

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1 CEREAL PACK MILK,1% Lowfat	Oct - 2 MINI WAFFLE BANANA MILK,1% Lowfat	Oct - 3 CINNAMON ROLL PLUMS MILK,1% Lowfat
		Nutrients Target Cals... 212 53% 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... 417 100% Chol... 17 mg Sodium... 289 mg Fiber... 6.1 g Iron... 1.1 mg Calcium 330.9 mg Vit A 554 IU Vit C 10.3 mg Sugar 39.1g 37.5%Cal Prot 13.5g 12.9%Cal Carb 76.1g 72.9%Cal T.Fat 8.8g 18.9%Cal S.Fat 2.7g 5.8%Cal	Nutrients Target Cals... 395 99% Chol... 12 mg Sodium... 377 mg Fiber... 3.6 g Iron... 1.7 mg Calcium 351.8 mg Vit A 869 IU Vit C 10.8 mg Sugar 38.9g 39.5%Cal Prot 14.0g 14.2%Cal Carb 64.1g 65.0%Cal T.Fat 9.7g 22.1%Cal S.Fat 3.1g 7.0%Cal
Oct - 6 OATMEAL ROUND PEACHES MILK,1% Lowfat	Oct - 7 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Oct - 8 CEREAL PACK MILK,1% Lowfat	Oct - 9 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Oct - 10 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 224 56% Chol... 12 mg Sodium... 114 mg Fiber... 3.2 g Iron... 1.2 mg Calcium 319.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 12.7g 22.6%Cal Prot 11.7g 20.9%Cal Carb 36.9g 65.8%Cal T.Fat 3.7g 14.7%Cal S.Fat 1.7g 7.0%Cal	Nutrients Target Cals... 548 110% Chol... 30 mg Sodium... 565 mg Fiber... 1.6 g Iron... 2.6 mg Calcium 682.8 mg Vit A 1212 IU Vit C 8.5 mg Sugar 27.0*g 19.7%Cal Prot 22.1g 16.2%Cal Carb 85.9g 62.7%Cal T.Fat 13.9g 22.8%Cal S.Fat 6.7g 11.0%Cal	Nutrients Target Cals... 212 53% 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
Oct - 13	Oct - 14 LEMON BREAD STRING CHEESE BLUEBERRIES MILK,1% Lowfat	Oct - 15 CEREAL PACK MILK,1% Lowfat	Oct - 16 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Oct - 17 MINI DONUTS PEACHES MILK,1% Lowfat
	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 53% 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 95% 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... 420 100% Chol... 12 mg Sodium... 343 mg Fiber... 3.2 g Iron... 1.1 mg Calcium 370.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 33.7*g 32.1%Cal Prot 12.7g 12.1%Cal Carb 65.2g 62.1%Cal T.Fat 13.5g 28.9%Cal S.Fat 4.5g 9.7%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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 20	Oct - 21	Oct - 22	Oct - 23	Oct - 24
ANIMAL CRACKERS GRANOLA BAR YOGURT FRESH APPLES MILK,1% Lowfat	BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	BRFAST CRESCENT PEARS MILK,1% Lowfat	BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target
Cals... 448	Cals... 348	Cals... 212	Cals... 404	Cals... 242
