

Monday	Tuesday	Wednesday	Thursday	Friday
		Apr - 1 PAN/SAUS STICK 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Apr - 2 BRD CHK PAT SAND 1/2c ROASTED WEDG 1/2c CARROT STICKS FRUIT COCKTAIL MILK,1% Lowfat KETCHUP	Apr - 3
		Nutrients Target Cals... 674 104% Chol... 32 mg Sodium. 546 mg Fiber.. 3.5 g Iron... 2.3 mg Calcium 364.1 mg Vit A 561 IU Vit C 56.6 mg Sugar 34.4*g 20.4%Cal Prot 18.1g 10.7%Cal Carb 100.9g 59.9%Cal T.Fat 23.7g 31.7%Cal S.Fat 5.3g 7.1%Cal	Nutrients Target Cals... 746 115% Chol... 37 mg Sodium. 1172 mg Fiber.. 11.9 g Iron... 4.4 mg Calcium 652.4 mg Vit A 10921 IU Vit C 8.3 mg Sugar 36.4*g 19.5%Cal Prot 31.3g 16.8%Cal Carb 98.1g 52.6%Cal T.Fat 25.6g 30.9%Cal S.Fat 6.1g 7.3%Cal	
Apr - 6 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Apr - 7 CRISPITOS 1/2c MIXED VEGETAB 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	Apr - 8 BISCUITS AND GRAV EGG PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat	Apr - 9 ORANGE CHICKEN FRIED RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	Apr - 10 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... 624 100% Chol... 102 mg Sodium. 796 mg Fiber.. 14.4 g Iron... 6.3 mg Calcium 684.7 mg Vit A 2384 IU Vit C 33.2* mg Sugar 28.9*g 18.5%Cal Prot 37.9g 24.3%Cal Carb 79.2g 50.7%Cal T.Fat 19.5g 28.1%Cal S.Fat 5.6g 8.0%Cal	Nutrients Target Cals... 905 139% Chol... 152 mg Sodium. 1405 mg Fiber.. 11.2 g Iron... 5.3 mg Calcium 466.9 mg Vit A 889 IU Vit C 65.2* mg Sugar 26.2*g 11.6%Cal Prot 31.7g 14.0%Cal Carb 115.3g 51.0%Cal T.Fat 38.2g 38.0%Cal S.Fat 15.1g 15.0%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
Apr - 13 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	Apr - 14 SPAGHETTI W/MTBL 1c TOSSED SALAD 1/4c SLC GRN PEPP BANANA MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	Apr - 15	Apr - 16 GRILLED CHEESE BAKED CHIPS 1/2c CAULIFLOWER 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat	Apr - 17 CHICKEN BOWL 1/2c CHERRY TOMAT FRESH APPLES MILK,1% Lowfat CORNBREAD

