

# STATEWIDE AFTER SCHOOL SNACK SY 2021-2022

Values are listed as grams (g) of carbohydrates per grade-appropriate portion size and are rounded to the nearest whole number.

Unless otherwise indicated, portion sizes vary per grade level and are noted in (). Fresh fruit offered per grade-appropriate portion size may vary by season and availability.

**KEY:**

K- Kindergarten

A- Adult

WG- Whole Grain

<b>SNACK</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
WG CHIPS	1 OZ, 1 PKG	18
SALSA CUP	3 OZ	6
CHOCOLATE GRAHAM SNACK	1 OZ, 1PKG	20
APPLE JACKS	1 OZ	24
CHEX MIX	0.92 OZ	20
SWEET CRACKER	1 OZ (29 G)	22
NUTRIGRAIN STRAWBERRY BAR	1.55 OZ	23
NUTRIGRAIN APPLE CINNAMON BAR	1.55 OZ	23
CHEESE CRACKER	0.75 OZ	14
RICE KRISPIE TREAT	1.41 OZ	30
CINNAMON POP TART	1.76 OZ	36
STRAWBERRY POP TART	1.76 OZ	36
VANILLA CRUNCH SNACKS	1 OZ	21
PINEAPPLE SUNRISE SURPRISE	1 EA, 2.66 OZ	55
FROOT LOOPS	1 pouch	24
<b>BEVERAGES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
VERY BERRY JUICE	3/4 C, 6.75 OZ	22
APPLE PEAR JUICE	3/4 C, 6.76 OZ	24
ORANGE TANGERINE JUICE	3/4 C, 6.75 OZ	24
APPLE JUICE	3/4 C, 6.75 OZ	21
WHITE SHELF STABLE MILK	1/2 PINT, 1 CUP	12
<b>FRESH FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
APPLES, FUJI	1 C	16
	1/2 C	8
	1/4 C	4
BANANAS, RAW	1 C	51
	1/2 C	26
	1/4 C	13
	EX-SMALL (<6")	19
	SMALL (6"-6-7/8")	23
	MED (7"-7-7/8")	27
CANTALOUPE, RAW	LARGE (8"-8-7/8")	31
	EX-LARGE (>9")	35
	1 C	14
	1/2 C	7
	1/4 C	4

HONEYDEW MELON, RAW	1 C	16
	1/2 C	8
	1/4 C	4
GRAPES, RED OR GREEN SEEDLESS, RAW	1 C	27
	1/2 C	14
	1/4 C	7
ORANGES, RAW, ALL COMMERCIAL VARIETIES	1 C	21
	1/2 C	11
	1/4 C	5
PAPAYAS, RAW	1 C	16
	1/2 C	8
	1/4 C	4
PEARS, RAW	1 C	21
	1/2 C	11
	1/4 C	5
PERSIMMONS, JAPANESE, RAW	1 C	37
	1/2 C	19
	1/4 C	9
PINEAPPLE, RAW, ALL VARIETIES	1 C	22
	1/2 C	11
	1/4 C	6
STRAWBERRIES, RAW	1 C	12
	1/2 C	6
	1/4 C	3
TANGERINES, RAW	1 C	26
	1/2 C	13
	1/4 C	7
	SMALL (2-1/4"DIA)	10
	MED (2-1/2"DIA)	12
WATERMELON, RAW	1 C	12
	1/2 C	6
	1/4 C	3
<b>MILK</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
MILK, WHITE, 1%, LOW FAT	1/2 PT, 8 OZ	13
MILK, CHOCOLATE, NONFAT SKIM	1/2 PT , 8 OZ	22

Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrient levels may vary based on methods of preparation, origin, and freshness of ingredients, etc. While we do our best to ensure accuracy, we make no representation or warranty regarding the information contained in this document. Although we are providing nutritional information for our menus, the information in this document is for informational purposes only. No information, services or materials offered shall be construed as or understood to be medical advice or care.

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Washington, D.C. 20250-9410; or
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- 3.email:  
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