

**CABELL COUNTY SCHOOLS**  
**AFTER SCHOOL SNACKS JANUARY 2019**

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
	Jan - 1  NO SCHOOL	Jan - 2  NO SCHOOL	Jan - 3  NO SCHOOL	Jan - 4  NO SCHOOL																																																																						
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </table>		Target	Cals...	0	Sodium.	0 mg	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0g 0.0%Cal	S.Fat	0.0g 0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </table>		Target	Cals...	0	Sodium.	0 mg	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0g 0.0%Cal	S.Fat	0.0g 0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </table>		Target	Cals...	0	Sodium.	0 mg	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0g 0.0%Cal	S.Fat	0.0g 0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </table>		Target	Cals...	0	Sodium.	0 mg	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0g 0.0%Cal	S.Fat	0.0g 0.0%Cal														
	Target																																																																									
Cals...	0																																																																									
Sodium.	0 mg																																																																									
Prot	0.0g 0.0%Cal																																																																									
Carb	0.0g 0.0%Cal																																																																									
T.Fat	0.0g 0.0%Cal																																																																									
S.Fat	0.0g 0.0%Cal																																																																									
	Target																																																																									
Cals...	0																																																																									
Sodium.	0 mg																																																																									
Prot	0.0g 0.0%Cal																																																																									
Carb	0.0g 0.0%Cal																																																																									
T.Fat	0.0g 0.0%Cal																																																																									
S.Fat	0.0g 0.0%Cal																																																																									
	Target																																																																									
Cals...	0																																																																									
Sodium.	0 mg																																																																									
Prot	0.0g 0.0%Cal																																																																									
Carb	0.0g 0.0%Cal																																																																									
T.Fat	0.0g 0.0%Cal																																																																									
S.Fat	0.0g 0.0%Cal																																																																									
	Target																																																																									
Cals...	0																																																																									
Sodium.	0 mg																																																																									
Prot	0.0g 0.0%Cal																																																																									
Carb	0.0g 0.0%Cal																																																																									
T.Fat	0.0g 0.0%Cal																																																																									
S.Fat	0.0g 0.0%Cal																																																																									
Jan - 7  Dorito Chips, Nacho Chees Mandarin Oranges, cup MILK - Variety	Jan - 8  PRETZELS, FISH SHAPED Cheese Stick Fruit Juice, Assorted	Jan - 9  SUNFLOWER SEEDS BANANA, SMALL MILK - Variety	Jan - 10  Snack Loaf, WG Blueberry Celery Sticks Wow Butter MILK - Variety	Jan - 11  Chex Mix WG Applesauce Cup MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">323</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">399 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">9.2g 11.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">58.2g 72.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.5g 15.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.3g 0.8%Cal</td> </tr> </table>		Target	Cals...	323	Sodium.	399 mg	Prot	9.2g 11.4%Cal	Carb	58.2g 72.0%Cal	T.Fat	5.5g 15.3%Cal	S.Fat	0.3g 0.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">266</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">495 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">11.1g 16.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">38.5g 57.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.1g 27.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5g 12.0%Cal</td> </tr> </table>		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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">346</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">299 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.8g 16.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">38.5g 44.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.8g 38.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.9g 5.0%Cal</td> </tr> </table>		Target	Cals...	346	Sodium.	299 mg	Prot	13.8g 16.0%Cal	Carb	38.5g 44.6%Cal	T.Fat	14.8g 38.5%Cal	S.Fat	1.9g 5.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">531</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">638 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.0g 13.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">61.6g 46.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.7g 40.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.8g 8.2%Cal</td> </tr> </table>		Target	Cals...	531	Sodium.	638 mg	Prot	18.0g 13.6%Cal	Carb	61.6g 46.3%Cal	T.Fat	23.7g 40.1%Cal	S.Fat	4.8g 8.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">295</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">414 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">10.8g 14.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">57.9g 78.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">3.3g 10.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.7g 2.2%Cal</td> </tr> </table>		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
	Target																																																																									
Cals...	323																																																																									
Sodium.	399 mg																																																																									
Prot	9.2g 11.4%Cal																																																																									
Carb	58.2g 72.0%Cal																																																																									
T.Fat	5.5g 15.3%Cal																																																																									
S.Fat	0.3g 0.8%Cal																																																																									
	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																																																																									
	Target																																																																									
Cals...	346																																																																									
Sodium.	299 mg																																																																									
Prot	13.8g 16.0%Cal																																																																									
Carb	38.5g 44.6%Cal																																																																									
T.Fat	14.8g 38.5%Cal																																																																									
S.Fat	1.9g 5.0%Cal																																																																									
	Target																																																																									
Cals...	531																																																																									
Sodium.	638 mg																																																																									
Prot	18.0g 13.6%Cal																																																																									
Carb	61.6g 46.3%Cal																																																																									
T.Fat	23.7g 40.1%Cal																																																																									
S.Fat	4.8g 8.2%Cal																																																																									
	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																																																																									
Jan - 14  Bread, Zucchini WG Cheese, Cheddar Stick MILK - Variety	Jan - 15  CEREAL BAR WGCHEERIO Grapes, Fresh MILK - Variety	Jan - 16  Scooby Graham WG Wow Butter MILK - Variety	Jan - 17  Sun Chips WG Orange Slices MILK - Variety	Jan - 18  Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">398</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">459 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">20.7g 20.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">49.2g 49.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.5g 26.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.8g 13.1%Cal</td> </tr> </table>		Target	Cals...	398	Sodium.	459 mg	Prot	20.7g 20.8%Cal	Carb	49.2g 49.4%Cal	T.Fat	11.5g 26.0%Cal	S.Fat	5.8g 13.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">165</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">263 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">9.0g 21.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">30.6g 74.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.9g 4.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.3g 1.7%Cal</td> </tr> </table>		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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">443</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">404 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.2g 15.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">50.2g 45.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.0g 38.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.3g 8.7%Cal</td> </tr> </table>		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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">318</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">196 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">9.5g 11.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">37.9g 47.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.8g 2.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.3g 0.9%Cal</td> </tr> </table>		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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">354</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">429 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.6g 21.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">42.5g 48.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">12.0g 30.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.5g 11.5%Cal</td> </tr> </table>		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
	Target																																																																									
Cals...	398																																																																									
Sodium.	459 mg																																																																									
Prot	20.7g 20.8%Cal																																																																									
Carb	49.2g 49.4%Cal																																																																									
T.Fat	11.5g 26.0%Cal																																																																									
S.Fat	5.8g 13.1%Cal																																																																									
	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																																																																									
	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																																																																									
	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																																																																									
	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																																																																									

