

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Mar - 2 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Mar - 3 LEMON BREAD YOGURT FRESH APPLES MILK,1% Lowfat	Mar - 4 CEREAL PACK MILK,1% Lowfat	Mar - 5 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Mar - 6 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat																																																																																																																																																						
<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>548</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>30 mg</td></tr> <tr><td>Sodium...</td><td>565 mg</td></tr> <tr><td>Fiber...</td><td>1.6 g</td></tr> <tr><td>Iron...</td><td>2.6 mg</td></tr> <tr><td>Calcium</td><td>682.8 mg</td></tr> <tr><td>Vit A</td><td>1212 IU</td></tr> <tr><td>Vit C</td><td>8.5 mg</td></tr> <tr><td>Sugar</td><td>27.0*g 19.7%Cal</td></tr> <tr><td>Prot</td><td>22.1g 16.2%Cal</td></tr> <tr><td>Carb</td><td>85.9g 62.7%Cal</td></tr> <tr><td>T.Fat</td><td>13.9g 22.8%Cal</td></tr> <tr><td>S.Fat</td><td>6.7g 11.0%Cal</td></tr> </table>	Nutrients	Target	Cals...	548	100%		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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>498</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>15 mg</td></tr> <tr><td>Sodium...</td><td>393 mg</td></tr> <tr><td>Fiber...</td><td>3.7 g</td></tr> <tr><td>Iron...</td><td>1.2 mg</td></tr> <tr><td>Calcium</td><td>539.1 mg</td></tr> <tr><td>Vit A</td><td>616 IU</td></tr> <tr><td>Vit C</td><td>3.2 mg</td></tr> <tr><td>Sugar</td><td>44.9*g 36.0%Cal</td></tr> <tr><td>Prot</td><td>17.4g 14.0%Cal</td></tr> <tr><td>Carb</td><td>81.7g 65.6%Cal</td></tr> <tr><td>T.Fat</td><td>12.5g 22.5%Cal</td></tr> <tr><td>S.Fat</td><td>3.6g 6.4%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>212</td></tr> <tr><td>61%</td><td></td></tr> <tr><td>Chol...</td><td>12 mg</td></tr> <tr><td>Sodium...</td><td>307 mg</td></tr> <tr><td>Fiber...</td><td>1.0 g</td></tr> <tr><td>Iron...</td><td>3.7 mg</td></tr> <tr><td>Calcium</td><td>385.0 mg</td></tr> <tr><td>Vit A</td><td>878 IU</td></tr> <tr><td>Vit C</td><td>4.8 mg</td></tr> <tr><td>Sugar</td><td>21.7*g 40.8%Cal</td></tr> <tr><td>Prot</td><td>9.2g 17.4%Cal</td></tr> <tr><td>Carb</td><td>34.2g 64.3%Cal</td></tr> <tr><td>T.Fat</td><td>5.4g 22.7%Cal</td></tr> <tr><td>S.Fat</td><td>2.0g 8.7%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>378</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>12 mg</td></tr> <tr><td>Sodium...</td><td>350 mg</td></tr> <tr><td>Fiber...</td><td>4.0 g</td></tr> <tr><td>Iron...</td><td>4.0 mg</td></tr> <tr><td>Calcium</td><td>520.9 mg</td></tr> <tr><td>Vit A</td><td>1592 IU</td></tr> <tr><td>Vit C</td><td>4.5 mg</td></tr> <tr><td>Sugar</td><td>25.7*g 27.2%Cal</td></tr> <tr><td>Prot</td><td>12.9g 13.7%Cal</td></tr> <tr><td>Carb</td><td>68.6g 72.5%Cal</td></tr> <tr><td>T.Fat</td><td>7.8g 18.5%Cal</td></tr> <tr><td>S.Fat</td><td>3.2g 7.5%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>482</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>25 mg</td></tr> <tr><td>Sodium...</td><td>362 mg</td></tr> <tr><td>Fiber...</td><td>3.0 g</td></tr> <tr><td>Iron...</td><td>1.9 mg</td></tr> <tr><td>Calcium</td><td>495.0 mg</td></tr> <tr><td>Vit A</td><td>878 IU</td></tr> <tr><td>Vit C</td><td>21.0 mg</td></tr> <tr><td>Sugar</td><td>25.7*g 21.3%Cal</td></tr> <tr><td>Prot</td><td>19.2g 15.9%Cal</td></tr> <tr><td>Carb</td><td>86.2g 71.4%Cal</td></tr> <tr><td>T.Fat</td><td>8.4g 15.6%Cal</td></tr> <tr><td>S.Fat</td><td>4.0g 7.5%Cal</td></tr> </table>	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
