

After School Snacks 2017-2018

NISD Child Nutrition Department



Not all items will be offered each day. Please check with the cafeteria manager to confirm items are available.

Generated on: 8/17/2017 5:16:35 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
After School Snacks - 2017 & 2018															
Yogurt 4 oz –all flavors	1 portion	80	5	65	0.00	0.00	150.0	0	0.0	13	4.0	16.0	0.0	0.00	0.00
Strawberry Cereal Bar	1 each	172	0	145	2.15	0.77	0.0	0	0.0	16	2.15	26.88	4.3	1.61	0.00
Crackers - Cheese	1 pkg	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Pretzels	packet	1	0	2	0.02	0.01	0.0	0	0.0	0	0.02	0.15	0.02	0.00	0.00
Chex Strawberry	1 package	120	0	55	2.00	0.72	0.0	30	0.0	6	2.0	23.0	3.0	1.00	0.00
Cereal Rice Krispies	1-bowl	100	0	170	1.00	8.10	0.0	1000	12.0	1	2.0	23.0	0.5	0.00	0.00
Cereal Rice Chex	1-bowl	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	0.5	0.00	0.00
Cereal Cheerio Plain (limited quantity)	1-bowl	100	0	140	3.00	8.10	100.0	500	4.8	1	3.0	20.0	2.0	0.00	0.50
Mini Vanilla cookies (WG)	1 pkg	140	0	85	2.00	0.36	0.0	0	0.0	8	1.0	19.0	7.0	0.00	0.00
Cinnamon Mini Grahams	1 pkg	120	0	85	2.00	0.72	20.0	0	0.0	6	2.0	21.0	4.5	0.00	0.00
Doritos Nacho	1 package	130	0	200	2.00	0.36	20.0	100	0.0	0	2.0	20.0	5.0	1.00	0.00
Doritos Ranch	1 package	130	0	150	2.00	0.36	20.0	5	0.0	0	2.0	20.0	5.0	0.50	0.00
Doritos Nacho	1 package	130	0	200	2.00	0.36	20.0	100	0.0	0	2.0	20.0	5.0	1.00	0.00
Cheese, Cheddar	1 oz	80	20	220	0.00	0.00	200.0	300	0.0	0	7.0	1.0	6.0	3.50	0.00
Applesauce Cup	1/2 cup	50	0	15	1.00	0.00	0.0	60	60.0	12	0.0	14.0	0.0	0.00	0.00
Fresh, Apple	1 ea	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Fresh, Bananas	1 ea	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Fresh, Orange	1 ea	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
1% Milk	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Soy Pearl (Milk) Vanilla	8 oz	140	0	110	1.00	1.80	300.0	1000	0.0	15	8.0	17.0	4.5	0.50	0.00
Juicy Juice Apple	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice Grape	carton	100	0	15	0.00	0.00	0.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Juicy Juice Fruit Punch	carton	100	0	15	0.00	0.00	0.0	110	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice OJ/Tangerine	carton	110	0	15	0.00	0.00	0.0	0	60.0	26	0.0	27.0	0.0	0.00	0.00
Juicy Juice Berry	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice Strawberry/Kiwi	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.