

Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios	Kix	Fruit & Mini Bagel	Yogurt & Cheerios	Corn Flakes
PM Snack	Chex Mix	Pretzels & Hummus	Applesauce & Graham Crackers	Sandwich Thins & Sun Butter	Cheese & Crackers

**exact brands and specific ingredients may vary based on availability. Please connect with us if you have concerns so we can work with you!*

Nutrition Facts

Servings per Container	84
Serving size	1 1/2 cup (39g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugar	2%
Protein 5g	
Vitamin D 2mg	10%
Calcium 130mg	10%
Iron 12.6mg	70%
Potassium 250mg	5%

Cheerios:

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.



Nutrition Facts	
About 39 servings per container	
Serving size	1/2 cup (29g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	
Iron 0.7mg	4%
Not a significant source of vitamin D, calcium and potassium.	
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



Chex Mix:

Degermed Yellow Corn Meal, Whole Wheat, Enriched Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean, high oleic soybean, high oleic canola and/or palm), Rye Flour, Sugar. Contains less than 2% of: Salt, yeast, maltodextrin, baking soda, spice, barley malt syrup, dextrose, caramel color, monoglycerides, autolyzed yeast, yellow corn flour, dried onion, trisodium phosphate, calcium carbonate, dried

garlic, hydrolyzed soy protein, fumaric acid, caraway, disodium inosinate and guanylate, citric acid, paprika extract, natural flavor, sodium diacetate, freshness preserved by BHT.

Contains: Wheat and Soy ingredients.

Kix:

Whole grain corn, corn meal, sugar, salt, brown sugar syrup, baking soda, vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: calcium carbonate, iron and zinc, vitamin c, A B vitamin, vitamin B6, vitamin B1, vitamin A, vitamin B2, A B vitamin, vitamin B12, vitamin D3.



Nutrition Facts

Servings Per Container About 13	
Serving Size	1.5 (40 grams)
Amount per serving	
Calories	160
	% Daily Value
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 220 mg	10 %
Total Carbohydrate 34 g	12 %
Dietary Fiber 3 g	11 %
Total Sugars 4 g	0 %
Includes Added Sugars 4 g	8 %
Protein 3 g	0 %
Vitamin D 2 mcg	10 %
Calcium 130 mg	10 %
Iron 10.80 mg	60 %
Potassium 0 mg	0 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts	
32 servings per container	
Serving size	11 crackers (28g)
Amount per serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Calcium	0%
Iron	0%
Vitamin A	0%
Vitamin C	0%

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Pretzels:

Enriched flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cane sugar, salt, tapioca malt syrup (tapioca syrup, malt extract), canola oil, soda.

Contains: Wheat

Hummus:

Steamed chickpeas, water, sesame tahini, sunflower oil, salt, garlic, citric acid, cumin, guar gum.



Nutrition Facts	
About 30 servings per container	
Serving size	2 Tbsp (28g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	2%
Potassium	0%

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Mini Bagel:

Enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2) folic acid), water, sugar, yeast, salt, wheat gluten, calcium propionate and sorbic acid, cornmeal, monoglycerides, guar gum, citric acid, vegetable oil (soybean), soy lecithin, sesame seeds.

Contains: wheat, soy, sesame, made in a bakery that may also use milk, egg, tree nuts.



Nutrition Facts

Servings Per Container 5	
Serving Size 2 (85 grams)	
Amount per serving	
Calories	250
% Daily Value	
Total Fat 1.50 g	2 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 420 mg	18 %
Total Carbohydrate 49 g	18 %
Dietary Fiber 2 g	7 %
Total Sugars 6 g	0 %
Includes Added Sugars 5 g	10 %
Protein 8 g	0 %
Vitamin D 0 mcg	0 %
Calcium 80 mg	6 %
Iron 2.70 mg	15 %
Potassium 80 mg	0 %

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Nutrition Facts

Servings Per Container about 26	
Serving Size 1 tbsp (17 grams)	
Amount per serving	
Calories	25
% Daily Value	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	1 %
Total Sugars 6 g	0 %
Includes Added Sugars 4 g	8 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 25 mg	0 %
Iron 0.30 mg	0 %
Potassium 27 mg	0 %

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Jelly:

Organic concord grape puree from concentrate, organic cane sugar, pectin solution (water, fruit pectin), organic lemon juice, ascorbic acid.

Applesauce:

Apples, Water, Ascorbic Acid (to Maintain Color).



