

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1 PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	Oct - 2 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Oct - 3 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL
		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... 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... 501 84% Chol... 52 mg Sodium... 405 mg Fiber... 6.4 g Iron... 2.8 mg Calcium 369.6 mg Vit A 1556 IU Vit C 76.0* mg Sugar 43.0*g 34.3%Cal Prot 25.7g 20.5%Cal Carb 86.7g 69.2%Cal T.Fat 6.6g 11.9%Cal S.Fat 2.3g 4.1%Cal
Oct - 6 MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	Oct - 7 MOZZ STICKS 1/2c PEAS 1/4c SQUASH STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	Oct - 8 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Oct - 9 MINI CHICK TACOS SPANISH RICE 1/2c EDAMAME BEAN 1/4c CHERRY TOMAT MANGOS MILK,1% Lowfat SALSA APPLE CHURROS	Oct - 10 SLOPPY JOE SAND 1/2c WAFFLE FRIES 1/2c GARBONZA BLUEBERRIES MILK,1% Lowfat KETCHUP
Nutrients Target Cals... 621 100% Chol... 78 mg Sodium... 855 mg Fiber... 10.5 g Iron... 5.9 mg Calcium 436.5 mg Vit A 5567 IU Vit C 88.0* mg Sugar 26.6*g 17.1%Cal Prot 37.9g 24.4%Cal Carb 64.0g 41.2%Cal T.Fat 25.4g 36.8%Cal S.Fat 8.4g 12.1%Cal	Nutrients Target Cals... 593 99% Chol... 22 mg Sodium... 1129 mg Fiber... 10.5 g Iron... 4.8 mg Calcium 770.3 mg Vit A 2634 IU Vit C 79.5* mg Sugar 12.7*g 8.6%Cal Prot 30.1g 20.3%Cal Carb 94.0g 63.4%Cal T.Fat 11.9g 18.1%Cal S.Fat 3.6g 5.5%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... 801 123% Chol... 102 mg Sodium... 940 mg Fiber... 13.1 g Iron... 7.1 mg Calcium 709.1 mg Vit A 3208 IU Vit C 77.5* mg Sugar 29.2*g 14.6%Cal Prot 40.6g 20.3%Cal Carb 110.0g 54.9%Cal T.Fat 24.9g 28.0%Cal S.Fat 6.9g 7.7%Cal	Nutrients Target Cals... 710 109% Chol... 66 mg Sodium... 932 mg Fiber... 10.3 g Iron... 4.6 mg Calcium 379.7 mg Vit A 531 IU Vit C 7.7* mg Sugar 12.7*g 7.2%Cal Prot 35.4g 19.9%Cal Carb 85.5g 48.2%Cal T.Fat 25.5g 32.3%Cal S.Fat 7.5g 9.5%Cal
Oct - 13	Oct - 14 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	Oct - 15 APPLE PANCAK BITE EGG PATTY 1/2c CUCUMBER 1/4c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP	Oct - 16 LASAGNA ROLL-UP 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Oct - 17 POPCORN CHICKEN 1/2c BAKED FRIES 1/2c MIXED VEGETAB FRUIT JELL-O MILK,1% Lowfat KETCHUP

