

# No-Cost Alternate Lunch

This free option is only available if a parent/guardian directs it as part of their student's emergency backup meal plan.

For more information on lost/forgotten meal procedures visit [www.puyallup.k12.wa.us/forgottenlunch](http://www.puyallup.k12.wa.us/forgottenlunch) or contact Food and Nutrition Services at 253-841-8773.

Kellogg's' Nutri-Grain  
Cereal Bar (Blueberry)



+

Smith Brothers Farms  
1% White Milk



Or

Smith Brothers Farms  
Fat-Free Chocolate Milk



## Nutrition Facts

Servings Per Container 16  
Serving Size 1 Bar (37 g)

Amount Per Serving		
	Amount/Serving	% Daily Value*
<b>Calories</b>		<b>130</b>
<b>Total Fat</b>	3.5 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	130 mg	6%
<b>Total Carbohydrate</b>	25 g	9%
Dietary Fiber	1 g	5%
Total Sugars	13 g	
Includes 12g Added Sugars	12 g	24%
<b>Protein</b>	2 g	
<b>Vitamin D</b>	0 mcg	0%
<b>Calcium</b>	130 mg	10%
<b>Iron</b>	1.8 mg	10%
<b>Potassium</b>	80 mg	0%
<b>Vitamin A</b>		10%
<b>Thiamin</b>		10%
<b>Riboflavin</b>		10%
<b>Niacin</b>		10%
<b>Vitamin B6</b>		10%
<b>Zinc</b>		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.

## Nutrition Facts

1 serving per container  
Serving size 1 Carton (236mL)

Amount per serving		
		% Daily Value*
<b>Calories</b>	<b>100</b>	
<b>Total Fat</b> 2.5g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
<b>Cholesterol</b> 10mg		3%
<b>Sodium</b> 105mg		5%
<b>Total Carbohydrate</b> 12g		4%
Dietary Fiber 0g		0%
Total Sugars 12g		
Includes 0g Added Sugars		0%
<b>Protein</b> 8g		16%
<b>Vitamin D</b> 2.4mcg		10%
<b>Calcium</b> 310mg		25%
<b>Iron</b> 0mg		0%
<b>Potassium</b> 370mg		8%
<b>Vitamin A</b> 180mcg		20%

\* 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:** LOWFAT MILK WITH VITAMIN A PALMITATE AND D3 ADDED.

**CONTAINS:** MILK.

## Nutrition Facts

1 serving per container  
Serving size 1 Carton (236mL)

Amount per serving		
		% Daily Value*
<b>Calories</b>	<b>130</b>	
<b>Total Fat</b> 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 5mg		2%
<b>Sodium</b> 160mg		7%
<b>Total Carbohydrate</b> 23g		8%
Dietary Fiber 0g		0%
Total Sugars 23g		
Includes 11g Added Sugars		22%
<b>Protein</b> 8g		16%
<b>Vitamin D</b> 2.5mcg		15%
<b>Calcium</b> 294mg		25%
<b>Iron</b> 0mg		0%
<b>Potassium</b> 385mg		8%
<b>Vitamin A</b> 150mcg		15%

\* 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:** SKIM MILK, SUGAR, COCOA, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, VANILLIN (AN ARTIFICIAL FLAVOR), VITAMIN A PALMITATE, VITAMIN D3.

**CONTAINS:** MILK.



Puyallup School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:

Civil Rights Compliance Coordinator: Eric Hogan, [hoganew@puyallup.k12.wa.us](mailto:hoganew@puyallup.k12.wa.us), (253) 435-6295

504/ADA Coordinator: Eric Hogan, [hoganew@puyallup.k12.wa.us](mailto:hoganew@puyallup.k12.wa.us), (253) 435-6295

Title IX Coordinator Staff: Amie Brandmire, [brandmah@puyallup.k12.wa.us](mailto:brandmah@puyallup.k12.wa.us) (253) 841-8666

Title IX Coordinator Students: Eric Hogan, [hoganew@puyallup.k12.wa.us](mailto:hoganew@puyallup.k12.wa.us), (253) 435-6295

[Policy 3210 Nondiscrimination](#)

[Policy 5010 Nondiscrimination and Affirmative Action](#)