

AUGUST



Snack



SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
July 30, 2018	July 31, 2018	August 1, 2018	August 2, 2018	August 3, 2018
August 6, 2018	August 7, 2018	August 8, 2018	August 9, 2018	August 10, 2018
August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
Multi Grain Sun Chips ^ 100% Grape Juice	Cherry Mini Loaf ^ 100% Apple Juice	Pizza Crackers ^ 100% Blended Fruit Juice	Cheddar Goldfish Crackers ^ Mixed Fruit Cup	Corn Muffin ^ Wango Mango Juice
August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
Tortilla Rounds ^ Tropical Veggie Juice	Banana Muffin ^ 100% Apple Juice	Cheddar Sun Chips ^ Mixed Fruit Cup	String Cheese Graham Crackers ^	Peach Mini Loaf ^ 100% Grape Juice
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
Multi Grain Sun Chips ^ 100% Grape Juice	Cherry Mini Loaf ^ 100% Apple Juice	Pizza Crackers ^ 100% Blended Fruit Juice	Cheddar Goldfish Crackers ^ Mixed Fruit Cup	Corn Muffin ^ Wango Mango Juice

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.

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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
08-13-2018	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
08-14-2018	Cherry Mini Loaf ^	171	5	0	0	0	212	30	1	14	2	19	0	40	1	G/B:1sv WG
	100% Apple Juice	90	0	0	0	0	15	21	0	20	0	0	0	0	0	F:3/4c
08-15-2018	Pizza Crackers ^	80	2	0	0	0	190	15	2	2	2	111	3	18	3	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
08-16-2018	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
08-17-2018	Corn Muffin ^	220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Wango Mango Juice	90	0	0	0	0	40	23	0	21	0	225	60	0	0	V:3/4c O
08-20-2018	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
08-21-2018	Banana Muffin ^	172	6	0	0	0	180	28	2	8	3	1	3	23	1	G/B:1.25sv WG
	100% Apple Juice	90	0	0	0	0	15	21	0	20	0	0	0	0	0	F:3/4c
08-22-2018	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	Mixed Fruit Cup	97	0	0	0	0	7	23	2	20	3	12	6	12	0	F:3/4c
08-23-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
08-24-2018	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
08-27-2018	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	100% Grape Juice	120	0	0	0	0	5	31	0	27	0	3	0	17	0	F:3/4c
08-28-2018	Cherry Mini Loaf ^	171	5	0	0	0	212	30	1	14	2	19	0	40	1	G/B:1sv WG
	100% Apple Juice	90	0	0	0	0	15	21	0	20	0	0	0	0	0	F:3/4c

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08-29-2018	Pizza Crackers ^	80	2	0	0	0	190	15	2	2	2	111	3	18	3	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
08-30-2018	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
08-31-2018	Corn Muffin ^	220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Wango Mango Juice	90	0	0	0	0	40	23	0	21	0	225	60	0	0	V:3/4c O

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