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S.Fat	3.6g 9.2%Cal																																																																																																																																																									
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Calcium	377.5 mg																																																																																																																																																									
Vit A	1705 IU																																																																																																																																																									
Vit C	41.3 mg																																																																																																																																																									
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Carb	70.2g 63.7%Cal																																																																																																																																																									
T.Fat	13.8g 28.2%Cal																																																																																																																																																									
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Calcium	319.4 mg																																																																																																																																																									
Vit A	784 IU																																																																																																																																																									
Vit C	3.4 mg																																																																																																																																																									
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Mar - 16 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Mar - 17 BANANA BREAD STRING CHEESE PEARS MILK,1% Lowfat	Mar - 18 CEREAL PACK MILK,1% Lowfat	Mar - 19 MINI PANCAKES STRAWBERRIES MILK,1% Lowfat	Mar - 20 BRKFAST BAR PACK MILK,1% Lowfat																																																																																																																																																						
<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>460</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>52 mg</td></tr> <tr><td>Sodium...</td><td>242 mg</td></tr> <tr><td>Fiber...</td><td>5.2 g</td></tr> <tr><td>Iron...</td><td>1.3 mg</td></tr> <tr><td>Calcium</td><td>354.9 mg</td></tr> <tr><td>Vit A</td><td>579 IU</td></tr> <tr><td>Vit C</td><td>50.1 mg</td></tr> <tr><td>Sugar</td><td>48.6*g 42.3%Cal</td></tr> <tr><td>Prot</td><td>11.3g 9.9%Cal</td></tr> <tr><td>Carb</td><td>85.2g 74.2%Cal</td></tr> <tr><td>T.Fat</td><td>8.5g 16.7%Cal</td></tr> <tr><td>S.Fat</td><td>3.6g 7.0%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>537</td></tr> <tr><td>107%</td><td></td></tr> <tr><td>Chol...</td><td>27 mg</td></tr> <tr><td>Sodium...</td><td>541 mg</td></tr> <tr><td>Fiber...</td><td>4.0 g</td></tr> <tr><td>Iron...</td><td>1.6 mg</td></tr> <tr><td>Calcium</td><td>596.0 mg</td></tr> <tr><td>Vit A</td><td>723 IU</td></tr> <tr><td>Vit C</td><td>0.9 mg</td></tr> <tr><td>Sugar</td><td>52.9*g 39.4%Cal</td></tr> <tr><td>Prot</td><td>20.7g 15.5%Cal</td></tr> <tr><td>Carb</td><td>76.3g 56.9%Cal</td></tr> <tr><td>T.Fat</td><td>18.3g 30.7%Cal</td></tr> <tr><td>S.Fat</td><td>6.9g 11.6%Cal</td></tr> </table>	Nutrients	Target	Cals...	537	107%		Chol...	27 mg	Sodium...	