

# FCS

Friends Community School



## Ex-Day Snack Offerings



# Sample Snack Menu

## Juice

Apple Juice

## Fruit

Banana

## Carb

Cheez Its

Menu changes daily  
using the items listed  
below with some  
variation based on  
seasonal items or  
what's available at  
wholesale stores

# CHEEZ-IT WHITE CHEDDAR

## Baked Snack Crackers

### Nutrition Facts

Serving size 1 Pouch (42g)

Amount per serving

**Calories 210**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 2.5g

**Cholesterol** <5mg **1%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber <1g **3%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg 0% • Calcium 25mg 2%

Iron 1.7mg 8% • Potassium 45mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), vegetable oil (soybean and palm oil with TBHQ for freshness), white cheddar cheese (milk, cheese cultures, salt, enzymes). Contains 2% or less of salt, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, whey protein concentrate, butter (cream, salt), baking soda, yeast, natural and artificial flavor, lactic acid, calcium lactate, disodium phosphate, citric acid, turmeric extract color, annatto extract color, soy lecithin.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**



### Nutrition Facts

Serving Size 1 Pack (21g)

Amount per serving

**Calories 100**

% Daily Value\*

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

**Cholesterol** 5mg **2%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber <1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg 0% • Calcium 30mg 2%

Iron 0.9mg 6% • Potassium 30mg 0%

Niacin 1.6mg 10% • Folate 55mcg DFE 15%

(30mcg folic acid)

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DO NOT USE IF PACKAGE IS OPEN OR TORN

Contains bioengineered food ingredients. The ingredients from soy, sugar and canola in this product come from genetically modified crops. Learn more at [pepperidgefarm.com](http://pepperidgefarm.com)

Satisfaction guaranteed. For questions or comments, please call us toll free 1-888-737-7374. Thank you.



BAKED IN U.S.A.  
14367-8-550E3  
91000102821

Visit our website at  
[www.GoldfishSmiles.com](http://www.GoldfishSmiles.com)

MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), ANNATTO, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA. CONTAINS: WHEAT, MILK.

PEPPERIDGE FARM INC., NORWALK, CT 06856

# Snyder's Mini Pretzels

Nutrition Facts	
Serving Size 1 package (26g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 8%	Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
<b>INGREDIENTS:</b> Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda.	
*Adds a trivial amount of fat	
<b>CONTAINS: WHEAT</b>	

A circular logo with a thick black border. Inside the circle, the words "PEANUT FREE" are written in a circular path. In the center of the circle is a stylized peanut with a thick black outline and a small cross-like shape in the middle.

# Frozen Gogurt

Nutrition Facts			
About 2.5 servings per carton			
Serving size 3 tubes (170g)			
Calories	Per Serving	Per Tube	
	150	50	
	% DV*	% DV*	
Total Fat	1g 1%	0g 0%	
Saturated Fat	0.5g 3%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	< 5mg 2%	0mg 0%	
Sodium	75mg 3%	25mg 1%	
Total Carbohydrate	29g 11%	10g 4%	
Dietary Fiber	0g 0%	0g 0%	
Total Sugars	22g	7g	
Incl. Added Sugars	18g 36%	6g 12%	
Protein	6g	2g	
Vitamin D	3.3mcg 15%	1.1mcg 6%	
Calcium	430mg 35%	140mg 10%	
Iron	0mg 0%	0mg 0%	
Potassium	240mg 6%	0mg 0%	
Vitamin A	310mcg 35%	100mcg 10%	

