














CRUNCHY SNACKS

Serving Size Examples in Ounce Equivalents

Cracker	Type	AGES		
		1-2	3-5	6-12
	Animal Crackers[^] 16 crackers = 30 g	8	8	15
	Club Crackers 5 crackers = 16g	4	4	7
	Cheez-Its 27 crackers = 30g	10	10	20
	Goldfish 55 crackers = 30g (Goldfish Whole Grain*)	21 (1/4 c)	21 (1/4 c)	41 (1/2 c)
	Graham Crackers[^] 2 sheets = 31g	1 full sheet	1 full sheet	2 full sheets
	Pretzels (Sticks) 37 sticks = 30 g	14	14	28
	Pretzels (Tiny Twists) 22 twists = 28 g	9	9	18
	Ritz 5 crackers = 16g	4	4	7

Cracker	Type	AGES		
		1-2	3-5	6-12
	Saltines 5 crackers = 16g	4	4	7
	Sun Chips[*] <i>Note: Veggie Harvest Brand are not creditable.</i>	8	8	15
	Townhouse 5 crackers = 16 g	4	4	7
	Triscuits[*] 6 crackers = 28g	3	3	5
	Wheat Thins[*] 16 crackers = 31g (Not all generic are whole grain rich)	6	6	12

*One serving of grains per day must be whole grain-rich, this item is whole grain-rich.

**All grain items must be enriched or whole-grain.

[^] Sweet crackers should be served in limited amounts.

This institution is an equal opportunity provider.









Updated 5/21








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