

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
				Mar - 1 Cereal-Assorted Toast- Wheat Frittata Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES																																																																																																																																																						
				<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">418</td> </tr> <tr> <td>93%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">127 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">478 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">1.6 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.8 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">410.8 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1143 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">29.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">29.6*g 28.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">15.5g 14.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">71.4g 68.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">7.9g 16.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.1g 6.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	418	93%		Chol...	127 mg	Sodium.	478 mg	Fiber..	1.6 g	Iron...	2.8 mg	Calcium	410.8 mg	Vit A	1143 IU	Vit C	29.4 mg	Sugar	29.6*g 28.3%Cal	Prot	15.5g 14.9%Cal	Carb	71.4g 68.3%Cal	T.Fat	7.9g 16.9%Cal	S.Fat	3.1g 6.7%Cal																																																																																																																								
Nutrients	Target																																																																																																																																																									
Cals...	418																																																																																																																																																									
93%																																																																																																																																																										
Chol...	127 mg																																																																																																																																																									
Sodium.	478 mg																																																																																																																																																									
Fiber..	1.6 g																																																																																																																																																									
Iron...	2.8 mg																																																																																																																																																									
Calcium	410.8 mg																																																																																																																																																									
Vit A	1143 IU																																																																																																																																																									
Vit C	29.4 mg																																																																																																																																																									
Sugar	29.6*g 28.3%Cal																																																																																																																																																									
Prot	15.5g 14.9%Cal																																																																																																																																																									
Carb	71.4g 68.3%Cal																																																																																																																																																									
T.Fat	7.9g 16.9%Cal																																																																																																																																																									
S.Fat	3.1g 6.7%Cal																																																																																																																																																									
Mar - 4 Cereal Variety 2017 Toast- Wheat Muffins Applesauce Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Mar - 5 Cereal-Assorted Toast- Wheat Biscuit Sausage Patty FC Applesauce FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White JELLIES	Mar - 6 Cereal Variety 2017 Toast- Wheat Pizza Bagel-Sausage Fresh Apple Fruit Juice JELLIES Chocolate Milk FF White Milk 1%	Mar - 7 Cereal-Assorted Toast- Wheat SCRAMBLED EGGS Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat JELLIES	Mar - 8 Cereal-Assorted Toast- Wheat Poptarts Frost Straw Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES																																																																																																																																																						
<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">372</td> </tr> <tr> <td>83%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">30* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">406 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.7* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">8.1* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">422.4* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">782* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">20.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">21.4*g 23.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">12.7*g 13.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">70.0g 75.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.3*g 12.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.7*g 4.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	372	83%		Chol...	30* mg	Sodium.	406 mg	Fiber..	3.7* g	Iron...	8.1* mg	Calcium	422.4* mg	Vit A	782* IU	Vit C	20.1* mg	Sugar	21.4*g 23.0%Cal	Prot	12.7*g 13.7%Cal	Carb	70.0g 75.3%Cal	T.Fat	5.3*g 12.7%Cal	S.Fat	1.7*g 4.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">444</td> </tr> <tr> <td>99%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">20* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">649 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.9* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.0* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">430.2* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">714* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">34.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">13.5*g 12.1%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.7*g 15.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">68.4g 61.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.8*g 24.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.9*g 10.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	444	99%		Chol...	20* mg	Sodium.	649 mg	Fiber..	3.9* g	Iron...	3.0* mg	Calcium	430.2* mg	Vit A	714* IU	Vit C	34.6* mg	Sugar	13.5*g 12.1%Cal	Prot	17.7*g 15.9%Cal	Carb	68.4g 61.6%Cal	T.Fat	11.8*g 24.0%Cal	S.Fat	4.9*g 10.0%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">415</td> </tr> <tr> <td>92%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">20* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">572 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.9* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.0* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">467.5* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">905* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">13.2* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">22.2*g 21.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">19.5*g 18.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">69.6g 67.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">7.4*g 16.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.7*g 5.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	415	92%		Chol...	20* mg	Sodium.	572 mg	Fiber..	5.9* g	Iron...	3.0* mg	Calcium	467.5* mg	Vit A	905* IU	Vit C	13.2* mg	Sugar	22.2*g 21.4%Cal	Prot	19.5*g 18.8%Cal	Carb	69.6g 67.2%Cal	T.Fat	7.4*g 16.0%Cal	S.Fat	2.7*g 5.8%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">358</td> </tr> <tr> <td>80%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">153* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">434 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.0* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">443.0* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1048* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.5*g 20.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.6*g 19.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">59.0g 65.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.6*g 16.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.1*g 5.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	358	80%		Chol...	153* mg	Sodium.	434 mg	Fiber..	3.0* g	Iron...	3.2* mg	Calcium	443.0* mg	Vit A	1048* IU	Vit C	30.1* mg	Sugar	18.5*g 20.6%Cal	Prot	17.6*g 19.7%Cal	Carb	59.0g 65.8%Cal	T.Fat	6.6*g 16.6%Cal	S.Fat	2.1*g 5.4%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">509</td> </tr> <tr> <td>102%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">7* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">551 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.8* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.3* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">499.0* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1406* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">20.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">31.5*g 24.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.1*g 10.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">104.8g 82.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">4.9*g 8.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.9*g 3.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	509	102%		Chol...	7* mg	Sodium.	551 mg	Fiber..	7.8* g	Iron...	4.3* mg	Calcium	499.0* mg	Vit A	1406* IU	Vit C	20.6* mg	Sugar	31.5*g 24.7%Cal	Prot	13.1*g 10.3%Cal	Carb	104.8g 82.3%Cal	T.Fat	4.9*g 8.7%Cal	S.Fat	1.9*g 3.4%Cal
Nutrients	Target																																																																																																																																																									
Cals...	372																																																																																																																																																									
83%																																																																																																																																																										
Chol...	30* mg																																																																																																																																																									
Sodium.	406 mg																																																																																																																																																									
