

Tucson Unified School District
After School Snack Menu Nutrient Values by Item Type

Fruit Cups - Two individual serving cups are offered for After School Snacks; Nutrients are just for EACH applesauce cup.	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Applesauce Cup, assorted - All varieties, pre-packaged	1 each =	half cup	90	0	22	0
Fruit Mix cup (Peaches Pear Pineapple & Diced Apple) individual single serve container	1 each=	half cup	70	0	16	0
Peach Cup (individual single serve container)	1 each =	half cup	70	0	16	0
Pear Cup (individual single serve container)	1 each =	half cup	70	0	16	0
Whole Grain Items (Bold items are most common used 2017-18)	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Bar Nutrigrain Blueberry	1.00	Bar	150.0	2.0	30.0	4.0
Bar Nutrigrain Strawberry	1.00	Bar	160.0	2.0	29.0	4.0
Bar Nutrigrain Apple Cinn	1.00	Bar	160.0	2.0	30.0	4.0
Bar Cinnamon Crisp	1.00	Bar	140.0	2.0	24.0	5.0
Bar, Cocoa Cherry	1.00	Bar	200.0	3.0	37.0	5.0
Bar Granola Chewy Berry Rice Krispie (WG)	1.00	Bar	140.0	2.0	27.0	3.0
Bar Granola Chewy Apple Cinnamon Rice Krispie (WG)	1.00	Bar	140.0	2.0	27.0	3.0
Bar Granola Chewy Chocolate Krispie (WG)	1.00	Bar	150.0	2.0	27.0	4.5
Bread Banana Ultra Grain	1.00	EA	280.0	5.0	44.0	10.0
Bread Zucchini Ultra Grain	1.00	EA	270.0	5.0	43.0	10.0
Breadstick Maple WG	1.00	Each	120.0	3.0	23.0	2.5
Chips Tortilla Baked Tostitos (WG)	1.00	package	110.0	2.0	19.0	2.5
Salsa offered with tortilla chips	0.25	Cup	20.0	0.0	4.0	0.0
Grain items, continued	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Crackers Cheez-It Whole Grain	1.00	Pkg	100.0	2.0	14.0	3.5
Pretzels Heartzels WG	1.00	PKG	80.0	2.0	15.0	1.5
Snack Mix Chex Strawberry Yogurt WG	1.00	Pkg	120.0	2.0	23.0	3.0
Munchie Munch Mix (formerly Kid's Snack Mix) Quaker Wg	1.00	Pkg	100.0	3.0	17.0	3.0
Snack Mix Chex Cheddar Wg	1.00	Pkg	110.0	2.0	20.0	2.5
Crackers Bug Bites Cinnamon Graham Wg	1.00	Each	120.0	2.0	21.0	3.5
Crackers Animal WG	1.00	EA Each	130.0	2.0	21.0	4.0
Crackers Cinnamon Crisp Biscuit	1.00	Pkg	150.0	3.0	25.0	5.0
Crackers Goldfish Whole Grain Cheddar	1.00	Package	100.0	3.0	14.0	3.5
Crackers Goldfish Giant Oat Honey WG	1.00	Pkg	120.0	1.0	18.0	4.0
Snack Mix Chex Chocolate Caramel Whole Grain	1.00	pkg	120.0	2.0	21.0	4.0
Proteins	Portion	Unit	Calories	Protein g.	Carb. G.	Total Fat g.
Cheese Stick Colby Jack Reduced Fat	1.00	OZ	110.0	7.0	0.0	9.0
Cheese Stick Cheddar Mild Reduced Fat	1.00	OZ	110.0	7.0	0.0	9.0
Cheese String Mozzarella (part skim)	1.00	OZ	80.0	7.0	1.0	6.0
Yogurt 4 Oz Assorted Flavors, Fat Free	1.00	average	94.0	3.0	20.2	0.0