Nutrition Guidelines for Food and Beverage

Smart Snacks & Beverage

Fruit Cup .75

Vegetable Cup .75

Whole Grain Corn Muffin .50

Whole Grain Banana Mini Loaf .50

Whole Grain Blueberry Muffin .40

Whole Grain Apple Cinnamon Mini Loaf .45

Whole Grain Chocolate Chip Mini Loaf .45

Whole Grain Mini Alphabet Cookies .35

Goldfish Grahams Cookies .30

Cinnamon Toast Crunch Cereal Bar .45

Cheese-it Baked Crackers .30

Two French Toast Breakfast Stick .50

Apple Juice Sun Cup.25

Grape Juice Sun Cup .25

Orange Juice Sun Cup .25

Low-fat Milk 1% .35

Low-fat Milk Vanilla .35

Low-fat Milk Chocolate .35

Mini Water Bottle .25

4 OZ Assorted Yogurt .45