

FARMINGTON PUBLIC SCHOOLS
SECONDARY SNACK NUTRITION FACTS - NUTRITION
SERVICES DEPT.

Food Item	Serving Size	Calories	Carbs	Fat	Sat. Fat	Fiber
<u>Plain Bagel</u>	3 3/4 oz.	250	50g	1.5g	0g	2g
<u>Honey Wheat Bagel</u>	3 3/4 oz.	250	51g	2g	0g	4g
<u>Cinnamon Raisin Bagel</u>	3 3/4 oz.	250	51g	1.5g	0g	2g
<u>Asiago Bagel</u>	3 3/4 oz.	260	46g	3.5g	1.5g	2g
<u>Parmesan Bagel</u>	3 3/4 oz.	260	45g	3.5g	2g	2g
<u>Onion Bagel</u>	3 3/4 oz.	250	50g	1.5g	0g	2g
<u>Everything Bagel</u>	3 3/4 oz.	260	50g	1.5g	0g	2g
<u>Cheese Bagel</u>	3 3/4 oz.	270	54g	1.5g	0g	2g
<u>Blueberry Bagel</u>	3 3/4 oz.	270	55g	1.5g	0g	2g
<u>Potato Chips</u>	1 pkg. (32g)	130	26g	2g	0g	2g
<u>BBQ Potato Chips</u>	1 pkg. (32g)	140	25g	4g	1g	2g
<u>Sour Cream Onion Potato Chips</u>	1 pkg. (32g)	140	24g	4g	1g	2g
<u>Baked Nacho Cheese Doritos</u>	1 pkg. (21g)	90	16g	3g	1g	1g
<u>Red. Fat Nacho Cheese Doritos</u>	1pkg. (28g)	130	19g	5g	1g	2g
<u>Red. Fat Cool Ranch Doritos</u>	1 pkg. (28g)	130	19g	5g	1g	2g
<u>Bacon Cheddar Fries</u>	1 bag (28g)	130	20g	4g	0.5g	2g
<u>Spicy Fries</u>	1 bag (28g)	130	20g	4g	0.5g	2g
<u>Atomic Apple Fruit Bites</u>	1 pkg. (21.3g)	70	18g	0g	0g	1g
<u>Citrus Cyclone Fruit Bites</u>	1 pkg. (21.3g)	70	18g	0g	0g	1g
<u>Charg-N Cherry Fruit Bites</u>	1 pkg. (21.3g)	70	18g	0g	0g	1g
<u>Cinnamon Teddy Grahams</u>	1 pkg. (21g)	90	16g	3g	1g	1g
<u>Smart Cookies</u>	1 pkg. (31g)	130	22g	3.5g	1.5g	<1g
<u>Baked! Cheetos</u>	1 oz (28g)	120	19g	5g	1g	0g

Reduced Fat Baked Cheetos	1 pkg. (25g)	120	17g	5g	1g	0g
Munchie Snack Kid's Mix	1 pkg. (25g)	110	18g	4g	1g	1g
Quaker Kid's Mix	1 pkg.	110	18g	4g	1g	1g
Cinnamon Toast Crunch Crisps	1 pkg. (28g)	116	22g	3g	0g	1g
Tiny Twists Pretzels	1 oz. (28g)	100	23g	0g	0g	1g
Original Popcorn	1 bag (28g)	130	18g	5g	0.5g	4g
Keebler Animal Crackers	1 pkg. (29g)	130	22g	4g	1g	N/A
Austin Zoo Animal Crackers	1 pkg. (30g)	130	25g	2g	0g	<1g
Seedless Raisins	1.5 oz box	132	32g	0g	0g	2g
Cocoa Clodhoppers	1 pkg. (36g)	165	27g	6g	5g	2g
Vanilla Clodhoppers	1 pkg. (36g)	165	27g	6g	5g	2g
Scooby-Doo! Graham Sticks	1 pkg. (28g)	120	20g	4g	1g	N/A
Raspberry Sherbet	1 pkg. (4 fl oz.)	120	27g	1.5 g	1g	0g
Lime Sherbet	1 pkg. (4 fl oz.)	120	27g	1.5g	1g	0g
Orange Sherbet	1 pkg. (4 fl oz.)	120	27g	1.5g	1g	0g
100% Juice						
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
Strawberry-Banana Yogurt	1 pkg. (113g)	100	20g	1g	1g	0g