

# CABELL COUNTY SCHOOLS

## AFTER SCHOOL SNACKS DECEMBER 2018

Nov 30, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3  Dorito Chips, Nacho Chees Grapes, Fresh MILK - Variety	Dec - 4  Snack Loaf, WG Blueberry Yogurt Fruit Juice, Assorted	Dec - 5  Sun Chips WG Cheese, Cheddar, Cubes Fruit Juice, Assorted	Dec - 6  Chex Mix WG SUNFLOWER SEEDS MILK - Variety	Dec - 7  CEREAL BAR WG CINNAM Orange Slices MILK - Variety
Nutrients            Target Cals...            265 Sodium.            389 mg Prot    8.4g    12.6%Cal Carb    44.2g    66.7%Cal T.Fat    5.6g    18.9%Cal S.Fat    0.3g    1.1%Cal	Nutrients            Target Cals...            400 Sodium.            365 mg Prot    8.2g    8.2%Cal Carb    73.0g    73.1%Cal T.Fat    8.8g    19.8%Cal S.Fat    2.0g    4.5%Cal	Nutrients            Target Cals...            303 Sodium.            109 mg Prot    8.1g    10.7%Cal Carb    24.9g    32.9%Cal T.Fat    4.2g    12.5%Cal S.Fat    3.0g    8.9%Cal	Nutrients            Target Cals...            414 Sodium.            509 mg Prot    15.8g    15.2%Cal Carb    46.4g    44.9%Cal T.Fat    17.3g    37.7%Cal S.Fat    2.2g    4.8%Cal	Nutrients            Target Cals...            330 Sodium.            339 mg Prot    11.4g    13.8%Cal Carb    63.5g    76.9%Cal T.Fat    4.1g    11.3%Cal S.Fat    0.3g    0.9%Cal
Dec - 10  Dorito Chips, Nacho Chees Orange Slices MILK - Variety	Dec - 11  PRETZELS, FISH SHAPED Cheese Stick Fruit Juice, Assorted	Dec - 12  Nacho Scoops WG Salsa/H Strawberry Cup MILK - Variety	Dec - 13  Snack Loaf, WG Blueberry BANANA, SMALL Fruit Juice, Assorted	Dec - 14  Chex Mix WG Applesauce Cup MILK - Variety
Nutrients            Target Cals...            310 Sodium.            389 mg Prot    9.4g    12.1%Cal Carb    55.5g    71.5%Cal T.Fat    5.6g    16.4%Cal S.Fat    0.3g    0.9%Cal	Nutrients            Target Cals...            266 Sodium.            495 mg Prot    11.1g    16.7%Cal Carb    38.5g    57.9%Cal T.Fat    8.1g    27.3%Cal S.Fat    3.5g    12.0%Cal	Nutrients            Target Cals...            310 Sodium.            351 mg Prot    11.9g    15.4%Cal Carb    49.3g    63.6%Cal T.Fat    8.0g    23.4%Cal S.Fat    1.5g    4.4%Cal	Nutrients            Target Cals...            337 Sodium.            283 mg Prot    3.6g    4.3%Cal Carb    64.8g    76.9%Cal T.Fat    8.3g    22.1%Cal S.Fat    1.6g    4.3%Cal	Nutrients            Target Cals...            295 Sodium.            414 mg Prot    10.8g    14.6%Cal Carb    57.9g    78.5%Cal T.Fat    3.3g    10.2%Cal S.Fat    0.7g    2.2%Cal
Dec - 17  Sun Chips WG Carrot Sticks w Dip MILK - Variety	Dec - 18  CEREAL BAR WGCHEERIO Grapes, Fresh MILK - Variety	Dec - 19  Scooby Graham WG Wow Butter MILK - Variety	Dec - 20  Sun Chips WG Orange Slices MILK - Variety	Dec - 21  Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes MILK - Variety
Nutrients            Target Cals...            298 Sodium.            261 mg Prot    9.2g    12.3%Cal Carb    32.2g    43.2%Cal T.Fat    0.9g    2.8%Cal S.Fat    0.3g    1.0%Cal	Nutrients            Target Cals...            165 Sodium.            263 mg Prot    9.0g    21.9%Cal Carb    30.6g    74.0%Cal T.Fat    0.9g    4.9%Cal S.Fat    0.3g    1.7%Cal	Nutrients            Target Cals...            443 Sodium.            404 mg Prot    17.2g    15.6%Cal Carb    50.2g    45.3%Cal T.Fat    19.0g    38.6%Cal S.Fat    4.3g    8.7%Cal	Nutrients            Target Cals...            318 Sodium.            196 mg Prot    9.5g    11.9%Cal Carb    37.9g    47.6%Cal T.Fat    0.8g    2.4%Cal S.Fat    0.3g    0.9%Cal	Nutrients            Target Cals...            354 Sodium.            429 mg Prot    18.6g    21.0%Cal Carb    42.5g    48.0%Cal T.Fat    12.0g    30.4%Cal S.Fat    4.5g    11.5%Cal
Dec - 24  NO SCHOOL	Dec - 25  NO SCHOOL	Dec - 26  NO SCHOOL	Dec - 27  NO SCHOOL	Dec - 28  NO SCHOOL

**\*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.**

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