Fiber..	3.7* g																																																																																																																																																									
Iron...	8.1* mg																																																																																																																																																									
Calcium	422.4* mg																																																																																																																																																									
Vit A	782* IU																																																																																																																																																									
Vit C	20.1* mg																																																																																																																																																									
Sugar	21.4*g 23.0%Cal																																																																																																																																																									
Prot	12.7*g 13.7%Cal																																																																																																																																																									
Carb	70.0g 75.3%Cal																																																																																																																																																									
T.Fat	5.3*g 12.7%Cal																																																																																																																																																									
S.Fat	1.7*g 4.1%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	444																																																																																																																																																									
99%																																																																																																																																																										
Chol...	20* mg																																																																																																																																																									
Sodium.	649 mg																																																																																																																																																									
Fiber..	3.9* g																																																																																																																																																									
Iron...	3.0* mg																																																																																																																																																									
Calcium	430.2* mg																																																																																																																																																									
Vit A	714* IU																																																																																																																																																									
Vit C	34.6* mg																																																																																																																																																									
Sugar	13.5*g 12.1%Cal																																																																																																																																																									
Prot	17.7*g 15.9%Cal																																																																																																																																																									
Carb	68.4g 61.6%Cal																																																																																																																																																									
T.Fat	11.8*g 24.0%Cal																																																																																																																																																									
S.Fat	4.9*g 10.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	415																																																																																																																																																									
92%																																																																																																																																																										
Chol...	20* mg																																																																																																																																																									
Sodium.	572 mg																																																																																																																																																									
Fiber..	5.9* g																																																																																																																																																									
Iron...	3.0* mg																																																																																																																																																									
Calcium	467.5* mg																																																																																																																																																									
Vit A	905* IU																																																																																																																																																									
Vit C	13.2* mg																																																																																																																																																									
Sugar	22.2*g 21.4%Cal																																																																																																																																																									
Prot	19.5*g 18.8%Cal																																																																																																																																																									
Carb	69.6g 67.2%Cal																																																																																																																																																									
T.Fat	7.4*g 16.0%Cal																																																																																																																																																									
S.Fat	2.7*g 5.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	358																																																																																																																																																									
80%																																																																																																																																																										
Chol...	153* mg																																																																																																																																																									
Sodium.	434 mg																																																																																																																																																									
Fiber..	3.0* g																																																																																																																																																									
Iron...	3.2* mg																																																																																																																																																									
Calcium	443.0* mg																																																																																																																																																									
Vit A	1048* IU																																																																																																																																																									
Vit C	30.1* mg																																																																																																																																																									
Sugar	18.5*g 20.6%Cal																																																																																																																																																									
Prot	17.6*g 19.7%Cal																																																																																																																																																									
Carb	59.0g 65.8%Cal																																																																																																																																																									
T.Fat	6.6*g 16.6%Cal																																																																																																																																																									
S.Fat	2.1*g 5.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	509																																																																																																																																																									
102%																																																																																																																																																										
Chol...	7* mg																																																																																																																																																									
Sodium.	551 mg																																																																																																																																																									
Fiber..	7.8* g																																																																																																																																																									
Iron...	4.3* mg																																																																																																																																																									
Calcium	499.0* mg																																																																																																																																																									
Vit A	1406* IU																																																																																																																																																									
Vit C	20.6* mg																																																																																																																																																									
Sugar	31.5*g 24.7%Cal																																																																																																																																																									
Prot	13.1*g 10.3%Cal																																																																																																																																																									
Carb	104.8g 82.3%Cal																																																																																																																																																									
T.Fat	4.9*g 8.7%Cal																																																																																																																																																									
S.Fat	1.9*g 3.4%Cal																																																																																																																																																									
Mar - 11	Mar - 12	Mar - 13	Mar - 14	Mar - 15																																																																																																																																																						

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.

