

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 1	Sep - 2	Sep - 3	Sep - 4	Sep - 5
	BRFAST CRESCENT PEARS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI WAFFLE ORANGE HALVES MILK,1% Lowfat	CINNAMON ROLL PLUMS APPLE JUICE MILK,1% Lowfat
	Nutrients Target Cals... 404 100% Chol... 12 mg Sodium... 384 mg Fiber... 4.0 g Iron... 1.9 mg Calcium 331.3 mg Vit A 478 IU Vit C 0.9 mg Sugar 37.9g 37.5%Cal Prot 14.5g 14.3%Cal Carb 68.2g 67.5%Cal T.Fat 10.4g 23.2%Cal S.Fat 3.0g 6.8%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 343 98% Chol... 17 mg Sodium... 287 mg Fiber... 4.6 g Iron... 0.9 mg Calcium 351.2 mg Vit A 626 IU Vit C 34.8 mg Sugar 30.8g 35.9%Cal Prot 12.8g 15.0%Cal Carb 56.9g 66.3%Cal T.Fat 8.4g 22.1%Cal S.Fat 2.6g 6.7%Cal	Nutrients Target Cals... 452 100% Chol... 12 mg Sodium... 382 mg Fiber... 3.8 g Iron... 1.9 mg Calcium 361.7 mg Vit A 871 IU Vit C 58.5 mg Sugar 50.9g 45.0%Cal Prot 14.1g 12.5%Cal Carb 78.1g 69.2%Cal T.Fat 9.8g 19.6%Cal S.Fat 3.1g 6.1%Cal
Sep - 8	Sep - 9	Sep - 10	Sep - 11	Sep - 12
OATMEAL ROUND APPLESAUCE MILK,1% Lowfat	POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 225 64% Chol... 12 mg Sodium... 110 mg Fiber... 3.3 g Iron... 1.0 mg Calcium 317.7 mg Vit A 512 IU Vit C 1.3 mg Sugar 12.7g 22.6%Cal Prot 11.4g 20.4%Cal Carb 37.6g 66.9%Cal T.Fat 3.6g 14.4%Cal S.Fat 1.8g 7.0%Cal	Nutrients Target Cals... 541 108% Chol... 30 mg Sodium... 561 mg Fiber... 1.6 g Iron... 2.6 mg Calcium 674.5 mg Vit A 1209 IU Vit C 8.1 mg Sugar 26.3*g 19.5%Cal Prot 21.9g 16.2%Cal Carb 84.3g 62.4%Cal T.Fat 13.9g 23.1%Cal S.Fat 6.7g 11.1%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 406 100% Chol... 12 mg Sodium... 265 mg Fiber... 4.3 g Iron... 1.2 mg Calcium 353.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 26.7*g 26.3%Cal Prot 12.7g 12.5%Cal Carb 72.3g 71.3%Cal T.Fat 9.5g 21.0%Cal S.Fat 2.1g 4.6%Cal	Nutrients Target Cals... 482 100% Chol... 25 mg Sodium... 362 mg Fiber... 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 878 IU Vit C 21.0 mg Sugar 25.7*g 21.3%Cal Prot 19.2g 15.9%Cal Carb 86.2g 71.4%Cal T.Fat 8.4g 15.6%Cal S.Fat 4.0g 7.5%Cal
Sep - 15	Sep - 16	Sep - 17	Sep - 18	Sep - 19
MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	BANANA BREAD STRING CHEESE BLUEBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	MINI DONUTS PEACHES ORANGE JUICE MILK,1% Lowfat
Nutrients Target Cals... 460 100% Chol... 52 mg Sodium... 242 mg Fiber... 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal	Nutrients Target Cals... 524 105% Chol... 27 mg Sodium... 536 mg Fiber... 5.2 g Iron... 1.4 mg Calcium 598.4 mg Vit A 775 IU Vit C 2.9 mg Sugar 37.7*g 28.8%Cal Prot 21.0g 16.0%Cal Carb 71.1g 54.3%Cal T.Fat 19.0g 32.6%Cal S.Fat 7.0g 12.0%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 378 100% Chol... 12 mg Sodium... 350 mg Fiber... 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 1592 IU Vit C 4.5 mg Sugar 25.7*g 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Target Cals... 479 100% Chol... 12 mg Sodium... 348 mg Fiber... 3.5 g Iron... 1.3 mg Calcium 382.8 mg Vit A 1002 IU Vit C 40.9 mg Sugar 44.6*g 37.3%Cal Prot 13.5g 11.3%Cal Carb 78.9g 66.0%Cal T.Fat 13.7g 25.7%Cal S.Fat 4.6g 8.6%Cal

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 22	Sep - 23	Sep - 24	Sep - 25	Sep - 26
CINNAMON BUN STRING CHEESE FRESH APPLES MILK,1% Lowfat	BRFAST SANDWICH YOGURT STRAWBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	APPLE FRITTER STRING CHEESE PEARS MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target Cals... 497 100% Chol... 27 mg Sodium... 586 mg Fiber... 5.3 g Iron... 1.8 mg Calcium 558.0 mg Vit A 698 IU Vit C 6.3 mg Sugar 42.0*g 33.8%Cal Prot 20.9g 16.8%Cal Carb 71.4g 57.4%Cal T.Fat 15.5g 28.0%Cal S.Fat 6.4g 11.7%Cal	Nutrients Target Cals... 399 100% Chol... 30 mg Sodium... 643 mg Fiber... 4.3 g Iron... 2.0 mg Calcium 673.1 mg Vit A 592 IU Vit C 66.7 mg Sugar 25.2*g 25.3%Cal Prot 22.0g 22.1%Cal Carb 59.9g 60.1%Cal T.Fat 8.7g 19.6%Cal S.Fat 3.6g 8.0%Cal	Nutrients Target Cals... 212 61% Chol... 12 mg Sodium... 307 mg Fiber... 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 490 100% Chol... 27 mg Sodium... 725 mg Fiber... 3.7 g Iron... 2.9 mg Calcium 528.4 mg Vit A 623 IU Vit C 0.9 mg Sugar 28.6*g 23.3%Cal Prot 22.5g 18.4%Cal Carb 71.1g 58.0%Cal T.Fat 13.7g 25.1%Cal S.Fat 5.7g 10.5%Cal	Nutrients Target Cals... 242 69% Chol... 12 mg Sodium... 207 mg Fiber... 4.0 g Iron... 1.9 mg Calcium 305.0 mg Vit A 978 IU Vit C 0.0 mg Sugar 21.7*g 35.8%Cal Prot 11.2g 18.5%Cal Carb 36.2g 59.7%Cal T.Fat 5.9g 21.8%Cal S.Fat 2.5g 9.4%Cal
Sep - 29	Sep - 30			
ANIMAL CRACKERS GRANOLA BAR YOGURT PEACHES MILK,1% Lowfat	BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat			
Nutrients Target Cals... 460 100% Chol... 15 mg Sodium... 358 mg Fiber... 4.2 g Iron... 1.9 mg Calcium 640.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 27.7*g 24.1%Cal Prot 15.7g 13.6%Cal Carb 78.2g 68.0%Cal T.Fat 9.5g 18.5%Cal S.Fat 4.0g 7.9%Cal	Nutrients Target Cals... 348 99% Chol... 27 mg Sodium... 579 mg Fiber... 3.0 g Iron... 2.0 mg Calcium 522.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 35.6*g 40.9%Cal Prot 17.7g 20.3%Cal Carb 52.1g 59.9%Cal T.Fat 8.5g 22.0%Cal S.Fat 3.6g 9.2%Cal			

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