

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 1	Sep - 2	Sep - 3	Sep - 4	Sep - 5
	CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	PAN/SAUS STICK 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	ORANGE CHICKEN BROWN RICE 1/2c FRSH BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROTS BLUEBERRIES MILK,1% Lowfat KETCHUP
	Nutrients Target Cals... 782 100% 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... 605 100% Chol... 32 mg Sodium... 545 mg Fiber... 5.2 g Iron... 3.3 mg Calcium 373.3 mg Vit A 778 IU Vit C 65.1* mg Sugar 33.2*g 21.9%Cal Prot 19.7g 13.1%Cal Carb 104.3g 69.0%Cal T.Fat 14.7g 21.9%Cal S.Fat 4.6g 6.8%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... 597 100% Chol... 47 mg Sodium... 1247 mg Fiber... 9.4 g Iron... 3.7 mg Calcium 370.2 mg Vit A 16839 IU Vit C 9.2* mg Sugar 17.3*g 11.6%Cal Prot 27.6g 18.5%Cal Carb 68.1g 45.6%Cal T.Fat 25.4g 38.2%Cal S.Fat 7.1g 10.8%Cal
Sep - 8	Sep - 9	Sep - 10	Sep - 11	Sep - 12
MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	CRISPITOS 1/2c EDAMAME BEAN 1/4c CHERRY TOMAT MANGOS MILK,1% Lowfat SALSA	FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	BEEF SANDWICH 1/2c POTATO SMILES 1/4c CELERY STICKS MELON MILK,1% Lowfat	CHICKEN NUGGETS 1/2c PEAS & CARROT 1/2c GARBONZA APPLESAUCE 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... 561 100% Chol... 102 mg Sodium... 705 mg Fiber... 11.2 g Iron... 5.4 mg Calcium 670.9 mg Vit A 2861 IU Vit C 68.8* mg Sugar 29.2*g 20.8%Cal Prot 35.6g 25.4%Cal Carb 65.1g 46.5%Cal T.Fat 19.9g 31.9%Cal S.Fat 5.7g 9.1%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... 625 100% Chol... 42 mg Sodium... 1025 mg Fiber... 8.6 g Iron... 3.8 mg Calcium 398.1 mg Vit A 795 IU Vit C 38.3* mg Sugar 26.4*g 16.9%Cal Prot 29.8g 19.0%Cal Carb 87.5g 56.0%Cal T.Fat 18.2g 26.2%Cal S.Fat 5.9g 8.4%Cal	Nutrients Target Cals... 515 94% Chol... 47 mg Sodium... 621 mg Fiber... 9.3 g Iron... 3.6 mg Calcium 374.8 mg Vit A 11300 IU Vit C 10.5* mg Sugar 18.6*g 14.5%Cal Prot 28.9g 22.4%Cal Carb 63.5g 49.3%Cal T.Fat 17.9g 31.3%Cal S.Fat 5.1g 9.0%Cal
Sep - 15	Sep - 16	Sep - 17	Sep - 18	Sep - 19
CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	MOZZ STICKS 1/2c STMD BROCCOL 1/4c SQUASH STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE		SPAGHETTI W/MTBL 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	POPCORN CHICKEN 1/2c BAKED FRIES 1/2c MIXED VEGETAB FRUIT JELL-O MILK,1% Lowfat KETCHUP

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
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... 561 100% Chol... 22 mg Sodium... 953 mg Fiber... 9.7 g Iron... 4.5 mg Calcium 783.6 mg Vit A 2911 IU Vit C 108.6* mg Sugar 14.0*g 10.0%Cal Prot 29.2g 20.8%Cal Carb 88.2g 63.0%Cal T.Fat 11.7g 18.8%Cal S.Fat 3.6g 5.7%Cal		Nutrients Target Cals... 774 119% Chol... 74 mg Sodium... 919 mg Fiber... 12.1 g Iron... 6.0 mg Calcium 424.4 mg Vit A 15067 IU Vit C 38.2* mg Sugar 35.4*g 18.3%Cal Prot 37.9g 19.6%Cal Carb 104.6g 54.1%Cal T.Fat 24.5g 28.6%Cal S.Fat 7.4g 8.7%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
Sep - 22 CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	Sep - 23 BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	Sep - 24 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Sep - 25 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat PUDDING CUP	Sep - 26 NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT FRESH PEAR MILK,1% Lowfat SALSA
Nutrients Target Cals... 621 100% Chol... 12 mg Sodium... 1073 mg Fiber... 11.9 g Iron... 3.7 mg Calcium 380.7 mg Vit A 4416 IU Vit C 17.7* mg Sugar 33.3*g 21.4%Cal Prot 20.4g 13.2%Cal Carb 91.2g 58.8%Cal T.Fat 21.4g 31.0%Cal S.Fat 4.9g 7.2%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... 712 109% Chol... 37 mg Sodium... 972 mg Fiber... 5.8 g Iron... 4.7 mg Calcium 456.6 mg Vit A 500 IU Vit C 53.4* mg Sugar 25.7*g 14.5%Cal Prot 20.3g 11.4%Cal Carb 111.4g 62.6%Cal T.Fat 21.8g 27.5%Cal S.Fat 4.4g 5.6%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... 733 113% Chol... 104 mg Sodium... 976 mg Fiber... 11.9* g Iron... 2.5* mg Calcium 346.8* mg Vit A 1085* IU Vit C 10.3* mg Sugar 35.7*g 19.5%Cal Prot 38.3g 20.9%Cal Carb 81.9g 44.7%Cal T.Fat 28.1g 34.5%Cal S.Fat 14.0*g 17.2%Cal
Sep - 29 GRILLED CHEESE 1/2c BAKED FRIES 1/2c CAULIFLOWER FRUIT SALAD MILK,1% Lowfat KETCHUP	Sep - 30 RIB SANDWICH 1/2c POTATO SMILES CREAMY COLE SLA APRICOTS MILK,1% Lowfat			
Nutrients Target Cals... 640 100% Chol... 44 mg Sodium... 1017 mg Fiber... 8.0* g Iron... 3.0* mg Calcium 811.4* mg Vit A 1542* IU Vit C 65.0* mg Sugar 14.9*g 9.3%Cal Prot 31.6g 19.7%Cal Carb 91.5g 57.2%Cal T.Fat 18.1g 25.5%Cal S.Fat 8.4*g 11.8%Cal	Nutrients Target Cals... 806 124% Chol... 50 mg Sodium... 1511 mg Fiber... 9.6* g Iron... 4.8* mg Calcium 418.3* mg Vit A 1967* IU Vit C 119.1* mg Sugar 25.4*g 12.6%Cal Prot 32.2g 16.0%Cal Carb 113.3g 56.2%Cal T.Fat 24.6g 27.5%Cal S.Fat 8.1*g 9.0%Cal			

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