HOLLAND ISD

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Mar - 18 Cereal-Assorted Toast- Wheat FRENCH TOAST STI Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Mar - 19 Cereal-Assorted Toast- Wheat Chicken Biscuit Biscuit Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES	Mar - 20 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Mar - 21 Cereal-Assorted Toast- Wheat Cinnamon Roll / glaze Sausage Patty FC Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Mar - 22 Cereal-Assorted Toast- Wheat Yogurt Parfait Mandarin Oranges FRUIT JUICE,ASSOR Chocolate Milk FF MILK,2% Lowfat Syrup JELLIES																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">649</td> </tr> <tr> <td>130%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">120* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1023 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.9* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.1* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">510.3* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1163* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">29.8* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">29.6*g 18.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">22.9*g 14.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">109.2g 67.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.7*g 19.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.2*g 5.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	649	130%		Chol...	120* mg	Sodium.	1023 mg	Fiber..	2.9* g	Iron...	5.1* mg	Calcium	510.3* mg	Vit A	1163* IU	Vit C	29.8* mg	Sugar	29.6*g 18.2%Cal	Prot	22.9*g 14.1%Cal	Carb	109.2g 67.3%Cal	T.Fat	13.7*g 19.0%Cal	S.Fat	4.2*g 5.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">710</td> </tr> <tr> <td>142%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">27* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">898 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.6* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">583.0* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">904* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">33.8*g 19.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">24.9*g 14.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">110.5g 62.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.2*g 24.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.8*g 9.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	710	142%		Chol...	27* mg	Sodium.	898 mg	Fiber..	5.6* g	Iron...	4.6* mg	Calcium	583.0* mg	Vit A	904* IU	Vit C	30.1* mg	Sugar	33.8*g 19.0%Cal	Prot	24.9*g 14.0%Cal	Carb	110.5g 62.2%Cal	T.Fat	19.2*g 24.4%Cal	S.Fat	7.8*g 9.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">425</td> </tr> <tr> <td>94%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">18* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">546 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.3* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.9* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">468.2* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1140* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">24.4* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">29.8*g 28.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.6*g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">75.6g 71.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.7*g 14.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.4*g 5.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	425	94%		Chol...	18* mg	Sodium.	546 mg	Fiber..	5.3* g	Iron...	3.9* mg	Calcium	468.2* mg	Vit A	1140* IU	Vit C	24.4* mg	Sugar	29.8*g 28.0%Cal	Prot	18.6*g 17.5%Cal	Carb	75.6g 71.1%Cal	T.Fat	6.7*g 14.1%Cal	S.Fat	2.4*g 5.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">477</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">23* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">570 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.6* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">400.2* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1140* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">27.4*g 22.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.5*g 14.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">87.9g 73.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.7*g 10.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.2*g 4.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	477	100%		Chol...	23* mg	Sodium.	570 mg	Fiber..	3.6* g	Iron...	3.2* mg	Calcium	400.2* mg	Vit A	1140* IU	Vit C	30.3* mg	Sugar	27.4*g 22.9%Cal	Prot	17.5*g 14.7%Cal	Carb	87.9g 73.7%Cal	T.Fat	5.7*g 10.8%Cal	S.Fat	2.2*g 4.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">521</td> </tr> <tr> <td>104%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">12* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">377 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.1* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.7* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">450.8* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1718* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">38.7* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">51.8*g 39.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">14.4*g 11.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">107.5g 82.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.3*g 9.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.7*g 2.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	521	104%		Chol...	12* mg	Sodium.	377 mg	Fiber..	4.1* g	Iron...	3.7* mg	Calcium	450.8* mg	Vit A	1718* IU	Vit C	38.7* mg	Sugar	51.8*g 39.8%Cal	Prot	14.4*g 11.0%Cal	Carb	107.5g 82.6%Cal	T.Fat	5.3*g 9.2%Cal	S.Fat	1.7*g 2.9%Cal
Nutrients	Target																																																																																																																																																									
Cals...	649																																																																																																																																																									
130%																																																																																																																																																										
Chol...	120* mg																																																																																																																																																									
Sodium.	1023 mg																																																																																																																																																									
Fiber..	2.9* g																																																																																																																																																									
Iron...	5.1* mg																																																																																																																																																									
Calcium	510.3* mg																																																																																																																																																									
Vit A	1163* IU																																																																																																																																																									
Vit C	29.8* mg																																																																																																																																																									
Sugar	29.6*g 18.2%Cal																																																																																																																																																									
Prot	22.9*g 14.1%Cal																																																																																																																																																									
Carb	109.2g 67.3%Cal																																																																																																																																																									
T.Fat	13.7*g 19.0%Cal																																																																																																																																																									
S.Fat	4.2*g 5.9%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	710																																																																																																																																																									
142%																																																																																																																																																										
Chol...	27* mg																																																																																																																																																									
Sodium.	898 mg																																																																																																																																																									
