

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 MINI CHICK TACOS 1/2c EDAMAME BEAN 1/4c SQUASH MANGOS MILK,1% Lowfat SALSA	Sep - 2 BISCUITS AND GRAV EGG PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat	Sep - 3 ORANGE CHICKEN BROWN RICE 1/2c FRSH BROCCOLI 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	Sep - 4 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROTS BLUEBERRIES MILK,1% Lowfat KETCHUP
	Nutrients Target Cals... 570 95% Chol... 102 mg Sodium... 707 mg Fiber... 11.8 g Iron... 5.6 mg Calcium 681.7 mg Vit A 3531 IU Vit C 76.6 mg Sugar 30.2*g 21.2%Cal Prot 36.3g 25.5%Cal Carb 66.8g 46.9%Cal T.Fat 20.1g 31.7%Cal S.Fat 5.7g 9.0%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... 491 82% Chol... 52 mg Sodium... 409 mg Fiber... 4.8 g Iron... 2.6 mg Calcium 360.6 mg Vit A 910 IU Vit C 79.7* mg Sugar 42.4*g 34.5%Cal Prot 24.1g 19.7%Cal Carb 84.8g 69.1%Cal T.Fat 6.7g 12.3%Cal S.Fat 2.3g 4.2%Cal	Nutrients Target Cals... 597 100% Chol... 47 mg Sodium... 1247 mg Fiber... 9.4 g Iron... 3.7 mg Calcium 370.2 mg Vit A 16839 IU Vit C 9.2* mg Sugar 17.3*g 11.6%Cal Prot 27.6g 18.5%Cal Carb 68.1g 45.6%Cal T.Fat 25.4g 38.2%Cal S.Fat 7.1g 10.8%Cal
Sep - 7	Sep - 8 MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD ITALIAN DRESSING	Sep - 9 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Sep - 10 BEEF SANDWICH 1/2c ROASTED WEDG 1/4c CELERY STICKS MELON MILK,1% Lowfat	Sep - 11 DEEP DISH PIZZA 1/2c JICAMA 1/4c ZUCCHINI FRUIT JELL-O MILK,1% Lowfat
	Nutrients Target Cals... 681 105% Chol... 78 mg Sodium... 825 mg Fiber... 10.5 g Iron... 5.9 mg Calcium 416.5 mg Vit A 5567 IU Vit C 88.0* mg Sugar 27.6*g 16.2%Cal Prot 36.9g 21.7%Cal Carb 65.0g 38.2%Cal T.Fat 32.4g 42.8%Cal S.Fat 9.4g 12.4%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... 549 92% Chol... 42 mg Sodium... 871 mg Fiber... 8.5 g Iron... 3.6 mg Calcium 384.5 mg Vit A 790 IU Vit C 24.6* mg Sugar 26.0*g 19.0%Cal Prot 28.5g 20.7%Cal Carb 69.6g 50.7%Cal T.Fat 17.6g 28.8%Cal S.Fat 6.4g 10.5%Cal	Nutrients Target Cals... 534 89% Chol... 27 mg Sodium... 844 mg Fiber... 7.6 g Iron... 3.4 mg Calcium 625.8 mg Vit A 1648 IU Vit C 29.9* mg Sugar 15.2*g 11.4%Cal Prot 26.4g 19.8%Cal Carb 76.3g 57.1%Cal T.Fat 14.6g 24.6%Cal S.Fat 5.6g 9.4%Cal
Sep - 14 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat KETCHUP	Sep - 15 MOZZ STICKS 1/2c PEAS 1/4c BEETS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	Sep - 16	Sep - 17 SPAGHETTI W/MTBL 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Sep - 18 CHICKEN BOWL 1/2c CHERRY TOMAT GRAPEFRUIT MILK,1% Lowfat CORNBREAD

