

Summer School Snack 2023

Tuesday, Jun 20, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chocolate Chip Cookie	100	8	120	0.26	0.50	7.00	45	0.00	*N/A*	1.19	17.63	2.70	1.10
Fat Free Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Summer School Snack 2023

Wednesday, Jun 21, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Munchie Mix	110	0	180	2.00	2.80	30.00	0	0.00	2.00	2.00	17.00	3.50	0.00
Wild River Dried Fruit	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00

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Summer School Snack 2023

Thursday, Jun 22, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Flamin Hot Cheetos	120	0	200	1.00	0.70	130.00	0	0.00	1.00	2.00	16.00	4.50	0.50
Strawberries	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13

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Summer School Snack 2023

Friday, Jun 23, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Nacho Cheese Doritos	130	0	200	2.00	0.00	20.00	0	0.00	1.00	2.00	20.00	5.00	1.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Monday, Jun 26, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
White Cheddar Popcorn	70	0	100	2.00	0.30	10.00	0	0.00	1.00	2.00	9.00	2.50	0.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Tuesday, Jun 27, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chocolate Chip Cookie	100	8	120	0.26	0.50	7.00	45	0.00	*N/A*	1.19	17.63	2.70	1.10
Fat Free Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Summer School Snack 2023

Wednesday, Jun 28, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Munchie Mix	110	0	180	2.00	2.80	30.00	0	0.00	2.00	2.00	17.00	3.50	0.00
Wild River Dried Fruit	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00

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Summer School Snack 2023

Thursday, Jun 29, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Flamin Hot Cheetos	120	0	200	1.00	0.70	130.00	0	0.00	1.00	2.00	16.00	4.50	0.50
Fat Free Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Summer School Snack 2023

Friday, Jun 30, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Nacho Cheese Doritos	130	0	200	2.00	0.00	20.00	0	0.00	1.00	2.00	20.00	5.00	1.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Monday, Jul 3, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
White Cheddar Popcorn	70	0	100	2.00	0.30	10.00	0	0.00	1.00	2.00	9.00	2.50	0.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Tuesday, Jul 4, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Summer School Snack 2023

Wednesday, Jul 5, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Munchie Mix	110	0	180	2.00	2.80	30.00	0	0.00	2.00	2.00	17.00	3.50	0.00
Wild River Dried Fruit	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00

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Summer School Snack 2023

Thursday, Jul 6, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Flamin Hot Cheetos	120	0	200	1.00	0.70	130.00	0	0.00	1.00	2.00	16.00	4.50	0.50
Strawberries	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13

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Summer School Snack 2023

Friday, Jul 7, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Nacho Cheese Doritos	130	0	200	2.00	0.00	20.00	0	0.00	1.00	2.00	20.00	5.00	1.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Monday, Jul 10, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
White Cheddar Popcorn	70	0	100	2.00	0.30	10.00	0	0.00	1.00	2.00	9.00	2.50	0.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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Summer School Snack 2023

Tuesday, Jul 11, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chocolate Chip Cookie	100	8	120	0.26	0.50	7.00	45	0.00	*N/A*	1.19	17.63	2.70	1.10
Fat Free Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Summer School Snack 2023

Wednesday, Jul 12, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Munchie Mix	110	0	180	2.00	2.80	30.00	0	0.00	2.00	2.00	17.00	3.50	0.00
Wild River Dried Fruit	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00

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Summer School Snack 2023

Thursday, Jul 13, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Flamin Hot Cheetos	120	0	200	1.00	0.70	130.00	0	0.00	1.00	2.00	16.00	4.50	0.50
Strawberries	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13

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Summer School Snack 2023

Friday, Jul 14, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Nacho Cheese Doritos	130	0	200	2.00	0.00	20.00	0	0.00	1.00	2.00	20.00	5.00	1.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00

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