

Big Hollow School District 38

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | Jan - 1 | Jan - 2 | Jan - 3 |
| Jan - 6 | Jan - 7 | Jan - 8 | Jan - 9 | Jan - 10 |
| CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP | MOZZ STICKS 1/2c PEAS 1/2c CARROT STICKS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE | MINI WAFFLE EGG PATTY 1/2c CUCUMBER 1/4c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP | ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE | CHICKEN NUGGETS 1/2c WAFFLE FRIES 1/2c CAULIFLOWER APPLESAUCE MILK,1% Lowfat KETCHUP |
| 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... 599 100% Chol... 22 mg Sodium... 1169 mg Fiber... 11.3 g Iron... 4.6 mg Calcium 774.5 mg Vit A 12049 IU Vit C 76.1* mg Sugar 15.6*g 10.4%Cal Prot 30.1g 20.1%Cal Carb 95.0g 63.4%Cal T.Fat 12.0g 18.0%Cal S.Fat 3.6g 5.5%Cal | Nutrients Target Cals... 676 104% Chol... 107 mg Sodium... 773 mg Fiber... 5.2 g Iron... 1.6 mg Calcium 349.0 mg Vit A 1099 IU Vit C 64.5* mg Sugar 26.1*g 15.4%Cal Prot 16.4g 9.7%Cal Carb 111.8g 66.2%Cal T.Fat 17.9g 23.9%Cal S.Fat 4.0g 5.4%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 | Nutrients Target Cals... 609 100% Chol... 51 mg Sodium... 938 mg Fiber... 7.6 g Iron... 2.5 mg Calcium 353.7 mg Vit A 512 IU Vit C 60.8* mg Sugar 15.9*g 10.4%Cal Prot 26.6g 17.5%Cal Carb 68.6g 45.1%Cal T.Fat 26.7g 39.5%Cal S.Fat 7.2g 10.7%Cal |
| Jan - 13 | Jan - 14 | Jan - 15 | Jan - 16 | Jan - 17 |
| MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP BLUEBERRIES MILK,1% Lowfat GARLIC BREAD RANCH DRESSING | MINI QUESADILLAS 1/2c CORN 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat SALSA | | GYRO 1/2c POTATO SMILES 1/4c CHERRY TOMAT APRICOTS MILK,1% Lowfat TZATZIKI(GYRO SAU | DEEP DISH PIZZA 1/2c CARROTS 1/4c ZUCCHINI MELON MILK,1% Lowfat |
| Nutrients Target Cals... 644 100% Chol... 78 mg Sodium... 855 mg Fiber... 12.0 g Iron... 6.0 mg Calcium 441.1 mg Vit A 5582 IU Vit C 87.7* mg Sugar 19.4*g 12.1%Cal Prot 38.2g 23.7%Cal Carb 68.3g 42.5%Cal T.Fat 26.0g 36.4%Cal S.Fat 8.4g 11.8%Cal | Nutrients Target Cals... 562 94% Chol... 102 mg Sodium... 742 mg Fiber... 10.2 g Iron... 3.5 mg Calcium 539.9 mg Vit A 2696 IU Vit C 11.6* mg Sugar 26.4*g 18.8%Cal Prot 28.5g 20.3%Cal Carb 79.9g 56.9%Cal T.Fat 14.3g 22.9%Cal S.Fat 5.6g 9.0%Cal | | Nutrients Target Cals... 893 137% Chol... 91 mg Sodium... 1012 mg Fiber... 10.1 g Iron... 5.7 mg Calcium 385.2 mg Vit A 720 IU Vit C 107.9* mg Sugar 13.6*g 6.1%Cal Prot 41.9g 18.8%Cal Carb 109.6g 49.1%Cal T.Fat 32.0g 32.2%Cal S.Fat 10.9g 11.0%Cal | Nutrients Target Cals... 519 86% Chol... 27 mg Sodium... 1113 mg Fiber... 7.7 g Iron... 4.1 mg Calcium 659.1 mg Vit A 18013 IU Vit C 33.3* mg Sugar 26.5*g 20.5%Cal Prot 26.5g 20.4%Cal Carb 72.2g 55.7%Cal T.Fat 15.0g 26.1%Cal S.Fat 5.7g 9.8%Cal |
| Jan - 20 | Jan - 21 | Jan - 22 | Jan - 23 | Jan - 24 |
| | CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP | PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP | SPAGHETTI W/MTBL 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING | POPCORN CHICKEN 1/2c BAKED FRIES 1/2c MIXED VEGETAB MANGOS 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.

