

# Big Hollow School District 38

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
		May - 1  MINI WAFFLE SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP	May - 2  MINI CHICK TACOS 1c TOSSED SALAD 1/2c CARROT STICKS GRAPEFRUIT MILK,1% Lowfat SALSA	May - 3  PIZZA DIPPERS 1/2c CAULIFLOWER 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat MARINARA SAUCE																																																																																																																																																						
		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">857</td></tr> <tr><td>132%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">47 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">626 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">6.3 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">1.5 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">354.1 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1060 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">68.9 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">26.5*g 12.4%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">21.0g 9.8%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">118.9g 55.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">34.6g 36.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">3.3g 3.4%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	857	132%		Chol...	47 mg	Sodium.	626 mg	Fiber..	6.3 g	Iron...	1.5 mg	Calcium	354.1 mg	Vit A	1060 IU	Vit C	68.9 mg	Sugar	26.5*g 12.4%Cal	Prot	21.0g 9.8%Cal	Carb	118.9g 55.5%Cal	T.Fat	34.6g 36.3%Cal	S.Fat	3.3g 3.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">474</td></tr> <tr><td>86%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">102 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">760 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">10.6 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.5 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">577.0 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">16136 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">64.3 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">28.3*g 23.9%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">27.5g 23.2%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">61.3g 51.8%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">14.6g 27.6%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.7g 10.8%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	474	86%		Chol...	102 mg	Sodium.	760 mg	Fiber..	10.6 g	Iron...	3.5 mg	Calcium	577.0 mg	Vit A	16136 IU	Vit C	64.3 mg	Sugar	28.3*g 23.9%Cal	Prot	27.5g 23.2%Cal	Carb	61.3g 51.8%Cal	T.Fat	14.6g 27.6%Cal	S.Fat	5.7g 10.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">555</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">22 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1196 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">10.4 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.2 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">678.4 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1573 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">77.6 mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">17.6*g 12.7%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">26.1g 18.8%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">77.2g 55.7%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">17.7g 28.7%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">6.7g 10.8%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	555	100%		Chol...	22 mg	Sodium.	1196 mg	Fiber..	10.4 g	Iron...	3.2 mg	Calcium	678.4 mg	Vit A	1573 IU	Vit C	77.6 mg	Sugar	17.6*g 12.7%Cal	Prot	26.1g 18.8%Cal	Carb	77.2g 55.7%Cal	T.Fat	17.7g 28.7%Cal	S.Fat	6.7g 10.8%Cal																																																												
Nutrients	Target																																																																																																																																																									
Cals...	857																																																																																																																																																									
132%																																																																																																																																																										
Chol...	47 mg																																																																																																																																																									
Sodium.	626 mg																																																																																																																																																									
Fiber..	6.3 g																																																																																																																																																									
Iron...	1.5 mg																																																																																																																																																									
Calcium	354.1 mg																																																																																																																																																									
Vit A	1060 IU																																																																																																																																																									
Vit C	68.9 mg																																																																																																																																																									
Sugar	26.5*g 12.4%Cal																																																																																																																																																									
Prot	21.0g 9.8%Cal																																																																																																																																																									
Carb	118.9g 55.5%Cal																																																																																																																																																									
T.Fat	34.6g 36.3%Cal																																																																																																																																																									
S.Fat	3.3g 3.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	474																																																																																																																																																									
86%																																																																																																																																																										
Chol...	102 mg																																																																																																																																																									
Sodium.	760 mg																																																																																																																																																									
Fiber..	10.6 g																																																																																																																																																									
Iron...	3.5 mg																																																																																																																																																									
Calcium	577.0 mg																																																																																																																																																									
Vit A	16136 IU																																																																																																																																																									
Vit C	64.3 mg																																																																																																																																																									
Sugar	28.3*g 23.9%Cal																																																																																																																																																									
Prot	27.5g 23.2%Cal																																																																																																																																																									
Carb	61.3g 51.8%Cal																																																																																																																																																									
T.Fat	14.6g 27.6%Cal																																																																																																																																																									
S.Fat	5.7g 10.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	555																																																																																																																																																									
100%																																																																																																																																																										
Chol...	22 mg																																																																																																																																																									
Sodium.	1196 mg																																																																																																																																																									
Fiber..	10.4 g																																																																																																																																																									
