



# Before and After School Program Food Choices



Product Name	Calories	Carbs	Protein	Fat	Saturated Fat	Sugar	Sodium	Iron	Calcium
<b>Before School Choices</b>									
Cinnamon Toast Crunch (3/4 cup)	120 kcal	24 g	1 g	3 g	0 g	2 g	190 mg	45%	10%
Trix (1 cup)	120 kcal	26 g	1 g	1.5 g	0 g	3 g	180 mg	45%	10%
Assorted Kellogg's (1 cup)	117 kcal	27 g	1 g	1 g	0.1 g	15 g	143 mg	23%	1%
Garlick Farms 2% milk (1 cup)	130 kcal	12 g	8 g	5 g	3 g	12 g	130 mg	0%	30%
<b>After School Choices</b>									
Baked Cheetos (1 oz.)	130 kcal	19 g	2 g	5 g	1 g	1 g	240 mg	6%	2%
Baked Doritos (1 oz.)	120 kcal	21 g	2 g	3.5 g	0.5 g	1 g	220 mg	4%	4%
Smart Food Popcorn (1 package)	120 kcal	15 g	3 g	5 g	1 g	>1 g	230 mg	2%	2%
Sunchip Garden Salsa (1 oz.)	140 kcal	19 g	2 g	6 g	1 g	2 g	160 mg	2%	0%
Sunchip Harvest Cheddar (1 oz.)	140 kcal	19 g	2 g	6 g	1 g	2 g	170 mg	0%	0%
Cheez Its (29 crackers)	130 kcal	20 g	4 g	4 g	1 g	0 g	360 mg	10%	4%
Austin's Cheese Crackers (6 ct)	200 kcal	24 g	3 g	10 g	2 g	6 g	370 mg	6%	4%
ScobbyDoo Graham Crackers (9)	130 kcal	22 g	2 g	4 g	1 g	8 g	120 mg	4%	10%
Austin's Chocolate Crème (1 oz.)	134 kcal	20 g	1.5 g	6 g	1 g	10 g	171 mg	6%	1%
Sunflower Kernels (1/2 oz.)	80 kcal	3 g	2.5 g	7 g	1 g	2 g	38 mg	5%	0%
Apple & Eve 100% Juice (1 cup)	110 kcal	26 g	1 g	0 g	0 g	22 g	5 mg	0%	0%