

CABELL COUNTY SCHOOLS
AFTER SCHOOL SNACKS NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 PRETZELS, FISH SHAPED Cheese Stick Fruit Juice, Assorted	Nov - 2 Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes MILK - Variety
			Nutrients 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	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
Nov - 5 Dorito Chips, Nacho Chees Orange Slices MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 SUNFLOWER SEEDS BANANA, SMALL MILK - Variety	Nov - 8 Snack Loaf, WG Blueberry Yogurt Fruit Juice, Assorted	Nov - 9 Chex Mix WG Strawberries 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... 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... 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	Nutrients Target Cals... 400 Sodium. 365 mg Prot 8.2g 8.2%Cal Carb 73.0g 73.1%Cal T.Fat 8.8g 19.8%Cal S.Fat 2.0g 4.5%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
Nov - 12 NO SCHOOL	Nov - 13 CEREAL BAR WG CHEERIO Grapes, Fresh MILK - Variety	Nov - 14 Sun Chips WG Orange Slices MILK - Variety	Nov - 15 Nacho Scoops WG Salsa/H Cheese, Cheddar, Cubes Fruit Juice, Assorted	Nov - 16 Scooby Graham WG Wow Butter MILK - Variety
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... 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... 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... 325 Sodium. 263 mg Prot 11.4g 14.0%Cal Carb 43.7g 53.8%Cal T.Fat 11.5g 31.7%Cal S.Fat 4.2g 11.7%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
Nov - 19 NO SCHOOL	Nov - 20 NO SCHOOL	Nov - 21 NO SCHOOL	Nov - 22 NO SCHOOL	Nov - 23 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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Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients Target			Nutrients Target			Nutrients Target			Nutrients Target			Nutrients Target		
Cals...	0		Cals...	0		Cals...	0		Cals...	0		Cals...	0	
Sodium.	0 mg		Sodium.	0 mg		Sodium.	0 mg		Sodium.	0 mg		Sodium.	0 mg	
Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal
Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal
T.Fat	0.0g	0.0%Cal	T.Fat	0.0g	0.0%Cal	T.Fat	0.0g	0.0%Cal	T.Fat	0.0g	0.0%Cal	T.Fat	0.0g	0.0%Cal
S.Fat	0.0g	0.0%Cal	S.Fat	0.0g	0.0%Cal	S.Fat	0.0g	0.0%Cal	S.Fat	0.0g	0.0%Cal	S.Fat	0.0g	0.0%Cal
Nov - 26			Nov - 27			Nov - 28			Nov - 29			Nov - 30		
CEREAL BAR WG CINNAM Orange Slices MILK - Variety			Chex Mix WG BANANA, SMALL MILK - Variety			Scooby Graham WG Yogurt Fruit Juice, Assorted			Strawberry Yogurt Chex Mi Grapes, Fresh MILK - Variety			PRETZELS, FISH SHAPED FRESH PEAR MILK - Variety		
Nutrients Target			Nutrients Target			Nutrients Target			Nutrients Target			Nutrients Target		
Cals...	330		Cals...	296		Cals...	330		Cals...	255		Cals...	279	
Sodium.	339 mg		Sodium.	399 mg		Sodium.	220 mg		Sodium.	399 mg		Sodium.	489 mg	
Prot	11.4g	13.8%Cal	Prot	11.3g	15.3%Cal	Prot	8.2g	10.0%Cal	Prot	10.9g	17.0%Cal	Prot	10.7g	15.3%Cal
Carb	63.5g	76.9%Cal	Carb	55.7g	75.3%Cal	Carb	65.0g	79.0%Cal	Carb	45.4g	71.1%Cal	Carb	53.0g	76.0%Cal
T.Fat	4.1g	11.3%Cal	T.Fat	3.6g	11.0%Cal	T.Fat	4.3g	11.8%Cal	T.Fat	3.4g	12.0%Cal	T.Fat	2.9g	9.5%Cal
S.Fat	0.3g	0.9%Cal	S.Fat	0.8g	2.5%Cal	S.Fat	1.5g	4.1%Cal	S.Fat	0.7g	2.6%Cal	S.Fat	0.3g	1.0%Cal

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

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