SNACKS

DATE	AM SNACK	PM SNACK
SUNDAY		FROSTED FLAKES CEREAL & SPOON - 1 EA (120 CALORIES, 3 g FAT, 0 g SATURATED FAT, 9 g SUGAR) MILK-8 OZ
MONDAY	OREO - 1 PK APPLE JUICE - 4 OZ	100 CALORIES CHEESE ITS - 1 PK (100 CALORIES, 3 g FAT, 1 g SATURATED FAT, 0 g SUGAR) MILK-8 OZ
TUESDAY	CHEESE CRACKERS - 1 PK GRAPE JUICE - 4 OZ	CHEX MIX - 1 BAG (150 CALORIES, 4.5 g FAT, 1.5 SATURATED FAT, 10 g SUGAR) MILK-8 OZ
WEDNESDAY	PUDDING & SPOON - 1 EA ORANGE JUICE - 4 OZ	FRUIT ROLL UP - 1 PK MILK-8 OZ
THURSDAY	GRAHAMS CRACKERS-2 PKS FRUIT PUNCH - 4 OZ	SNACK BARS - 1 EA MILK-8 OZ
FRIDAY	FRUIT SNACK -1 PK PINEAPPLE JUICE - 4 OZ	WHITE CHEDDAR POPCORN - 1 BAG (100 CALORIES, 3 g FAT, 0 g SATURATED FAT, 6 g SUGAR) MILK-8 OZ
SATURDAY		PRETZEL - 1 BAG (80 CALORIES, 8 g FAT, 1 g SATURATED FAT, 11 g SUGAR) JUICE-8 OZ

DATE	AM SNACK	PM SNACK
SUNDAY		RASPBERRY ICE - 4 OZ MILK-8 OZ
MONDAY	GOLD FISH - 1 BAG FRUIT PUNCH - 4 OZ	KETTLE CORN - 1 B (130 CALORIES, 5 g FAT, 0 g SATURATED FAT, 6 g SUGAR) MILK-8 OZ
TUESDAY	GRANOLA BARS - 1 EA GRAPE JUICE - 4 OZ	BAKED CHIPS A HOY - 1 EA (100 CALORIES, 3 g FAT, 0.5 g SATURATED FAT, 7 g SUGAR) MILK-8 OZ
WEDNESDAY	OATMEAL TO GO BAR - 1 EA FRUIT PUNCH - 4 OZ	KELLOGS FRUIT CRISP - 1 EA (100 CALORIES, 2 g FAT, 1 g SATURATED FAT, 7 g SUGAR) MILK-8 OZ
THURSDAY	TEDDY GRAHAMS - 1 BAG ORANGE JUICE - 4 OZ	BAKED NACHO'S - 1 BAG W/CHEESE SAUCE - 2 OZ (110 CALORIES, 2.5 g FAT, 0 g SATURATED FAT, 0 g SUGAR) FRUIT-1 SERVING
FRIDAY	SMART FOOD -1 BAG APPLE JUICE - 4 OZ	POPTART - 1 EA (110 CALORIES, 2.5 g FAT, 1 g SATURATED FAT, 13 g SUGAR) MILK-8 OZ
SATURDAY		APPLESAUCE - 4 OZ; & SPOON (50 CALORIES, 0 g FAT, 0 g SATURATED FAT, 11 g SUGAR) GRAHAM CRACKERS - 2 EA MILK-8 OZ