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**Nutrition Facts**

**Servings per container**  
**Serving size** 1 Bar

Amount per serving  
**Calories**

**Total Fat**

<b>Total Fat</b>	3.5g	4%	3.5g	4%	3.5g	4%
Saturated Fat	0.5g	3%	0.5g	3%	0.5g	3%
Trans Fat	0g		0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%	0mg	0%
<b>Sodium</b>	125mg	5%	130mg	6%	140mg	6%
<b>Total Carbohydrate</b>	25g	9%	25g	9%	25g	9%
Dietary Fiber	1g	5%	1g	5%	1g	5%
Total Sugars	13g		13g		12g	
Incl. Added Sugars	12g	24%	12g	24%	12g	24%
<b>Protein</b>	2g		2g		2g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	130mg	10%	130mg	10%	130mg	10%
	Iron	1.8mg	10%	1.8mg	10%	1.8mg	10%
	Potassium	80mg	0%	80mg	0%	80mg	0%
	Vitamin A		10%		10%		10%
	Thiamin		10%		10%		10%
	Riboflavin		10%		10%		10%
	Niacin		10%		10%		10%
	Vitamin B <sub>6</sub>		10%		10%		10%
	Zinc		10%		10%		10%

- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[illegible]

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS**

[illegible]

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS**

[illegible]

**CONTAINS WHEAT, MILK AND SOY  
INGREDIENTS.**

Distributed by Kellogg Sales Co.,  
Battle Creek, MI 49016

©, TM, © 2021 Kellogg NA Co.

Contains a bioengineered food ingredient

**MADE WITH**

**REAL  
FRUIT**



ENLARGED THROUGHOUT  
FOR BETTER VIEWING



# NUTRI GRAIN

### SOFT BAKED BREAKFAST BARS

## 12 STRAWBERRY

NATURALLY FLAVOURED WITH OTHER NATURAL FLAVOURS

## 12 BLUEBERRY

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

## 12 APPLE CINNAMON

 **MADE WITH 8g WHOLE GRAINS**

✓ **GOOD SOURCE OF CALCIUM & IRON**

**ENERGY TO START THE DAY**

Nutri-Grain® Bars

Variety Pack 45.9 oz

USPC Proof of Purchase



K 209137 000

## Nutrition Facts

20 servings per container  
Serving size 2 cookies (25g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	

Vit. D 0mcg 0% • Calcium 0mg 0%  
Iron 0mg 0% • Potas. 0mg 0%

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## Nutrition Facts

8 servings per container

Serving size 1 pack (50g) (4 biscuits)

Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 220mg **10%**

**Total Carbohydrate** 35g **13%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Includes 10g Added Sugars **20%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 20mg **0%**

Iron 1.8mg **10%**

Potassium 90mg **0%**

Thiamin 0.12mg **10%**

Riboflavin 0.13mg **10%**

Niacin 1.6mg **10%**

Vitamin B6 0.17mg **10%**

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breakfast  
**belVita**

**cinnamon  
brown sugar**



**INGREDIENTS:** WHOLE GRAIN BLEND (ROLLED OATS, RYE FLAKES), ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CANOLA OIL, SUGAR, WHOLE GRAIN WHEAT FLOUR, BROWN SUGAR, MALT SYRUP (FROM CORN AND BARLEY), INVERT SUGAR, BAKING SODA, SALT, SOY LECITHIN, DISODIUM PYROPHOSPHATE, CINNAMON, DATEM, NATURAL FLAVOR, FERRIC ORTHOPHOSPHATE (IRON), NIACINAMIDE, MOLASSES, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1).

**CONTAINS: WHEAT, SOY.**

## Nutrition Facts

about 10 servings per container

Serving size 2 cookies (29g)

Amount per serving

**Calories** **100**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 95mg **4%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Includes 12g Added Sugars **24%**

**Protein** less than 1g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.4mg **2%**

Potassium 50mg **0%**

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**Newtons**  
No High Fructose Corn Syrup

**Soft & Chewy  
Strawberry**



## Nutrition Facts

12 servings per container  
Serving size 1 Piece (21g)

Amount per serving

**Calories** **90**

% Daily Value\*

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>22%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>11%</b>
Vitamin D 0.1mcg	<b>0%</b>
Calcium 150mg	<b>10%</b>
Iron 0.1mg	<b>0%</b>
Potassium 20mg	<b>0%</b>

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## INGREDIENTS:

Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color).



## Nutrition Facts

24 servings per container  
Serving size 1 pouch (90g)

Amount Per Serving

**Calories** **45**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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# FCS Ex-Day