541 mg	Fiber...	4.0 g	Iron...	1.6 mg	Calcium	596.0 mg	Vit A	723 IU	Vit C	0.9 mg	Sugar	52.9*g 39.4%Cal	Prot	20.7g 15.5%Cal	Carb	76.3g 56.9%Cal	T.Fat	18.3g 30.7%Cal	S.Fat	6.9g 11.6%Cal	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>212</td></tr> <tr><td>61%</td><td></td></tr> <tr><td>Chol...</td><td>12 mg</td></tr> <tr><td>Sodium...</td><td>307 mg</td></tr> <tr><td>Fiber...</td><td>1.0 g</td></tr> <tr><td>Iron...</td><td>3.7 mg</td></tr> <tr><td>Calcium</td><td>385.0 mg</td></tr> <tr><td>Vit A</td><td>878 IU</td></tr> <tr><td>Vit C</td><td>4.8 mg</td></tr> <tr><td>Sugar</td><td>21.7*g 40.8%Cal</td></tr> <tr><td>Prot</td><td>9.2g 17.4%Cal</td></tr> <tr><td>Carb</td><td>34.2g 64.3%Cal</td></tr> <tr><td>T.Fat</td><td>5.4g 22.7%Cal</td></tr> <tr><td>S.Fat</td><td>2.0g 8.7%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>369</td></tr> <tr><td>100%</td><td></td></tr> <tr><td>Chol...</td><td>12 mg</td></tr> <tr><td>Sodium...</td><td>258 mg</td></tr> <tr><td>Fiber...</td><td>5.3 g</td></tr> <tr><td>Iron...</td><td>1.3 mg</td></tr> <tr><td>Calcium</td><td>363.1 mg</td></tr> <tr><td>Vit A</td><td>492 IU</td></tr> <tr><td>Vit C</td><td>66.7 mg</td></tr> <tr><td>Sugar</td><td>32.2*g 35.0%Cal</td></tr> <tr><td>Prot</td><td>13.0g 14.1%Cal</td></tr> <tr><td>Carb</td><td>61.9g 67.1%Cal</td></tr> <tr><td>T.Fat</td><td>9.7g 23.7%Cal</td></tr> <tr><td>S.Fat</td><td>2.1g 5.0%Cal</td></tr> </table>	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	<table border="0"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>242</td></tr> <tr><td>69%</td><td></td></tr> <tr><td>Chol...</td><td>12 mg</td></tr> <tr><td>Sodium...</td><td>207 mg</td></tr> <tr><td>Fiber...</td><td>4.0 g</td></tr> <tr><td>Iron...</td><td>1.9 mg</td></tr> <tr><td>Calcium</td><td>305.0 mg</td></tr> <tr><td>Vit A</td><td>978 IU</td></tr> <tr><td>Vit C</td><td>0.0 mg</td></tr> <tr><td>Sugar</td><td>21.7*g 35.8%Cal</td></tr> <tr><td>Prot</td><td>11.2g 18.5%Cal</td></tr> <tr><td>Carb</td><td>36.2g 59.7%Cal</td></tr> <tr><td>T.Fat</td><td>5.9g 21.8%Cal</td></tr> <tr><td>S.Fat</td><td>2.5g 9.4%Cal</td></tr> </table>	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
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Mar - 23	Mar - 24	Mar - 25	Mar - 26	Mar - 27																																																																																																																																																						

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Monday		Tuesday		Wednesday		Thursday		Friday	
Mar - 30		Mar - 31							
CEREAL PACK MILK,1% Lowfat		APPLE FRITTER STRING CHEESE FRUIT SALAD MILK,1% Lowfat							
Nutrients	Target	Nutrients	Target						
Cals...	212	Cals...	492						
61%		100%							
Chol...	12 mg	Chol...	27 mg						
Sodium.	307 mg	Sodium.	727 mg						
Fiber..	1.0 g	Fiber..	3.0 g						
Iron...	3.7 mg	Iron...	2.9 mg						
Calcium	385.0 mg	Calcium	531.0 mg						
Vit A	878 IU	Vit A	1164 IU						
Vit C	4.8 mg	Vit C	3.2 mg						
Sugar	21.7*g 40.8%Cal	Sugar	13.4*g 10.9%Cal						
Prot	9.2g 17.4%Cal	Prot	22.7g 18.5%Cal						
Carb	34.2g 64.3%Cal	Carb	71.2g 57.8%Cal						
T.Fat	5.4g 22.7%Cal	T.Fat	13.7g 25.1%Cal						
S.Fat	2.0g 8.7%Cal	S.Fat	5.7g 10.5%Cal						

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