

# SNACK MENU

Beverages

Dairy/Protein

Grain/Bread/Cereal

Fruit

*Snack is served daily at Ex-Day at the beginning of the program. Students with food restrictions or allergies should bring an extra snack from home.*

*\*We generally stick to the same brands listed here, but in the event of supply issues, we purchase products as close as possible to the missing item.*



MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

Week of ALL Year 2022-2023

**BREAKFAST—ALL 3 COMPONENTS REQUIRED**

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk							
Grain/bread/cereal							
Fruit or vegetable							

**SNACK - 2 OF THE 5 COMPONENTS REQUIRED**

Fluid Milk	Apple Juice	Lemonade	Milk	Cranberry Juice	Mango Juice		
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Cheese Sticks						
Grain/bread/cereal	Pretzels	Goldfish	Cheez-its	Skinny Pop	Belvita		
Vegetable							
Fruit		Applesauce	Whole Apple	Mandarin	Banana		

Please see side 2 for portion sizes

## CHILD AND ADULT CARE FOOD PROGRAM

### MEAL PATTERN REQUIREMENTS: CHILDREN 1 - 12 YEARS

MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>			
1) Fluid Milk	½ cup (4 fl oz.)	½ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Grain <sup>1</sup> : Bread <b>or</b> Muffin/pancake/waffle/etc. <b>or</b> Cereal <sup>f</sup>	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	1 slice 1 serving (1 oz. equiv.) hot: ½ cup; cold: 1 oz. equiv.
3) Vegetable <b>or</b> Fruit <b>or</b> Juice <sup>2</sup>	¼ cup	½ cup	½ cup
<b>SNACK—2 OF 5 COMPONENTS REQUIRED<sup>5</sup></b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz.)	½ cup (4 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese <b>or</b> Egg <b>or</b> Cooked dry beans or peas <b>or</b> Peanut butter/other nut or seed butter <b>or</b> Yogurt <sup>e</sup>	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (½ cup)	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (½ cup)	1 oz. ½ egg ½ cup 2 Tbsp. 4 oz. (½ cup)
3) Grain <sup>1</sup> : Bread/roll/muffin/crackers	½ slice (½ oz. equiv.)	½ slice (½ oz. equiv.)	1 slice (1 oz. equiv.)
4) Vegetable <b>or</b> Juice <sup>2</sup>	½ cup	½ cup	¾ cup
5) Fruit <b>or</b> Juice <sup>2</sup>	½ cup	½ cup	¾ cup
<b>LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED</b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz.)	¾ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese <b>or</b> Egg <b>or</b> Cooked dry beans or peas <b>or</b> Peanut butter/other nut or seed butter <b>or</b> Yogurt <sup>e</sup>	1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. (½ cup)	1 ½ oz. ¾ egg 6 Tbsp. (¾ cup) 3 Tbsp. 6 oz. (¾ cup)	2 oz. 1 egg ½ cup 4 Tbsp. 8 oz. (1 cup)
3) Grain <sup>1</sup> : Bread/roll <b>or</b> Pasta/rice	½ slice (½ oz. equiv.) ¼ cup	½ slice (½ oz. equiv.) ¼ cup	1 slice (1 oz. equiv.) ½ cup
4) Vegetable	¼ cup (2 Tbsp.)	¼ cup	½ cup
5) Different Vegetable <b>or</b> Fruit <b>or</b> Juice <sup>2</sup>	¼ cup (2 Tbsp.)	¼ cup	¼ cup

1. Children 12-23 months must be served whole milk; low-fat (1%) or fat-free (skin) milk is required for children aged 24 months and up. Flavored milk must be fat-free and may be OCC 1218 Revised May 2022

served only to children 6-12 years.

2. Juice may be served as the fruit/vegetable requirement no more than once per day, and must be 100% juice.

3. At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified.

4. Cereals must contain no more than 6 grams of sugar per dry ounce.

5. Snack may not consist of only milk and juice.

6. Yogurt may contain no more than 15 grams of sugar per 4 oz. serving; 23 grams sugar per 6 oz. serving; or 30 grams sugar per 8 oz. serving

# Beverages

## Monday

WELLSLEY FARMS  
APPLE JUICE

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>8 fl oz (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 28g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Potassium 260mcg	6%
Vitamin C 78mg	90%
Not a significant source of trans fat, vitamin D, calcium, and iron.	
* 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.	

