

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 2 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Feb - 3 LEMON BREAD YOGURT FRESH APPLES MILK,1% Lowfat	Feb - 4 CEREAL PACK MILK,1% Lowfat	Feb - 5 MINI WAFFLE FRUIT SALAD MILK,1% Lowfat	Feb - 6 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
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... 498 100% Chol... 15 mg Sodium. 393 mg Fiber.. 3.7 g Iron... 1.2 mg Calcium 539.1 mg Vit A 616 IU Vit C 3.2 mg Sugar 44.9*g 36.0%Cal Prot 17.4g 14.0%Cal Carb 81.7g 65.6%Cal T.Fat 12.5g 22.5%Cal S.Fat 3.6g 6.4%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... 386 100% Chol... 17 mg Sodium. 295 mg Fiber.. 4.3 g Iron... 1.2 mg Calcium 333.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 24.7*g 25.6%Cal Prot 12.7g 13.1%Cal Carb 68.3g 70.8%Cal T.Fat 8.5g 19.7%Cal S.Fat 2.6g 6.0%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
Feb - 9 BRFAST CRESCENT APPLESAUCE MILK,1% Lowfat	Feb - 10 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Feb - 11 CEREAL PACK MILK,1% Lowfat	Feb - 12 MINI DONUTS MANGOS MILK,1% Lowfat	Feb - 13
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... 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	
Feb - 16	Feb - 17 APPLE FRITTER STRING CHEESE APRICOTS MILK,1% Lowfat	Feb - 18 CEREAL PACK MILK,1% Lowfat	Feb - 19 MINI PANCAKES STRAWBERRIES MILK,1% Lowfat	Feb - 20 OATMEAL ROUND PEACHES MILK,1% Lowfat
	Nutrients Target Cals... 517 103% Chol... 27 mg Sodium. 724 mg Fiber.. 3.5 g Iron... 2.9 mg Calcium 532.8 mg Vit A 801 IU Vit C 90.7 mg Sugar 13.4*g 10.4%Cal Prot 23.2g 18.0%Cal Carb 74.3g 57.5%Cal T.Fat 13.6g 23.7%Cal S.Fat 5.7g 9.9%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... 369 100% Chol... 12 mg Sodium. 258 mg Fiber.. 5.3 g Iron... 1.3 mg Calcium 363.1 mg Vit A 492 IU Vit C 66.7 mg Sugar 32.2*g 35.0%Cal Prot 13.0g 14.1%Cal Carb 61.9g 67.1%Cal T.Fat 9.7g 23.7%Cal S.Fat 2.1g 5.0%Cal	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 12.7*g 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

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	
Feb - 23		Feb - 24		Feb - 25		Feb - 26		Feb - 27	
MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat		BANANA BREAD YOGURT BLUEBERRIES MILK,1% Lowfat		CEREAL PACK MILK,1% Lowfat		CINNAMON ROLL PEARS MILK,1% Lowfat		BRKFAST BAR PACK MILK,1% Lowfat	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals...	460	Cals...	521	Cals...	212	Cals...	414	Cals...	242
100%		104%		61%		100%		69%	
Chol...	52 mg	Chol...	15 mg	Chol...	12 mg	Chol...	12 mg	Chol...	12 mg
Sodium.	242 mg	Sodium.	394 mg	Sodium.	307 mg	Sodium.	384 mg	Sodium.	207 mg
Fiber..	5.2 g	Fiber..	5.2 g	Fiber..	1.0 g	Fiber..	4.0 g	Fiber..	4.0 g
Iron...	1.3 mg	Iron...	1.4 mg	Iron...	3.7 mg	Iron...	1.9 mg	Iron...	1.9 mg
Calcium	354.9 mg	Calcium	543.7 mg	Calcium	385.0 mg	Calcium	351.3 mg	Calcium	305.0 mg
Vit A	579 IU	Vit A	631 IU	Vit A	878 IU	Vit A	478 IU	Vit A	978 IU
Vit C	50.1 mg	Vit C	2.9 mg	Vit C	4.8 mg	Vit C	0.9 mg	Vit C	0.0 mg
Sugar	48.6*g 42.3%Cal	Sugar	37.7*g 29.0%Cal	Sugar	21.7*g 40.8%Cal	Sugar	42.9*g 41.4%Cal	Sugar	21.7*g 35.8%Cal
Prot	11.3g 9.9%Cal	Prot	17.7g 13.6%Cal	Prot	9.2g 17.4%Cal	Prot	13.5g 13.0%Cal	Prot	11.2g 18.5%Cal
Carb	85.2g 74.2%Cal	Carb	86.0g 66.1%Cal	Carb	34.2g 64.3%Cal	Carb	70.2g 67.8%Cal	Carb	36.2g 59.7%Cal
T.Fat	8.5g 16.7%Cal	T.Fat	13.1g 22.6%Cal	T.Fat	5.4g 22.7%Cal	T.Fat	9.4g 20.4%Cal	T.Fat	5.9g 21.8%Cal
S.Fat	3.6g 7.0%Cal	S.Fat	3.6g 6.2%Cal	S.Fat	2.0g 8.7%Cal	S.Fat	3.0g 6.6%Cal	S.Fat	2.5g 9.4%Cal

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