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nutrients Target Cals... 848 130% Chol... 47 mg Sodium... 1536 mg Fiber... 12.3 g Iron... 4.6 mg Calcium 430.9 mg Vit A 847 IU Vit C 21.5* mg Sugar 16.3*g 7.7%Cal Prot 23.1g 10.9%Cal Carb 122.7g 57.9%Cal T.Fat 30.0g 31.8%Cal S.Fat 9.6g 10.2%Cal	Nutrients Target Cals... 716 110% Chol... 113 mg Sodium... 967 mg Fiber... 6.1 g Iron... 4.3 mg Calcium 406.6 mg Vit A 1724 IU Vit C 64.5* mg Sugar 14.1*g 7.9%Cal Prot 17.3g 9.7%Cal Carb 117.3g 65.5%Cal T.Fat 18.7g 23.5%Cal S.Fat 4.4g 5.6%Cal	Nutrients Target Cals... 682 105% Chol... 52 mg Sodium... 1009 mg Fiber... 11.0 g Iron... 2.7 mg Calcium 765.9 mg Vit A 14504 IU Vit C 38.0* mg Sugar 39.8*g 23.3%Cal Prot 30.6g 18.0%Cal Carb 101.1g 59.3%Cal T.Fat 18.8g 24.8%Cal S.Fat 6.8g 9.0%Cal	Nutrients Target Cals... 709 109% Chol... 47 mg Sodium... 964 mg Fiber... 8.6 g Iron... 3.6 mg Calcium 354.1 mg Vit A 1228 IU Vit C 25.3* mg Sugar 12.7*g 7.2%Cal Prot 29.8g 16.8%Cal Carb 93.5g 52.8%Cal T.Fat 24.9g 31.6%Cal S.Fat 6.5g 8.2%Cal
Oct - 20 MINI CORN DOGS 1/2c SWT POT FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	Oct - 21 BRD CHK PAT SAND 1/2c ROASTED WEDG 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	Oct - 22 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat RICE KRISPIE	Oct - 23 NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT PEARS MILK,1% Lowfat SALSA	
Nutrients Target Cals... 743 114% Chol... 50 mg Sodium... 975 mg Fiber... 12.2 g Iron... 4.9 mg Calcium 458.6 mg Vit A 4416 IU Vit C 71.7* mg Sugar 45.3*g 24.4%Cal Prot 24.5g 13.2%Cal Carb 100.2g 53.9%Cal T.Fat 30.9g 37.5%Cal S.Fat 7.5g 9.1%Cal	Nutrients Target Cals... 747 115% Chol... 37 mg Sodium... 1392 mg Fiber... 12.9 g Iron... 4.7 mg Calcium 668.8 mg Vit A 861 IU Vit C 40.9* mg Sugar 22.8*g 12.2%Cal Prot 32.3g 17.3%Cal Carb 90.9g 48.7%Cal T.Fat 27.8g 33.6%Cal S.Fat 6.7g 8.1%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... 740 114% Chol... 104 mg Sodium... 981 mg Fiber... 10.4* g Iron... 2.6* mg Calcium 342.9* mg Vit A 1057* IU Vit C 6.3* mg Sugar 39.9*g 21.6%Cal Prot 38.1g 20.6%Cal Carb 83.7g 45.2%Cal T.Fat 28.0g 34.0%Cal S.Fat 14.0*g 17.0%Cal	
Oct - 27 GRILLED CHEESE 1/2C TOMATO SOUP 1/4c FRSH BROCCOLI FRUIT SALAD MILK,1% Lowfat	Oct - 28 MEATBALL SUB 1/2c POTATO SMILES 1/4c CELERY STICKS APRICOTS MILK,1% Lowfat	Oct - 29 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Oct - 30 PEPPERONI PIZZA 1/2c CAULIFLOWER 1/4c ZUCCHINI MELON MILK,1% Lowfat	Oct - 31 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROT STICKS SPOOKY BERRIES MILK,1% Lowfat KETCHUP ZOMBIE ICE CREAM
Nutrients Target Cals... 517 86% Chol... 49 mg Sodium... 1002 mg Fiber... 4.6* g Iron... 2.2* mg Calcium 811.5* mg Vit A 1934* IU Vit C 26.4* mg Sugar 13.1*g 10.1%Cal Prot 28.8g 22.3%Cal Carb 71.8g 55.5%Cal T.Fat 14.0g 24.4%Cal S.Fat 8.1*g 14.1%Cal	Nutrients Target Cals... 780 120% Chol... 79 mg Sodium... 996 mg Fiber... 9.9* g Iron... 5.1* mg Calcium 429.0* mg Vit A 1071* IU Vit C 111.6* mg Sugar 13.8*g 7.1%Cal Prot 35.6g 18.2%Cal Carb 107.0g 54.9%Cal T.Fat 22.6g 26.0%Cal S.Fat 7.6g 8.8%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 4.4*g 5.0%Cal	Nutrients Target Cals... 581 97% Chol... 47 mg Sodium... 628 mg Fiber... 7.8* g Iron... 3.7* mg Calcium 597.6* mg Vit A 2205* IU Vit C 91.8* mg Sugar 32.1*g 22.1%Cal Prot 29.7g 20.5%Cal Carb 79.7g 54.9%Cal T.Fat 26.1g 40.4%Cal S.Fat 10.8*g 16.7%Cal	Nutrients Target Cals... 747 115% Chol... 68 mg Sodium... 994 mg Fiber... 8.2* g Iron... 2.8* mg Calcium 405.1* mg Vit A 10869* IU Vit C 6.0* mg Sugar 32.6*g 17.4%Cal Prot 28.8g 15.4%Cal Carb 89.0g 47.6%Cal T.Fat 29.5g 35.5%Cal S.Fat 10.6*g 12.7%Cal

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