

FARMINGTON PUBLIC SCHOOLS

ELEMENTARY SNACK NUTRITION FACTS - NUTRITION SERVICES DEPT.

Food Item	Serving Size	Calories	Carbs	Fat	Sat. Fat	Fiber
<u>Scooby-Doo! Graham Sticks</u>	1 pkg. (28g)	120	20g	4g	1g	N/A
<u>Vanilla Clodhoppers</u>	1 pkg. (36g)	165	27g	6g	5g	2g
<u>Cocoa Clodhoppers</u>	1 pkg. (36g)	165	27g	6g	5g	2g
<u>Baked! Cheetos</u>	1 oz (28g)	120	19g	5g	1g	0g
<u>Reduced Fat Baked Cheetos</u>	1 pkg. (25g)	120	17g	5g	1g	0g
<u>Seedless Raisins</u>	1.5 oz box	132	32g	0g	0g	2g
<u>Keebler Animal Crackers</u>	1 pkg. (29g)	130	22g	4g	1g	N/A
<u>Austin Zoo Animal Crackers</u>	1 pkg. (30g)	130	25g	2g	0g	<1g
<u>Orchard Fruit Snacks</u>	1 pkg. (26 g)	80	19g	0g	0g	0g
<u>Cinnamon Toast Crunch Crisps</u>	1 pkg. (28g)	116	22g	3g	0g	1g
<u>Tiny Twists Pretzels</u>	1 oz. (28g)	100	23g	0g	0g	1g
<u>Munchie Snack Kid's Mix</u>	1 pkg. (25g)	110	18g	4g	1g	1g
<u>Quaker Kid's Mix</u>	1 pkg.	110	18g	4g	1g	1g
<u>Original Popcorn</u>	1 bag (28g)	130	18g	5g	0.5g	4g
<u>Orange Sherbet</u>	1 pkg. (4 fl oz.)	120	27g	1.5g	1g	0g
<u>Lime Sherbet</u>	1 pkg. (4 fl oz.)	120	27g	1.5g	1g	0g
<u>Raspberry Sherbet</u>	1 pkg. (4 fl oz.)	120	27g	1.5 g	1g	0g
<u>String Cheese Stix</u>	1 pkg. (28g)	80	N/A	5g	3g	0g
<u>100% Juice</u>						
Apple	200 ml	90	21g	0g	0g	0g
Fruit Punch	200 ml	100	24g	0g	0g	0g
Very Berry	200 ml	100	24g	0g	0g	0g