Iron...	3.2 mg																																																																																																																																																									
Calcium	678.4 mg																																																																																																																																																									
Vit A	1573 IU																																																																																																																																																									
Vit C	77.6 mg																																																																																																																																																									
Sugar	17.6*g 12.7%Cal																																																																																																																																																									
Prot	26.1g 18.8%Cal																																																																																																																																																									
Carb	77.2g 55.7%Cal																																																																																																																																																									
T.Fat	17.7g 28.7%Cal																																																																																																																																																									
S.Fat	6.7g 10.8%Cal																																																																																																																																																									
May - 6  CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	May - 7  MINI QUESADILLA 1/2c CORN 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	May - 8  FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	May - 9  ORANGE CHICKEN BROWN RICE 1/2c FRSH BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	May - 10  PEPPERONI PIZZA 1/2c CARROTS 1/4c SQUASH MIXED BERRIES MILK,1% Lowfat																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">782</td></tr> <tr><td>120%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">42 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1268 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">12.6 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.7 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">538.0 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1033 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">26.5* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">12.7*g 6.5%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">36.3g 18.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">113.1g 57.9%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">21.8g 25.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.0g 8.0%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	782	120%		Chol...	42 mg	Sodium.	1268 mg	Fiber..	12.6 g	Iron...	5.7 mg	Calcium	538.0 mg	Vit A	1033 IU	Vit C	26.5* mg	Sugar	12.7*g 6.5%Cal	Prot	36.3g 18.5%Cal	Carb	113.1g 57.9%Cal	T.Fat	21.8g 25.0%Cal	S.Fat	7.0g 8.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">644</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">102 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">711 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">13.4 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.9 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">664.7 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1834 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">30.8* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">37.9*g 23.5%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">37.9g 23.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">82.2g 51.0%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">20.0g 27.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.6g 7.8%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	644	100%		Chol...	102 mg	Sodium.	711 mg	Fiber..	13.4 g	Iron...	5.9 mg	Calcium	664.7 mg	Vit A	1834 IU	Vit C	30.8* mg	Sugar	37.9*g 23.5%Cal	Prot	37.9g 23.5%Cal	Carb	82.2g 51.0%Cal	T.Fat	20.0g 27.9%Cal	S.Fat	5.6g 7.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">762</td></tr> <tr><td>117%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">110 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">529 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">3.8 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">2.5 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">500.2 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">690 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">55.8* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">25.0*g 13.1%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">21.5g 11.3%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">124.7g 65.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">20.6g 24.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.3g 5.1%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	762	117%		Chol...	110 mg	Sodium.	529 mg	Fiber..	3.8 g	Iron...	2.5 mg	Calcium	500.2 mg	Vit A	690 IU	Vit C	55.8* mg	Sugar	25.0*g 13.1%Cal	Prot	21.5g 11.3%Cal	Carb	124.7g 65.5%Cal	T.Fat	20.6g 24.3%Cal	S.Fat	4.3g 5.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">491</td></tr> <tr><td>89%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">52 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">409 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">4.8 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">2.6 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">360.6 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">910 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">79.7* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">42.4*g 34.5%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">24.1g 19.7%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">84.8g 69.1%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">6.7g 12.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">2.3g 4.2%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	491	89%		Chol...	52 mg	Sodium.	409 mg	Fiber..	4.8 g	Iron...	2.6 mg	Calcium	360.6 mg	Vit A	910 IU	Vit C	79.7* mg	Sugar	42.4*g 34.5%Cal	Prot	24.1g 19.7%Cal	Carb	84.8g 69.1%Cal	T.Fat	6.7g 12.3%Cal	S.Fat	2.3g 4.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">638</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td style="text-align: right;">47 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">926 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">8.8 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.9* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">602.3* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">18457* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">20.7* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">40.3*g 25.3%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">27.8g 17.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">91.9g 57.6%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">25.9g 36.5%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">10.6g 15.0%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	638	100%		Chol...	47 mg	Sodium.	926 mg	Fiber..	8.8 g	Iron...	3.9* mg	Calcium	602.3* mg	Vit A	18457* IU	Vit C	20.7* mg	Sugar	40.3*g 25.3%Cal	Prot	27.8g 17.5%Cal	Carb	91.9g 57.6%Cal	T.Fat	25.9g 36.5%Cal	S.Fat	10.6g 15.0%Cal
Nutrients	Target																																																																																																																																																									
Cals...	782																																																																																																																																																									
120%																																																																																																																																																										
Chol...	42 mg																																																																																																																																																									
Sodium.	1268 mg																																																																																																																																																									
Fiber..	12.6 g																																																																																																																																																									
Iron...	5.7 mg																																																																																																																																																									
Calcium	538.0 mg																																																																																																																																																									
Vit A	1033 IU																																																																																																																																																									
Vit C	26.5* mg																																																																																																																																																									
Sugar	12.7*g 6.5%Cal																																																																																																																																																									
