

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
		CEREAL PACK MILK,1% Lowfat	MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	MINI DONUTS PEACHES MILK,1% Lowfat
		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 21.7g 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... 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... 420 100% Chol... 12 mg Sodium... 343 mg Fiber... 3.2 g Iron... 1.1 mg Calcium 370.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 33.7*g 32.1%Cal Prot 12.7g 12.1%Cal Carb 65.2g 62.1%Cal T.Fat 13.5g 28.9%Cal S.Fat 4.5g 9.7%Cal
Aug - 24	Aug - 25	Aug - 26	Aug - 27	Aug - 28
BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat	BANANA BREAD BLUEBERRIES MILK,1% Lowfat	CEREAL PACK MILK,1% Lowfat	MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	ANIMAL CRACKERS GRANOLA BAR YOGURT FRESH APPLES MILK,1% Lowfat
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	Nutrients Target Cals... 441 100% Chol... 12 mg Sodium... 329 mg Fiber... 5.2 g Iron... 1.4 mg Calcium 393.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 34.2%Cal Prot 13.7g 12.4%Cal Carb 70.0g 63.5%Cal T.Fat 13.1g 26.7%Cal S.Fat 3.6g 7.4%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... 448 100% Chol... 15 mg Sodium... 353 mg Fiber... 4.7 g Iron... 1.6 mg Calcium 639.1 mg Vit A 516 IU Vit C 3.2 mg Sugar 34.9*g 31.1%Cal Prot 15.4g 13.7%Cal Carb 75.7g 67.5%Cal T.Fat 9.5g 19.0%Cal S.Fat 4.1g 8.2%Cal
Aug - 31				
BRFAST CRESCENT APPLESAUCE MILK,1% Lowfat				

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...	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				

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