

CABELL COUNTY SCHOOLS

AFTER SCHOOL SNACKS MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 Bread, Zucchini WG FRESH APPLE WEDGES MILK - Variety	Mar - 3 Sun Chips WG Orange Slices MILK - Variety	Mar - 4 Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes MILK - Variety	Mar - 5 Snack Loaf, WG Blueberry FRESH APPLE WEDGES MILK - Variety	Mar - 6 Chex Mix WG Strawberries MILK - Variety
Nutrients Target Cals... 389 Sodium. 339 mg Prot 10.6g 10.9%Cal Carb 74.0g 76.0%Cal T.Fat 6.1g 14.1%Cal S.Fat 1.4g 3.2%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	Nutrients Target Cals... 409 Sodium. 449 mg Prot 10.6g 10.3%Cal Carb 75.0g 73.3%Cal T.Fat 9.1g 20.0%Cal S.Fat 1.9g 4.2%Cal	Nutrients Target Cals... 283 Sodium. 401 mg Prot 11.2g 15.9%Cal Carb 52.6g 74.5%Cal T.Fat 3.5g 11.0%Cal S.Fat 0.7g 2.3%Cal
Mar - 9 Munch WG Snack Mix Cheese, Cheddar Stick MILK - Variety	Mar - 10 CEREAL BAR WGCHEERIO Grapes, Fresh MILK - Variety	Mar - 11 Scooby Graham WG Wow Butter MILK - Variety	Mar - 12 Sun Chips WG Orange Slices MILK - Variety	Mar - 13 Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes MILK - Variety
Nutrients Target Cals... 338 Sodium. 489 mg Prot 20.7g 24.5%Cal Carb 38.2g 45.2%Cal T.Fat 10.0g 26.6%Cal S.Fat 4.8g 12.8%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
Mar - 16 SUNFLOWER SEEDS Orange Slices MILK - Variety	Mar - 17 PRETZELS, FISH SHAPED BANANA, SMALL MILK - Variety	Mar - 18 Scooby Graham WG Wow Butter Fruit Juice, Assorted	Mar - 19 Chex Mix WG Grapes, Fresh MILK - Variety	Mar - 20 CRACKERS, CHEDDAR FISH Strawberries MILK - Variety
Nutrients Target Cals... 350 Sodium. 299 mg Prot 14.4g 16.4%Cal Carb 39.5g 45.1%Cal T.Fat 14.6g 37.6%Cal S.Fat 1.8g 4.7%Cal	Nutrients Target Cals... 266 Sodium. 489 mg Prot 10.8g 16.3%Cal Carb 49.5g 74.6%Cal T.Fat 2.8g 9.4%Cal S.Fat 0.4g 1.4%Cal	Nutrients Target Cals... 415 Sodium. 238 mg Prot 10.0g 9.6%Cal Carb 51.5g 49.6%Cal T.Fat 18.5g 40.1%Cal S.Fat 4.0g 8.7%Cal	Nutrients Target Cals... 255 Sodium. 399 mg Prot 10.9g 17.0%Cal Carb 45.4g 71.1%Cal T.Fat 3.4g 12.0%Cal S.Fat 0.7g 2.6%Cal	Nutrients Target Cals... 263 Sodium. 371 mg Prot 10.7g 16.3%Cal Carb 44.5g 67.7%Cal T.Fat 5.1g 17.6%Cal S.Fat 1.3g 4.5%Cal
Mar - 23 NO SCHOOL	Mar - 24 NO SCHOOL	Mar - 25 NO SCHOOL	Mar - 26 NO SCHOOL	Mar - 27 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.

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.

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AFTER SCHOOL SNACKS MARCH 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
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... 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... 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... 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... 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		
Mar - 30 Dorito Chips, Nacho Chees Orange Wedges MILK - Variety			Mar - 31 SUNFLOWER SEEDS FRESH APPLE WEDGES 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... 389 Sodium. 299 mg Prot 13.6g 13.9%Cal Carb 50.0g 51.4%Cal T.Fat 15.1g 34.9%Cal S.Fat 1.9g 4.4%Cal											

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