**INGREDIENTS:** APPLE JUICE FROM CONCENTRATE (FILTERED WATER, APPLE JUICE CONCENTRATE), ASCORBIC ACID (VITAMIN C).

## Tuesday

WELLSLEY FARMS  
LEMONADE

**CONTAINS 15% JUICE**

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>8 fl oz (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 29g	
Incl. 29g Added Sugars	<b>58%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potassium 0mg 0%

**INGREDIENTS:** WATER, ORGANIC SUGAR, ORGANIC LEMON JUICE CONCENTRATE, ORGANIC NATURAL FLAVOR.

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Questions? 1-800-934-1204



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# Beverages

## Wednesday

WELLSLEY FARMS  
ORGANIC 2% MILK

Nutrition Facts	
Serving Size: <input type="text" value="1"/> cup	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 130mg	5%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	0%

\* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3.

Nutrition Facts	
12 servings per container	
Serving size	8 fl oz (240mL/1 cup)
Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 0g	0%
Sodium 45mg	2%
Potassium 35mg	1%
Total Carbohydrate 31g	10%
Sugars 31g	
Protein 0g	
Vitamin C	100%

NOT A SIGNIFICANT SOURCE OF SATURATED FAT, TRANS FAT, CHOLESTEROL, DIETARY FIBER, VITAMIN A, CALCIUM OR IRON.

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

## Thursday

OCEAN SPRAY  
CRAN-APPLE JUICE

INGREDIENTS: FILTERED WATER, CANE OR BEET SUGAR, CRANBERRY JUICE (WATER, CRANBERRY JUICE CONCENTRATE), APPLE JUICE (WATER, APPLE JUICE CONCENTRATE), NATURAL FLAVORS, FUMARIC ACID, VEGETABLE CONCENTRATE FOR COLOR, SODIUM CITRATE, MALIC ACID, ASCORBIC ACID (VITAMIN C)

# Beverages

## Friday

WELLSLEY FARMS  
ORGANIC MANGO  
PASSION FRUIT JUICE

**CONTAINS 100% JUICE**

**Nutrition Facts**  
Serving Size 8 fl oz (240mL)  
Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b> 120	<b>Calories from Fat</b> 0		
<b>Total Fat</b> 0g			<b>0%</b>
<b>Saturated Fat</b> 0g			<b>0%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 35mg			<b>1%</b>
<b>Total Carbohydrate</b> 30g			<b>10%</b>
<b>Dietary Fiber</b> 0g			<b>0%</b>
<b>Sugars</b> 30g			
<b>Protein</b> 0g			
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 100%		
<b>Calcium</b> 0%	<b>Iron</b> 0%		

\* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** FILTERED WATER, ORGANIC APPLE JUICE CONCENTRATE, ORGANIC MANGO PUREE, ORGANIC PASSIONFRUIT JUICE CONCENTRATE, ORGANIC PEAR JUICE CONCENTRATE, PECTIN, ASCORBIC ACID (VITAMIN C), ORGANIC PASSIONFRUIT FLAVOR, NATURAL FLAVOR, BETA CAROTENE (COLOR), CITRIC ACID.

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## Substitute

OCEAN SPRAY RUBY RED  
GRAPEFRUIT JUICE

**Nutrition Facts**

12 servings per container  
**Serving size** 8 fl oz (240mL/1 cup)

**Amount per serving**

**Calories 100**

Amount per serving		% Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
<b>Sodium</b> 25mg			<b>1%</b>
<b>Potassium</b> 120mg			<b>3%</b>
<b>Total Carbohydrate</b> 28g			<b>9%</b>
Sugars 25g			
<b>Protein</b> 0g			
<b>Vitamin A</b>			<b>20%</b>
<b>Vitamin C</b>			<b>100%</b>

NOT A SIGNIFICANT SOURCE OF SATURATED FAT, TRANS FAT, CHOLESTEROL, DIETARY FIBER, CALCIUM AND IRON.