Prot	36.3g 18.5%Cal																																																																																																																																																									
Carb	113.1g 57.9%Cal																																																																																																																																																									
T.Fat	21.8g 25.0%Cal																																																																																																																																																									
S.Fat	7.0g 8.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	644																																																																																																																																																									
100%																																																																																																																																																										
Chol...	102 mg																																																																																																																																																									
Sodium.	711 mg																																																																																																																																																									
Fiber..	13.4 g																																																																																																																																																									
Iron...	5.9 mg																																																																																																																																																									
Calcium	664.7 mg																																																																																																																																																									
Vit A	1834 IU																																																																																																																																																									
Vit C	30.8* mg																																																																																																																																																									
Sugar	37.9*g 23.5%Cal																																																																																																																																																									
Prot	37.9g 23.5%Cal																																																																																																																																																									
Carb	82.2g 51.0%Cal																																																																																																																																																									
T.Fat	20.0g 27.9%Cal																																																																																																																																																									
S.Fat	5.6g 7.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	762																																																																																																																																																									
117%																																																																																																																																																										
Chol...	110 mg																																																																																																																																																									
Sodium.	529 mg																																																																																																																																																									
Fiber..	3.8 g																																																																																																																																																									
Iron...	2.5 mg																																																																																																																																																									
Calcium	500.2 mg																																																																																																																																																									
Vit A	690 IU																																																																																																																																																									
Vit C	55.8* mg																																																																																																																																																									
Sugar	25.0*g 13.1%Cal																																																																																																																																																									
Prot	21.5g 11.3%Cal																																																																																																																																																									
Carb	124.7g 65.5%Cal																																																																																																																																																									
T.Fat	20.6g 24.3%Cal																																																																																																																																																									
S.Fat	4.3g 5.1%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	491																																																																																																																																																									
89%																																																																																																																																																										
Chol...	52 mg																																																																																																																																																									
Sodium.	409 mg																																																																																																																																																									
Fiber..	4.8 g																																																																																																																																																									
Iron...	2.6 mg																																																																																																																																																									
Calcium	360.6 mg																																																																																																																																																									
Vit A	910 IU																																																																																																																																																									
Vit C	79.7* mg																																																																																																																																																									
Sugar	42.4*g 34.5%Cal																																																																																																																																																									
Prot	24.1g 19.7%Cal																																																																																																																																																									
Carb	84.8g 69.1%Cal																																																																																																																																																									
T.Fat	6.7g 12.3%Cal																																																																																																																																																									
S.Fat	2.3g 4.2%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	638																																																																																																																																																									
100%																																																																																																																																																										
Chol...	47 mg																																																																																																																																																									
Sodium.	926 mg																																																																																																																																																									
Fiber..	8.8 g																																																																																																																																																									
Iron...	3.9* mg																																																																																																																																																									
Calcium	602.3* mg																																																																																																																																																									
Vit A	18457* IU																																																																																																																																																									
Vit C	20.7* mg																																																																																																																																																									
Sugar	40.3*g 25.3%Cal																																																																																																																																																									
Prot	27.8g 17.5%Cal																																																																																																																																																									
Carb	91.9g 57.6%Cal																																																																																																																																																									
