June

SNACK

revolution foods.
feeding good.

Monday	Tuesday	Wednesday	Thursday	Friday
		Mini Dipper Doodle Fresh Pear 1	Goldfish Crackers Pineapple Juice 2	Yogurt Local Fresh Apple 3
Dick and Janes Smart Crackers Fresh Orange 6	Zac Attack Strawberry Bar Fresh Pineapple 7	Honey Skeeter Grahams Fresh Pear 8	Yogurt Fresh Banana 9	Mini Dipper Doodle Local Fresh Apple 10
Zac Attack Strawberry Bar Fresh Orange 13	Cinnamon Skeeter Grahams Fresh Pineapple 14	String Cheese Fresh Pear 15	Ranch Rumbles Fresh Banana 16	17
20	21	22	23	24
27	28	29	30	

If you see it in GREEN, it is a local item; if it see it in BLUE, it is an international item!

All grains served are whole grain-rich.

Recipe Description	Portion Size	Cal	Chol mg	Sodm mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
FR, APPLE, LARGE 3/4 CUP	1 EACH	110	0	2	0.36	0.06	0.55	29.28	5.09	0.25	12.72	114	9.75
FR, APPLE, MED 1/2 CUP	1 EACH	72	0	1	0.23	0.04	0.36	19.06	3.31	0.17	8.28	75	6.35
FR, APPLESAUCE 1/2 CUP	1 EACH	50	0	20	0	0	0	12	2	0	0	0	0
FR, BANANA, LARGE 3/4 CUP	1 EACH	121	0	1	0.45	0.15	1.48	31.06	3.54	0.35	6.8	87	11.83
FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	0.39	0.13	1.29	26.95	3.07	0.31	5.9	76	10.27
FR, BLUEBERRIES 1/2 CUP	1 EACH	42	0	1	0.24	0.01	0.55	10.72	1.78	0.21	4.44	40	7.18
FR, CANTALOUPE, MED 1/2 CUP	1 EACH	27	0	13	0.15	0.04	0.67	6.53	0.72	0.17	7.2	2706	29.36
FR, GRAPES 1/2 CUP:1212	1 EACH	45	0	8	0	0	0	11	0	0	10	50	6
FR, HONEYDEW, MED 1/2 CUP	1 EACH	31	0	15	0.12	0.03	0.46	7.73	0.68	0.14	5.1	43	15.3
FR, JUICE APPLE BTN 6 FL OZ	1 EACH (6 FL OZ)	80	0	25	0	0	0	21	0	0.36	0	0	0
FR, JUICE ORANGE 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	13	0	0	0	0	42
FR, JUICE PINEAPL 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	16	0	0	0	0	15
FR, NECTARINE, LARGE 3/4 CUP	1 EACH	69	0	0	0.5	0.03	1.65	16.46	2.65	0.44	9.36	518	8.42
FR, NECTARINE, MED 1/2 CUP	1 EACH	62	0	0	0.45	0.03	1.51	14.98	2.41	0.4	8.52	471	7.67
FR, ORANGE, LARGE 3/4 CUP	1 EACH	86	0	0	0.22	0.04	1.73	21.62	4.42	0.18	73.6	414	97.89
FR, ORANGE, MED 1/2 CUP	1 EACH	45	0	0	0.12	0.02	0.9	11.28	2.3	0.1	38.4	216	51.07
FR, PEACH, LARGE 3/4 CUP	1 EACH	68	0	0	0.44	0.02	1.59	16.7	2.63	0.44	10.5	571	11.55
FR, PEACH, MED 1/2 CUP	1 EACH	59	0	0	0.38	0.02	1.37	14.31	2.25	0.38	9	489	9.9
FR, PEAR, LARGE 3/4 CUP	1 EACH	119	0	2	0.29	0.04	0.75	31.83	6.48	0.38	18.81	52	8.99
FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	0.23	0.03	0.6	25.28	5.15	0.3	14.94	42	7.14
FR, PINEAPPLE, MED 1/2 CUP	1 EACH	39	0	1	0.09	0.01	0.42	10.17	1.09	0.22	10.08	45	37.05
FR, PLUM, LARGE 3/4 CUP	1 EACH	57	0	0	0.35	0.01	0.87	14.13	1.73	0.21	7.43	427	11.76
FR, PLUM, MED 1/2 CUP	1 EACH	38	0	0	0.23	0.01	0.58	9.42	1.16	0.14	4.95	285	7.84
FR, RAISINS 1/4 c dry	1 EACH	118	0	4	0.18	0.02	1.21	31.21	1.47	0.74	19.57	0	0.92
FR, STRAWBERRY 1/2 CUP	1 EACH	24	0	1	0.23	0.01	0.51	5.88	1.53	0.31	12.25	9	45.01
FR, TANGERINE 1/2 CUP	1 EACH	52	0	2	0.3	0.03	0.79	13.01	1.76	0.15	36.08	664	26.03
FR, WATERMELON 1/2 CUP	1 EACH	23	0	1	0.11	0.01	0.46	5.74	0.3	0.18	5.32	432	6.16
MILK - 0%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	90	5	130	0	0	8	13	0	0	300	500	2.4
MILK - 1%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0	300	500	2.4
MILK 1% SHELF STABLE_0915	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0.07	305	478	0
MILK - SOY, 8 FL OZ K-12:0911	1 EACH (8 FL OZ)	150	0	180	5	1	9	18	0	1.08	350	500	0