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

**INGREDIENTS:** FILTERED WATER, GRAPEFRUIT JUICE (WATER, GRAPEFRUIT JUICE CONCENTRATE), SUGAR, GRAPEFRUIT JUICE PULP, CITRIC ACID, NATURAL FLAVOR, VEGETABLE CONCENTRATE FOR COLOR, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), BETA-CAROTENE FOR COLOR.

# Dairy/Protein

Product Warnings and Restrictions:

Contains milk

## Monday

PAW PATROL  
STRING CHEESE

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>1 piece (28g)</b>
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> < 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0.1mcg	0%
Calcium 200mg	15%
Iron 0.1mg	0%
Potassium 30mg	0%

\* 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.

**INGREDIENTS:** PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.

## Substitute

COGURT  
- STRAWBERRY  
- BERRY

**Strawberry Ingredients:** Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D<sub>3</sub>.

**Berry Ingredients:** Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Vegetable and Fruit Juice (for color), Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D<sub>3</sub>.


Nutrition Facts		
About 11 servings per container		
<b>Serving size</b>	<b>3 tubes (170g)</b>	
	Per Serving	Per Tube
<b>Calories</b>	<b>150</b>	<b>50</b>
	% DV*	% DV*
<b>Total Fat</b>	1g <b>1%</b>	0g <b>0%</b>
Saturated Fat	0.5g <b>3%</b>	0g <b>0%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	< 5mg <b>2%</b>	0mg <b>0%</b>
<b>Sodium</b>	75mg <b>3%</b>	25mg <b>1%</b>
<b>Total Carbohydrate</b>	29g <b>11%</b>	10g <b>4%</b>
Dietary Fiber	0g <b>0%</b>	0g <b>0%</b>
Total Sugars	22g	7g
Incl. Added Sugars	18g <b>36%</b>	6g <b>12%</b>
<b>Protein</b>	6g	2g
Vitamin D	3.3mcg 15%	1.1mcg 6%
Calcium	430mg 35%	140mg 10%
Iron	0mg 0%	0mg 0%
Potassium	240mg 6%	0mg 0%
Vitamin A	310mcg 35%	100mcg 10%

\* 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.



# Grain/Bread/Cereal Monday

SNYDER'S  
MINI-PRETZELS

<b>Nutrition Facts</b>	
Serving Size 1 Package (26g)	
Servings Per Container 36	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 6% Thiamin 8% • Riboflavin 6% Niacin 8% • Folate 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4
<b>INGREDIENTS:</b> Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda. *Adds a Trivial Amount of Fat <b>CONTAINS: WHEAT</b>	
	
Distributed by Snyder's-Lance, Inc. Charlotte, NC 28277 We are not connected with "Snyder of Berlin", Berlin, PA 15530. <b>MADE IN THE USA</b>	

<b>Nutrition Facts</b>	
30 servings per container	
Serving size	1 pouch
Amount per serving	
<b>Calories</b> 200	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars < 1g	
<b>Protein</b> 5g	
Calcium	4%
Iron	4%
Vitamin A	0%
Vitamin C	0%
* Percent Daily Values (DV) are based on a 2000 calorie diet.	

**INGREDIENTS:** MADE WITH SMILES AND UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED CULTURED MILK, SALT, ENZYMES), ANNATTO], VEGETABLE OILS (SUNFLOWER, CANOLA AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, SPICES, AUTOLYZED YEAST, LEAVENING (MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE, BAKING SODA) AND ONION POWDER.

# Tuesday

PEPPERIDGE FARMS  
GOLDFISH

# Grain/Bread/Cereal

## Wednesday

CHEEZ-ITS  
WHITE CHEDDAR

<b>Nutrition Facts</b>	
45 servings per container	
<b>Serving size 1 Pouch (42g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg 0%	Calcium 25mg 2%
Iron 1.7mg 8%	Potassium 45mg 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.	

