MUSD Nutritional Information

Preschool Snack Nutrition

2020-2021

- All nutritional information is provided by the companies that process the food items we purchase.
- Menifee Union School District does not assume the responsibility of the accuracy of the information provided.
- Not all items are served daily and menus are subject to change without notice.

Snack	Cal.	Carbs g	Sodium mg	Sat Fat g	Tot Fat g	Chol. mg	Sugar g	Protein g
1% White Milk	100	12	105	1.5	2.5	10	12	8
Soymilk –Organic	140	17	110	0.50	4.5	0	15	8
100% Apple Juice	60	15	10	0	0	0	14	0
100% Fruit Juice	60	13	5	0	0	0	13	0
100% White Grape Juice	80	20	10	0	0	0	20	0
Applesauce Cup	60	14	0	0	0	0	13	0
Apple Slices	34	8	0	0	0	0	6	0
Apple Slices (Gala)	30	7	0	0	0	0	8.81	0
Baby Carrots	25	6	55	0	0	0	3	0
Cheerios Cereal	100	20	140	0.5	2	0	1	3
Diced Peach Cup	70	18	10	0	0	0	13	0
Peach Applesauce Cup	50	14	0	0	0	0	12	0
Ranch Dressing-Fat Free	10	2	125	0	0	0	0	0
Rice Chex Cereal	100	24	250	0	0.5	0	2	2
WG Apple Muffin	117	19.5	74	0.4	3.2	18	7.3	2.4
WG Banana Muffin	120	20	74	0.5	3.3	18	8	2.4
WG Blueberry Muffin	119	18	169.2	0.8	4.6	27.3	8.6	2.4
WG Cheez-It Crackers	100	14	150	1	3.5	5	0	2
WG Chocolate Chip Muffin	200	32	190	1.5	7	15	16	3
WG Goldfish Crackers	100	14	170	0.5	4	0	0	2
WG Graham Cracker	90	17	95	0	2.5	0	5	2
WG Maple Graham Crackers	110	20	115	0	3.5	0	6	2
WG Scooby Doo Graham Crackers	119	21	115	1	0	0	8	2
WG Vanilla Dots Grahams	120	20	95	0	4	0	7	2

07.10.2020

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