100%	87%	53%	100%	61%
Chol... 15 mg	Chol... 27 mg	Chol... 12 mg	Chol... 12 mg	Chol... 12 mg
Sodium... 353 mg	Sodium... 579 mg	Sodium... 307 mg	Sodium... 384 mg	Sodium... 207 mg
Fiber... 4.7 g	Fiber... 3.0 g	Fiber... 1.0 g	Fiber... 4.0 g	Fiber... 4.0 g
Iron... 1.6 mg	Iron... 2.0 mg	Iron... 3.7 mg	Iron... 1.9 mg	Iron... 1.9 mg
Calcium 639.1 mg	Calcium 522.6 mg	Calcium 385.0 mg	Calcium 331.3 mg	Calcium 305.0 mg
Vit A 516 IU	Vit A 626 IU	Vit A 878 IU	Vit A 478 IU	Vit A 978 IU
Vit C 3.2 mg	Vit C 9.5 mg	Vit C 4.8 mg	Vit C 0.9 mg	Vit C 0.0 mg
Sugar 34.9*g 31.1%Cal	Sugar 35.6*g 40.9%Cal	Sugar 21.7*g 40.8%Cal	Sugar 37.9*g 37.5%Cal	Sugar 21.7*g 35.8%Cal
Prot 15.4g 13.7%Cal	Prot 17.7g 20.3%Cal	Prot 9.2g 17.4%Cal	Prot 14.5g 14.3%Cal	Prot 11.2g 18.5%Cal
Carb 75.7g 67.5%Cal	Carb 52.1g 59.9%Cal	Carb 34.2g 64.3%Cal	Carb 68.2g 67.5%Cal	Carb 36.2g 59.7%Cal
T.Fat 9.5g 19.0%Cal	T.Fat 8.5g 22.0%Cal	T.Fat 5.4g 22.7%Cal	T.Fat 10.4g 23.2%Cal	T.Fat 5.9g 21.8%Cal
S.Fat 4.1g 8.2%Cal	S.Fat 3.6g 9.2%Cal	S.Fat 2.0g 8.7%Cal	S.Fat 3.0g 6.8%Cal	S.Fat 2.5g 9.4%Cal
Oct - 27	Oct - 28	Oct - 29	Oct - 30	Oct - 31
MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	HARD BOILED EGG GRAHAM CRACKERS FRUIT SALAD MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	APPLE FRITTER STRING CHEESE MANDARIN ORANGE MILK,1% Lowfat	PARFAIT STRING CHEESE BANANA MILK,1% Lowfat
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target
Cals... 460	Cals... 326	Cals... 212	Cals... 489	Cals... 549
100%	81%	53%	100%	110%
Chol... 52 mg	Chol... 12 mg	Chol... 12 mg	Chol... 27 mg	Chol... 30 mg
Sodium... 242 mg	Sodium... 376 mg	Sodium... 307 mg	Sodium... 729 mg	Sodium... 457 mg
Fiber... 5.2 g	Fiber... 2.3 g	Fiber... 1.0 g	Fiber... 2.7 g	Fiber... 6.0 g
Iron... 1.3 mg	Iron... 1.3 mg	Iron... 3.7 mg	Iron... 3.3 mg	Iron... 1.6 mg
Calcium 354.9 mg	Calcium 423.8 mg	Calcium 385.0 mg	Calcium 542.2 mg	Calcium 701.5 mg
Vit A 579 IU	Vit A 1519 IU	Vit A 878 IU	Vit A 923 IU	Vit A 742 IU
Vit C 50.1 mg	Vit C 3.2 mg	Vit C 4.8 mg	Vit C 21.0 mg	Vit C 18.8 mg
Sugar 48.6*g 42.3%Cal	Sugar 18.4*g 22.6%Cal	Sugar 21.7*g 40.8%Cal	Sugar 13.4*g 11.0%Cal	Sugar 47.5*g 34.6%Cal
Prot 11.3g 9.9%Cal	Prot 21.6g 26.5%Cal	Prot 9.2g 17.4%Cal	Prot 23.3g 19.1%Cal	Prot 24.2g 17.6%Cal
Carb 85.2g 74.2%Cal	Carb 49.0g 60.1%Cal	Carb 34.2g 64.3%Cal	Carb 69.1g 56.5%Cal	Carb 91.5g 66.6%Cal
T.Fat 8.5g 16.7%Cal	T.Fat 5.2g 14.3%Cal	T.Fat 5.4g 22.7%Cal	T.Fat 13.6g 25.1%Cal	T.Fat 12.3g 20.1%Cal
S.Fat 3.6g 7.0%Cal	S.Fat 1.6g 4.3%Cal	S.Fat 2.0g 8.7%Cal	S.Fat 5.7g 10.5%Cal	S.Fat 5.0g 8.3%Cal

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