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), vegetable oil (soybean and palm oil with TBHQ for freshness), white cheddar cheese (milk, cheese cultures, salt, enzymes). Contains 2% or less of salt, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, whey protein concentrate, butter (cream, salt), baking soda, yeast, natural and artificial flavor, lactic acid, calcium lactate, disodium phosphate, citric acid, turmeric extract color, annatto extract color, soy lecithin.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

## Thursday

SKINNYPOP  
ORIGINAL

<b>Nutrition Facts</b>	
About 4.4 servings per container	
<b>Serving size: About 3 ¾ cups (28g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Insoluble Fiber 3g	
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 40mg	0%
*The % Daily Value 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.	
Ingredients: Popcorn, Sunflower Oil and Salt.	



# Grain/Bread/Cereal

## Friday

BELVITA  
CINNAMON

<b>Nutrition Facts</b>	
25 servings per container	
<b>Serving size</b>	<b>1 pack (4 biscuits)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% DV*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.8mg	10%
Potassium 90mg	0%
Thiamin 0.12mg	10%
Riboflavin 0.13mg	10%
Niacin 1.6mg	10%
Vitamin B6 0.17mg	10%

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<b>Nutrition Facts</b>	
45 servings per container	
<b>Serving size</b>	<b>1 pack (19g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 10mg	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.

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR.

**CONTAINS: WHEAT, SOY.**

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## Substitute

RITZ CRACKERS  
PORTION PACKS

# Grain/Bread/Cereal

## Substitute

NABISCO  
FIG NEWTONS

Nutrition Facts		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 pack (57g) Servings Per Container 24		Calories:	2,000    2,500
<b>Amount Per Serving</b>			
<b>Calories</b> 200	Calories from Fat 35		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 220mg			<b>9%</b>
<b>Potassium</b> 115mg			<b>3%</b>
<b>Total Carbohydrate</b> 40g			<b>13%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 23g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 2%		

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), FIGS, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (FROM MILK), SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, BAKING SODA, CALCIUM LACTATE, SOY LECITHIN, MALIC ACID, SODIUM BENZOATE AND SULFUR DIOXIDE (SULFITES) ADDED TO PRESERVE FRESHNESS, NATURAL AND ARTIFICIAL FLAVOR.

