

SNACK- CALORIE, CARBOHYDRATE AND FAT CONTENT

| SNACK ENTREES: | CALORIES | CARBOHYDRATE | FAT |
|---|-----------------|---------------------|------------|
| | | Gm | Gm |
| Saltine Crackers, 2 | 100 | 18 | 2 |
| Peanut Butter & Jelly Pocket, 1 | 604 | 57 | 33 |
| Goldfish Crackers, 1 | 100 | 14 | 3.5 |
| Whole Grain Cereal Bowl-Toasted Oats, 1 | 70 | 14 | 1 |
| Graham Crackers-Reg. LF, 1 | 102 | 18 | 3 |
| | | | |
| FRUIT/VEGETABLE/JUICE: | | | |
| Apple Juice, 4 oz. | 55 | 14 | 0 |
| Orange Citrus Smiles, 1 pkg. | 63 | 16 | 0 |
| Orange Juice, 4 oz. | 55 | 13.5 | 0 |
| Whole Baby Carrots, 1 pkg. | 30 | 7 | 0 |
| | | | |
| MILK CHOICES: | | | |
| Chocolate, Fat-Free, ½ pt. | 120 | 22 | 0 |
| Chocolate, Low Fat, 1 cup (EEC/Infant Ctrs) | 160 | 28 | 3 |
| Lactose Fat-Free, ½ pt. | 90 | 13 | 0 |
| Strawberry, 1%, ½ pt. | 160 | 27 | 2.5 |
| White, Fat-Free, ½ pt. | 90 | 12 | 0 |
| White, 1%, ½ pt. | 120 | 14 | 2.5 |