T.Fat	25.9g 36.5%Cal																																																																																																																																																									
S.Fat	10.6g 15.0%Cal																																																																																																																																																									
May - 13  CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS APRICOTS MILK,1% Lowfat KETCHUP	May - 14  MOZZ STICKS 1/2c STMD BROCCOL 1/4c CHERRY TOMAT STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	May - 15  PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	May - 16  CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD FRUIT COCKTAIL MILK,1% Lowfat KETCHUP	May - 17  CHICKEN NUGGETS 1/2c PEAS 1/4c CELERY STICKS FRESH APPLES MILK,1% Lowfat KETCHUP SHERBET																																																																																																																																																						

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Big Hollow School District 38

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																																	
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>850</td> <td></td> </tr> <tr> <td colspan="3">131%</td> </tr> <tr> <td>Chol...</td> <td>42 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1418 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>13.1 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>4.6* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>415.7* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>911* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>107.6* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>16.3*g</td> <td>7.7%Cal</td> </tr> <tr> <td>Prot</td> <td>30.2g</td> <td>14.2%Cal</td> </tr> <tr> <td>Carb</td> <td>125.4g</td> <td>59.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td>26.6g</td> <td>28.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td>8.5g</td> <td>9.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	850		131%			Chol...	42 mg		Sodium.	1418 mg		Fiber..	13.1 g		Iron...	4.6* mg		Calcium	415.7* mg		Vit A	911* IU		Vit C	107.6* mg		Sugar	16.3*g	7.7%Cal	Prot	30.2g	14.2%Cal	Carb	125.4g	59.0%Cal	T.Fat	26.6g	28.1%Cal	S.Fat	8.5g	9.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>541</td> <td></td> </tr> <tr> <td colspan="3">98%</td> </tr> <tr> <td>Chol...</td> <td>22 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>951 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.9 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>4.2* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>767.8* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>2136* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>101.7* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>14.0*g</td> <td>10.4%Cal</td> </tr> <tr> <td>Prot</td> <td>28.7g</td> <td>21.2%Cal</td> </tr> <tr> <td>Carb</td> <td>83.4g</td> <td>61.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td>11.6g</td> <td>19.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.6g</td> <td>5.9%Cal</td> </tr> </table>	Nutrients		Target	Cals...	541		98%			Chol...	22 mg		Sodium.	951 mg		Fiber..	8.9 g		Iron...	4.2* mg		Calcium	767.8* mg		Vit A	2136* IU		Vit C	101.7* mg		Sugar	14.0*g	10.4%Cal	Prot	28.7g	21.2%Cal	Carb	83.4g	61.6%Cal	T.Fat	11.6g	19.3%Cal	S.Fat	3.6g	5.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>802</td> <td></td> </tr> <tr> <td colspan="3">123%</td> </tr> <tr> <td>Chol...</td> <td>69 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>761 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>5.7 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>1.7* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>387.2* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>845* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>46.3* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>25.4*g</td> <td>12.7%Cal</td> </tr> <tr> <td>Prot</td> <td>22.5g</td> <td>11.2%Cal</td> </tr> <tr> <td>Carb</td> <td>107.3g</td> <td>53.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>32.8g</td> <td>36.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.0g</td> <td>3.3%Cal</td> </tr> </table>	Nutrients		Target	Cals...	802		123%			Chol...	69 mg		Sodium.	761 mg		Fiber..	5.7 g		Iron...	1.7* mg		Calcium	387.2* mg		Vit A	845* IU		Vit C	46.3* mg		Sugar	25.4*g	12.7%Cal	Prot	22.5g	11.2%Cal	Carb	107.3g	53.5%Cal	T.Fat	32.8g	36.9%Cal	S.Fat	3.0g	3.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>638</td> <td></td> </tr> <tr> <td colspan="3">100%</td> </tr> <tr> <td>Chol...</td> <td>12 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1080 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>11.6 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.8* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>381.2* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>4276* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>9.2* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>38.9*g</td> <td>24.4%Cal</td> </tr> <tr> <td>Prot</td> <td>20.1g</td> <td>12.6%Cal</td> </tr> <tr> <td>Carb</td> <td>96.3g</td> <td>60.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>21.2g</td> <td>29.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.9g</td> <td>7.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	638		100%			Chol...	12 mg		Sodium.	1080 mg		Fiber..	11.6 g		Iron...	3.8* mg		Calcium	381.2* mg		Vit A	4276* IU		Vit C	9.2* mg		Sugar	38.9*g	24.4%Cal	Prot	20.1g	12.6%Cal	Carb	96.3g	60.4%Cal	T.Fat	21.2g	29.9%Cal	S.Fat	4.9g	7.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>576</td> <td></td> </tr> <tr> <td colspan="3">100%</td> </tr> <tr> <td>Chol...</td> <td>52 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>740 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.0 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>2.9* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>388.8* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>1423* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>72.7* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>21.6*g</td> <td>15.0%Cal</td> </tr> <tr> <td>Prot</td> <td>26.5g</td> <td>18.4%Cal</td> </tr> <tr> <td>Carb</td> <td>78.1g</td> <td>54.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>18.4g</td> <td>28.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.1g</td> <td>9.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	576		100%			Chol...	52 mg		Sodium.	740 mg		Fiber..	8.0 g		Iron...	2.9* mg		Calcium	388.8* mg		Vit A	1423* IU		Vit C	72.7* mg		Sugar	21.6*g	15.0%Cal	Prot	26.5g	18.4%Cal	Carb	78.1g	54.2%Cal	T.Fat	18.4g	28.8%Cal	S.Fat	6.1g	9.6%Cal
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	850																																																																																																																																																																																																																																				
131%																																																																																																																																																																																																																																					
Chol...	42 mg																																																																																																																																																																																																																																				
Sodium.	1418 mg																																																																																																																																																																																																																																				
Fiber..	13.1 g																																																																																																																																																																																																																																				
Iron...	4.6* mg																																																																																																																																																																																																																																				
Calcium	415.7* mg																																																																																																																																																																																																																																				
Vit A	911* IU																																																																																																																																																																																																																																				
Vit C	107.6* mg																																																																																																																																																																																																																																				
Sugar	16.3*g	7.7%Cal																																																																																																																																																																																																																																			
Prot	30.2g	14.2%Cal																																																																																																																																																																																																																																			