**CONTAINS:** WHEAT, MILK, SOY.

**Mondelez**

## Substitute

WELLSLEY FARMS  
CEREAL BARS

APPLE & CINNAMON	STRAWBERRY	BLUEBERRY
<b>Nutrition Facts</b> 16 servings per container <b>Serving size</b> 1 bar (37g) <b>Amount per serving</b> <b>Calories</b> 130 <b>% Daily Value*</b>	<b>Nutrition Facts</b> 16 servings per container <b>Serving size</b> 1 bar (37g) <b>Amount per serving</b> <b>Calories</b> 130 <b>% Daily Value*</b>	<b>Nutrition Facts</b> 16 servings per container <b>Serving size</b> 1 bar (37g) <b>Amount per serving</b> <b>Calories</b> 130 <b>% Daily Value*</b>
<b>Total Fat</b> 3g 4%	<b>Total Fat</b> 3g 4%	<b>Total Fat</b> 3g 4%
Saturated Fat 0g 0%	Saturated Fat 0g 0%	Saturated Fat 0g 0%
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
<b>Cholesterol</b> 0mg 0%	<b>Cholesterol</b> 0mg 0%	<b>Cholesterol</b> 0mg 0%
<b>Sodium</b> 80mg 3%	<b>Sodium</b> 80mg 3%	<b>Sodium</b> 80mg 3%
<b>Total Carbohydrate</b> 25g 9%	<b>Total Carbohydrate</b> 25g 9%	<b>Total Carbohydrate</b> 25g 9%
Dietary Fiber 2g 7%	Dietary Fiber 2g 7%	Dietary Fiber 2g 7%
Total Sugars 12g	Total Sugars 11g	Total Sugars 11g
Includes 11g Added Sugars 22%	Includes 11g Added Sugars 22%	Includes 11g Added Sugars 22%
<b>Protein</b> 1g	<b>Protein</b> 1g	<b>Protein</b> 1g
Vitamin D 0mcg 0% • Calcium 180mg 15%	Vitamin D 0mcg 0% • Calcium 180mg 15%	Vitamin D 0mcg 0% • Calcium 170mg 15%
Iron 1.9mg 10% • Potassium 50mg 2%	Iron 1.9mg 10% • Potassium 50mg 2%	Iron 1.9mg 10% • Potassium 50mg 2%
Vitamin A 180mcg 20% • Thiamin 0.4mg 35%	Vitamin A 180mcg 20% • Thiamin 0.4mg 35%	Vitamin A 180mcg 20% • Thiamin 0.4mg 35%
Riboflavin 0.4mg 30% • Niacin 4.5mg 30%	Riboflavin 0.4mg 30% • Niacin 4.5mg 30%	Riboflavin 0.4mg 30% • Niacin 4.5mg 30%
Vitamin B6 0.4mg 25% • Folate 65mcg DFE 15% (40mcg folic acid)	Vitamin B6 0.4mg 25% • Folate 65mcg DFE 15% (40mcg folic acid)	Vitamin B6 0.4mg 25% • Folate 65mcg DFE 15% (40mcg folic acid)
Zinc 1.2mg 10%	Zinc 1.2mg 10%	Zinc 1.2mg 10%
<small>* 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.</small>	<small>* 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.</small>	<small>* 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.</small>
<b>INGREDIENTS:</b> APPLE & CINNAMON FLAVORED FILLING (SUGAR, WATER, APPLE PUREE, GLYCERIN, CORN SYRUP, MALTODEXTRIN, APPLE POWDER, PECTIN, CINNAMON, XANTHAN GUM, MALIC ACID, CITRIC ACID, SODIUM ALGINATE, DICALCIUM PHOSPHATE, SODIUM CITRATE, MONO & DIGLYCERIDES, ASCORBIC ACID - A PRESERVATIVE, POTASSIUM SORBATE - A PRESERVATIVE, CALCIUM STEARATE, NATURAL FLAVOR, WHOLE OAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHOLE WHEAT FLOUR, INVERT SUGAR, SOLUBLE CORN FIBER, WHOLE ROLLED OATS, SUGAR, FRUCTOSE, MOLASSES, VITAMINS AND MINERALS (VITAMIN A PALMITATE, CALCIUM CARBONATE, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE, HYDROXYLCHLORIDE, RIBOFLAVIN, THIAMIN HYDROXYLCHLORIDE, FOLIC ACID, WHEY POWDER, HONEY, SODIUM BICARBONATE, NATURAL FLAVOR, CELLULOSE GUM, SALT, GUAR GUM, SOY LECITHIN, SODIUM PROPIONATE - A PRESERVATIVE, LEAVENING (SODIUM ALUM, SODIUM ACID PHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), WHEAT GLUTEN, LIQUID WHOLE EGGS.	<b>INGREDIENTS:</b> STRAWBERRY FLAVORED FILLING (SUGAR, WATER, GLYCERIN, CORN SYRUP, STRAWBERRY PUREE, APPLE PUREE, MALTODEXTRIN, APPLE POWDER, PECTIN, XANTHAN GUM, MALIC ACID, CITRIC ACID, SODIUM ALGINATE, DICALCIUM PHOSPHATE, SODIUM CITRATE, MONO & DIGLYCERIDES, ASCORBIC ACID - A PRESERVATIVE, POTASSIUM SORBATE - A PRESERVATIVE, CALCIUM STEARATE, NATURAL FLAVOR, COLOR RED 40, ORANGE 6), WHOLE OAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHOLE WHEAT FLOUR, INVERT SUGAR, SOLUBLE CORN FIBER, WHOLE ROLLED OATS, SUGAR, FRUCTOSE, MOLASSES, VITAMINS AND MINERALS (VITAMIN A PALMITATE, CALCIUM CARBONATE, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE, HYDROXYLCHLORIDE, RIBOFLAVIN, THIAMIN HYDROXYLCHLORIDE, FOLIC ACID, WHEY POWDER, HONEY, SODIUM BICARBONATE, NATURAL FLAVOR, CELLULOSE GUM, SALT, GUAR GUM, SOY LECITHIN, SODIUM PROPIONATE - A PRESERVATIVE, LEAVENING (SODIUM ALUM, SODIUM ACID PHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), WHEAT GLUTEN, LIQUID WHOLE EGGS.	<b>INGREDIENTS:</b> BLUEBERRY FLAVORED FILLING (SUGAR, GLYCERIN, CORN SYRUP, WATER, BLUEBERRY PUREE, APPLE PUREE, MALTODEXTRIN, APPLE POWDER, PECTIN, XANTHAN GUM, MALIC ACID, CITRIC ACID, SODIUM ALGINATE, DICALCIUM PHOSPHATE, SODIUM CITRATE, MONO & DIGLYCERIDES, ASCORBIC ACID - A PRESERVATIVE, POTASSIUM SORBATE - A PRESERVATIVE, NATURAL FLAVOR, COLOR RED 40, BLUE 1A, WHOLE OAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHOLE WHEAT FLOUR, INVERT SUGAR, SOLUBLE CORN FIBER, WHOLE ROLLED OATS, SUGAR, FRUCTOSE, MOLASSES, VITAMINS AND MINERALS (VITAMIN A PALMITATE, CALCIUM CARBONATE, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE, HYDROXYLCHLORIDE, RIBOFLAVIN, THIAMIN HYDROXYLCHLORIDE, FOLIC ACID, WHEY POWDER, HONEY, SODIUM BICARBONATE, NATURAL FLAVOR, CELLULOSE GUM, SALT, GUAR GUM, SOY LECITHIN, SODIUM PROPIONATE - A PRESERVATIVE, LEAVENING (SODIUM ALUM, SODIUM ACID PHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), WHEAT GLUTEN, LIQUID WHOLE EGGS.
<b>CONTAINS:</b> WHEAT, MILK, SOY AND EGGS. MAY CONTAIN PEANUTS AND TREE NUTS.	<b>CONTAINS:</b> WHEAT, MILK, SOY AND EGGS. MAY CONTAIN PEANUTS AND TREE NUTS.	<b>CONTAINS:</b> WHEAT, MILK, SOY AND EGGS. MAY CONTAIN PEANUTS AND TREE NUTS.

