

Snack Nutritionals

	Portion		Mg	Mg	G	G	G	G
	Size	Cals	Cholst	Sodm	Sugars	Carb	T-Fat	S-Fat
Carrot Snack Break & Milk	1 Svg	309	46	199	32.74	40.52	12.35	3.14
Cereal & Milk	1 Svg	544	5	177	12	99.94	56.88	0.11
Cheesy Bread & Apples	1 Svg	287	21	333	16.28	44.79	6.84	3.72
Chex Snack Mix	3/4 Cup	134	3	292	0.57	22.71	2.55	0.51
Chips & Salsa	1 Svg	225	0	525	0	37.29	6.04	1.01
Cookie & Milk	1 Svg	289	44	227	24.59	44.78	10.97	6.51
Crackers & Cheese Stick	1 Svg	90	0	100	0	16	2.5	0.5
Fruit & Cheese	1 Svg	1	0	0	0	0.23	0	0
Fruit & Grahams	1 Svg	179	0	97	5.03	40.58	2.8	0.05
Fruit, Cheese & Breadstick	1 Svg	213	*0	115	1.39	47.68	0.8	0.1
Fruit, Cheese & Grahams	1 Svg	179	0	97	5.03	40.58	2.8	0.05
Granola & Yogurt	1 Svg	241	14	106	16.1	39.22	6.48	2.77
Granola Bar & Cheese	1 Svg	281	40	340	7.25	29.73	15.2	7.86
Marinara Dipper	1 Svg	278	0	625	4.38	47.8	5.77	0.51
Sunflower Seeds & Fruit	1 Svg	258	0	112	1	29.49	14.29	2.05
Tajin Veggies & Chip	1 Svg	165	0	102	1.23	21.28	7.49	1.23
Veggies w/Dip & Chips	1 Svg	370	3	455	5.06	52.6	14.91	2.15

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.