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	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals... 131%	852	Cals... 126%	820			Cals... 103%	667	Cals... 158%	1027
Chol... 47 mg		Chol... 74 mg				Chol... 44 mg		Chol... 105 mg	
Sodium... 1819 mg		Sodium... 848 mg				Sodium... 1029 mg		Sodium... 3494 mg	
Fiber... 12.7 g		Fiber... 11.3 g				Fiber... 7.6 g		Fiber... 10.7 g	
Iron... 4.7 mg		Iron... 6.1 mg				Iron... 2.6 mg		Iron... 8.1* mg	
Calcium 450.8 mg		Calcium 390.0 mg				Calcium 868.4 mg		Calcium 486.9* mg	
Vit A 891 IU		Vit A 5086 IU				Vit A 1796 IU		Vit A 792* IU	
Vit C 22.3* mg		Vit C 80.1* mg				Vit C 59.6* mg		Vit C 14.9* mg	
Sugar 16.7*g	7.8%Cal	Sugar 34.9*g	17.0%Cal			Sugar 15.6*g	9.4%Cal	Sugar 48.0*g	18.7%Cal
Prot 23.2g	10.9%Cal	Prot 36.8g	18.0%Cal			Prot 31.7g	19.0%Cal	Prot 38.4g	15.0%Cal
Carb 123.5g	58.0%Cal	Carb 102.4g	50.0%Cal			Carb 87.1g	52.2%Cal	Carb 146.2g	57.0%Cal
T.Fat 30.1g	31.8%Cal	T.Fat 31.5g	34.6%Cal			T.Fat 23.9g	32.2%Cal	T.Fat 33.2g	29.1%Cal
S.Fat 9.7g	10.2%Cal	S.Fat 8.4g	9.3%Cal			S.Fat 9.0g	12.2%Cal	S.Fat 13.7g	12.0%Cal
Apr - 20		Apr - 21		Apr - 22		Apr - 23		Apr - 24	
CORN DOG 1/2c SWT POT FRIES 1/2c BEAN SALAD MELON MILK,1% Lowfat KETCHUP		PULLED PORK SAND 1/2c POTATO SMILES CREAMY COLE SLAW APRICOTS MILK,1% Lowfat		WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP		DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM		NACHOS SUPREME 1/2c REFRIED BEANS 1/2c CORN APPLESAUCE MILK,1% Lowfat SALSA	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals... 100%	610	Cals... 114%	741	Cals... 122%	794	Cals... 98%	586	Cals... 113%	734
Chol... 12 mg		Chol... 75 mg		Chol... 40 mg		Chol... 53 mg		Chol... 86 mg	
Sodium... 1094 mg		Sodium... 1894 mg		Sodium... 1033 mg		Sodium... 817 mg		Sodium... 1276 mg	
Fiber... 11.3 g		Fiber... 8.8 g		Fiber... 6.5 g		Fiber... 8.2* g		Fiber... 13.0* g	
Iron... 3.7* mg		Iron... 4.4* mg		Iron... 5.0* mg		Iron... 4.9* mg		Iron... 3.9* mg	
Calcium 380.7* mg		Calcium 378.2* mg		Calcium 612.5* mg		Calcium 1048.7 mg		Calcium 368.4* mg	
Vit A 4081* IU		Vit A 1667* IU		Vit A 542* IU		Vit A 13490* IU		Vit A 1090* IU	
Vit C 27.3* mg		Vit C 117.9* mg		Vit C 14.2* mg		Vit C 15.1* mg		Vit C 13.6* mg	
Sugar 31.2*g	20.5%Cal	Sugar 13.0*g	7.0%Cal	Sugar 28.1*g	14.2%Cal	Sugar 16.2*g	11.0%Cal	Sugar 25.3*g	13.8%Cal
Prot 20.3g	13.3%Cal	Prot 33.0g	17.8%Cal	Prot 24.6g	12.4%Cal	Prot 35.7g	24.4%Cal	Prot 38.9g	21.2%Cal
Carb 88.6g	58.1%Cal	Carb 100.2g	54.1%Cal	Carb 128.7g	64.8%Cal	Carb 77.3g	52.8%Cal	Carb 87.3g	47.6%Cal
T.Fat 21.3g	31.4%Cal	T.Fat 19.8g	24.0%Cal	T.Fat 21.8g	24.7%Cal	T.Fat 15.5g	23.8%Cal	T.Fat 25.5g	31.2%Cal
S.Fat 5.0g	7.3%Cal	S.Fat 5.8g	7.1%Cal	S.Fat 4.4g	5.0%Cal	S.Fat 8.7*g	13.3%Cal	S.Fat 12.3*g	15.1%Cal
Apr - 27		Apr - 28		Apr - 29		Apr - 30			
MAC & CHEESE 1c TOSSED SALAD 1/2c CARROT STICKS RASPBERRIES MILK,1% Lowfat DINNER ROLL ITALIAN DRESSING		BOSCO STICKS 1/2c JICAMA 1/2c ZUCCHINI BLUEBERRIES MILK,1% Lowfat MARINARA SAUCE		PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP		CHICKEN NUGGETS 1/2c TATER TOTS 1/2c GREEN BEANS FRUIT JELL-O MILK,1% Lowfat KETCHUP			
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target		
Cals... 112%	728	Cals... 99%	592	Cals... 123%	802	Cals... 100%	606		
Chol... 78 mg		Chol... 22 mg		Chol... 69 mg		Chol... 47 mg			
Sodium... 876 mg		Sodium... 648 mg		Sodium... 761 mg		Sodium... 1137 mg			
Fiber... 17.0* g		Fiber... 19.8* g		Fiber... 5.7* g		Fiber... 5.3* g			
Iron... 6.1* mg		Iron... 7.1* mg		Iron... 1.7* mg		Iron... 2.8* mg			
Calcium 535.2* mg		Calcium 716.5* mg		Calcium 387.2* mg		Calcium 342.5* mg			
Vit A 15148* IU		Vit A 11754* IU		Vit A 845* IU		Vit A 714* IU			
Vit C 72.6* mg		Vit C 156.7* mg		Vit C 46.3* mg		Vit C 14.3* mg			
Sugar 26.4*g	14.5%Cal	Sugar 30.6*g	20.7%Cal	Sugar 25.4*g	12.7%Cal	Sugar 13.7*g	9.0%Cal		
Prot 38.1g	21.0%Cal	Prot 33.1g	22.4%Cal	Prot 22.5g	11.2%Cal	Prot 26.0g	17.2%Cal		
Carb 77.2g	42.4%Cal	Carb 94.3g	63.7%Cal	Carb 107.3g	53.5%Cal	Carb 70.2g	46.3%Cal		
T.Fat 31.6g	39.1%Cal	T.Fat 13.5g	20.6%Cal	T.Fat 32.8g	36.9%Cal	T.Fat 25.4g	37.8%Cal		
S.Fat 8.9g	11.0%Cal	S.Fat 4.3*g	6.5%Cal	S.Fat 3.0*g	3.3%Cal	S.Fat 7.6*g	11.2%Cal		

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