



Whole grains, eat as many as you're able! Look for whole grains on the ingredients list.



Meal	Amount	Calories
Water	1 bottle	0
Fig Newton's	1 package	200
Mini pretzels	1 oz bag	110
Snack pack pudding	1 cup	130
Total Calories		440



Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!