

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 3	Aug - 4	Aug - 5	Aug - 6	Aug - 7
Aug - 10	Aug - 11	Aug - 12	Aug - 13	Aug - 14
Aug - 17	Aug - 18	Aug - 19	Aug - 20	Aug - 21
			MOZZ STICKS 1/2c STMD BROCCOL 1/4c CHERRY TOMAT FRESH APPLES MILK,1% Lowfat MARINARA SAUCE	BRD CHK PAT SAND 1/2c ROASTED WEDG 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat KETCHUP
			Nutrients Target Cals... 469 78% Chol... 22 mg Sodium. 948 mg Fiber.. 8.4 g Iron... 3.6 mg Calcium 759.5 mg Vit A 2146 IU Vit C 58.1 mg Sugar 21.2*g 18.1%Cal Prot 28.3g 24.1%Cal Carb 63.6g 54.3%Cal T.Fat 11.6g 22.2%Cal S.Fat 3.6g 6.9%Cal	Nutrients Target Cals... 747 115% Chol... 37 mg Sodium. 1392 mg Fiber.. 12.9 g Iron... 4.7 mg Calcium 668.8 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
Aug - 24	Aug - 25	Aug - 26	Aug - 27	Aug - 28
CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	BOSCO STICKS 1/2c CORN 1/2c CARROT STICKS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat PUDDING	GRILLED CHEESE BAKED CHIPS 1/2c CAULIFLOWER 1/4c CHERRY TOMAT FRUIT SALAD MILK,1% Lowfat
Nutrients Target Cals... 848 130% Chol... 47 mg Sodium. 1536 mg Fiber.. 12.3 g Iron... 4.6 mg Calcium 430.9 mg Vit A 847 IU Vit C 21.5* mg Sugar 16.3*g 7.7%Cal Prot 23.1g 10.9%Cal Carb 122.7g 57.9%Cal T.Fat 30.0g 31.8%Cal S.Fat 9.6g 10.2%Cal	Nutrients Target Cals... 607 100% Chol... 22 mg Sodium. 663 mg Fiber.. 10.5 g Iron... 4.3 mg Calcium 557.5 mg Vit A 11463 IU Vit C 71.6* mg Sugar 27.6*g 18.2%Cal Prot 26.4g 17.4%Cal Carb 104.3g 68.7%Cal T.Fat 10.3g 15.3%Cal S.Fat 3.6g 5.3%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... 616 100% Chol... 32 mg Sodium. 877 mg Fiber.. 8.7* g Iron... 6.7 mg Calcium 988.7 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... 658 101% Chol... 44 mg Sodium. 984 mg Fiber.. 6.7* g Iron... 2.5 mg Calcium 845.8 mg Vit A 1542 IU Vit C 57.8* mg Sugar 14.9*g 9.0%Cal Prot 31.3g 19.0%Cal Carb 85.4g 51.9%Cal T.Fat 23.8g 32.5%Cal S.Fat 9.0*g 12.3%Cal
Aug - 31				
CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP				

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
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	7.0*g 8.0%Cal				

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