Carb	125.4g	59.0%Cal																																																																																																																																																																																																																																			
T.Fat	26.6g	28.1%Cal																																																																																																																																																																																																																																			
S.Fat	8.5g	9.0%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	541																																																																																																																																																																																																																																				
98%																																																																																																																																																																																																																																					
Chol...	22 mg																																																																																																																																																																																																																																				
Sodium.	951 mg																																																																																																																																																																																																																																				
Fiber..	8.9 g																																																																																																																																																																																																																																				
Iron...	4.2* mg																																																																																																																																																																																																																																				
Calcium	767.8* mg																																																																																																																																																																																																																																				
Vit A	2136* IU																																																																																																																																																																																																																																				
Vit C	101.7* mg																																																																																																																																																																																																																																				
Sugar	14.0*g	10.4%Cal																																																																																																																																																																																																																																			
Prot	28.7g	21.2%Cal																																																																																																																																																																																																																																			
Carb	83.4g	61.6%Cal																																																																																																																																																																																																																																			
T.Fat	11.6g	19.3%Cal																																																																																																																																																																																																																																			
S.Fat	3.6g	5.9%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	802																																																																																																																																																																																																																																				
123%																																																																																																																																																																																																																																					
Chol...	69 mg																																																																																																																																																																																																																																				
Sodium.	761 mg																																																																																																																																																																																																																																				
Fiber..	5.7 g																																																																																																																																																																																																																																				
Iron...	1.7* mg																																																																																																																																																																																																																																				
Calcium	387.2* mg																																																																																																																																																																																																																																				
Vit A	845* IU																																																																																																																																																																																																																																				
Vit C	46.3* mg																																																																																																																																																																																																																																				
Sugar	25.4*g	12.7%Cal																																																																																																																																																																																																																																			
Prot	22.5g	11.2%Cal																																																																																																																																																																																																																																			
Carb	107.3g	53.5%Cal																																																																																																																																																																																																																																			
T.Fat	32.8g	36.9%Cal																																																																																																																																																																																																																																			
S.Fat	3.0g	3.3%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	638																																																																																																																																																																																																																																				
100%																																																																																																																																																																																																																																					
Chol...	12 mg																																																																																																																																																																																																																																				
Sodium.	1080 mg																																																																																																																																																																																																																																				
Fiber..	11.6 g																																																																																																																																																																																																																																				
Iron...	3.8* mg																																																																																																																																																																																																																																				
Calcium	381.2* mg																																																																																																																																																																																																																																				
Vit A	4276* IU																																																																																																																																																																																																																																				
Vit C	9.2* mg																																																																																																																																																																																																																																				
