

## Nutrient List: Afterschool Supper

1/26/17

Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Cereal, Cinnamon Toasters	Bowlpack	22	120	130	0	1	3.5
Cheese, String	1 each	1	60	210	0	8	2.5
Chicken Tenders	1 serving	4	65	97	0.5	3.5	3.5
Chips Tortilla	1 each	31	270	220	3	3	15
Chips, Tortilla with Cheese and Pico de Gallo	1 serving	36	469	1028	3	17	27
Croutons	1 each	26	160	270	2	4	4
Granola	1/4 cup	26	148	57	2	2.5	4
Peanut Butter & Jelly Wafer	1 each	32.0	300	220	4.0	9	17.0
Salad with Chicken, Dressing & Croutons	1 each	30.0	429	848	2.0	18	27.0
Salad with Ham, Dressing & Croutons	1 each	29.0	425	1091	2.0	19	28.5
Sandwich, Ham and Cheese on Sandwich Bread	1 each	28.0	261	814	2.0	21.5	8.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.8 oz.	1 each	32	320	320	3	10	17
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz.	1 each	64	630	630	6	19	33
Sandwich, Turkey and Cheese on Croissant	1 each	33.0	347	793	2.0	22	14.0
Sandwich, Turkey and Cheese on Hoagie Roll	1 each	31.0	277	763	3.0	24	8.0
Yogurt with Strawberries and Granola	1 each	68.9	366	164	2.8	9.9	6.6
Yogurt, 4oz, Strawberry	1 each	19	100	50	0	4	1.5
Yogurt, 4oz, Strawberry Banana	1 each	20	110	55	0	4	1.5
Fruits and Vegetables	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	0
Fruit Cup, Strawberry	1 each	21	80	0	2	0	0
Fruit, Apple Pear	1 each	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0
Fruit, Apple, Fresh	1 each	20	77	0	3.5	0	0.5
Fruit, Mandarin Orange Cup	1 each	20	60	0	1	0	0
Fruit, Nectarine	1 each	14	60	0	2	1	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Persimmon	1 each	18	68	1	3.5	0.5	0
Vegetables, Carrots	1/2 cup	9	35	45	2	1	0
Beverages	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0

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Juice, Wild Berry	4 oz Carton	15	60	10	0	0	0
Milk, 1% Low fat, White	8oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White	8 oz carton	13	90	135	0	9	0
<b>Condiments, Crackers, Sauces and Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Mayonnaise	1 packet	0	60	130	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Salad Dressing, Ranch	1 packet	1.0	60	100	0.0	0	7.0

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