

## 2010-2011 SNACK – CALORIE, CARBOHYDRATE AND FAT CONTENT

C= Early Ed/Infant Centers

SNACK ITEMS:	CALORIES	CARBOHYDRATES (Gm)	FAT (Gm)
Blueberry Muffin, 1	151	24	5
Cereal: Multigrain Cheerios, 1 Bowl	72	15.4	1
Toasted Oats, 1 Bowl	70	14	1
<b>Graham Crackers, Cinnamon, 1 pkg. (while supplies last)</b>	<b>130</b>	<b>20</b>	<b>4</b>
Graham Crackers, Regular, 1 pkg.	102	18	2.8
Graham Crackers, Vanilla, 1 pkg.	111	19.5	3.2
<b>FRUITSIDES:</b>			
Apple Slices, Fresh, 2 oz.	29	7.8	0
<b>Apple, Whole, Fresh, 1</b>	<b>62</b>	<b>15.4</b>	<b>0.2</b>
Banana, Fresh, 1	121	31.1	0.5
Cantaloupe, Fresh Cut, #6 disher	34	8.1	0.2
Honeydew, Fresh Cut, #6 disher	36	9	0.1
Orange Citrus Smiles, 1 pkg. 4.7 oz.	63	15.7	0
<b>Orange, Whole, Fresh, 1</b>	<b>62</b>	<b>15.4</b>	<b>0.2</b>
<b>Pear, Whole, Fresh, 1</b>	<b>70</b>	<b>18.7</b>	<b>.14</b>
<b>CHILLED JUICES</b>			
Apple Juice, 4 oz.	55	14.5	0
Fruit Punch Juice, 4 oz.	60	15	0
Orange Juice, 4 oz.	55	13.5	0
Pineapple Juice, 4 oz.	70	15	0
Wild Berry Juice, 4 oz.	60	14.5	0
<b>MILK CHOICES:</b>			
Chocolate, Fat-Free, ½ pt.	120	22	0
Chocolate, 1%, 6 fl. oz. (C)	128	22.5	2.3
Lactose, (Lactaid) Fat-Free, ½ pt.	90	13	0
Soy Milk, ½ pt.	120	8	2.5
Strawberry, Fat-Free, ½ pt.	130	27	0
White, 1%, ½ pt.	120	14	2.5
Whole Milk, 6 fl. oz. (C)	113	8.3	6.0
Whole Milk, ½ pt.	150	11	8.0

Items in Bold are updates since the last publication.