

CABELL COUNTY SCHOOLS

AFTER SCHOOL SNACKS MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 26 Sun Chips WG Grapes, Fresh MILK - Variety	Feb - 27 Snack Loaf, WG Blueberry Cheese, Cheddar, Cubes Fruit Juice, Assorted	Feb - 28 Strawberry Yogurt Chex Mi KIWI MILK - Variety	Mar - 1
	Nutrients Target Cals... 273 Sodium. 196 mg Prot 8.5g 12.4%Cal Carb 26.6g 39.0%Cal T.Fat 0.8g 2.5%Cal S.Fat 0.3g 1.1%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	Nutrients Target Cals... 310 Sodium. 258 mg Prot 11.0g 14.2%Cal Carb 59.6g 76.9%Cal T.Fat 4.3g 12.6%Cal S.Fat 1.3g 3.8%Cal	
Mar - 4 SUNFLOWER SEEDS FRESH APPLE WEDGES MILK - Variety	Mar - 5 Sun Chips WG Cheese, Cheddar Stick Fruit Juice, Assorted	Mar - 6 CEREAL BAR WG CINNAM Celery Sticks Wow Butter MILK - Variety	Mar - 7 CEREAL BAR WG CINNAM Celery Sticks Wow Butter MILK - Variety	Mar - 8 Nacho Scoops WG Salsa/H Orange Wedges MILK - Variety
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	Nutrients Target Cals... 338 Sodium. 149 mg Prot 11.6g 13.7%Cal Carb 24.9g 29.5%Cal T.Fat 6.2g 16.5%Cal S.Fat 4.5g 12.0%Cal	Nutrients Target Cals... 491 Sodium. 528 mg Prot 18.0g 14.7%Cal Carb 60.6g 49.3%Cal T.Fat 19.2g 35.1%Cal S.Fat 3.3g 6.1%Cal	Nutrients Target Cals... 491 Sodium. 528 mg Prot 18.0g 14.7%Cal Carb 60.6g 49.3%Cal T.Fat 19.2g 35.1%Cal S.Fat 3.3g 6.1%Cal	Nutrients Target Cals... 341 Sodium. 349 mg Prot 12.7g 15.0%Cal Carb 56.7g 66.6%Cal T.Fat 8.1g 21.4%Cal S.Fat 1.5g 4.1%Cal
Mar - 11 Munch WG Snack Mix Cheese Stick Fruit Juice, Assorted	Mar - 12 Strawberry Yogurt Chex Mi PEACHES CUP MILK - Variety	Mar - 13 PRETZELS, FISH SHAPED Grapes, Fresh MILK - Variety	Mar - 14 Dorito Chips, Nacho Chees Orange Wedges MILK - Variety	Mar - 15 NO SCHOOL
Nutrients Target Cals... 286 Sodium. 375 mg Prot 11.1g 15.5%Cal Carb 40.5g 56.7%Cal T.Fat 9.6g 30.1%Cal S.Fat 3.5g 11.2%Cal	Nutrients Target Cals... 307 Sodium. 404 mg Prot 11.4g 14.8%Cal Carb 58.8g 76.6%Cal T.Fat 3.4g 9.9%Cal S.Fat 0.7g 2.1%Cal	Nutrients Target Cals... 225 Sodium. 489 mg Prot 10.4g 18.4%Cal Carb 39.2g 69.7%Cal T.Fat 2.6g 10.2%Cal S.Fat 0.3g 1.3%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... 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

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 MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 18 SUNFLOWER SEEDS Grapes, Fresh MILK - Variety	Mar - 19 Munch WG Snack Mix Carrot Sticks Ranch Dip, FF MILK - Variety	Mar - 20 CEREAL BAR WGCHEERIO Celery Sticks Wow Butter MILK - Variety	Mar - 21 Chex Mix WG Celery Sticks Wow Butter MILK - Variety	Mar - 22 Snack Loaf, WG Blueberry Cheese, Cheddar, Cubes Fruit Juice, Assorted
Nutrients Target Cals... 305 Sodium. 299 mg Prot 13.4g 17.5%Cal Carb 28.2g 37.0%Cal T.Fat 14.6g 43.0%Cal S.Fat 1.8g 5.4%Cal	Nutrients Target Cals... 303 Sodium. 605 mg Prot 11.6g 15.3%Cal Carb 55.1g 72.8%Cal T.Fat 4.3g 12.6%Cal S.Fat 0.3g 1.0%Cal	Nutrients Target Cals... 366 Sodium. 422 mg Prot 16.4g 18.0%Cal Carb 37.9g 41.4%Cal T.Fat 16.0g 39.3%Cal S.Fat 3.3g 8.2%Cal	Nutrients Target Cals... 462 Sodium. 588 mg Prot 18.5g 16.1%Cal Carb 53.8g 46.6%Cal T.Fat 18.5g 36.1%Cal S.Fat 3.8g 7.3%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
Mar - 25 NO SCHOOL	Mar - 26 SPRING BREAK	Mar - 27 SPRING BREAK	Mar - 28 SPRING BREAK	Mar - 29 SPRING BREAK
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. *N/A* mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... 0 Sodium. *N/A* mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... 0 Sodium. *N/A* mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal	Nutrients Target Cals... 0 Sodium. *N/A* mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal

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