

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 1 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Dec - 2 MINI QUESADILLAS 1/2c CORN 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	Dec - 3 PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	Dec - 4 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	Dec - 5 MOZZ STICKS 1/2c PEAS 1/4c SQUASH STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE
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... 671 103% Chol... 102 mg Sodium. 711 mg Fiber.. 14.1 g Iron... 6.0 mg Calcium 664.7 mg Vit A 1901 IU Vit C 31.6* mg Sugar 40.9*g 24.4%Cal Prot 38.9g 23.2%Cal Carb 87.2g 52.0%Cal T.Fat 20.1g 27.0%Cal S.Fat 5.6g 7.5%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... 501 91% 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... 593 100% 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
Dec - 8 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	Dec - 9 ALFREDO 1c TOSSED SALAD 1/4c SLC GRN PEPP BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Dec - 10 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Dec - 11 SALISBURY STEAK 1/2c MASHED POTAT 1/2c CORN FRESH APPLES MILK,1% Lowfat BROWN GRAVY	Dec - 12 GRILLED CHEESE 1/2c POTATO SOUP 1/4c CHERRY TOMAT FRUIT SALAD MILK,1% Lowfat
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... 912 140% Chol... 43 mg Sodium. 635 mg Fiber.. 12.7 g Iron... 4.4 mg Calcium 817.6 mg Vit A 4838 IU Vit C 92.5* mg Sugar 34.3*g 15.0%Cal Prot 38.2g 16.8%Cal Carb 127.8g 56.0%Cal T.Fat 27.8g 27.4%Cal S.Fat 9.4g 9.3%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... 576 100% Chol... 50 mg Sodium. 532 mg Fiber.. 8.4 g Iron... 3.2 mg Calcium 353.7 mg Vit A 982 IU Vit C 30.2* mg Sugar 32.7*g 22.7%Cal Prot 28.2g 19.6%Cal Carb 71.2g 49.4%Cal T.Fat 20.3g 31.8%Cal S.Fat 7.6g 11.8%Cal	Nutrients Target Cals... 510 93% Chol... 49 mg Sodium. 995 mg Fiber.. 4.0 g Iron... 2.0 mg Calcium 800.8 mg Vit A 1792 IU Vit C 6.2* mg Sugar 12.7*g 10.0%Cal Prot 28.2g 22.1%Cal Carb 70.3g 55.1%Cal T.Fat 14.0g 24.6%Cal S.Fat 8.1g 14.3%Cal
Dec - 15 CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	Dec - 16 BEEF SANDWICH 1/2c ROASTED WEDG 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	Dec - 17 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Dec - 18 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat COOKIE	Dec - 19 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROT STICKS MIXED BERRIES MILK,1% Lowfat KETCHUP FROSTY ICE CREAM

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.