

CABELL COUNTY SCHOOLS
MARCH 2016 AFTER SCHOOL SNACKS

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 CEREAL MG BAR CHEERIO FRESH APPLE WEDGES MILK - Variety	Mar - 2 PRETZELS, FISH SHAPED BANANA MILK - Variety	Mar - 3 SUNFLOWER SEEDS Orange Slices MILK - Variety	Mar - 4 Sun Chips Grapes, Fresh MILK - Variety
	Nutrients Target Cals... 249 Sodium. 263 mg Prot 9.2g 14.8%Cal Carb 52.4g 84.0%Cal T.Fat 1.4g 5.1%Cal S.Fat 0.4g 1.4%Cal	Nutrients Target Cals... 315 Sodium. 490 mg Prot 11.5g 14.6%Cal Carb 62.3g 79.1%Cal T.Fat 2.9g 8.2%Cal S.Fat 0.4g 1.2%Cal	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... 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
Mar - 7 Snack Loaf, Blueberry, WG Cheese Stick Fruit Juice, Assorted	Mar - 8 Nacho Chips w Salsa FRESH PEAR MILK - Variety	Mar - 9 Sun Chips FRESH APPLE WEDGES MILK - Variety	Mar - 10 Bread, Zucchini BANANA MILK - Variety	Mar - 11 Scooby Doo Cinnamon Gra Wow Butter MILK - Variety
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	Nutrients Target Cals... 320 Sodium. 280 mg Prot 10.7g 13.4%Cal Carb 56.2g 70.2%Cal T.Fat 7.0g 19.7%Cal S.Fat 1.3g 3.8%Cal	Nutrients Target Cals... 357 Sodium. 196 mg Prot 8.7g 9.7%Cal Carb 48.4g 54.2%Cal T.Fat 1.3g 3.2%Cal S.Fat 0.4g 1.0%Cal	Nutrients Target Cals... 395 Sodium. 340 mg Prot 11.5g 11.6%Cal Carb 75.3g 76.2%Cal T.Fat 5.9g 13.4%Cal S.Fat 1.4g 3.2%Cal	Nutrients Target Cals... 509 Sodium. 464 mg Prot 19.2g 15.1%Cal Carb 51.2g 40.2%Cal T.Fat 25.0g 44.2%Cal S.Fat 4.3g 7.6%Cal
Mar - 14 SUNFLOWER SEEDS Sherbet, Rasp, Luigis MILK - Variety	Mar - 15 Smores FRESH PEAR MILK - Variety	Mar - 16 Chex Mix Orange Slices MILK - Variety	Mar - 17 Snack Loaf, Blueberry, WG Strawberries MILK - Variety	Mar - 18 Teddy Grahams, Cinn Yogurt Fruit Juice, Assorted
Nutrients Target Cals... 413 Sodium. 324 mg Prot 14.2g 13.8%Cal Carb 51.2g 49.6%Cal T.Fat 15.5g 33.7%Cal S.Fat 1.8g 3.9%Cal	Nutrients Target Cals... 309 Sodium. 399 mg Prot 11.2g 14.5%Cal Carb 59.2g 76.6%Cal T.Fat 3.8g 11.0%Cal S.Fat 0.7g 2.2%Cal	Nutrients Target Cals... 301 Sodium. 399 mg Prot 11.9g 15.8%Cal Carb 56.7g 75.4%Cal T.Fat 3.5g 10.4%Cal S.Fat 0.7g 2.2%Cal	Nutrients Target Cals... 353 Sodium. 451 mg Prot 10.7g 12.2%Cal Carb 60.5g 68.6%Cal T.Fat 8.6g 22.0%Cal S.Fat 1.8g 4.6%Cal	Nutrients Target Cals... 300 Sodium. 200 mg Prot 7.2g 9.6%Cal Carb 60.0g 80.2%Cal T.Fat 3.8g 11.4%Cal S.Fat 1.0g 3.0%Cal
Mar - 21 SPRING BREAK	Mar - 22 SPRING BREAK	Mar - 23 SPRING BREAK	Mar - 24 SPRING BREAK	Mar - 25 SPRING BREAK

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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