Big Hollow School District 38

JANUARY 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|--|--|------|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|---------|--------|----------|----------|-----------------|----------------|----------------|----------------|----------------|-----------------|----------------|----------------|--------------|---|--|-----------|---------|---------|------|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|--------|--------|----------|----------|-----------------|-----------------|----------------|----------------|----------------|-----------------|----------------|----------------|--------------|---|---|-----------|---------|---------|------|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|--------|----------|----------|----------|-----------------|-----------------|----------------|----------------|-----------------|-----------------|----------------|----------------|--------------|--|---|-----------|---------|---------|-----|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-----------|----------|----------|---------|----------|----------|-----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---|-----------|--------|---------|-----|------|--|---------|-------|---------|--------|---------|--------|---------|---------|---------|-----------|-------|----------|-------|---------|-------|-----------------|------|----------------|------|----------------|-------|----------------|-------|----------------|
| | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">828</td> </tr> <tr> <td>127%</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;">1416 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">420.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">847 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">21.5* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">16.3*g 7.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.1g 14.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">122.7g 59.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.0g 29.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.6g 9.4%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 828 | 127% | | Chol... | 42 mg | Sodium. | 1416 mg | Fiber.. | 12.3 g | Iron... | 4.6 mg | Calcium | 420.9 mg | Vit A | 847 IU | Vit C | 21.5* mg | Sugar | 16.3*g 7.9%Cal | Prot | 30.1g 14.5%Cal | Carb | 122.7g 59.3%Cal | T.Fat | 27.0g 29.3%Cal | S.Fat | 8.6g 9.4%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">802</td> </tr> <tr> <td>123%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">69 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">761 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.7 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">1.7 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">387.2 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">845 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">46.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">25.4*g 12.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">22.5g 11.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">107.3g 53.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.8g 36.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.0g 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%; 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| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 828 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 127% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 42 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1416 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 12.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.6 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 420.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 847 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 21.5* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 16.3*g 7.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 30.1g 14.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 122.7g 59.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.0g 29.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.6g 9.4%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... | 784 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 121% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 74 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 929 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 12.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 5.5 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 504.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 14667 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 38.2* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 34.8*g 17.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 37.9g 19.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 109.6g 56.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 23.0g 26.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.9g 8.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 707 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 109% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 47 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 860 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 10.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.8 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 366.5 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 2455 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 57.5* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 28.2*g 15.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 29.7g 16.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 93.5g 52.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 25.4g 32.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.6g 8.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Jan - 27</p> <p>MINI CORN DOGS 1/2c SWT POT FRIES 1/2c BEAN SALAD FRESH APPLES MILK,1% Lowfat KETCHUP</p> | <p>Jan - 28</p> <p>BRD CHK PAT SAND 1/2c ROASTED WED 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP</p> | <p>Jan - 29</p> <p>WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP</p> | <p>Jan - 30</p> <p>DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM</p> | <p>Jan - 31</p> <p>NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT PEARS MILK,1% Lowfat SALSA</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">727</td> </tr> <tr> <td>112%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">50 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">976 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.8 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">455.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4062 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">64.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">41.2*g 22.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">23.9g 13.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">96.8g 53.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.7g 38.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.5g 9.3%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 727 | 112% | | Chol... | 50 mg | Sodium. | 976 mg | Fiber.. | 12.3 g | Iron... | 4.8 mg | Calcium | 455.9 mg | Vit A | 4062 IU | Vit C | 64.1* mg | Sugar | 41.2*g 22.7%Cal | Prot | 23.9g 13.1%Cal | Carb | 96.8g 53.2%Cal | T.Fat | 30.7g 38.0%Cal | S.Fat | 7.5g 9.3%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">717</td> </tr> <tr> <td>110%</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;">1292 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.9 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.9 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">538.8 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">861 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">40.9* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">22.8*g 12.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.3g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">86.9g 48.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">25.8g 32.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.7g 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> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">794</td> </tr> <tr> <td>122%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">40 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1033 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">6.5 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.0 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">612.5 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">542 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">14.2* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">28.1*g 14.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">24.6g 12.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">128.7g 64.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">21.8g 24.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.4g 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> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">586</td> </tr> <tr> <td>98%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">53 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">817 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.2* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.9 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">1048.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">13490 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">15.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">16.2*g 11.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.7g 24.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">77.3g 52.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.5g 23.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.7*g 13.3%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 586 | 98% | | Chol... | 53 mg | Sodium. | 817 mg | Fiber.. | 8.2* g | Iron... | 4.9 mg | Calcium | 1048.7 mg | Vit A | 13490 IU | Vit C | 15.1* mg | Sugar | 16.2*g 11.0%Cal | Prot | 35.7g 24.4%Cal | Carb | 77.3g 52.8%Cal | T.Fat | 15.5g 23.8%Cal | S.Fat | 8.7*g 13.3%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">745</td> </tr> <tr> <td>115%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">80 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">783 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.5* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.9* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">575.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1236* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">6.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">39.9*g 21.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.0g 20.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">85.8g 46.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">28.4g 34.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.9*g 11.9%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 745 | 115% | | Chol... | 80 mg | Sodium. | 783 mg | Fiber.. | 8.5* g | Iron... | 2.9* mg | Calcium | 575.1* mg | Vit A | 1236* IU | Vit C | 6.3* mg | Sugar | 39.9*g 21.4%Cal | Prot | 38.0g 20.4%Cal | Carb | 85.8g 46.0%Cal | T.Fat | 28.4g 34.3%Cal | S.Fat | 9.9*g 11.9%Cal |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 727 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 112% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 50 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 976 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 12.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.8 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 455.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 4062 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 64.1* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 41.2*g 22.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 23.9g 13.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 96.8g 53.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 30.7g 38.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.5g 9.3%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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Cals... | 794 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Chol... | 40 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1033 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 6.5 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 5.0 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Sugar | 28.1*g 14.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| S.Fat | 4.4g 5.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Cals... | 586 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Chol... | 53 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 817 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 8.2* g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 1048.7 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 13490 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 15.1* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| S.Fat | 8.7*g 13.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 745 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Chol... | 80 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 783 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber.. | 8.5* g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 2.9* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 575.1* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 1236* IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Sugar | 39.9*g 21.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 38.0g 20.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 85.8g 46.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 28.4g 34.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 9.9*g 11.9%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.