Fiber..	5.6* g																																																																																																																																																									
Iron...	4.6* mg																																																																																																																																																									
Calcium	583.0* mg																																																																																																																																																									
Vit A	904* IU																																																																																																																																																									
Vit C	30.1* mg																																																																																																																																																									
Sugar	33.8*g 19.0%Cal																																																																																																																																																									
Prot	24.9*g 14.0%Cal																																																																																																																																																									
Carb	110.5g 62.2%Cal																																																																																																																																																									
T.Fat	19.2*g 24.4%Cal																																																																																																																																																									
S.Fat	7.8*g 9.8%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	425																																																																																																																																																									
94%																																																																																																																																																										
Chol...	18* mg																																																																																																																																																									
Sodium.	546 mg																																																																																																																																																									
Fiber..	5.3* g																																																																																																																																																									
Iron...	3.9* mg																																																																																																																																																									
Calcium	468.2* mg																																																																																																																																																									
Vit A	1140* IU																																																																																																																																																									
Vit C	24.4* mg																																																																																																																																																									
Sugar	29.8*g 28.0%Cal																																																																																																																																																									
Prot	18.6*g 17.5%Cal																																																																																																																																																									
Carb	75.6g 71.1%Cal																																																																																																																																																									
T.Fat	6.7*g 14.1%Cal																																																																																																																																																									
S.Fat	2.4*g 5.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	477																																																																																																																																																									
100%																																																																																																																																																										
Chol...	23* mg																																																																																																																																																									
Sodium.	570 mg																																																																																																																																																									
Fiber..	3.6* g																																																																																																																																																									
Iron...	3.2* mg																																																																																																																																																									
Calcium	400.2* mg																																																																																																																																																									
Vit A	1140* IU																																																																																																																																																									
Vit C	30.3* mg																																																																																																																																																									
Sugar	27.4*g 22.9%Cal																																																																																																																																																									
Prot	17.5*g 14.7%Cal																																																																																																																																																									
Carb	87.9g 73.7%Cal																																																																																																																																																									
T.Fat	5.7*g 10.8%Cal																																																																																																																																																									
S.Fat	2.2*g 4.2%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	521																																																																																																																																																									
104%																																																																																																																																																										
Chol...	12* mg																																																																																																																																																									
Sodium.	377 mg																																																																																																																																																									
Fiber..	4.1* g																																																																																																																																																									
Iron...	3.7* mg																																																																																																																																																									
Calcium	450.8* mg																																																																																																																																																									
Vit A	1718* IU																																																																																																																																																									
Vit C	38.7* mg																																																																																																																																																									
Sugar	51.8*g 39.8%Cal																																																																																																																																																									
Prot	14.4*g 11.0%Cal																																																																																																																																																									
Carb	107.5g 82.6%Cal																																																																																																																																																									
T.Fat	5.3*g 9.2%Cal																																																																																																																																																									
S.Fat	1.7*g 2.9%Cal																																																																																																																																																									
