

## **ATTENTION PARENTS AND STUDENTS!!!**

We are offering an alternative to peanut butter. We now have ***Sun Butter*** which is a healthy alternative to peanut butter with less saturated fat! It is made from Sunflower seeds. If you would like a sandwich or a portion of ***Sun Butter*** in a cup, please contact the cafeteria manager or a member of the cafeteria staff prior to your/child's lunch time.

Thank you.

### **Nutritional Information**

Serving size 32 grams = to 1.129 oz.

Calories: 200

Calories from fat: 0

Total Fat: 16 g

Saturated Fat: 2 g

Trans Fat: 0 g

Sodium: 120 mg

Carbohydrate: 7 g

Sugars: 3 g

Protein: 7 g