

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 2 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Feb - 3 MINI CHICK TACOS 1/2c CORN 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	Feb - 4 PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	Feb - 5 ORANGE CHICKEN FRIED RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	Feb - 6 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 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... 522 87% Chol... 22 mg Sodium. 1127 mg Fiber.. 10.6 g Iron... 4.6 mg Calcium 776.0 mg Vit A 2620 IU Vit C 99.4* mg Sugar 18.2*g 14.0%Cal Prot 30.3g 23.2%Cal Carb 73.5g 56.3%Cal T.Fat 12.1g 20.9%Cal S.Fat 3.6g 6.2%Cal
Feb - 9 PRETZEL HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	Feb - 10 ROTINI WITH MEAT 1c TOSSED SALAD 1/4c SLC GRN PEPP BANANA MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	Feb - 11 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Feb - 12 GRILLED CHEESE BAKED CHIPS 1/2c CAULIFLOWER 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat CUPID'S ICE CREAM	Feb - 13
Nutrients Target Cals... 852 131% Chol... 47 mg Sodium. 1819 mg Fiber.. 12.7 g Iron... 4.7 mg Calcium 450.8 mg Vit A 891 IU Vit C 22.3* mg Sugar 16.7*g 7.8%Cal Prot 23.2g 10.9%Cal Carb 123.5g 58.0%Cal T.Fat 30.1g 31.8%Cal S.Fat 9.7g 10.2%Cal	Nutrients Target Cals... 1115 171% Chol... 97 mg Sodium. 2883 mg Fiber.. 10.6 g Iron... 4.5 mg Calcium 1249.5 mg Vit A 5555 IU Vit C 78.6* mg Sugar 34.9*g 12.5%Cal Prot 51.8g 18.6%Cal Carb 132.7g 47.6%Cal T.Fat 45.2g 36.5%Cal S.Fat 18.8g 15.2%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... 797 123% Chol... 65 mg Sodium. 1089 mg Fiber.. 8.1 g Iron... 2.6 mg Calcium 928.4 mg Vit A 1996 IU Vit C 59.6* mg Sugar 15.6*g 7.8%Cal Prot 33.7g 16.9%Cal Carb 104.1g 52.2%Cal T.Fat 28.9g 32.6%Cal S.Fat 12.5g 14.1%Cal	
Feb - 16	Feb - 17 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CHERRY TOMAT MIXED BERRIES MILK,1% Lowfat KETCHUP	Feb - 18 APPLE PANCAK BITE EGG PATTY 1/2c CUCUMBER 1/2c HASH BROWN FRUITABLES MILK,1% Lowfat	Feb - 19 MAC & CHEESE 1c TOSSED SALAD 1/2c CARROT STICKS RASPBERRIES MILK,1% Lowfat DINNER ROLL ITALIAN DRESSING	Feb - 20 DETROIT PIZZA 1/2c JICAMA 1/4c ZUCCHINI MANGOS MILK,1% Lowfat

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nutrients Target Cals... 592 99% Chol... 47 mg Sodium. 892 mg Fiber.. 6.0 g Iron... 2.6* mg Calcium325.0* mg Vit A 478* IU Vit C 2.4* mg Sugar 29.7*g 20.0%Cal Prot 26.2g 17.7%Cal Carb 66.2g 44.7%Cal T.Fat 24.4g 37.0%Cal S.Fat 7.0g 10.7%Cal	Nutrients Target Cals... 566 94% Chol... 113 mg Sodium. 619 mg Fiber.. 8.7 g Iron... 5.5* mg Calcium438.5* mg Vit A 1785* IU Vit C 87.6* mg Sugar 15.3*g 10.8%Cal Prot 19.8g 14.0%Cal Carb 98.2g 69.3%Cal T.Fat 11.9g 18.8%Cal S.Fat 3.5g 5.5%Cal	Nutrients Target Cals... 728 112% Chol... 78 mg Sodium. 876 mg Fiber.. 17.0 g Iron... 6.1* mg Calcium535.2* mg Vit A 15148* IU Vit C 72.6* mg Sugar 26.4*g 14.5%Cal Prot 38.1g 21.0%Cal Carb 77.2g 42.4%Cal T.Fat 31.6g 39.1%Cal S.Fat 8.9g 11.0%Cal	Nutrients Target Cals... 532 89% Chol... 27 mg Sodium. 740 mg Fiber.. 9.4 g Iron... 3.5* mg Calcium638.3* mg Vit A 2875* IU Vit C 62.2* mg Sugar 30.7*g 23.1%Cal Prot 26.3g 19.8%Cal Carb 76.3g 57.3%Cal T.Fat 15.0g 25.4%Cal S.Fat 5.7g 9.6%Cal
Feb - 23 BEEF SANDWICH 1/2c POTATO SMILES CREAMY COLE SLAW APRICOTS MILK,1% Lowfat	Feb - 24 BRD CHK PAT SAND 1/2c ROASTED WEDG 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP	Feb - 25 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Feb - 26 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat RICE KRISPIE	Feb - 27 NACHOS SUPREME 1/2c REFRIED BEANS 1/2c CORN APPLESAUCE MILK,1% Lowfat SALSA
Nutrients Target Cals... 706 109% Chol... 45 mg Sodium. 1041 mg Fiber.. 9.6 g Iron... 4.1* mg Calcium398.3* mg Vit A 1667* IU Vit C 117.9* mg Sugar 16.4*g 9.3%Cal Prot 30.2g 17.1%Cal Carb 102.3g 58.0%Cal T.Fat 19.6g 25.0%Cal S.Fat 6.1g 7.7%Cal	Nutrients Target Cals... 747 115% Chol... 37 mg Sodium. 1392 mg Fiber.. 12.9 g Iron... 4.7* mg Calcium668.8* 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... 794 122% Chol... 40 mg Sodium. 1033 mg Fiber.. 6.5 g Iron... 5.0* mg Calcium612.5* 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	Nutrients Target Cals... 616 100% Chol... 32 mg Sodium. 877 mg Fiber.. 8.7* g Iron... 6.7* mg Calcium988.7* 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... 734 113% Chol... 86 mg Sodium. 1276 mg Fiber.. 13.0* g Iron... 3.9* mg Calcium368.4* mg Vit A 1090* IU Vit C 13.6* mg Sugar 25.3*g 13.8%Cal Prot 38.9g 21.2%Cal Carb 87.3g 47.6%Cal T.Fat 25.5g 31.2%Cal S.Fat 12.3*g 15.1%Cal

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