Mar - 25 BREAKFAST BURRIT Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES	Mar - 26 Cereal Variety 2017 Toast- Wheat Pancake on Stick Applesauce Fruit Juice Chocolate Milk FF Milk 1% White Syrup- Sugar Free JELLIES	Mar - 27 Cereal-Assorted Toast- Wheat Pizza Bagel-Sausage Chilled Fruit Mix FRUIT JUICE,ASSOR JELLIES Chocolate Milk FF White Milk 1%	Mar - 28 Cereal-Assorted Toast- Wheat Waffles Mandarin Oranges FRUIT JUICE,ASSOR Milk Chocolate Fat Fre Milk 1% White Syrup JELLIES	Mar - 29 Breakfast Burrito Glazed Donut Glazed Donut Glazed Donut Sausage Links Cereal-Assorted Toast- Wheat Fresh Apple FRUIT JUICE,ASSOR Chocolate Milk FF White Milk 1% JELLIES																																																																																																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">397</td> </tr> <tr> <td>88%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">105* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">590 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.1* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">462.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1070* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">25.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">15.2*g 15.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.4*g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">67.1g 67.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.8*g 15.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.1*g 4.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	397	88%		Chol...	105* mg	Sodium.	590 mg	Fiber..	4.1* g	Iron...	4.2* mg	Calcium	462.1* mg	Vit A	1070* IU	Vit C	25.6* mg	Sugar	15.2*g 15.3%Cal	Prot	17.4*g 17.5%Cal	Carb	67.1g 67.6%Cal	T.Fat	6.8*g 15.3%Cal	S.Fat	2.1*g 4.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">381</td> </tr> <tr> <td>85%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">21* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">511 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.3* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.3* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">393.9* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">725* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">19.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">14.5*g 15.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">14.8*g 15.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">62.5g 65.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">7.7*g 18.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.0*g 4.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	381	85%		Chol...	21* mg	Sodium.	511 mg	Fiber..	4.3* g	Iron...	3.3* mg	Calcium	393.9* mg	Vit A	725* IU	Vit C	19.6* mg	Sugar	14.5*g 15.3%Cal	Prot	14.8*g 15.6%Cal	Carb	62.5g 65.6%Cal	T.Fat	7.7*g 18.3%Cal	S.Fat	2.0*g 4.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">425</td> </tr> <tr> <td>94%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">18* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">546 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.3* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.9* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">468.2* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1140* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">24.4* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">29.8*g 28.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.6*g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">75.6g 71.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">6.7*g 14.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.4*g 5.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	425	94%		Chol...	18* mg	Sodium.	546 mg	Fiber..	5.3* g	Iron...	3.9* mg	Calcium	468.2* mg	Vit A	1140* IU	Vit C	24.4* mg	Sugar	29.8*g 28.0%Cal	Prot	18.6*g 17.5%Cal	Carb	75.6g 71.1%Cal	T.Fat	6.7*g 14.1%Cal	S.Fat	2.4*g 5.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">473</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">7* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">609 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.6* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">438.8* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">929* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">30.7* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">30.3*g 25.7%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">13.6*g 11.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">92.3g 78.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">5.8*g 11.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">1.2*g 2.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	473	100%		Chol...	7* mg	Sodium.	609 mg	Fiber..	3.6* g	Iron...	4.6* mg	Calcium	438.8* mg	Vit A	929* IU	Vit C	30.7* mg	Sugar	30.3*g 25.7%Cal	Prot	13.6*g 11.5%Cal	Carb	92.3g 78.0%Cal	T.Fat	5.8*g 11.0%Cal	S.Fat	1.2*g 2.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">480</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">100* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">700 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.4* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.7* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">465.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">942* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">16.0* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">21.1*g 17.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">19.7*g 16.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">74.3g 61.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">12.3*g 23.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.7*g 8.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	480	100%		Chol...	100* mg	Sodium.	700 mg	Fiber..	5.4* g	Iron...	3.7* mg	Calcium	465.1* mg	Vit A	942* IU	Vit C	16.0* mg	Sugar	21.1*g 17.6%Cal	Prot	19.7*g 16.4%Cal	Carb	74.3g 61.9%Cal	T.Fat	12.3*g 23.1%Cal	S.Fat	4.7*g 8.8%Cal
Nutrients	Target																																																																																																																																																									
Cals...	397																																																																																																																																																									
88%																																																																																																																																																										
Chol...	105* mg																																																																																																																																																									
Sodium.	590 mg																																																																																																																																																									
Fiber..	4.1* g																																																																																																																																																									
Iron...	4.2* mg																																																																																																																																																									
Calcium	462.1* mg																																																																																																																																																									
Vit A	1070* IU																																																																																																																																																									
Vit C	25.6* mg																																																																																																																																																									
Sugar	15.2*g 15.3%Cal																																																																																																																																																									
Prot	17.4*g 17.5%Cal																																																																																																																																																									
Carb	67.1g 67.6%Cal																																																																																																																																																									
T.Fat	6.8*g 15.3%Cal																																																																																																																																																									
S.Fat	2.1*g 4.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	381																																																																																																																																																									
85%																																																																																																																																																										
Chol...	21* mg																																																																																																																																																									
Sodium.	511 mg																																																																																																																																																									