Sugar	38.9*g	24.4%Cal																																																																																																																																																																																																																																			
Prot	20.1g	12.6%Cal																																																																																																																																																																																																																																			
Carb	96.3g	60.4%Cal																																																																																																																																																																																																																																			
T.Fat	21.2g	29.9%Cal																																																																																																																																																																																																																																			
S.Fat	4.9g	7.0%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	576																																																																																																																																																																																																																																				
100%																																																																																																																																																																																																																																					
Chol...	52 mg																																																																																																																																																																																																																																				
Sodium.	740 mg																																																																																																																																																																																																																																				
Fiber..	8.0 g																																																																																																																																																																																																																																				
Iron...	2.9* mg																																																																																																																																																																																																																																				
Calcium	388.8* mg																																																																																																																																																																																																																																				
Vit A	1423* IU																																																																																																																																																																																																																																				
Vit C	72.7* mg																																																																																																																																																																																																																																				
Sugar	21.6*g	15.0%Cal																																																																																																																																																																																																																																			
Prot	26.5g	18.4%Cal																																																																																																																																																																																																																																			
Carb	78.1g	54.2%Cal																																																																																																																																																																																																																																			
T.Fat	18.4g	28.8%Cal																																																																																																																																																																																																																																			
S.Fat	6.1g	9.6%Cal																																																																																																																																																																																																																																			
May - 20	May - 21	May - 22	May - 23	May - 24																																																																																																																																																																																																																																	
GRILLED CHEESE 1/2c BAKED FRIES 1/2c MIXED VEGETAB BLUEBERRIES MILK,1% Lowfat KETCHUP	BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat RICE KRISPIE	CHICKEN STRIPS 1/2c TATER TOTS 1/4c SLC GRN PEPP FRESH GRAPES MILK,1% Lowfat KETCHUP																																																																																																																																																																																																																																	
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>656</td> <td></td> </tr> <tr> <td colspan="3">101%</td> </tr> <tr> <td>Chol...</td> <td>44 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1062 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>10.7 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.1* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>806.4* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>1804* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>14.9* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>12.7*g</td> <td>7.7%Cal</td> </tr> <tr> <td>Prot</td> <td>32.4g</td> <td>19.8%Cal</td> </tr> <tr> <td>Carb</td> <td>92.6g</td> <td>56.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>18.5g</td> <td>25.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>8.3g</td> <td>11.4%Cal</td> </tr> </table>	Nutrients		Target	Cals...	656		101%			Chol...	44 mg		Sodium.	1062 mg		Fiber..	10.7 g		Iron...	3.1* mg		Calcium	806.4* mg		Vit A	1804* IU		Vit C	14.9* mg		Sugar	12.7*g	7.7%Cal	Prot	32.4g	19.8%Cal	Carb	92.6g	56.4%Cal	T.Fat	18.5g	25.3%Cal	S.Fat	8.3g	11.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>717</td> <td></td> </tr> <tr> <td colspan="3">110%</td> </tr> <tr> <td>Chol...</td> <td>52 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1292 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>11.9 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>2.9* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>538.8* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>861* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>40.9* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>22.8*g</td> <td>12.7%Cal</td> </tr> <tr> <td>Prot</td> <td>31.3g</td> <td>17.5%Cal</td> </tr> <tr> <td>Carb</td> <td>86.9g</td> <td>48.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>25.8g</td> <td>32.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.7g</td> <td>8.5%Cal</td> </tr> </table>	Nutrients		Target	Cals...	717		110%			Chol...	52 mg		Sodium.	1292 mg		Fiber..	11.9 g		Iron...	2.9* mg		Calcium	538.8* mg		Vit A	861* IU		Vit C	40.9* mg		Sugar	22.8*g	12.7%Cal	Prot	31.3g	17.5%Cal	Carb	86.9g	48.5%Cal	T.Fat	25.8g	32.5%Cal	S.Fat	6.7g	8.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>794</td> <td></td> </tr> <tr> <td colspan="3">122%</td> </tr> <tr> <td>Chol...</td> <td>40 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1033 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>6.5 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>5.0* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>612.5* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>542* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>14.2* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>28.1*g</td> <td>14.2%Cal</td> </tr> <tr> <td>Prot</td> <td>24.6g</td> <td>12.4%Cal</td> </tr> <tr> <td>Carb</td> <td>128.7g</td> <td>64.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td>21.8g</td> <td>24.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.4g</td> <td>5.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	794		122%			Chol...	40 mg		Sodium.	1033 mg		Fiber..	6.5 g		Iron...	5.0* mg		Calcium	612.5* mg		Vit A	542* IU		Vit C	14.2* mg		Sugar	28.1*g	14.2%Cal	Prot	24.6g	12.4%Cal	Carb	128.7g	64.8%Cal	T.Fat	21.8g	24.7%Cal	S.Fat	4.4g	5.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>616</td> <td></td> </tr> <tr> <td colspan="3">100%</td> </tr> <tr> <td>Chol...</td> <td>32 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>877 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.7* g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>6.7* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>988.7* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>13690* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>15.1* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>16.2*g</td> <td>10.5%Cal</td> </tr> <tr> <td>Prot</td> <td>35.7g</td> <td>23.2%Cal</td> </tr> <tr> <td>Carb</td> <td>90.3g</td> <td>58.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td>14.5g</td> <td>21.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.2*g</td> <td>9.