

Nutritional Information: Snack

- Nutritional information is current as of 9/1/18 and will be updated as applicable.
- Snack meals can be served with a ¾ cup piece of fruit.
- The fruit is not included within the nutritional information for the snacks on this report. This information is provided on a separate report.
- If the snack meal pairing includes fruit juice, this will be noted in the meal name and the juice will be included within the nutrient information.
- To determine the correct menu item on the report, please refer to the production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the fruit that may be served with the snack by using the separate report that includes fruit, see below for an example.

Sample Snack Meal (comes with fruit)

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Snack Nutritional Information

Recipe Description	Port Size	Cal	Carb g
SNK, SAMPLE SNACK	1 EACH	100	14

Fruit Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, APPLE 3/4 CUP	1 EACH	77	20.58

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Snack	14 g
Apple (3/4 cup)	20.58
Total Carbs for Sample Meal = 34.58 g	

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Nutrient (K-12)

Snack									
Menu Item	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cinnamon Graham Crackers	110	19	4	0	0	15	1	6	2
Cinnamon Rumbles	100	15	3	1	0	5	2	2	1
Whole Grain Mini Dipperdoodle Bar	140	23	5	1	15	30	3	6	3
Whole Grain Mini Dipperdoodle Bar & String Cheese	330	40	14	5	40	250	5	11	13
Educational Crackers & String Cheese	200	22	10	4	15	265	2	6	9
Educational Crackers & Sunbutter	320	29	20	2	0	185	6	9	9
Educational Crackers	120	22	4	0	0	65	2	6	2
Educational Crackers & Apple Juice	200	42	4	0	0	80	2	23	2
Whole Grain Goldfish Colors Cheddar Crackers	100	14	4	1	0	170	1	0	2
Whole Grain Cheddar Colors Goldfish Crackers & 100% Fruit Juice	180	34	4	1	0	185	1	17	2
Whole Grain Goldfish Colors Cheddar Crackers & String Cheese	180	14	10	4	15	370	1	0	9
Whole Grain Goldfish Colors Cheddar Crackers with Yogurt	170	28	4	1	5	230	1	10	6
Whole Grain Cheddar Goldfish Crackers	100	14	4	1	3	170	1	0	3
Whole Grain Goldfish Crackers with String Cheese	180	14	10	5	18	370	1	0	10
Whole Grain Goldfish Cheddar Crackers & 100% Fruit Juice	180	34	4	1	3	185	1	17	3
Whole Grain Cheddar Hot & Spicy Goldfish Crackers	100	14	4	1	0	170	1	0	2
Whole Grain Cheddar Hot & Spicy Goldfish Cheddar Crackers & String Cheese	180	14	10	4	15	370	1	0	9
Whole Grain Cheddar Hot & Spicy Goldfish Crackers & 100% Fruit Juice	180	34	4	1	0	185	1	17	2
Whole Grain Goldfish Pretzels	90	16	2	0	0	200	1	0	2
Whole Grain Goldfish Pretzels & 100% Fruit Juice	170	36	2	0	0	215	1	17	2
Whole Grain Goldfish Pretzels & String Cheese	170	16	8	4	15	400	1	0	9
Honey Grahams & Apple juice	180	39	3	0	0	25	2	21	2
Honey Grahams	100	19	3	0	0	10	2	4	2
Roasted Sunflower Seeds with Yogurt	260	23	15	2	5	190	2	12	10
Honey Wheat Crackers	110	19	4	0	0	170	2	3	2
Whole Grain Goldfish Pretzels & Apple Juice	190	39	4	0	0	185	2	20	2
Honey Wheat Crackers with 100% Fruit Juice	190	39	4	0	0	185	2	20	2
Honey Wheat Crackers & String Cheese	190	19	10	4	15	370	2	3	9
Honey Wheat Crackers & Sunbutter	310	26	20	2	0	290	6	6	9
Whole Grain Ranch Rumbles	90	14	3	0	0	110	2	2	2
Whole Grain Ranch Rumbles & 100% Fruit Juice	170	34	3	0	0	125	2	19	2
String Cheese	80	0	6	4	15	200	0	0	7
String Cheese & 100% Fruit Juice	160	20	6	4	15	215	0	17	7
String Cheese & Granola	210	20	11	4	15	230	2	6	10
Roasted Sunflower Seeds	190	7	16	2	0	130	3	1	7
Blazin' Hot Sunflower Seeds	200	8	17	3	0	135	3	1	6
Blazin' Hot Sunflower Seeds and 100% Fruit Juice	280	28	17	3	0	150	3	18	6
Yogurt	70	14	0	0	5	60	0	10	4
Whole Grain Apple Zac Attack Bar	140	23	4	0	0	35	3	9	3
Whole Grain Strawberry Zac Attack Bar	140	23	4	0	0	35	3	9	3