

After School Snacks w/out Milk

Thu - 02/01/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Blueb 2ozW JUICE SS, Apple 100% 6oz	Muffin 1 Each	190 80	130 20	3.00 0.00	31.00 20.00	6.00 0.00	2.00 0.00
Fri - 02/02/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh FRUIT: PEARS 100ct Whole	Package Each(100ct)	120 101	85 2	2.00 0.64	20.00 26.96	4.00 0.25	0.00 0.04
Mon - 02/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishChd JUICE SS, Apple 100% 6oz	Package 1 Each	100 80	170 20	3.00 0.00	14.00 20.00	3.50 0.00	1.00 0.00
Tue - 02/06/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Animal W JUICE SS, Orange 100% 6o	Package 1 Each	130 80	110 20	2.00 1.00	21.00 20.00	4.00 0.00	1.00 0.00
Wed - 02/07/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CHEESE, MZ String LF 1ea JUICE SS, Frt Bld 100% 6oz	Stick 1 Each	60 90	210 20	8.00 0.00	1.00 21.00	2.50 0.00	2.00 0.00
Thu - 02/08/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Chz-It W JUICE SS, Orange 100% 6o	Package 1 Each	100 80	150 20	2.00 1.00	14.00 20.00	3.50 0.00	1.00 0.00
Fri - 02/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, ScoobyDo FRUIT: PEARS 100ct Whole	Package Each(100ct)	120 101	115 2	2.00 0.64	21.00 26.96	3.50 0.25	1.00 0.04
Mon - 02/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Jungle W JUICE SS, Frt Bld 100% 6oz	Package 1 Each	130 90	95 20	2.00 0.00	20.00 21.00	4.00 0.00	0.00 0.00
Tue - 02/13/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bear Grh JUICE SS, Apple 100% 6oz	Package 1 Each	130 80	120 20	2.00 0.00	21.00 20.00	4.00 0.00	0.00 0.00
Wed - 02/14/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, GFishPrtz JUICE SS, Orange 100% 6o	Package 1 Each	90 80	200 20	2.00 1.00	16.00 20.00	1.50 0.00	0.00 0.00
Thu - 02/15/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, Bug Bites JUICE SS, Frt Bld 100% 6oz	Package 1 Each	120 90	115 20	2.00 0.00	21.00 21.00	3.50 0.00	1.00 0.00
Fri - 02/16/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SNACK: CHIP SS, SunchpMi FRUIT: APPLE, Slcd IW 2oz	Package 1 Each	110 30	200 0	2.00 0.00	15.00 7.00	4.00 0.00	0.00 0.00
Mon - 02/19/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: CRACK SS, ScoobyDo JUICE SS, Frt Bld 100% 6oz	Package 1 Each	120 90	115 20	2.00 0.00	21.00 21.00	3.50 0.00	1.00 0.00

Tue - 02/20/2018	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% 6oz	1 Each	80	20	1.00	20.00	0.00	0.00
Wed - 02/21/2018	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 - 02/22/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CHEESE, CH Cubes RF SS	Pkg (1oz)	90	190	7.00	0.00	7.00	4.50
JUICE SS, Orange 100% 6oz	1 Each	80	20	1.00	20.00	0.00	0.00
Fri - 02/23/2018	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 - 02/26/2018	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 - 02/27/2018	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 - 02/28/2018	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, Apple 100% 6oz	1 Each	80	20	0.00	20.00	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.