Fiber..	4.3* g																																																																																																																																																									
Iron...	3.3* mg																																																																																																																																																									
Calcium	393.9* mg																																																																																																																																																									
Vit A	725* IU																																																																																																																																																									
Vit C	19.6* mg																																																																																																																																																									
Sugar	14.5*g 15.3%Cal																																																																																																																																																									
Prot	14.8*g 15.6%Cal																																																																																																																																																									
Carb	62.5g 65.6%Cal																																																																																																																																																									
T.Fat	7.7*g 18.3%Cal																																																																																																																																																									
S.Fat	2.0*g 4.7%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	425																																																																																																																																																									
94%																																																																																																																																																										
Chol...	18* mg																																																																																																																																																									
Sodium.	546 mg																																																																																																																																																									
Fiber..	5.3* g																																																																																																																																																									
Iron...	3.9* mg																																																																																																																																																									
Calcium	468.2* mg																																																																																																																																																									
Vit A	1140* IU																																																																																																																																																									
Vit C	24.4* mg																																																																																																																																																									
Sugar	29.8*g 28.0%Cal																																																																																																																																																									
Prot	18.6*g 17.5%Cal																																																																																																																																																									
Carb	75.6g 71.1%Cal																																																																																																																																																									
T.Fat	6.7*g 14.1%Cal																																																																																																																																																									
S.Fat	2.4*g 5.0%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	473																																																																																																																																																									
100%																																																																																																																																																										
Chol...	7* mg																																																																																																																																																									
Sodium.	609 mg																																																																																																																																																									
Fiber..	3.6* g																																																																																																																																																									
Iron...	4.6* mg																																																																																																																																																									
Calcium	438.8* mg																																																																																																																																																									
Vit A	929* IU																																																																																																																																																									
Vit C	30.7* mg																																																																																																																																																									
Sugar	30.3*g 25.7%Cal																																																																																																																																																									
Prot	13.6*g 11.5%Cal																																																																																																																																																									
Carb	92.3g 78.0%Cal																																																																																																																																																									
T.Fat	5.8*g 11.0%Cal																																																																																																																																																									
S.Fat	1.2*g 2.4%Cal																																																																																																																																																									
Nutrients	Target																																																																																																																																																									
Cals...	480																																																																																																																																																									
100%																																																																																																																																																										
Chol...	100* mg																																																																																																																																																									
Sodium.	700 mg																																																																																																																																																									
Fiber..	5.4* g																																																																																																																																																									
Iron...	3.7* mg																																																																																																																																																									
Calcium	465.1* mg																																																																																																																																																									
Vit A	942* IU																																																																																																																																																									
Vit C	16.0* mg																																																																																																																																																									
Sugar	21.1*g 17.6%Cal																																																																																																																																																									
Prot	19.7*g 16.4%Cal																																																																																																																																																									
Carb	74.3g 61.9%Cal																																																																																																																																																									
T.Fat	12.3*g 23.1%Cal																																																																																																																																																									
S.Fat	4.7*g 8.8%Cal																																																																																																																																																									

This institution is an equal opportunity provider.

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.