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	616		100%			Chol...	32 mg		Sodium.	877 mg		Fiber..	8.7* g		Iron...	6.7* mg		Calcium	988.7* mg		Vit A	13690* IU		Vit C	15.1* mg		Sugar	16.2*g	10.5%Cal	Prot	35.7g	23.2%Cal	Carb	90.3g	58.6%Cal	T.Fat	14.5g	21.2%Cal	S.Fat	6.2*g	9.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">Nutrients</th> <th style="width: 15%;"></th> <th style="width: 15%;">Target</th> </tr> <tr> <td>Cals...</td> <td>590</td> <td></td> </tr> <tr> <td colspan="3">100%</td> </tr> <tr> <td>Chol...</td> <td>47 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td>896 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td>6.0* g</td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.1* mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td>346.5* mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td>801* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td>52.5* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td>15.0*g</td> <td>10.2%Cal</td> </tr> <tr> <td>Prot</td> <td>27.4g</td> <td>18.6%Cal</td> </tr> <tr> <td>Carb</td> <td>68.3g</td> <td>46.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td>24.9g</td> <td>37.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>7.2*g</td> <td>11.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	590		100%			Chol...	47 mg		Sodium.	896 mg		Fiber..	6.0* g		Iron...	3.1* mg		Calcium	346.5* mg		Vit A	801* IU		Vit C	52.5* mg		Sugar	15.0*g	10.2%Cal	Prot	27.4g	18.6%Cal	Carb	68.3g	46.3%Cal	T.Fat	24.9g	37.9%Cal	S.Fat	7.2*g	11.0%Cal
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	656																																																																																																																																																																																																																																				
101%																																																																																																																																																																																																																																					
Chol...	44 mg																																																																																																																																																																																																																																				
Sodium.	1062 mg																																																																																																																																																																																																																																				
Fiber..	10.7 g																																																																																																																																																																																																																																				
Iron...	3.1* mg																																																																																																																																																																																																																																				
Calcium	806.4* mg																																																																																																																																																																																																																																				
Vit A	1804* IU																																																																																																																																																																																																																																				
Vit C	14.9* mg																																																																																																																																																																																																																																				
Sugar	12.7*g	7.7%Cal																																																																																																																																																																																																																																			
Prot	32.4g	19.8%Cal																																																																																																																																																																																																																																			
Carb	92.6g	56.4%Cal																																																																																																																																																																																																																																			
T.Fat	18.5g	25.3%Cal																																																																																																																																																																																																																																			
S.Fat	8.3g	11.4%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	717																																																																																																																																																																																																																																				
110%																																																																																																																																																																																																																																					
Chol...	52 mg																																																																																																																																																																																																																																				
Sodium.	1292 mg																																																																																																																																																																																																																																				
Fiber..	11.9 g																																																																																																																																																																																																																																				
Iron...	2.9* mg																																																																																																																																																																																																																																				
Calcium	538.8* mg																																																																																																																																																																																																																																				
Vit A	861* IU																																																																																																																																																																																																																																				
Vit C	40.9* mg																																																																																																																																																																																																																																				
Sugar	22.8*g	12.7%Cal																																																																																																																																																																																																																																			
Prot	31.3g	17.5%Cal																																																																																																																																																																																																																																			
Carb	86.9g	48.5%Cal																																																																																																																																																																																																																																			
T.Fat	25.8g	32.5%Cal																																																																																																																																																																																																																																			
S.Fat	6.7g	8.5%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	794																																																																																																																																																																																																																																				
122%																																																																																																																																																																																																																																					
Chol...	40 mg																																																																																																																																																																																																																																				
Sodium.	1033 mg																																																																																																																																																																																																																																				
Fiber..	6.5 g																																																																																																																																																																																																																																				
