

Snack Nutrition Information

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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

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 September 28, 2020.

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
 Red Apple Dining
 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	50	0	0	0	0	14	1	0	0	9	0	0
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple, Slices	1 packet	30	0	0	0	0	7	1	0	0	39	0	0
Apricot Cup	1 each	110	0	0	0	0	25	2	1	-	-	-	-
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
Bread, Sliced, Sandwich	1 slice	80	1	0	0	160	15	1	3	-	-	0	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	8	0	0	0	40	2	1	0	227	2	20	0
Cereal, Apple Jacks	1 bowl	110	1	1	0	160	24	2	2	500	15	0	5
Cereal, Cinnamon Toast Crunch	1 bowl	120	3	0	0	160	22	1	1	300	5	90	2
Cereal, Froot Loops	1 bowl	110	1	1	0	160	24	2	2	500	23	0	5
Cereal, Honey Nut Cheerios	1 bowl	110	2	0	0	160	23	2	2	300	5	78	3
Cheese, American, Sliced	1 slice	40	3	2	8	140	1	0	4	-	-	131	0
Cheese Stick, Colby Jack	1 stick	90	6	4	15	210	1	0	8	-	-	198	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	6	-	-	200	0
Chips, Baked BBQ	1 bag	110	3	0	0	140	19	1	2	-	-	10	0

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Chips, Baked Cheetos Crunchy	1 bag	120	5	1	0	200	16	1	2	-	-	20	0
Chips, Baked Cheetos Puffs	1 bag	90	4	1	0	140	13	0	2	-	-	10	1
Chips, Cheddar and Sour Cream	1 bag	100	3	0	0	200	17	1	1	0	0	0	0
Chips, Doritos, Cool Ranch	1 bag	130	5	1	0	180	20	2	2	-	-	30	0
Chips, Doritos, Nacho Cheese	1 bag	130	5	1	1	200	20	2	2	-	-	40	0
Cookie, Chocolate Chip	1 each	200	7	2	15	160	33	2	3	-	-	16	1
Cookie, Chocolate Brownie	1 each	190	7	2	10	170	31	2	3	-	-	18	1
Cookie, Farmer's Market	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cookie, Food and Nutrition	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cookie, Fun & Fitness	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cookie, Presidents	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cookie, Rainbow	1 each	190	6	2	10	150	28	2	3	200	0	20	1
Cookie, Red Velvet	1 each	190	6	2	10	150	32	2	3	-	-	15	2
Cookie, States and Capital	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cookie, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Cracker, Animal	1 package	120	5	0	0	55	20	2	2	-	-	11	1
Cracker, Cheez-it	1 package	100	4	1	5	150	14	1	2	0	-	20	1
Cracker, Elf Graham	1 package	120	4	1	0	105	21	1	2	500	0	100	1

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Cracker, Goldfish Cheddar	1 package	100	4	1	0	170	14	1	2	0	0	26	1
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
Cracker, Honey Goldfish	1 package	130	5	1	0	130	21	1	2	0	0	26	1
Craisins (All Flavors)	1 package	110	0	0	0	0	27	2	0	-	-	-	-
Dressing, Lite Ranch Dip Cup	1 each	110	10	2	10	350	2	0	1	-	-	30	0
Fruit, Mixed	1/2 cup	80	0	0	0	20	20	1	0	0	12	0	0
Fruit Snack, Berries 'n Cherries	1 pouch	130	0	0	0	15	32	3	2	1250	60		0
Fruit Snack, Mixed Fruit (reduced sugar)	1 pouch	120	0	0	0	10	31	6	2	2250	42	-	-
Fruit Snack, Mixed Fruit	1 pouch	120	0	0	-	10	32	3	1	1250	60	-	-
Granola Bar, Chewy Cookies n Cream	1 each	150	4	1	0	135	29	4	2	0	0	195	1
Granola, Homemade	1 serving	216	9	4	14	8	33	3	3	184	0	0	1
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 Box, Apple & Eve, Apple 6.75 fl oz	1 box	90	0	0	0	5	21	-	0	500	90	26	-
Juice Box, Apple & Eve, Berry, 6.75 fl oz	1 box	100	0	0	0	15	24	-	0	500	90	26	-
Juice Box, Apple & Eve, Fruit Punch, 6.75 fl oz	1 box	100	0	0	0	25	24	-	0	500	90	26	-
Juice Box, Apple & Eve, Kiwi-Strawberry, 6.75 fl oz	1 each	100	0	0	0	25	24	-	1	500	90	26	-

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Mayonnaise, packet	1 each	60	7	1	5	55	0	0	0	0	0	0	0
Milk, Chocolate, (Fat Free)	1 each	120	0	0	5	180	20	0	8	500	-	300	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	300	0
Mustard, packet	1 each	4	0	0	0	66	0	0	0	0	0	4	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	0	19	1	1	200	27	0	0
Peach, canned, light syrup	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, in juice	1/2 cup	60	0	0	0	0	15	2	0	0	1	0	0
Pear, Fresh, Medium	1 each	101	0	0	0	2	27	6	1	44	8	16	0
Pineapple, Fresh	1/2 cup	41	0	0	0	1	11	1	0	48	39	11	0
Pineapple, Tidbits	1/2 cup	80	0	0	0	10	20	1	0	0	12	0	0
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Popcorn, Sweet & Salty Kettle	1 package	130	5	1	0	95	18	2	2	-	-	0	1

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Rice Krispies Treats	1 package	160	4	1	0	140	30	0	2	0	0	0	2
Sandwich, Half, Ham & Cheese (KidZone)	1 serving	138	4	2	17	362	16	1	9	-	-	99	1
Sandwich, Half, Turkey & Cheese (KidZone)	1 serving	115	3	1	10	313	16	1	8	-	-	65	1
Sandwich, Half, Turkey & Cheese (KZone)	1 serving	123	3	1	14	351	16	1	9	-	-	105	1
Snack Mix, Harvest Cheddar	1 package	110	4	0	0	170	17	2	2	-	-	20	1
Snack Mix, Munchies	1 package	110	4	0	0	180	17	2	2	-	-	30	3
Strawberries, Fresh	1/2 cup	23	0	0	0	1	6	1	0	9	42	12	0
Strawberries & Blueberries Cup	1 each	90	0	0	0	0	20	2	0	-	-	-	-
Strawberry Cup	1 each	90	0	0	0	0	22	2	1	0	66	20	0
Sunflower Kernals, 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	0	55	14	0	4	-	-	130	0
Yogurt, Upstate Strawberry Banana	1 each	90	0	0	0	55	19	0	3	-	-	290	0

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