February 2018

Snack

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SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	**January 30, 2018**	**January 31, 2018**	**February 1, 2018**	**February 2, 2018**
			Animal Grahams ^ Tropical Veggie Juice	String Cheese Crackers ^ (3)
February 5, 2018	**February 6, 2018**	**February 7, 2018**	**February 8, 2018**	**February 9, 2018**
Honey Roasted Sunflower Seeds Tropical Veggie Juice	Peach Mini Loaf ^ 100% Grape Juice	String Cheese Saltine Crackers^	Graham Crackers ^ Orange Juice	Cheddar Sun Chips ^ 100% Blended Fruit Juice
February 12, 2018	**February 13, 2018**	**February 14, 2018**	**February 15, 2018**	**February 16, 2018**
Cheddar Goldfish Crackers 100% Grape Juice	Animal Grahams ^ 100% Blended Fruit Juice	Corn Muffin ^ Orange Juice	String Cheese Saltine Crackers^	NO SCHOOL
February 19, 2018	**February 20, 2018**	**February 21, 2018**	**February 22, 2018**	**February 23, 2018**
PRESIDENTS DAY	Blueberry Muffin ^ 100% Grape Juice	String Cheese Saltine Crackers^	Honey Roasted Sunflower Seeds Tropical Veggie Juice	Pretzels 100% Blended Fruit Juice
February 26, 2018	**February 27, 2018**	**February 28, 2018**	**March 1, 2018**	**March 2, 2018**
Lemon Mini Loaf 100% Grape Juice	Multi Grain Sun Chips 100% Blended Fruit Juice	Cheddar Goldfish Crackers Mixed Fruit Cup		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

Healthy! www.PreferredMealsMenu.com preferredmeals an elior company

Nutritional Information: SAMUELI CHARTER SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-01-2018	Animal Grahams ^	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
02-02-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Crackers ^ (3)	32	1	0	0	0	59	5	0	0	0	0	0	0	1	G/B:0.25sv WG
02-05-2018	Honey Roasted Sunflower Seeds	190	15	2	0	0	65	11	3	5	6	0	0	20	1	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
02-06-2018	Peach Mini Loaf ^	137	4	0	0	0	173	23	2	7	2	2	0	31	1	G/B:1sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
02-07-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Saltine Crackers^	22	0	0	0	0	40	4	0	0	0	0	0	0	0	G/B:0.25sv WG
02-08-2018	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Orange Juice	83	0	0	0	0	0	22	0	16	0	0	94	15	0	F:3/4c
02-09-2018	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	100% Blended Fruit Juice	97	0	0	0	0	1	21	0	20	0	0	9	0	0	F:3/4c
02-12-2018	Cheddar Goldfish Crackers	100	4	1	0	4	170	14	1	0	3	0	0	20	0	G/B:1sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
02-13-2018	Animal Grahams ^	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	100% Blended Fruit Juice	97	0	0	0	0	1	21	0	20	0	0	9	0	0	F:3/4c
02-14-2018	Corn Muffin ^	243	9	1	0	0	251	38	3	12	4	2	0	63	1	G/B:2sv WG
	Orange Juice	83	0	0	0	0	0	22	0	16	0	0	94	15	0	F:3/4c
02-15-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Saltine Crackers^	22	0	0	0	0	40	4	0	0	0	0	0	0	0	G/B:0.25sv WG
02-16-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Nutritional Information: SAMUELI CHARTER SCHOOL

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-19-2018	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-20-2018	Blueberry Muffin ^	172	6	0	0	0	170	29	2	11	3	0	0	31	1	G/B:1.25sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
02-21-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Saltine Crackers^	22	0	0	0	0	40	4	0	0	0	0	0	0	0	G/B:0.25sv WG
02-22-2018	Honey Roasted Sunflower Seeds	190	15	2	0	0	65	11	3	5	6	0	0	20	1	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
02-23-2018	Pretzels	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
	100% Blended Fruit Juice	97	0	0	0	0	1	21	0	20	0	0	9	0	0	F:3/4c
02-26-2018	Lemon Mini Loaf	133	3	0	0	0	184	25	1	10	2	0	0	43	1	G/B:1sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
02-27-2018	Multi Grain Sun Chips	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	100% Blended Fruit Juice	97	0	0	0	0	1	21	0	20	0	0	9	0	0	F:3/4c
02-28-2018	Cheddar Goldfish Crackers	100	4	1	0	4	170	14	1	0	3	0	0	20	0	G/B:1sv WG
	Mixed Fruit Cup	97	0	0	0	0	7	23	2	20	3	12	6	12	0	F:3/4c

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: SAMUELI CHARTER SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-01-2018	Animal Grahams ^	X	X					X	X
	Tropical Veggie Juice								
02-02-2018	String Cheese	X							
	Crackers ^ (3)								X
02-05-2018	Honey Roasted Sunflower Seeds								
	Tropical Veggie Juice								
02-06-2018	Peach Mini Loaf ^								X
	100% Grape Juice								
02-07-2018	String Cheese	X							
	Saltine Crackers^							X	X
02-08-2018	Graham Crackers ^							X	X
	Orange Juice								
02-09-2018	Cheddar Sun Chips ^	X							X
	100% Blended Fruit Juice								
02-12-2018	Cheddar Goldfish Crackers	X						X	X
	100% Grape Juice								
02-13-2018	Animal Grahams ^	X	X					X	X
	100% Blended Fruit Juice								
02-14-2018	Corn Muffin ^								X
	Orange Juice								
02-15-2018	String Cheese	X							
	Saltine Crackers^							X	X
02-16-2018	NO SCHOOL								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-19-2018	PRESIDENTS DAY								
02-20-2018	Blueberry Muffin ^								X
	100% Grape Juice								
02-21-2018	String Cheese	X							
	Saltine Crackers^							X	X
02-22-2018	Honey Roasted Sunflower Seeds								
	Tropical Veggie Juice								
02-23-2018	Pretzels								X
	100% Blended Fruit Juice								
02-26-2018	Lemon Mini Loaf								X
	100% Grape Juice								
02-27-2018	Multi Grain Sun Chips								X
	100% Blended Fruit Juice								
02-28-2018	Cheddar Goldfish Crackers	X						X	X
	Mixed Fruit Cup								