Iron...	5.0* mg																																																																																																																																																																																																																																				
Calcium	612.5* mg																																																																																																																																																																																																																																				
Vit A	542* IU																																																																																																																																																																																																																																				
Vit C	14.2* mg																																																																																																																																																																																																																																				
Sugar	28.1*g	14.2%Cal																																																																																																																																																																																																																																			
Prot	24.6g	12.4%Cal																																																																																																																																																																																																																																			
Carb	128.7g	64.8%Cal																																																																																																																																																																																																																																			
T.Fat	21.8g	24.7%Cal																																																																																																																																																																																																																																			
S.Fat	4.4g	5.0%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	616																																																																																																																																																																																																																																				
100%																																																																																																																																																																																																																																					
Chol...	32 mg																																																																																																																																																																																																																																				
Sodium.	877 mg																																																																																																																																																																																																																																				
Fiber..	8.7* g																																																																																																																																																																																																																																				
Iron...	6.7* mg																																																																																																																																																																																																																																				
Calcium	988.7* mg																																																																																																																																																																																																																																				
Vit A	13690* IU																																																																																																																																																																																																																																				
Vit C	15.1* mg																																																																																																																																																																																																																																				
Sugar	16.2*g	10.5%Cal																																																																																																																																																																																																																																			
Prot	35.7g	23.2%Cal																																																																																																																																																																																																																																			
Carb	90.3g	58.6%Cal																																																																																																																																																																																																																																			
T.Fat	14.5g	21.2%Cal																																																																																																																																																																																																																																			
S.Fat	6.2*g	9.0%Cal																																																																																																																																																																																																																																			
Nutrients		Target																																																																																																																																																																																																																																			
Cals...	590																																																																																																																																																																																																																																				
100%																																																																																																																																																																																																																																					
Chol...	47 mg																																																																																																																																																																																																																																				
Sodium.	896 mg																																																																																																																																																																																																																																				
Fiber..	6.0* g																																																																																																																																																																																																																																				
Iron...	3.1* mg																																																																																																																																																																																																																																				
Calcium	346.5* mg																																																																																																																																																																																																																																				
Vit A	801* IU																																																																																																																																																																																																																																				
Vit C	52.5* mg																																																																																																																																																																																																																																				
Sugar	15.0*g	10.2%Cal																																																																																																																																																																																																																																			
Prot	27.4g	18.6%Cal																																																																																																																																																																																																																																			
Carb	68.3g	46.3%Cal																																																																																																																																																																																																																																			
T.Fat	24.9g	37.9%Cal																																																																																																																																																																																																																																			
S.Fat	7.2*g	11.0%Cal																																																																																																																																																																																																																																			
May - 27	May - 28	May - 29	May - 30	May - 31																																																																																																																																																																																																																																	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.