

After School Snacks w/out Milk

Fri - 12/01/2017	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 - 12/04/2017	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 - 12/05/2017	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 - 12/06/2017	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% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Thu - 12/07/2017	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	Each	90	20	0.00	21.00	0.00	0.00
Fri - 12/08/2017	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, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
Mon - 12/11/2017	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
Tue - 12/12/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal TeamCh	1 Each	150	90	2.00	30.00	3.00	0.50
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Wed - 12/13/2017	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 - 12/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr Butrscth O	1 Each	150	120	2.00	23.00	5.00	1.50
JUICE SS, Orange 100% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Fri - 12/15/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh	Package	130	100	2.00	20.00	4.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
Mon - 12/18/2017	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 - 12/19/2017	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 - 12/20/2017	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% 6o	1 Each	80	20	1.00	20.00	0.00	0.00
Thu - 12/21/2017	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	Each	90	20	0.00	21.00	0.00	0.00
Fri - 12/22/2017	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, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03

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.