

Easy & Affordable

Healthy Snacks for Class Parties



*Need healthy snack choices
for your classroom party?*

Nutrition Services can help! Only \$1.50 per serving, which includes all paper goods and serving utensils.

- Frozen Fruit & Yogurt Pop
- Hearty Oatmeal Round
- Seasonal Fresh Fruit Cup
- Fruit & Yogurt Parfait

Call Angela Fassett at 541-355-3740
or angela.fassett@bend.k12.or.us

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FOR NUTRITION INFORMATION

Frozen Fruit & Yogurt Pop

Nonfat Plain Yogurt, Strawberries, Peaches, Blackberries

| Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Protein | Vitamin A | Vitamin A | Vitamin C | Calcium | Iron |
|--------------|----------|-----------|---------------|-----------|-------------|-----------|---------------|---------------|---------|-----------|-----------|-----------|-----------|---------|
| 5 oz | 163 kcal | 0.18 g | 0.01 g | 0.00 g | 4.17 mg | 145.43 mg | 32.75 g | 2.61 g | 9.88 g | 19.51 RE | 187.49 IU | 19.42 mg | 263.39 mg | 0.60 mg |

Hearty Oatmeal Round

100% Whole Grains (Oatmeal, Wheat Bran, Wheat Germ), Cinnamon

| Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Protein | Vitamin A | Vitamin A | Vitamin C | Calcium | Iron |
|--------------|----------|-----------|---------------|-----------|-------------|-----------|---------------|---------------|---------|-----------|-----------|-----------|----------|---------|
| 2.5 oz | 260 kcal | 8.00 g | 3.00 g | 0.00 g | 0.00 mg | 240.00 mg | 44.00 g | 6.00 g | 4.00 g | 1.85 RE | 9.24 IU | 0.00 mg | 32.79 mg | 2.35 mg |

Seasonal Fresh Fruit Cup

Fresh Fruit such as Strawberries, Blackberries, Cantaloupe

| Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Protein | Vitamin A | Vitamin A | Vitamin C | Calcium | Iron |
|--------------|----------|-----------|---------------|-----------|-------------|---------|---------------|---------------|---------|-----------|-----------|-----------|----------|---------|
| 3/4 c | 27 | 0.24 g | 0.02 g | N/A | 0.00 mg | 4.66 mg | 6.39 g | 2.02 g | 0.72 g | 88.50 RE | 935.59 IU | 29.54 mg | 13.38 mg | 0.31 mg |

Fruit & Yogurt Parfait

Vanilla Lowfat Yogurt, Blueberries, Strawberries, Peaches, Fresh Crunchy Granola

| Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Protein | Vitamin A | Vitamin A | Vitamin C | Calcium | Iron |
|--------------|----------|-----------|---------------|-----------|-------------|----------|---------------|---------------|---------|-----------|-----------|-----------|-----------|---------|
| 9 oz | 192 kcal | 3.04 g | 1.12 g | 0.00 g | 5.63 mg | 83.42 mg | 37.24 g | 2.56 g | 5.36 g | 33.46 RE | 293.07 IU | 44.60 mg | 139.64 mg | 0.37 mg |

NUTRITION SERVICES • BEND-LA PINE SCHOOLS • 520 NW WALL ST • BEND, OR 97701

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