DECEMBER 2026

Nov 19, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 OATMEAL ROUND APPLESAUCE MILK,1% Lowfat	Dec - 2 CEREAL PACK MILK,1% Lowfat	Dec - 3 MINI WAFFLE FRUIT SALAD MILK,1% Lowfat	Dec - 4 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat
	Nutrients Target Cals... 225 64% 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 12.7g 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... 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... 386 100% 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 24.7g 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... 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
Dec - 7 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Dec - 8 PARFAIT STRING CHEESE BANANA MILK,1% Lowfat	Dec - 9 CEREAL PACK MILK,1% Lowfat	Dec - 10 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Dec - 11 MINI DONUTS MANGOS 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... 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... 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... 441 100% Chol... 12 mg Sodium. 338 mg Fiber.. 3.8 g Iron... 1.0 mg Calcium 377.5 mg Vit A 1705 IU Vit C 41.3 mg Sugar 49.2*g 44.7%Cal Prot 13.2g 11.9%Cal Carb 70.2g 63.7%Cal T.Fat 13.8g 28.2%Cal S.Fat 4.6g 9.5%Cal
Dec - 14 CINN TST PUFF PEACHES MILK,1% Lowfat	Dec - 15 LEMON BREAD YOGURT BLUEBERRIES MILK,1% Lowfat	Dec - 16 CEREAL PACK MILK,1% Lowfat	Dec - 17 BRFAST CRESCENT DICED APPLES MILK,1% Lowfat	Dec - 18 BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target Cals... 290 83% Chol... 12 mg Sodium. 213 mg Fiber.. 5.2 g Iron... 2.2 mg Calcium 310.4 mg Vit A 1284 IU Vit C 3.4 mg Sugar 21.7*g 29.9%Cal Prot 11.7g 16.1%Cal Carb 48.2g 66.5%Cal T.Fat 6.0g 18.5%Cal S.Fat 2.5g 7.9%Cal	Nutrients Target Cals... 521 104% Chol... 15 mg Sodium. 394 mg Fiber.. 5.2 g Iron... 1.4 mg Calcium 543.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 29.0%Cal Prot 17.7g 13.6%Cal Carb 86.0g 66.1%Cal T.Fat 13.1g 22.6%Cal S.Fat 3.6g 6.2%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... 385 100% Chol... 12 mg Sodium. 382 mg Fiber.. 4.2 g Iron... 1.7 mg Calcium 331.5 mg Vit A 500 IU Vit C 0.4 mg Sugar 22.7*g 23.6%Cal Prot 14.6g 15.1%Cal Carb 62.6g 65.1%Cal T.Fat 10.7g 25.1%Cal S.Fat 3.1g 7.3%Cal	Nutrients Target Cals... 242 69% 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

***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.

DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 21	Dec - 22	Dec - 23	Dec - 24	Dec - 25
Dec - 28	Dec - 29	Dec - 30	Dec - 31	

**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.*

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