**\*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.

**CABELL COUNTY SCHOOLS**  
**AFTER SCHOOL SNACKS JANUARY 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 21  NO SCHOOL	Jan - 22  Munch WG Snack Mix Applesauce Cup MILK - Variety	Jan - 23  Strawberry Yogurt Chex Mi FRESH APPLE WEDGES MILK - Variety	Jan - 24  Dorito Chips, Nacho Chees Orange Slices MILK - Variety	Jan - 25  Snack Loaf, WG Blueberry Cheese, Cheddar, Cubes Fruit Juice, Assorted
Nutrients      Target Cals...          0 Sodium.        0 mg Prot    0.0g    0.0%Cal Carb    0.0g    0.0%Cal T.Fat   0.0g    0.0%Cal S.Fat   0.0g    0.0%Cal	Nutrients      Target Cals...          285 Sodium.        384 mg Prot    10.2g    14.4%Cal Carb    53.7g    75.4%Cal T.Fat    4.0g    12.6%Cal S.Fat    0.3g    0.9%Cal	Nutrients      Target Cals...          339 Sodium.        399 mg Prot    11.1g    13.0%Cal Carb    67.2g    79.2%Cal T.Fat    3.9g    10.4%Cal S.Fat    0.8g    2.2%Cal	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...          355 Sodium.        362 mg Prot    10.0g    11.3%Cal Carb    51.5g    58.0%Cal T.Fat    12.0g    30.4%Cal S.Fat    4.5g    11.4%Cal
Jan - 28  Sun Chips WG Celery Sticks Wow Butter MILK - Variety	Jan - 29  SUNFLOWER SEEDS PEACHES CUP MILK - Variety	Jan - 30  Nacho Scoops WG Salsa/H Cheese, Cheddar Stick Fruit Juice, Assorted	Jan - 31  Munch WG Snack Mix Grapes, Fresh MILK - Variety	
Nutrients      Target Cals...          479 Sodium.        385 mg Prot    16.1g    13.5%Cal Carb    35.0g    29.2%Cal T.Fat    15.9g    29.8%Cal S.Fat    3.3g    6.3%Cal	Nutrients      Target Cals...          357 Sodium.        304 mg Prot    13.9g    15.5%Cal Carb    41.6g    46.6%Cal T.Fat    14.5g    36.7%Cal S.Fat    1.8g    4.5%Cal	Nutrients      Target Cals...          360 Sodium.        303 mg Prot    14.9g    16.5%Cal Carb    43.7g    48.6%Cal T.Fat    13.5g    33.6%Cal S.Fat    5.7g    14.3%Cal	Nutrients      Target Cals...          245 Sodium.        369 mg Prot    10.4g    16.9%Cal Carb    41.2g    67.2%Cal T.Fat    4.1g    14.9%Cal S.Fat    0.3g    1.2%Cal	

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**\*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.**