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Monday	Tuesday	Wednesday	Thursday	Friday
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... 515 86% Chol... 22 mg Sodium... 1253 mg Fiber... 11.9 g Iron... 5.7 mg Calcium 826.5 mg Vit A 5431 IU Vit C 109.4* mg Sugar 18.5*g 14.4%Cal Prot 31.0g 24.1%Cal Carb 71.0g 55.2%Cal T.Fat 12.1g 21.2%Cal S.Fat 3.6g 6.3%Cal		Nutrients Target Cals... 844 130% Chol... 74 mg Sodium... 899 mg Fiber... 12.1 g Iron... 5.5 mg Calcium 484.4 mg Vit A 14667 IU Vit C 38.2* mg Sugar 35.8*g 17.0%Cal Prot 36.9g 17.5%Cal Carb 110.6g 52.4%Cal T.Fat 30.0g 32.1%Cal S.Fat 7.9g 8.5%Cal	Nutrients Target Cals... 1027 158% Chol... 105 mg Sodium... 3493 mg Fiber... 10.3 g Iron... 8.1* mg Calcium 496.3* mg Vit A 1806* IU Vit C 50.8* mg Sugar 48.7*g 19.0%Cal Prot 39.0g 15.2%Cal Carb 145.9g 56.8%Cal T.Fat 33.2g 29.1%Cal S.Fat 13.6g 12.0%Cal
Sep - 21	Sep - 22	Sep - 23	Sep - 24	Sep - 25
CORN DOG 1/2c BAKED FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	BBQ GRILL CHK SAN 1/2c SWEET POTATO 1/2c GREEN BEANS ORANGES HALVES 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 PUDDING	NACHOS SUPREME 1/2c CORN 1/4c CHERRY TOMAT FRESH PEAR MILK,1% Lowfat SALSA
Nutrients Target Cals... 563 94% Chol... 12 mg Sodium... 1048 mg Fiber... 8.9 g Iron... 3.1* mg Calcium 359.7* mg Vit A 1082* IU Vit C 21.6* mg Sugar 23.9*g 17.0%Cal Prot 21.4g 15.2%Cal Carb 85.3g 60.6%Cal T.Fat 17.4g 27.9%Cal S.Fat 3.8g 6.1%Cal	Nutrients Target Cals... 571 95% Chol... 97 mg Sodium... 1038 mg Fiber... 6.2 g Iron... 3.9* mg Calcium 406.2* mg Vit A 11448* IU Vit C 50.0* mg Sugar 18.8*g 13.2%Cal Prot 35.6g 24.9%Cal Carb 55.4g 38.8%Cal T.Fat 23.6g 37.2%Cal S.Fat 7.3g 11.5%Cal	Nutrients Target 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	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... 733 113% Chol... 104 mg Sodium... 976 mg Fiber... 11.9* g Iron... 2.5* mg Calcium 346.8* mg Vit A 1085* IU Vit C 10.3* mg Sugar 35.7*g 19.5%Cal Prot 38.3g 20.9%Cal Carb 81.9g 44.7%Cal T.Fat 28.1g 34.5%Cal S.Fat 14.0*g 17.2%Cal
Sep - 28	Sep - 29	Sep - 30		
GRILLED CHEESE TOMATO SOUP 1/2c CAULIFLOWER FRUIT SALAD MILK,1% Lowfat	RIB SANDWICH 1/2c POTATO SMILES CREAMY COLE SLAW APRICOTS MILK,1% Lowfat	PAN/SAUS STICK 1/2c CUCUMBER 1/2c HASH BROWN FRUITABLES MILK,1% Lowfat SYRUP		
Nutrients Target Cals... 536 89% Chol... 51 mg Sodium... 1344 mg Fiber... 6.3* g Iron... 2.5* mg Calcium 817.2* mg Vit A 2056* IU Vit C 58.5* mg Sugar 15.5*g 11.6%Cal Prot 31.8g 23.8%Cal Carb 74.9g 55.9%Cal T.Fat 13.8g 23.2%Cal S.Fat 7.7*g 13.0%Cal	Nutrients Target Cals... 806 124% Chol... 50 mg Sodium... 1511 mg Fiber... 9.6* g Iron... 4.8* mg Calcium 418.3* mg Vit A 1967* IU Vit C 119.1* mg Sugar 25.4*g 12.6%Cal Prot 32.2g 16.0%Cal Carb 113.3g 56.2%Cal T.Fat 24.6g 27.5%Cal S.Fat 8.1*g 9.0%Cal	Nutrients Target Cals... 677 104% Chol... 32 mg Sodium... 556 mg Fiber... 3.3* g Iron... 2.2* mg Calcium 354.1* mg Vit A 1060* IU Vit C 68.9* mg Sugar 22.5*g 13.3%Cal Prot 18.0g 10.6%Cal Carb 100.9g 59.6%Cal T.Fat 23.6g 31.4%Cal S.Fat 5.3*g 7.0%Cal		

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