# Fruit

## Tuesday

WELLSLEY FARMS  
ORGANIC APPLESAUCE

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>1 pouch</b>
Amount per serving	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>4%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 75mg	2%
Vitamin C 18mg	20%

\* 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.

**INGREDIENTS:** ORGANIC APPLES, WATER, ASCORBIC ACID (TO MAINTAIN COLOR).

## Wednesday

FRESH APPLES

Nutrition Facts	
Serving Size: <input type="checkbox"/> 1 medium apple (154g)	
Amount Per Serving	
<b>Calories</b> 80	<b>Calories from Fat</b> 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 170mg	<b>5%</b>
<b>Total Carbohydrates</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 16g	
<b>Protein</b> 0g	
Vitamin A	2%
Vitamin C	8%
Calcium	0%
Iron	2%

\* Percent Daily Values are based on a 2000 calorie diet.

# Fruit

## Thursday

FRESH MANDARIN ORANGES

Nutrition Facts	
Mandarin	
Serving Size: <input type="text" value="1"/> fruit (74g)	
Amount Per Serving	
Calories 35	Calories from Fat 1
% Daily Value*	
Total Fat 0.1g	0%
Trans Fat 0g	
Sodium 0.7mg	0%
Potassium 131mg	4%
Total Carbohydrates 8.9g	3%
Dietary Fiber 1.3g 5%	
Sugars 6.8g	
Protein 0.6g	
Vitamin C 60%	
Calcium 1.7%	
Iron 0.6%	

\* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts	
Banana	
Serving Size: <input type="text" value="1"/> medium (7" to 7-7/8" long) (118g)	
Amount Per Serving	
Calories 105	Calories from Fat 3.5
% Daily Value*	
Total Fat 0.4g	1%
Saturated Fat 0.1g 1%	
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 1.2mg	0%
Potassium 422mg	12%
Total Carbohydrates 27g	9%
Dietary Fiber 3.1g 12%	
Sugars 14g	
Protein 1.3g	
Vitamin A 1.5%	
Vitamin C 17%	
Calcium 0.5%	
Iron 1.7%	

\* Percent Daily Values are based on a 2000 calorie diet.



## Friday

FRESH BANANAS

# Substitute

RAISINS