Nutrition Facts

Servings Per Container about 11	
Serving Size 1/2 Cup (122 grams)	
Amount per serving	
Calories	70
% Daily Value	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Total Carbohydrate 16 g	6 %
Dietary Fiber 2 g	7 %
Total Sugars 12 g	0 %
Includes Added Sugars 0 g	0 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 3 mg	0 %
Iron 0 mg	0 %
Potassium 94 mg	2 %

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Nutrition Facts	
About 54 servings per container	
Serving size	8 crackers (30g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.9mg	6%
Potassium 50mg	0%

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Graham Crackers:

Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), graham flour (whole grain wheat flour), sugar, soybean and/or canola oil, honey, leavening (baking soda, calcium phosphate), salt, soy

lecithin, artificial flavor. **Contains: Wheat, soy.**

Yogurt:

Cultured pasteurized grade A rBST free nonfat milk, sugar, water, modified corn starch, whey, blueberry juice concentrate, tricalcium phosphate, gellan gum, lemon juice concentrate, potassium sorbate (for freshness), citric acid, carob bean gum, vitamin D3. **Contains: Milk**

Flavor options: blueberry, cherry vanilla, plain, raspberry, strawberry banana, strawberry, vanilla



Nutrition Facts	
About 1 serving per container	
Serving size	1 container (113g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 50mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 11g Added Sugars	22%
Protein 3g	6%
Vitamin D 4mcg	20%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 160mg	4%
Vitamin A 0mcg	0%

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Nutrition Facts

Servings Per Container 6	
Serving Size	1 (57 grams)
Amount per serving	
Calories	140
% Daily Value	
Total Fat 1.50 g	2%
Saturated Fat 0.50 g	3%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 280 mg	12%
Total Carbohydrate 28 g	10%
Dietary Fiber 4 g	14%
Total Sugars 3 g	0%
Includes Added Sugars 2 g	4%
Protein 7 g	0%
Vitamin D 0 mcg	0%
Calcium 80 mg	6%
Iron 1.30 mg	8%
Potassium 150 mg	4%

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Sandwich Thins:

Whole wheat flour, water, yeast, bulgar wheat, sugar, wheat gluten, whole wheat, wheat bran, sea salt, olive oil, preservatives (calcium propionate, sorbic acid), grain vinegar, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), natural flavor, citric acid, monoglycerides, datem, cellulose gum, xanthan gum, soy lecithin, sesame seeds.

Contains: wheat, soy, sesame.



Sun Butter:

Roasted Sunflower Seeds, sugar, mono and diglycerides and salt.

OR

Organic sunflower kernels, organic sugar, salt.



Nutrition Facts

Servings Per Container About 14	
Serving Size	2 (32 grams)
Amount per serving	
Calories	200
% Daily Value	
Total Fat 17 g	22 %
Saturated Fat 3 g	15 %
Trans Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 120 mg	5 %
Total Carbohydrate 7 g	3 %
Dietary Fiber 2 g	7 %
Total Sugars 4 g	0 %
Includes Added Sugars 3 g	6 %
Protein 7 g	0 %
Vitamin D 0 mcg	0 %
Calcium 90 mg	2 %
Iron 0.70 mg	8 %
Potassium 310 mg	4 %

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Nutrition Facts			
About 29 servings per container			
Serving size		1 1/2 Cup (42g)	
Amount per serving		Amount per serving	
Calories		Calories	
150		210	
% Daily Value*			
Total Fat	0g	0%	0%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	< 5mg 1%
Sodium	300mg	13%	380mg 17%
Total Carbohydrate	36g	13%	45g 16%
Dietary Fiber	1g	5%	1g 5%
Total Sugars	4g		14g
Incl. Added Sugars	4g	8%	4g 8%
Protein	3g		9g
Vitamin D	3mcg	15%	5.2mcg 25%
Calcium	0mg	0%	220mg 15%
Iron	12mg	60%	12mg 60%
Potassium	60mg	0%	340mg 8%
Thiamin		30%	35%
Riboflavin		30%	50%
Niacin		30%	35%
Vitamin B6		30%	30%
Folate		50%	50%
(folic acid)	(115mcg)		(115mcg)
Vitamin B12		30%	60%

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Cheese:

Cultured pasteurized milk, salt, enzymes.

Contains: milk

Nutrition Facts		
About 36 servings per container		
Serving size		16 pieces (31g)
Amount per serving		
Calories		140
Calories from Fat		45
% Daily Value*		
Total Fat 5g		8%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 3g		
Monounsaturated Fat 1g		
Cholesterol 0mg		0%
Sodium 230mg		10%
Potassium 90mg		3%
Total Carbohydrate 22g		7%
Dietary Fiber 3g		12%
Sugars 4g		
Protein 2g		
Calcium		2%
Iron		4%
Vitamin A		0%
Vitamin C		0%

* Percent Daily Values (DV) are based on a 2000 calorie diet.



Corn Flakes:

Milled corn, sugar, malt flour contains 2% or less of salt. Vitamins and minerals: iron, niacinamide, vitamin B6, vitamin B2, vitamin B1, folic acid, vitamin D3, vitamin B12.



Nutrition Facts	
30 servings per container	
Serving size 1 string (28g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 170mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 196mg	15%
Iron 0mg	0%
Potassium 25mg	0%

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Wheat Thins Crackers:

Whole grain wheat flour, canola oil, sugar, cornstarch, malt syrup (from corn and barley), salt, refiners syrup, leavening (calcium phosphate and baking soda). BHT added to packaging to preserve freshness.

Contains: Wheat.