

Nutrient List: Afterschool Supper

8/23/17

Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Cereal, Cinnamon Toast Crunch	Bowlpack	22	110	160	3	1	3
Cereal, Cinnamon Toasters	Bowlpack	22	120	130	0	1	3.5
Cheese, String, Lite Mozzarella	1 each	1	60	200	0	7	3
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
Cracker, Whole Grain (Salad)	1 each	28.0	170	350	3.0	3	5.0
Cereal, Fruit Loops, Reduced Sugar	1/4 cup	26	148	57	2	2.5	4
Sandwich, Ham and Cheese on Sandwich Bread	1 each	28.0	261	814	2.0	21.5	8.5
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz.	1 each	64	600	540	7	18	34
Sandwich, Turkey and Cheese on Hoagie Roll	1 each	31.0	277	763	3.0	24	8.0
Trail Mix, Chili Lime Sunflower Seed & Dried Cranberry	1 each	35.0	310	250	4.0	6	16.0
Yogurt with Peaches and Granola	1 each	64.5	365	189	3.6	14.7	6.1
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
Vegetables, Celery	1/2 cup	2.2	10	52	1	0.5	0.1
Vegetables, Corn	1/2 cup	11	67	114	2.5	2	1
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

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: Afterschool Supper

8/23/17

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
Condiments, Crackers, Sauces and Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Mayonnaise	1 packet	0	60	130	0	0	7

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.