

LOWER TOWNSHIP ELEMENTARY SCHOOLS

NUTRITIONAL CHART - SNACKS

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Goldfish	100	2g	14g	3.5g	1g	0	0	2%	2%	5mg	180mg	1g	21g
Goldfish Grahams	120	1g	19g	4g	1g	0	0	10%	4%	0	110mg	1g	26g
Teddy Grahams	90	1g	11g	3g	0.5g	0	0	4%	2%	0	95mg	1g	21g
Graham Crackers (2 pak)	60	1g	11g	1.5g	0	0	0	0	4%	0	90mg	1g	14g
Graham Crackers (3 pak)	90	1g	17g	2g	0	0	0	0	4%	0	125mg	1g	21g
Animal Crakers	130	2g	25g	2g	0	0	0	0	6%	0	90mg	1g	30g
Peanut Butter Crackers	190	5g	23g	9g	2.5g	0	0	6%	8%	0	370mg	2g	39.1g
Doritos	90	2g	16g	3g	0.5g	0	0	2%	2%	0	170mg	1g	21.2g
Cheetos	120	2g	17g	4.5g	1g	0	0	10%	4%	0	210mg	0	24.8g
Baked Chips	140	2g	24g	3g	0.5g	0	2%	8%	2%	0	240mg	2g	31.8g
Baked BBQ Chips	140	2g	24g	3.5g	0.5g	0	4%	2%	0	0	240mg	2g	31.8g
Baked SCO Chips	140	2g	24g	3.5g	0.5g	0	4%	4%	2%	0	240mg	2g	31.8g
Sun Chips	140	2g	18g	6g	1g	0	0	0	2%	0	120mg	2g	28.3g
Sun Chips French Onion	140	2g	19g	6g	1g	0	0	0	2%	0	160mg	2g	28.3g
Sun Chips Harvest Cheddar	140	2g	19g	6g	1g	0	0	0	2%	0	160mg	2g	28.3g
Popcorn Smart Foods	70	2g	9g	3	0.5g	0	0	0	2%	5mg	130mg	1g	14.1
Chex Mix	140	3g	27g	3.5	0.5g	0	0	2%	2%	0	250mg	1g	35g
Granola Bars Nature Valley	110	2g	21g	2g	0	0	0	10%	2%	0	55mg	1g	28g
Granola Bars Quaker	100	1g	18g	3g	1.5g	0	0	8%	2%	0	75mg	1g	24g
100 Cal Oreo	100	1g	19g	2g	0	0	0	0	6%	0	160mg	1g	23g
100 Cal Chips Ahoy	100	1g	18g	3g	0.5g	0	0	0	4%	0	140mg	1g	23g
100 Cal Lorna Doone	100	1g	16g	3g	1.5g	0	0	0	4%	0	120mg	0	21g
Tiny Twist Pretzels	50	1g	11g	0.5g	0	0	0	0	6%	0	290mg	1g	14.1g
Soft Pretzels	180	6g	38g	1	0	0	0	0	0	0	150mg	1g	70g
Mini Soft Pretzels	70	2g	16g	0	0	0	0	0	0	0	60mg	1g	28g
Fudgesicles	120	1g	15g	3g	2g	0	0	10%	0	10mg	35mg	0	90g
Creamsicles	90	1g	15g	2g	1.5g	0	0	4%	0	10mg	35mg	0	59g
Scribblers	60	0	15g	0	0	0	20%	0	0	0	5mg	0	79g
Cherry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Raspberry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Strawberry Shape Ups	80	0	21	0	0	0	0	0	0	0	15mg	0	86.8g
Chocolate Chip Cookies	110	1g	19g	3.5g	1g	0	0	0	4%	5mg	65mg	1g	28g
Oatmeal Raisin Cookies	110	2g	18g	3.5g	1g	2%	0	0	4%	10mg	80mg	1g	28g
Sugar Cookies	110	1g	19g	3.5g	1g	2%	0	0	4%	10mg	80mg	0	28g