October Snack

revolution FOODS

Monday	Tuesday	Wednesday	Thursday	Friday
			Wholegrain Goldfish Cheese Crackers Fresh Banana 1	Mini Dipperdoodle Local Fresh Apple 2
String Cheese Fresh Orange 5	Dick and Jane's Smart Crackers Fresh Pineapples 6	Yogurt Fresh Pear 7	Goldfish Pretzels Fresh Banana 8	**No School** 9
No School 12	Yogurt Fresh Pineapples 13	Revolution Foods Whole Grain Crackers Fresh Pear 14	Zac Attack Bar Strawberry Fresh Banana 15	String Cheese Local Fresh Apple 16
No School 19	Multigrain Rumbles – Ranch Fresh Pineapples 20	String Cheese Fresh Pear 21	Dick and Jane's Smart Crackers Fresh Banana 22	Yogurt Local Fresh Apple 23
String Cheese Fresh Orange 26	Yogurt Fresh Pineapples 27	Goldfish Pretzels with Juice Fresh Pear 28	Mini Dipperdoodle Fresh Banana 29	Multigrain Rumbles - Ranch Local Fresh Apple 30

revolution FOODS

All snacks served with fresh unless otherwise noted
All grains served are whole grain-rich
This institution is an equal opportunity provider.

real food for all™

Recipe Description	Portion Size	Cal	Chol mg	Sod mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
SNK, CHEESE STRING/ JUICE:0315	1 EACH	160	15	215	6	3.5	7	21	0	0	220	200	1.2
SNK, CHEESE STRING:0315	1 EACH	80	15	200	6	3.5	7	1	0	0	200	200	0
SNK, CINN GRAHAM CRACKERS:1014	1 EACH	130	0	50	4.5	0	2	21	1	1.08	20	40	0
SNK, D&J SMART CRACKER:1212	1 SERVING	100	0	70	3	1	2	18	2	7.2	100	400	4.8
SNK, D&J SMART/ CHEESE:0315	1 SERVING	180	15	270	9	4.5	9	19	2	7.2	300	600	4.8
SNK, DIPPERDOODLE/ CHEESE:0315	1 EACH	210	30	235	9.5	3.5	10	24	3	0.72	260	225	0
SNK, DIPPERDOODLE:0914	1 EACH	130	15	35	3.5	0	3	23	3	0.72	60	25	0
SNK, GOLDFI/CARROTS/RANCH:0113	1 EACH	288	15	534	19.64	3.52	3.69	23.88	4.12	1.32	74.47	14861	2.8
SNK, GOLDFISH WHOLE GRAIN:0111	1 EACH	100	5	170	3.5	1	3	14	1	0.36	20	0	0
SNK, GOLDFISH/ CHEESE:0315	1 EACH	180	20	370	9.5	4.5	10	15	1	0.36	220	200	0
SNK, GOLDFISH/JUICE K-12:0312	1 EACH	180	5	185	3.5	1	3	34	1	0.36	40	0	1.2
SNK, GRANOLA / CHEESE:0315	1 EACH	201	15	276	9.54	3.5	10.04	21.25	2.03	0.73	220.25	230	0
SNK, HONEY GRAHAM CRACKER:0715	1 EACH	130	0	55	4.5	0	2	21	2	1.08	0	0	0
SNK, PRETZEL/ CHEESE:0315	1 EACH	170	15	450	7.5	3.5	9	17	1	0.72	200	200	0
SNK, PRETZEL/JUICE K-12:0713	1 EACH	170	0	265	1.5	0	2	36	1	0.72	20	0	1.2
SNK, PRETZEL:0713	1 EACH	90	0	250	1.5	0	2	16	1	0.72	0	0	0
SNK, REF CRACKER/ CHEESE:0315	1 SERVING	190	15	370	9.5	3.5	9	20	2	4.5	220	215	0
SNK, REF CRACKER/ JUICE:0214	1 SERVING	190	0	185	3.5	0	2	39	2	4.5	40	15	1.2
SNK, REF CRACKER:0214	1 SERVING	110	0	170	3.5	0	2	19	2	4.5	20	15	0
SNK, RUMBLES RANCH /JUICE:0413	1 EACH	180	0	125	3.5	0.5	2	34	2	0.72	40	5	1.2
SNK, RUMBLES SALSA /JUICE:0413	1 EACH	180	0	105	3	0.6	2	35	2	0.72	20	200	1.2
SNK, RUMBLES, RANCH:0112	1 EACH	100	0	110	3.5	0.5	2	14	2	0.72	20	5	0
SNK, RUMBLES, SALSA:1111	1 EACH	100	0	90	3	0.6	2	15	2	0.72	0	200	0
SNK, SEEDS, BLAZIN HOTS:1009	1 EACH	170	0	115	16	1.5	6	5	2	1.8	20	200	1.2
SNK, SEEDS, SUNFLOWER:0809	1 EACH	170	0	85	13.98	1.5	5.99	4.99	2	1.8	0	5	0
SNK, SOYNUTS, HONEY:0809	1 EACH	140	0	55	6	1	8	11	4	1.44	40	15	0
SNK, SUNFLOWR/CARRT/RANCH:0113	1 EACH	357	10	449	30.12	4.02	6.68	14.87	5.12	2.76	54.47	14866	2.8
SNK, YOGURT 4 OZ:0910	1 EACH	80	5	70	1	0	4.01	14.05	0	0	150.53	65	0
SNK, ZAC ATTACK APPLE:0913	1 EACH	140	0	35	4	0	3	20	2	0.36	40	40	0
SNK, ZAC ATTACK STRAWBRY:0913	1 EACH	140	0	35	3.5	0	3	19	2	0.36	40	35	1.2

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