

Approved by LNash 28.09.26 Subject to change

Salted Breadsticks	Per 100g	Per 20g Bag
Energy(Kcal)	429	86
Fat(g)	12	2.4
Fat Saturates(g)	4.1	0.8
Carbs(g)	67	13
Carbs Sugars(g)	2.4	0.5
Fibre(g)	3.8	0.8
Protein(g)	11	2
Salt(g)	1.6	0.3

Nutriballs	Per 100g	Per 20g Bag
Energy kCal	380	76
Fat (g)	15	3
Of which Saturates (g)	2.1	0.4
Carbohydrates (g)	47	9.4
Of which sugars (g)	42	8.4
Fibre (g)	8.3	1.7
Protein (g)	9.4	1.9
Salt (g)	0.2	0.01

Pretzels	Per 100g	Per 20g Bag
Energy kCal	384	77
Fat (g)	3.2	0.64
Of which Saturates (g)	0.4	0.08
Carbohydrates (g)	76.2	15.24
Of which sugars (g)	1.8	0.36
Fibre (g)	3.4	0.68
Protein (g)	10.8	2.16
Salt (g)	1.5	0.3

Edam Cheese Stick	Per 100g	Per 20g
Energy kCal	314	63
Fat (g)	23.9	4.8
Of which Saturates (g)	16.2	3.2
Carbohydrates (g)	0	0
Of which sugars (g)	0	0
Fibre (g)	0	0
Protein (g)	25.3	5.1
Salt (g)	2	0.4

Pizza Style Bread Sticks	Per 100g	Per 20g Bag
Energy(Kcal)	475	95
Fat(g)	17	3.4
Fat Saturates(g)	4.9	1
Carbs(g)	68	14
Carbs Sugars(g)	2.9	0.6
Fibre(g)	3.9	0.8
Protein(g)	11	2.2
Salt(g)	1.6	0.3

Cocoa granola bar	Per 100g	Per 23g Bar
Energy kCal	497	114
Fat (g)	24.1	5.5
Of which Saturates (g)	9.8	2.3
Carbohydrates (g)	59.8	13.8
Of which sugars (g)	0.9	0.2
Fibre (g)	3.5	0.8
Protein (g)	8.4	1.9
Salt (g)	0.2	0.05

Vanilla granola bar	Per 100g	Per 23g Bar
Energy kCal	495	114
Fat (g)	23.3	5.4
Of which Saturates (g)	8	1.8
Carbohydrates (g)	57.7	13.3
Of which sugars (g)	0.9	0.2
Fibre (g)	3.6	0.8
Protein (g)	11.9	2.7
Salt (g)	0.4	0.09

Yoghurt Tube	Per 100g	Per 40g
Energy kCal	87	35
Fat (g)	2.8	1.1
Of which Saturates (g)	1.9	0.8
Carbohydrates (g)	14.1	5.6
Of which sugars (g)	12.8	5.1
Fibre (g)	0	0
Protein (g)	3.3	1.3
Salt (g)	0.13	0.05

Salted Cornstick	Per 100g	Per 10g Bar
Energy	430	43
Fat	10	1
Of which Saturates	0.7	0.1
Carbohydrates	76	7.6
Of which sugars	0.8	0.1
Fibre	1.43	0.1
Protein	7.5	0.8
Salt	0.88	0.088

Flahavans oat Bar	Per 100g	Per 19g Bar
Energy kCal	517	98
Fat (g)	29	5.5
Of which Saturates (g)	10	1.9
Carbohydrates (g)	57	10.8
Of which sugars (g)	17	3.2
Fibre (g)	4.2	0.8
Protein (g)	6.2	1.2
Salt (g)	0.6	0.11

Crackers	Per 100g	Per 16g
Energy kCal	440	70
Fat (g)	14.8	2.4
Of which Saturates (g)	7.9	1.3
Carbohydrates (g)	67	10.7
Of which sugars (g)	1.1	0.2
Fibre (g)	3	0.5
Protein (g)	9.5	1.5
Salt (g)	1.1	0.176

Cheese Flavoured Cornstick	Per 100g	Per 10g Bar
Energy	426	42.6
Fat	9.9	0.99
Of which Saturates	0.7	0.007
Carbohydrates	76	7.6
Of which Sugars	1	0.1
Fibre	1.2	0.12
Protein	7.5	0.75
Salt	0.88	0.09

Raisins	Per 100g	Per 14g Box
Energy kCal	293	41
Fat (g)	0.4	0.1
Of which Saturates (g)	0	0
Carbohydrates (g)	69.3	9.7
Of which sugars (g)	69.3	9.7
Fibre (g)	2	0.3
Protein (g)	2.1	0.3
Salt (g)	0.15	0.021

Popcorn	Per 100g	Per 20g
Energy kCal	457	91
Fat (g)	20.5	4
Of which Saturates (g)	1.86	0
Carbohydrates (g)	48.2	9.6
Of which sugars (g)	0.3	0.1
Fibre (g)	18.3	4
Protein (g)	10.7	2
Salt (g)	0.32	0.1

Note: Snack availability may differ depending on the school.