

# Alternate Meal

## Forgotten lunch money?

The Puyallup School District offers a no-cost alternate meal to sustain your child until they get home.



Blueberry NutriGrain Bar



1% White Milk

Or



Fat- Free Chocolate Milk

### Blueberry NutriGrain Bar Nutrition Information

Nutrition Facts	
Serving Size	1 Bar (37g)
Servings Per Container	8
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 12g	
<b>Protein</b> 2g	
<b>INGREDIENTS:</b> CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B <sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B <sub>2</sub> [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B <sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B <sub>12</sub> (THIAMIN HYDROCHLORIDE), VITAMIN B <sub>2</sub> (RIBOFLAVIN). <b>FILLING:</b> INVERT SUGAR, CORN SYRUP, BLUEBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, METHYLCELLULOSE, DIGALCIUM PHOSPHATE, MALIC ACID, BLUEBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, RED 40, BLUE 1.	
<b>CONTAINS WHEAT, MILK AND SOY INGREDIENTS.</b>	

### Smith Brothers 1% White Milk Nutrition Information

Nutrition Facts		
Serving Size: 1 carton (236mL)		
<b>AMOUNT PER SERVING</b>		
Calories 110	Calories from Fat 20	
<b>% DAILY VALUE*</b>		
<b>Total Fat</b> 2.5g	<b>4%</b>	
Saturated Fat 1.5g	<b>8%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 10mg	<b>4%</b>	
<b>Sodium</b> 125mg	<b>5%</b>	
<b>Total Carbohydrate</b> 13g	<b>4%</b>	
Dietary Fiber 0g	<b>0%</b>	
Sugars 12g		
<b>Protein</b> 8g	<b>17%</b>	
Vitamin A 10% • Vitamin C 2%		
Calcium 30% • Iron 0% • Vitamin D 25%		
*Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories 2000	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
Protein	50g	65g
CALORIES PER GRAM:		
Fat 9 • Carbohydrate 4 • Protein 4		
<b>Amounts per 1 cup serving</b>		
WHOLE MILK		FAT 8g
LOWFAT MILK		FAT 2.5g
<b>Container size:</b> Half Pint (236mL)		
<b>Ingredients:</b> LowFat Milk with Vitamin A Palmitate and Vitamin D3 added		

### Smith Brothers Fat Free Chocolate Milk Nutrition Information

Nutrition Facts	
Serving Size: 1 carton (236mL)	
Servings Per Container: 1	
Amount Per Serving	
<b>Calories:</b> 130	Calories from Fat: 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrates</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 22g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 2% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet.	
<b>CONTAINER SIZE:</b> Half Pint (236mL)	
<b>INGREDIENTS:</b> Fat Free Milk, Sugar, Cocoa processed with Alkali, Salt, Carrageenan, Artificial Flavor (Vanillin), Vitamin A Palmitate and Vitamin D3 added.	