

Elementary Smart Snacks	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Calcium (mg)
Fruit										
Applesauce, 4 oz cup	4 oz	100	0	0	0	0	25	1	0	0
Apple	1	81	0.5	0.1	0	1	21	3	0.3	10
Applesauce, cinnamon 4 oz cup	4 oz	100	0	0	0	0	24	1	0	0
Applesauce, strawberry 4 oz cup	4 oz	100	0	0	0	0	23	1	0	0
Banana	1	105	0.6	0.2	0	1	26.7	1.8	1.2	7
Cantaloupe	1/2 cup	29	0.2	0.04	0	7	6.7	0.65	0.7	8.5
Fruit Mix, 4 oz cup	1/2 cup	80	0	0	0	10	19	1	1	0
Fruit, Variety	1/2 cup	65	0.21	0.05	0	5	16.79	1.54	0.59	8.75
Grapes	1/2 cup	31	0	0	0	1	7.5	0.4	0	6
Mandarin Oranges, 4 oz cup	4 oz	80	0	0	0	10	19	1	0	40
Orange	1	65	0.1	0	0	1	16.3	0	1.4	56
Pears, diced, 4 oz cup	4 oz	80	0	0	0	0	19	0	0	0
Raisins, pack	1 pack	130	0	0	0	4	31	2.3	1	20
Strawberries	1/2 cup	23	0.22	0.01	0	1	5.53	1.44	0.48	11.52
Watermelon	1/2 cup	25	0.35	0.01	0	1.5	5.74	0.3	0.5	5.32
Vegetables										
Carrots and Celery Sticks w/ Ranch Dip	1/2 cup	98	4.2	0	0	225	11.8	2.9	1	35
Cucumbers	1/2 cup	7	0.1	0	0	1	1.5	0.5	0.3	7
Other										
Animal Crackers	1 oz	130	4	1	0	110	21	2	2	100
Cheese Stick	1 oz	80	5	3	0	190	0	0	7	200
Graham Crackers	2 ct package	60	1.5	0	0	90	11	0	1	0
Hard Boiled Egg	1	70	5	1.5	0	70	0	0	6	20
Jelly Sandwich	half	95	0.5	0	0	131	19	1	3	2
Strawberry Nutri Grain Bar	1.55 oz	160	4	0.5	0	150	29	3	2	250
Sunbutter Sandwich	half	203	11	1.5	0	205	17.5	3.5	7.5	17
Sunflower Seeds	1 oz	150	13	1.5	0	210	7	0	5	20
Teddy Grahams, Chocolate	.75 oz	90	3	1	0	115	15	1	1	80
Teddy Grahams, Cinnamon	.75 oz	90	3	0.5	0	95	16	1	0	80
Whole Grain Cereal Bar Cheerio	1	150	3	0.5	0	90	30	3	2	200
Whole Grain Cereal Bar Cinnamon Toast	1	150	3	0.5	0	115	30	3	3	200
Whole Grain Goldfish Crackers	.75 oz	100	3.5	1	0	170	14	1	3	20
Yogurt, Trix	4 oz	100	0.5	0	0	50	20	0	3	100
Products may vary slightly depending upon availability										