

Monday	Tuesday	Wednesday	Thursday	Friday
		Apr - 1 HARD BOILED EGG GRAHAM CRACKERS PEACHES MILK,1% Lowfat	Apr - 2 CINNAMON ROLL PLUMS MILK,1% Lowfat	Apr - 3
		Nutrients Target Cals... 300 86% Chol... 12 mg Sodium... 374 mg Fiber... 2.2 g Iron... 1.3 mg Calcium 420.4 mg Vit A 1284 IU Vit C 3.4 mg Sugar 18.4g 24.5%Cal Prot 21.6g 28.8%Cal Carb 41.9g 55.9%Cal T.Fat 5.2g 15.5%Cal S.Fat 1.5g 4.6%Cal	Nutrients Target Cals... 395 100% Chol... 12 mg Sodium... 377 mg Fiber... 3.6 g Iron... 1.7 mg Calcium 351.8 mg Vit A 869 IU Vit C 10.8 mg Sugar 38.9g 39.5%Cal Prot 14.0g 14.2%Cal Carb 64.1g 65.0%Cal T.Fat 9.7g 22.1%Cal S.Fat 3.1g 7.0%Cal	
Apr - 6 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Apr - 7 LEMON BREAD YOGURT FRESH APPLES MILK,1% Lowfat	Apr - 8 CEREAL PACK MILK,1% Lowfat	Apr - 9 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Apr - 10 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... 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... 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
Apr - 13 BRFAST CRESCENT APPLESAUCE MILK,1% Lowfat	Apr - 14 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Apr - 15 CEREAL PACK MILK,1% Lowfat	Apr - 16 MINI DONUTS MANGOS MILK,1% Lowfat	Apr - 17 OATMEAL ROUND PEACHES 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... 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	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
Apr - 20 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Apr - 21 BANANA BREAD STRING CHEESE PEARS MILK,1% Lowfat	Apr - 22 CEREAL PACK MILK,1% Lowfat	Apr - 23 MINI PANCAKES STRAWBERRIES MILK,1% Lowfat	Apr - 24 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... 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	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... 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
Apr - 27 PARFAIT STRING CHEESE BANANA MILK,1% Lowfat	Apr - 28 APPLE FRITTER GRAHAM CRACKERS APRICOTS MILK,1% Lowfat	Apr - 29 CEREAL PACK MILK,1% Lowfat	Apr - 30 MINI WAFFLE FRUIT SALAD MILK,1% Lowfat	
Nutrients Target Cals... 549 110% Chol... 30 mg Sodium. 457 mg Fiber.. 6.0 g Iron... 1.6 mg Calcium 701.5 mg Vit A 742 IU Vit C 18.8 mg Sugar 47.5*g 34.6%Cal Prot 24.2g 17.6%Cal Carb 91.5g 66.6%Cal T.Fat 12.3g 20.1%Cal S.Fat 5.0g 8.3%Cal	Nutrients Target Cals... 524 105% Chol... 12 mg Sodium. 611 mg Fiber.. 4.5 g Iron... 3.5 mg Calcium 428.1 mg Vit A 1156 IU Vit C 90.7 mg Sugar 18.4*g 14.1%Cal Prot 17.9g 13.7%Cal Carb 90.2g 68.9%Cal T.Fat 10.3g 17.6%Cal S.Fat 2.3g 4.0%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... 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	

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