

Nutritional Information - Snacks & Breaks



Menu Item	Serving Size	Calories	Cals from fat		Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish	Additional info	
Assorted Crackers	3-6 pcs	70-90	25-45	9-10	3-5	0.5-1	0	0	0	125-150	0-0.5	1	<1	X											
Assorted Mini Candy Bars	5 pieces	210	117	25	13	7	0	5	30	2	22	3	X		X		X	X		X					
Brownie - Chocolate	1 brownie	440	198	58	22	12	0	100	130	2	42	6	X			X	X	X							
Brownie - Peanut Butter	1 brownie	440	234	50	26	12	0	80	160	2	36	8	X			X	X	X							
Brownie - Salted Caramel	1 brownie	360	162	52	18	10	0	80	480	2	44	4	X			X	X	X							
Cookie - Chocolate Chunk	1 cookie	190	80	26	9	4.5	0	20	105	1	15	2	X			X	X	X							
Cookie - Double Chocolate Chunk	1 cookie	190	80	26	9	4.5	0	15	115	1	16	2	X			X	X	X							
Cookie - Oatmeal Raisin	1 cookie	180	70	26	8	3	0	20	105	1	14	2	X			X	X	X							
Cookie - Peanut Butter	1 cookie	210	110	22	12	6	0	15	150	1	15	4	X			X	X	X							
Cookie - White Chocolate Macadamia	1 cookie	200	100	24	11	5	0	15	110	1	14	2	X			X	X	X							
Dip - Guacamole	2 tablespoons	180	110	16	12	2.5	0	10	700	0	13	22	X	X	X										
Dip - Ranch	2 tablespoons	120	110	1	12	2	0	10	240	0	1	1	X		X	X									
Dip - Salsa	2 tablespoons	10	0	3	0	0	0	0	230	1	2	0	X	X	X										
Fresh Cut Veggie Tray	4 oz	41	2	10	0.3	0.02	0	0	62	3	5	1	X	X	X										
Fruit - Apple	1 pc	72	0	19	0	0	0	0	1	3	14	0	X	X	X										
Fruit - Banana	1 pc	105	0	27	0	0	0	0	1	3	14	1	X	X	X										
Fruit - Fresh Cut Fruit Tray	5 oz	56	3	14	1	1	0	0	13	2	13	1	X	X	X										
Fruit - Grapes	1 oz	19	1	5	0	0	0	0	1	0	5	0	X	X	X										
Fruit - Orange	1 pc	62	0	15	0	0	0	0	0	3	12	1	X	X	X										
Fruit - Plum	1 pc	30	0	8	0	0	0	0	0	1	7	0	X	X	X										
Fruit - Strawberries	1 oz	9	1	2	0	0	0	0	0	1	1	0	X	X	X										
Soft Pretzel	1/2 regular or 1 mini pretzel	145	0	35	0	0	0	0	550	2	2	7	X				X								
Tortilla Chips	About 10 chips	140	70	17	7	3	0	0	150	1	0	2	X	X	X			X							

Nutrition Facts of bagged chips, granola bars, sodas, Tasty Kakes, and various other packaged snacks are not displayed because the nutrition facts for these products are directly on the packaging.

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.