

After School Snacks w/out Milk

Mon - 04/02/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr ChocChip	1 Each	150	105	2.00	24.00	5.00	1.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Tue - 04/03/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Wed - 04/04/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Lil' Squar	Package	130	150	2.00	24.00	3.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
Thu - 04/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Fri - 04/06/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, NutriGr ApCin1.3	1 Each	120	110	2.00	24.00	3.00	0.50
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
Mon - 04/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Tue - 04/10/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-It W	Package	100	150	2.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Wed - 04/11/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh	Package	120	85	2.00	20.00	4.00	0.00
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Thu - 04/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Blueb 2ozW	Muffin	190	130	3.00	31.00	6.00	2.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Fri - 04/13/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal FrtyCh W	1 Each	150	105	2.00	30.00	3.00	0.50
FRUIT: PEARS 100ct Whole	Each(100ct)	101	2	0.64	26.96	0.25	0.04
Mon - 04/16/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Tue - 04/17/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Wed - 04/18/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-It W	Package	100	150	2.00	14.00	3.50	1.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00

Thu - 04/19/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CHEESE, MZ String LF 1ea	Stick	60	210	8.00	1.00	2.50	2.00
JUICE SS, Orange 100% 6oz	1 Each	80	20	1.00	20.00	0.00	0.00
Fri - 04/20/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
FRUIT: PEARS 100ct Whole	Each(100ct)	101	2	0.64	26.96	0.25	0.04
Mon - 04/23/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Jungle W	Package	130	95	2.00	20.00	4.00	0.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Tue - 04/24/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh	Package	130	120	2.00	21.00	4.00	0.00
JUICE SS, Apple 100% 6oz	1 Each	80	20	0.00	20.00	0.00	0.00
Wed - 04/25/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
JUICE SS, Orange 100% 6oz	1 Each	80	20	1.00	20.00	0.00	0.00
Thu - 04/26/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bug Bites	Package	120	115	2.00	21.00	3.50	1.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00
Fri - 04/27/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SNACK: CHIP SS, SunchpMi	Package	110	200	2.00	15.00	4.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
Mon - 04/30/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
JUICE SS, Frt Bld 100% 6oz	1 Each	90	20	0.00	21.00	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.