

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 SALISBURY STEAK 1/2c MASHED POTATO 1/2c MIXED VEGETAB RASPBERRIES MILK,1% Lowfat DINNER ROLL BROWN GRAVY	Oct - 2 PULLED PORK SAND 1/2c WAFFLE FRIES 1/2c BRUSSEL SPRO MIXED BERRIES MILK,1% Lowfat
			Nutrients Target Cals... 586 98% Chol... 57 mg Sodium... 851 mg Fiber... 14.3 g Iron... 3.3 mg Calcium 488.9 mg Vit A 1512 IU Vit C 45.9 mg Sugar 19.4*g 13.2%Cal Prot 27.8g 19.0%Cal Carb 74.1g 50.6%Cal T.Fat 21.0g 32.3%Cal S.Fat 9.2g 14.2%Cal	Nutrients Target Cals... 693 107% Chol... 76 mg Sodium... 1793 mg Fiber... 8.6 g Iron... 3.9* mg Calcium 366.7* mg Vit A 2028* IU Vit C 18.7* mg Sugar 28.7*g 16.6%Cal Prot 31.3g 18.1%Cal Carb 88.3g 50.9%Cal T.Fat 20.6g 26.8%Cal S.Fat 6.2g 8.0%Cal
Oct - 5 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Oct - 6 MINI QUESADILLA 1/2c GARBONZA 1/4c SQUASH MANGOS MILK,1% Lowfat APPLE CHURROS SALSA	Oct - 7 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Oct - 8 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	Oct - 9 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROTS BLUEBERRIES MILK,1% Lowfat KETCHUP
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... 706 109% Chol... 102 mg Sodium... 877 mg Fiber... 13.3 g Iron... 5.2* mg Calcium 587.2* mg Vit A 3531* IU Vit C 52.6* mg Sugar 30.2*g 17.1%Cal Prot 33.6g 19.0%Cal Carb 102.5g 58.1%Cal T.Fat 19.8g 25.3%Cal S.Fat 6.7g 8.5%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... 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
Oct - 12	Oct - 13 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	Oct - 14 PANCAKES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	Oct - 15 SLOPPY JOE SAND 1/2c ROASTED WEDG 1/4c CELERY STICKS MELON MILK,1% Lowfat	Oct - 16 PIZZA PUFF 1/2c JICAMA 1/4c ZUCCHINI FRUIT JELL-O 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... 852 131% Chol... 47 mg Sodium... 1819 mg Fiber... 12.7 g Iron... 4.7* mg Calcium450.8* 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	Nutrients Target Cals... 802 123% Chol... 69 mg Sodium... 761 mg Fiber... 5.7 g Iron... 1.7* mg Calcium387.2* 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... 601 100% Chol... 62 mg Sodium... 771 mg Fiber... 7.5 g Iron... 4.1* mg Calcium380.5* mg Vit A 790* IU Vit C 24.6* mg Sugar 22.7*g 15.1%Cal Prot 32.9g 21.9%Cal Carb 68.6g 45.7%Cal T.Fat 21.0g 31.5%Cal S.Fat 7.5g 11.2%Cal	Nutrients Target Cals... 604 100% Chol... 47 mg Sodium... 678 mg Fiber... 7.6 g Iron... 3.4* mg Calcium575.8* mg Vit A 2148* IU Vit C 37.7* mg Sugar 22.2*g 14.7%Cal Prot 28.4g 18.8%Cal Carb 86.3g 57.1%Cal T.Fat 25.6g 38.1%Cal S.Fat 10.6g 15.8%Cal
Oct - 19 MOZZ STICKS 1/2c PEAS 1/4c BEETS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE	Oct - 20 CORN DOG 1/2c BAKED FRIES 1/2c BEAN SALAD PLUMS MILK,1% Lowfat KETCHUP	Oct - 21 MOSTA W/MTBL 1c TOSSED SALAD 1/2c CARROT STICKS BANANA MILK,1% Lowfat DINNER ROLL RANCH DRESSING	Oct - 22 WALKING TACO 1/2c REFRIED BEANS 1/2c CORN APPLESAUCE MILK,1% Lowfat SALSA	
Nutrients Target Cals... 515 86% Chol... 22 mg Sodium... 1253 mg Fiber... 11.9 g Iron... 5.7* mg Calcium826.5* 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... 563 94% Chol... 12 mg Sodium... 1048 mg Fiber... 8.9 g Iron... 3.1* mg Calcium359.7* 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... 844 130% Chol... 74 mg Sodium... 899 mg Fiber... 12.1 g Iron... 5.5* mg Calcium484.4* 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... 737 113% Chol... 52 mg Sodium... 1340 mg Fiber... 12.3 g Iron... 5.7* mg Calcium694.5* 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
Oct - 26 MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD ITALIAN DRESSING	Oct - 27 BRD CHK PAT SAND 1/2c SWEET POTATO 1/2c GREEN BEANS ORANGE HALVES MILK,1% Lowfat KETCHUP	Oct - 28 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Oct - 29 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat	Oct - 30 BAT NUGGETS 1/2c BAKED FRIES 1/2c CARROT STICKS BLACKBERRIES MILK,1% Lowfat ZOMBIE ICE CREAM KETCHUP
Nutrients Target Cals... 717 110% Chol... 78 mg Sodium... 825 mg Fiber... 12.2 g Iron... 6.0* mg Calcium420.7* mg Vit A 5604* IU Vit C 91.2* mg Sugar 34.8*g 19.4%Cal Prot 37.1g 20.7%Cal Carb 74.6g 41.6%Cal T.Fat 32.5g 40.8%Cal S.Fat 9.4g 11.8%Cal	Nutrients Target Cals... 669 103% Chol... 37 mg Sodium... 1036 mg Fiber... 12.2 g Iron... 4.9* mg Calcium688.4* 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	Nutrients Target Cals... 794 122% Chol... 40 mg Sodium... 1033 mg Fiber... 6.5 g Iron... 5.0* mg Calcium612.5* 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... 456 76% Chol... 32 mg Sodium... 757 mg Fiber... 7.7* g Iron... 4.9* mg Calcium988.7* mg Vit A 13290* IU Vit C 15.1* mg Sugar 16.2*g 14.2%Cal Prot 33.7g 29.6%Cal Carb 60.3g 52.9%Cal T.Fat 10.5g 20.7%Cal S.Fat 5.2*g 10.2%Cal	Nutrients Target Cals... 783 120% Chol... 68 mg Sodium... 877 mg Fiber... 13.8* g Iron... 3.8* mg Calcium447.1* mg Vit A 11112* IU Vit C 38.9* mg Sugar 22.1*g 11.3%Cal Prot 30.0g 15.3%Cal Carb 98.3g 50.2%Cal T.Fat 30.6g 35.2%Cal S.Fat 10.0*g 11.5%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.