

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 APPLE CIDER DONU YOGURT FRESH GRAPES MILK,1% Lowfat	Oct - 2 HARD BOILED EGG GRAHAM CRACKERS BANANA MILK,1% Lowfat
			Nutrients Target Cals... 528 106% Chol... 15 mg Sodium... 405 mg Fiber... 3.0 g Iron... 1.1 mg Calcium 530.9 mg Vit A 592 IU Vit C 4.5 mg Sugar 33.7*g 25.5%Cal Prot 16.9g 12.8%Cal Carb 88.6g 67.1%Cal T.Fat 13.8g 23.4%Cal S.Fat 4.7g 8.0%Cal	Nutrients Target Cals... 357 89% Chol... 12 mg Sodium... 370 mg Fiber... 4.1 g Iron... 1.3 mg Calcium 420.9 mg Vit A 1054 IU Vit C 10.3 mg Sugar 32.8*g 36.7%Cal Prot 22.4g 25.1%Cal Carb 56.8g 63.6%Cal T.Fat 5.5g 13.7%Cal S.Fat 1.7g 4.2%Cal
Oct - 5 OATMEAL ROUND APPLESAUCE MILK,1% Lowfat	Oct - 6 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Oct - 7 CEREAL PACK MILK,1% Lowfat	Oct - 8 MINI WAFFLE FRUIT SALAD MILK,1% Lowfat	Oct - 9 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 225 56% Chol... 12 mg Sodium... 110 mg Fiber... 3.3 g Iron... 1.0 mg Calcium 317.7 mg Vit A 512 IU Vit C 1.3 mg Sugar 12.7*g 22.6%Cal Prot 11.4g 20.4%Cal Carb 37.6g 66.9%Cal T.Fat 3.6g 14.4%Cal S.Fat 1.8g 7.0%Cal	Nutrients Target Cals... 548 110% Chol... 30 mg Sodium... 565 mg Fiber... 1.6 g Iron... 2.6 mg Calcium 682.8 mg Vit A 1212 IU Vit C 8.5 mg Sugar 27.0*g 19.7%Cal Prot 22.1g 16.2%Cal Carb 85.9g 62.7%Cal T.Fat 13.9g 22.8%Cal S.Fat 6.7g 11.0%Cal	Nutrients Target Cals... 212 53% 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... 386 96% Chol... 17 mg Sodium... 295 mg Fiber... 4.3 g Iron... 1.2 mg Calcium 333.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 24.7*g 25.6%Cal Prot 12.7g 13.1%Cal Carb 68.3g 70.8%Cal T.Fat 8.5g 19.7%Cal S.Fat 2.6g 6.0%Cal	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
Oct - 12	Oct - 13 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Oct - 14 CEREAL PACK MILK,1% Lowfat	Oct - 15 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Oct - 16 PUMPKIN DONUTS FRESH PEAR MILK,1% Lowfat
	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... 212 53% 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 95% 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... 437 100% Chol... 12 mg Sodium... 338 mg Fiber... 5.5 g Iron... 1.0 mg Calcium 375.2 mg Vit A 507 IU Vit C 4.9 mg Sugar 44.7*g 40.9%Cal Prot 12.6g 11.6%Cal Carb 70.4g 64.5%Cal T.Fat 13.5g 27.8%Cal S.Fat 4.6g 9.4%Cal

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.

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Oct - 19 PARFAIT STRING CHEESE BANANA MILK,1% Lowfat	Oct - 20 BANANA BREAD BLUEBERRIES MILK,1% Lowfat	Oct - 21 CEREAL PACK MILK,1% Lowfat	Oct - 22 MINI PANCAKES FRESH APPLES MILK,1% Lowfat	Oct - 23 CINNAMON ROLL PLUMS MILK,1% Lowfat
Nutrients Target Cals... 549 110% Chol... 30 mg Sodium... 457 mg Fiber... 6.0 g Iron... 1.6 mg Calcium 701.5 mg Vit A 742 IU Vit C 18.8 mg Sugar 47.5*g 34.6%Cal Prot 24.2g 17.6%Cal Carb 91.5g 66.6%Cal T.Fat 12.3g 20.1%Cal S.Fat 5.0g 8.3%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 53% 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... 368 92% Chol... 12 mg Sodium... 258 mg Fiber... 4.7 g Iron... 0.9 mg Calcium 349.1 mg Vit A 516 IU Vit C 3.2 mg Sugar 33.9*g 36.8%Cal Prot 12.4g 13.5%Cal Carb 62.7g 68.1%Cal T.Fat 9.5g 23.2%Cal S.Fat 2.1g 5.0%Cal	Nutrients Target Cals... 395 99% Chol... 12 mg Sodium... 377 mg Fiber... 3.6 g Iron... 1.7 mg Calcium 351.8 mg Vit A 869 IU Vit C 10.8 mg Sugar 38.9*g 39.5%Cal Prot 14.0g 14.2%Cal Carb 64.1g 65.0%Cal T.Fat 9.7g 22.1%Cal S.Fat 3.1g 7.0%Cal
Oct - 26 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Oct - 27 BRFAST CRESCENT PEACHES MILK,1% Lowfat	Oct - 28 CEREAL PACK MILK,1% Lowfat	Oct - 29 APPLE FRITTER STRING CHEESE PEARS MILK,1% Lowfat	Oct - 30 BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target Cals... 348 87% Chol... 27 mg Sodium... 579 mg Fiber... 3.0 g Iron... 2.0 mg Calcium 522.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 35.6*g 40.9%Cal Prot 17.7g 20.3%Cal Carb 52.1g 59.9%Cal T.Fat 8.5g 22.0%Cal S.Fat 3.6g 9.2%Cal	Nutrients Target Cals... 380 95% Chol... 12 mg Sodium... 383 mg Fiber... 3.2 g Iron... 1.9 mg Calcium 330.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 22.7*g 23.9%Cal Prot 14.7g 15.4%Cal Carb 61.2g 64.4%Cal T.Fat 10.5g 24.8%Cal S.Fat 3.0g 7.2%Cal	Nutrients Target Cals... 212 53% 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... 490 100% Chol... 27 mg Sodium... 725 mg Fiber... 3.7 g Iron... 2.9 mg Calcium 528.4 mg Vit A 623 IU Vit C 0.9 mg Sugar 28.6*g 23.3%Cal Prot 22.5g 18.4%Cal Carb 71.1g 58.0%Cal T.Fat 13.7g 25.1%Cal S.Fat 5.7g 10.5%Cal	Nutrients Target Cals... 242 61% Chol... 12 mg Sodium... 207 mg Fiber... 4.0 g Iron... 1.9 mg Calcium 305.0 mg Vit A 978 IU Vit C 0.0 mg Sugar 21.7*g 35.8%Cal Prot 11.2g 18.5%Cal Carb 36.2g 59.7%Cal T.Fat 5.9g 21.8%Cal S.Fat 2.5g 9.4%Cal

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