



**June 4- Cheese and Dates – Happy Cheese Day!**

*Not Smart Snack*

Link: No link, general recipe

**Recipe**

*Ingredients:*

1 cheese stick

3 dates

Yield 1 serving

This light snack is packed with protein and carbohydrates!  
Enjoy this easy treat as an afternoon snack.

<b>Nutrition Facts</b>	
Serving Size 1 serving (45g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 25
<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>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 16g	
<b>Protein</b> 7g	<b>13%</b>
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	