

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

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Munch WG Snack Mix Cheese Stick Fruit Juice, Assorted	Apr - 2 Strawberry Yogurt Chex Mi PEACHES CUP MILK - Variety	Apr - 3 PRETZELS, FISH SHAPED Grapes, Fresh MILK - Variety	Apr - 4 Chex Mix WG Carrot Sticks Ranch Dip, FF MILK - Variety	Apr - 5 Nacho Scoops WG Salsa/H Orange Wedges MILK - Variety
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...            313 Sodium.           635 mg Prot 12.1g 15.5%Cal Carb 59.3g 75.8%Cal T.Fat 3.6g 10.3%Cal S.Fat 0.8g 2.2%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
Apr - 8 SUNFLOWER SEEDS FRESH APPLE WEDGES MILK - Variety	Apr - 9 Sun Chips WG Cheese, Cheddar Stick Fruit Juice, Assorted	Apr - 10 NO SCHOOL	Apr - 11 Chex Mix WG Carrot Sticks Ranch Dip, FF MILK - Variety	Apr - 12 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...            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...            313 Sodium.           635 mg Prot 12.1g 15.5%Cal Carb 59.3g 75.8%Cal T.Fat 3.6g 10.3%Cal S.Fat 0.8g 2.2%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
Apr - 15 Munch WG Snack Mix Cheese Stick Fruit Juice, Assorted	Apr - 16 PRETZELS, FISH SHAPED Strawberry Cup MILK - Variety	Apr - 17 Strawberry Yogurt Chex Mi Grapes, Fresh MILK - Variety	Apr - 18 Dorito Chips, Nacho Chees Orange Wedges MILK - Variety	Apr - 19 Snack Loaf, WG Blueberry Cheese Stick Fruit Juice, Assorted
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...            240 Sodium.           490 mg Prot 10.6g 17.6%Cal Carb 43.1g 71.9%Cal T.Fat 2.6g 9.7%Cal S.Fat 0.3g 1.1%Cal	Nutrients            Target Cals...            275 Sodium.           254 mg Prot 10.4g 15.1%Cal Carb 51.2g 74.5%Cal T.Fat 4.1g 13.3%Cal S.Fat 1.3g 4.3%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...            366 Sodium.           455 mg Prot 11.1g 12.1%Cal Carb 52.5g 57.4%Cal T.Fat 14.1g 34.6%Cal S.Fat 5.0g 12.4%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.**

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Apr - 22  PRETZELS, FISH SHAPED APPLE, MED. MILK - Variety	Apr - 23  Munch WG Snack Mix Carrot Sticks Ranch Dip, FF MILK - Variety	Apr - 24  CEREAL BAR WGCHEERIO Celery Sticks Wow Butter MILK - Variety	Apr - 25  Scooby Graham WG Wow Butter Fruit Juice, Assorted	Apr - 26  Snack Loaf, WG Blueberry Cheese, Cheddar, Cubes Fruit Juice, Assorted
Nutrients            Target Cals...            297 Sodium.            489 mg Prot    10.5g    14.2%Cal Carb    57.9g    77.9%Cal T.Fat    3.0g    9.1%Cal S.Fat    0.4g    1.2%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...            372 Sodium.            452 mg Prot    16.7g    18.0%Cal Carb    39.0g    41.9%Cal T.Fat    16.0g    38.8%Cal S.Fat    3.3g    8.1%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...            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
Apr - 29  Strawberry Yogurt Chex Mi KIWI MILK - Variety	Apr - 30  Sun Chips WG Grapes, Fresh MILK - Variety			
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	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			

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

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