

## After School Snack Carb Count Menu

Week 1			Week 2		
	Calories	Carbs		Calories	Carbs
<b>Day 1</b>			<b>Day 1</b>		
LF Cheddar Cheese Stick, 1oz (M)	110	0	Apple Cinnamon NutriGrain Bar (MSW)	160	30
LF Mozzarella Cheese Stick, 1oz (M)	60	1	Blueberry NutriGrain Bar (MSW)	160	30
WG Crackers, 4 packs (SW)	90	16	Strawberry NutriGrain Bar (MSW)	160	29
			FF Chocolate Milk (M)	120	20
<b>Day 2</b>			<b>Day 2</b>		
RS Cinnamon Toast Crunch Cereal (SW)	110	22	Graham Crackers, 2 packs (SW)	180	34
RS Cocoa Puffs Cereal	110	25	Peanut Butter, 1 oz (P)	186	5
RS Trix Cereal	110	24	LF 1% Milk (M)	110	13
LF 1% Milk (M)	110	13			
<b>Day 3</b>			<b>Day 3</b>		
Cheez-It (SW)	90	15	Nacho Cheese Doritos (M)	130	20
Quakers Snack Mix (MW)	110	18	Cool Ranch Doritos (M)	130	19
FF Chocolate Milk (M)	120	20	LF 1% Milk (M)	110	13
<b>Day 4</b>			<b>Day 4</b>		
WG Blueberry Muffin (MSW)	310	51	Chocolate Fudge WG Pop Tart (SW)	180	38
WG Apple Cinnamon Muffin (MSW)	380	61	Frosted Cinnamon WG Pop Tart (SW)	180	37
WG Chocolate Chip Muffin (MSW)	270	49	Frosted Strawberry WG Pop Tart (SW)	180	38
FF Chocolate Milk (M)	120	20	FF Chocolate Milk (M)	120	20
<b>Day 5</b>			<b>Day 5</b>		
Cinn Toast Crunch Cereal Bar (SW)	150	30	WG Blueberry Muffin (MSW)	310	51
Cocoa Puffs Cereal Bar (SW)	150	30	WG Apple Cinnamon Muffin (MSW)	380	61
Trix Cereal Bar (SW)	150	30	WG Chocolate Chip Muffin (MSW)	270	49
Apple Juice, 6oz	90	21	Apple Juice, 6oz	90	21
Fruit Punch Juice, 6oz	100	24	Fruit Punch Juice, 6oz	100	24
Grape Juice, 6oz	110	21	Grape Juice, 6oz	110	21
Allergens: M: Milk, P: Peanuts, S: Soy, W:Wheat					