

**Nachos and Cheese**



**Trail Mix**



**Yogurt Parfait**



**6-inch Turkey Sub**



<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1/4 cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 110mg	3%

<b>Nutrition Facts</b>	
11 servings per container	
<b>Serving size</b>	<b>11 chips, 2 Tbsp. dip (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 19g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 0mg	0%

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 6-inch sub (245g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 1220mg	<b>53%</b>
<b>Total Carbohydrate</b> 47g	<b>36%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 7g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 400mg	40%
Iron 4mg	20%
Potassium 0mg	0%

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5 oz. (149g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 22g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 100mg	10%
Iron 0.5mg	4%
Potassium 249mg	5%

### Apple with Peanut Butter



### Chocolate-covered Raisins



### Granola Bar



### Movie Theater Popcorn



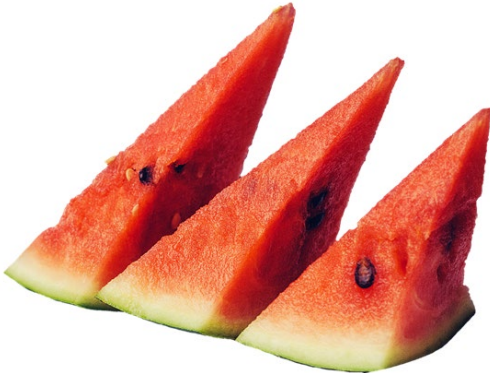
<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1/4 cup (45g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>24%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 27g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 215mg	5%

<b>Nutrition Facts</b>	
Serving size 1 med apple plus 2 TBSP	
peanut butter (214g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>285</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 3g	<b>14%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 138mg	<b>6%</b>
<b>Total Carbohydrate</b> 32g	<b>25%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 22g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 27mg	3%
Iron 1mg	4%
Potassium 374mg	8%

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>4 cups popped (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 60mg	2%

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3.5g	<b>16%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 20mg	11%
Iron 1mg	6%
Potassium 0mg	0%

**Watermelon**



**Cereal and Milk**



<b>Nutrition Facts</b>	
<b>Serving size 1 cup (28g) cereal plus 1/2 cup skim milk (120ml)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 2mg	<b>0%</b>
<b>Sodium</b> 255mg	<b>11%</b>
<b>Total Carbohydrate</b> 29g	<b>22%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 2g	
Vitamin D 150mcg	25%
Calcium 125mg	15%
Iron 8mg	45%
Potassium 45mg	7%

<b>Nutrition Facts</b>	
<b>Serving size 1 cup (152g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>8%</b>
Dietary Fiber 0.5g	<b>2%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.5mg	2%
Potassium 170mg	4%