

Monday	Tuesday	Wednesday	Thursday	Friday
				May - 1 SALISBURY STEAK 1/2 MASHED POTATO 1/2c STMD BROCCOL GRAPEFRUIT MILK,1% Lowfat BROWN GRAVY
				Nutrients Target Cals... 429 72% Chol... 57 mg Sodium... 575 mg Fiber... 5.9 g Iron... 2.1 mg Calcium 404.6 mg Vit A 2706 IU Vit C 87.3 mg Sugar 23.6*g 22.0%Cal Prot 24.0g 22.4%Cal Carb 42.6g 39.7%Cal T.Fat 19.5g 40.9%Cal S.Fat 9.2g 19.4%Cal
May - 4 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	May - 5 MINI CHICK TACOS 1/2c MIXED VEGETAB 1/2c EDAMAME BEAN PEARS MILK,1% Lowfat SALSA	May - 6 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	May - 7 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	May - 8 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... 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... 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
May - 11 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	May - 12 ROTINI WITH MEAT 1c TOSSED SALAD 1/4c SLC GRN PEPP BANANA MILK,1% Lowfat GARLIC BREAD RANCH DRESSING	May - 13	May - 14 GRILLED CHEESE BAKED CHIPS 1/2c CAULIFLOWER 1/4c CELERY STICKS FRUIT SALAD MILK,1% Lowfat	May - 15 POPCORN CHICKEN 1/2c ROASTED WEDG 1/2c CARROT STICKS FRUIT JELL-O MILK,1% Lowfat KETCHUP

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.  
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Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Nutrients</b> <b>Target</b> 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	<b>Nutrients</b> <b>Target</b> Cals...      1115 171% Chol...      97 mg Sodium...    2883 mg Fiber...    10.6 g Iron...      4.5 mg Calcium1249.5 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		<b>Nutrients</b> <b>Target</b> Cals...      667 103% Chol...      44 mg Sodium...    1029 mg Fiber...    7.6 g Iron...      2.6 mg Calcium 868.4 mg Vit A      1796 IU Vit C      59.6* mg Sugar 15.6*g    9.4%Cal Prot    31.7g    19.0%Cal Carb    87.1g    52.2%Cal T.Fat    23.9g    32.2%Cal S.Fat    9.0g    12.2%Cal	<b>Nutrients</b> <b>Target</b> Cals...      597 100% Chol...      47 mg Sodium...    919 mg Fiber...    6.7 g Iron...      2.4 mg Calcium 345.1 mg Vit A      10669 IU Vit C      15.0* mg Sugar 15.6*g    10.4%Cal Prot    25.8g    17.3%Cal Carb    70.0g    46.9%Cal T.Fat    23.5g    35.4%Cal S.Fat    7.1g    10.6%Cal	
May - 18  MAC & CHEESE 1c TOSSED SALAD 1/2c CHERRY TOMAT RASPBERRIES MILK,1% Lowfat DINNER ROLL ITALIAN DRESSING	May - 19  BRD CHK PAT SAND 1/2c SWEET POTATO 1/2c GREEN BEANS ORANGE HALVES MILK,1% Lowfat KETCHUP	May - 20  PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	May - 21  PIZZA DIPPERS 1/2c JICAMA 1/2c ZUCCHINI BLUEBERRIES MILK,1% Lowfat MARINARA SAUCE	May - 22  WALKING TACO 1/2c REFRIED BEANS 1/2c CORN APPLESAUCE MILK,1% Lowfat SALSA	
<b>Nutrients</b> <b>Target</b> Cals...      703 108% Chol...      78 mg Sodium...    833 mg Fiber...    15.3 g Iron...      5.9 mg Calcium 515.1 mg Vit A      4958 IU Vit C      69.0* mg Sugar 23.5*g    13.4%Cal Prot    37.6g    21.4%Cal Carb    71.4g    40.6%Cal T.Fat    31.4g    40.3%Cal S.Fat    8.8g    11.3%Cal	<b>Nutrients</b> <b>Target</b> Cals...      669 103% Chol...      37 mg Sodium...    1036 mg Fiber...    12.2 g Iron...      4.9 mg Calcium 688.4 mg Vit A      11259 IU Vit C      50.0* mg Sugar 22.8*g    13.6%Cal Prot    31.1g    18.6%Cal Carb    95.7g    57.2%Cal T.Fat    18.9g    25.4%Cal S.Fat    4.1g    5.6%Cal	<b>Nutrients</b> <b>Target</b> 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	<b>Nutrients</b> <b>Target</b> Cals...      669 103% Chol...      22 mg Sodium...    1140 mg Fiber...    21.8 g Iron...      6.3 mg Calcium 813.4 mg Vit A      11554 IU Vit C      156.7* mg Sugar 32.6*g    19.5%Cal Prot    35.0g    20.9%Cal Carb    96.0g    57.4%Cal T.Fat    21.4g    28.8%Cal S.Fat    7.2g    9.7%Cal	<b>Nutrients</b> <b>Target</b> Cals...      737 113% Chol...      52 mg Sodium...    1340 mg Fiber...    12.3 g Iron...      5.7 mg Calcium 694.5 mg Vit A      1815 IU Vit C      17.0* mg Sugar 25.3*g    13.7%Cal Prot    38.6g    21.0%Cal Carb    96.7g    52.5%Cal T.Fat    25.1g    30.7%Cal S.Fat    7.8g    9.6%Cal	
May - 25	May - 26  BEEF SANDWCH 1/2c SWT POT FRIES CREAMY COLE SLAW MELON MILK,1% Lowfat	May - 27  WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	May - 28  DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM	May - 29	
	<b>Nutrients</b> <b>Target</b> Cals...      573 96% Chol...      45 mg Sodium...    763 mg Fiber...    9.6 g Iron...      4.2 mg Calcium 400.8 mg Vit A      4040 IU Vit C      33.9* mg Sugar 32.3*g    22.5%Cal Prot    27.7g    19.3%Cal Carb    75.5g    52.7%Cal T.Fat    19.1g    30.0%Cal S.Fat    6.2g    9.7%Cal	<b>Nutrients</b> <b>Target</b> Cals...      794 122% Chol...      40 mg Sodium...    1033 mg Fiber...    6.5 g Iron...      5.0 mg Calcium 612.5 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	<b>Nutrients</b> <b>Target</b> Cals...      586 98% Chol...      53 mg Sodium...    817 mg Fiber...    8.2* g Iron...      4.9 mg Calcium1048.7 mg Vit A      13490 IU Vit C      15.1* mg Sugar 16.2*g    11.0%Cal Prot    35.7g    24.4%Cal Carb    77.3g    52.8%Cal T.Fat    15.5g    23.8%Cal S.Fat    8.7*g    13.3%Cal		

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