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, Light 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
Half Turkey & Cheese Sandwich (KidZone)	1 serving	98	3	1	10	260	14	1	7	23	0	112	1
Half Turkey & Cheese Sandwich (KZone)	1 serving	105	3	1	12	295	14	1	9	23	0	112	1
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0
Juice, Apple - 6 fl oz	1 box	90	0	0	0	20	20	0	0	0	0	0	0
Juice, Fruit Punch Blend - 6 fl oz	1 box	90	0	0	0	20	21	0	0	0	5	0	0
Juice, Orange - 6 fl oz	1 box	80	0	0	0	20	20	0	1	0	54	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	1	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

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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
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 package	120	5	1	0	100	21	2	2	0	0	0	1
Rice Krispies Treats	1 package	160	4	1	0	140	30	0	2	0	0	0	2
Snack Mix, Harvest Cheddar	1 package	110	4	0	0	170	15	2	2	100	0	0	0
Snack Mix, Munchies	1 package	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 Kernal, Honey Roasted	1 package	190	15	2	0	65	11	3	6	0	0	20	1
Tangerine, Fresh	1 each	83	1	0	0	3	21	3	1	1062	42	58	0
Yogurt, Danimals, Strawberry	1 each	70	0	0	5	60	14	0	4	0	0	150	0

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