

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 1 OATMEAL ROUND PEACHES MILK,1% Lowfat	Dec - 2 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Dec - 3 CEREAL PACK MILK,1% Lowfat	Dec - 4 MINI WAFFLE BANANA MILK,1% Lowfat	Dec - 5 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 224 64% 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 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... 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 39.1*g 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... 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
Dec - 8 BRFAST CRESCENT APPLESAUCE MILK,1% Lowfat	Dec - 9 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Dec - 10 CEREAL PACK MILK,1% Lowfat	Dec - 11 MINI PANCAKES FRUIT SALAD MILK,1% Lowfat	Dec - 12 MINI DONUTS MANGOS MILK,1% Lowfat
Nutrients Target Cals... 381 100% Chol... 12 mg Sodium... 379 mg Fiber... 3.3 g Iron... 1.6 mg Calcium 328.7 mg Vit A 512 IU Vit C 1.3 mg Sugar 22.7*g 23.8%Cal Prot 14.4g 15.1%Cal Carb 62.0g 65.1%Cal T.Fat 10.4g 24.6%Cal S.Fat 3.1g 7.2%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	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... 441 100% Chol... 12 mg Sodium... 338 mg Fiber... 3.8 g Iron... 1.0 mg Calcium 377.5 mg Vit A 1705 IU Vit C 41.3 mg Sugar 49.2*g 44.7%Cal Prot 13.2g 11.9%Cal Carb 70.2g 63.7%Cal T.Fat 13.8g 28.2%Cal S.Fat 4.6g 9.5%Cal
Dec - 15 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Dec - 16 BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	Dec - 17 CEREAL PACK MILK,1% Lowfat	Dec - 18 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Dec - 19 BRKFAST BAR PACK 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... 521 104% Chol... 15 mg Sodium... 394 mg Fiber... 5.2 g Iron... 1.4 mg Calcium 543.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 29.0%Cal Prot 17.7g 13.6%Cal Carb 86.0g 66.1%Cal T.Fat 13.1g 22.6%Cal S.Fat 3.6g 6.2%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... 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
Dec - 22	Dec - 23	Dec - 24	Dec - 25	Dec - 26

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.