

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, August 9, 2022.

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Seminole County Public Schools
 Red Apple Dining
 400 East Lake Mary Blvd.
 Sanford, FL 32773
 407-320-0226

When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.

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	12	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
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, Cinnamon Toast Crunch	1 bowl	120	3	0	0	160	22	1	1	300	5	90	2
Cereal, Froot Loops	1 bowl	100	1	0	0	170	24	2	2	500	23	0	5
Cereal, Golden Grahams	1 bowl	110	1	0	0	210	24	1	1	-	-	90	2
Cereal, Honey Nut Cheerios	1 bowl	110	2	0	0	160	23	2	2	300	5	78	3
Cereal, Trix	1 bowl	110	2	0	0	150	24	1	1	-	-	130	3
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
Chips, Baked Cheetos Crunchy	1 bag	120	5	1	0	200	16	1	2	-	-	20	0


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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
Chips, Doritos, Sweet Chili	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
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, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Cracker, Animal	1 package	130	4	0	0	95	24	1	2	-	-	4	0
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

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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	-	-	10	0
Craisins (All Flavors)	1 package	110	0	0	0	0	27	2	0	-	-	-	-
Dressing, Lite Ranch Dip Cup (1.0 oz)	1 each	70	7	1	5	230	1	0	1	-	-	-	-
Dressing, Lite Ranch Dip Cup (1.5 oz)	1 each	110	10	2	10	350	2	0	1	-	-	30	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	-	-	170	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, Apple - 6 fl oz	1 carton	80	0	0	0	20	21	-	-	-	-	10	0
Juice, Fruit Punch Blend - 6 fl oz	1 carton	80	0	0	0	10	21	-	-	-	-	10	0
Juice, Orange - 6 fl oz	1 carton	80	0	0	0	20	20	-	1	-	54	-	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
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

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Rice Krispies Treats (KZone)	1 each	160	4	1	0	140	30	0	2	0	0	0	2
Snack Mix, Munchies Munch Mix	1 serving	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
Tangerine, Fresh	1 each	83	1	0	0	3	21	3	1	1062	42	58	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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