


# Snack Nutrition Information

Table Legend													
Kcal = Calories		Chol = Cholesterol		Fiber = Total Fiber		Vit. C = Vitamin C							
Fat = Total Fat		Na = Sodium		Pro = Protein		Ca = Calcium							
Sat. Fat = Saturated Fat		Carb = Carbohydrates		Vit. A = Vitamin A		Fe = Iron							
<p>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 March 27, 2024.</p> <p>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 your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at <a href="mailto:dawsonkd@scps.k12.fl.us">dawsonkd@scps.k12.fl.us</a> for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:</p> <div style="text-align: center;">  <p>Seminole County Public Schools Red Apple Dining 400 East Lake Mary Blvd. Sanford, FL 32773 407-320-0226</p> </div> <p>When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.</p>													
Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat	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	125	0	0	0	0	32	2	1	-	-	-	-
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
BeneFIT Bar, Banana Chocolate Chip	1 each	280	8	3	15	220	47	3	5	-	-	40	2
BeneFIT Bar, French Toast	1 each	290	9	3	25	200	47	3	5	-	-	40	2
BeneFIT Bar, Oatmeal Choc Chip	1 each	280	8	3	15	230	47	3	5	-	-	30	2
Cantaloupe, Fresh	1/2 cup	27	0	0	0	13	7	1	1	2706	29	7	0
Cereal, Cinnamon Toast Crunch (Reduced Sugar)	1 bowl	100	3	0	0	160	22	3	1	300	5	90	3
Cereal, Froot Loops	1 bowl	100	1	0	0	170	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 Stick, Colby Jack	1 stick	90	6	4	15	180	1	0	8	-	-	200	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0
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	1	2	-	-	10	1
Chips, Baked Lay's BBQ Potato Crisps	1 bag	110	3	0	0	125	19	1	2	-	-	10	0
Chips, Baked Lay's Original Potato Crisps	1 bag	110	3	0	0	140	19	1	2	-	-	0	0
Chips, Doritos, Cool Ranch Tortilla Chips	1 bag	130	5	1	0	180	20	2	2	-	-	30	0
Chips, Doritos, Nacho Cheese Tortilla Chips	1 bag	130	5	1	1	200	20	2	2	-	-	40	0
Cookies, Alphabet	1 package	130	4	0	0	95	24	1	2	-	-	4	0
Cookies, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1
Cookie, Chocolate Brownie	1 each	190	7	2	10	170	31	2	3	-	-	18	1
Cookie, Chocolate Chip	1 each	200	7	2	15	160	33	2	3	-	-	16	1
Cookie, Red Velvet	1 each	190	6	2	10	150	32	2	3	-	-	15	2
Cookie, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Cracker, Blueberry Lemon Crispy Bites	1 package	120	4	1	0	60	21	2	2	-	-	0	1
Cracker, Cheez-it	1 package	100	4	1	5	150	14	1	2	0	-	20	1
Cracker, Educational Snack	1 package	120	4	0	0	65	22	2	2	-	-	4	1
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, Grahams Honey	1 package	90	3	0	0	90	17	1	1	-	-	10	1

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Craisins (Cherry and Strawberry)	1 package	110	0	0	0	0	27	2	0	-	0	-	-
Granola, Homemade	1 serving	202	9	4	14	2	28	3	3	184	0	0	1
Granola Bar, Chewy Cookies & Cream	1 each	150	4	1	0	135	29	4	2	0	-	130	1
Grapes, Fresh	1/2 cup	60	0	0	0	5	16	-	1	-	3	8	0
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0
<b>JUICY JUICE:</b>													
Juice, Apple - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Berry - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Fruit Punch - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Orange Tangerine - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	0
Milk, Chocolate, (Fat Free)	1 each	110	0	0	5	210	19	0	8	750	2	325	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	300	0
Munchies Snack Munch Mix	1 each	110	4	0	0	180	18	2	3	-	-	30	3
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	90	0	0	0	0	21	2	1	-	-	-	-
Peach, Fresh	1 each	35	0	0	0	0	9	1	1	297	6	5	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
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Raisins	1 package	120	0	0	0	10	30	2	1	-	-	26	1
Rice Krispies Treats (KZone)	1 each	160	4	1	0	140	30	0	2	0	0	0	2
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
Tangerine, Fresh	1 each	47	0	0	0	2	12	2	1	599	24	33	0
Yogurt, Upstate Strawberry Banana	1 each	90	0	0	0	55	19	0	3	-	-	290	0
Yogurt Parfait w/Strawberries	1 each	197	1	1	4	91	42	1	6	191	34	215	1

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