

HOLLAND ISD

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---|---|--|------|------|---------|---------|-----------|-----------|----------|----------|---------|---------|---------|----------|----------|---------|--------|---------|---------|----------------|----------------|----------------|----------------|-----------------|----------------|----------------|----------------|---------------|--|--|-----------|---------|---------|------|------|---------|---------|-----------|-----------|----------|----------|---------|---------|---------|----------|----------|---------|---------|---------|---------|----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|--|--|-----------|---------|---------|------|-----|---------|---------|-----------|-----------|----------|----------|---------|---------|---------|----------|----------|---------|---------|---------|---------|----------------|---------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|---|---|-----------|---------|---------|------|-----|---------|---------|-----------|-----------|----------|----------|---------|---------|---------|-----------|----------|----------|----------|----------|---------|-----------------|-----------------|----------------|----------------|-----------------|----------------|----------------|----------------|---------------|--|-----------|--------|---------|-----|-----|--|---------|--------|-----------|---------|----------|-------|---------|---------|---------|-----------|-------|----------|-------|---------|-------|-----------------|------|----------------|------|----------------|-------|----------------|-------|----------------|
| Sep - 3 | Sep - 4 | Sep - 5 | Sep - 6 | Sep - 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Chicken Nuggets Steak Fingers Wheat Rolls Mashed Potatoes Green Beans Fresh Pear Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White KETCHUP | Pepp Pizza CHICKEN POT PIE Corn Fresh Garden Salad Fresh Apple Chilled Peaches Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Bread 100% Whole W | Lasagna with Ground Whole Grain Corn Dog Peas Spinach Salad Banana Applesauce Milk Chocolate Fat Fre Milk 1% White Honey Wheat Roll | Hot Ham and Cheese Crispy Fish Sticks Glazed Carrots Veggie Dippers Ranch Style Beans Apple Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Bread 100% Whole W | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">645</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">43 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">909 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">8.0 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.4 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">375.6 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;">24.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">10.3*g 6.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">29.9g 18.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">89.6g 55.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.1g 25.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.3g 6.0%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 645 | 100% | | Chol... | 43 mg | Sodium... | 909 mg | Fiber... | 8.0 g | Iron... | 3.4 mg | Calcium | 375.6 mg | Vit A | 904 IU | Vit C | 24.4 mg | Sugar | 10.3*g 6.4%Cal | Prot | 29.9g 18.5%Cal | Carb | 89.6g 55.6%Cal | T.Fat | 18.1g 25.2%Cal | S.Fat | 4.3g 6.0%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">721</td> </tr> <tr> <td>111%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">47 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1111 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">9.6 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;">635.2 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">6240 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">24.3 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.0*g 10.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.5g 19.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">91.3g 50.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.1g 33.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.0g 10.0%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 721 | 111% | | Chol... | 47 mg | Sodium... | 1111 mg | Fiber... | 9.6 g | Iron... | 4.3 mg | Calcium | 635.2 mg | Vit A | 6240 IU | Vit C | 24.3 mg | Sugar | 18.0*g 10.0%Cal | Prot | 34.5g 19.1%Cal | Carb | 91.3g 50.6%Cal | T.Fat | 27.1g 33.9%Cal | S.Fat | 8.0g 10.0%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">536</td> </tr> <tr> <td>89%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">49 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">839 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">6.3 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;">511.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3588 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">63.0 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">8.1*g 6.0%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">27.8g 20.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">67.1g 50.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.3g 27.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.0g 10.1%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 536 | 89% | | Chol... | 49 mg | Sodium... | 839 mg | Fiber... | 6.3 g | Iron... | 4.2 mg | Calcium | 511.7 mg | Vit A | 3588 IU | Vit C | 63.0 mg | Sugar | 8.1*g 6.0%Cal | Prot | 27.8g 20.7%Cal | Carb | 67.1g 50.1%Cal | T.Fat | 16.3g 27.4%Cal | S.Fat | 6.0g 10.1%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">560</td> </tr> <tr> <td>93%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">57 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1169 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">11.1 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;">500.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">14196 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">10.8 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">26.3*g 18.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.8g 22.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.4g 59.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.3g 23.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5*g 5.7%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 560 | 93% | | Chol... | 57 mg | Sodium... | 1169 mg | Fiber... | 11.1 g | Iron... | 3.2 mg | Calcium | 500.9 mg | Vit A | 14196 IU | Vit C | 10.8 mg | Sugar | 26.3*g 18.8%Cal | Prot | 30.8g 22.0%Cal | Carb | 83.4g 59.5%Cal | T.Fat | 14.3g 23.0%Cal | S.Fat | 3.5*g 5.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 645 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 43 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 909 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 8.0 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 375.6 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 904 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 24.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 10.3*g 6.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 29.9g 18.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 89.6g 55.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 18.1g 25.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 4.3g 6.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 721 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 111% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 47 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1111 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 9.6 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 635.2 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 6240 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 24.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 18.0*g 10.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 34.5g 19.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 91.3g 50.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.1g 33.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.0g 10.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 536 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 89% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 49 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 839 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 6.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.2 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 511.7 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 3588 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 63.0 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 8.1*g 6.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 27.8g 20.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 67.1g 50.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 16.3g 27.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.0g 10.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 560 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 93% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 57 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1169 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 11.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.2 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 500.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 14196 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 10.8 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 26.3*g 18.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 30.8g 22.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 83.4g 59.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 14.3g 23.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 3.5*g 5.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sep - 10 | Sep - 11 | Sep - 12 | Sep - 13 | Sep - 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Patty on Bun TACO PIE WITH BEA Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing CORNBREAD | Beef Spaghetti Hot Dog Fresh Garden Salad Peas & Carrots Fresh Apple Orange Milk Chocolate Fat Fre Milk 1% White KETCHUP Wheat Rolls | Pizza, Pepperoni Jammin' Turkey Panini Corn Fresh Garden Salad Fresh Pear Rosy Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm | Pulled Pork Sandwich Chicken Nuggets Pork & Beans COLE SLAW Wheat Rolls Fresh Apple Peaches Milk 1% White Milk Chocolate Fat Fre Ketchup | Sausage Wrap Steak Fingers Mixed Vegetables Carrot Sticks Banana PEARS Milk Chocolate Fat Fre Milk 1% White Mustard Ketchup Bread 100% Whole W | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">757</td> </tr> <tr> <td>116%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">65 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1785 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">7.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.3 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">552.7 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4980 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">40.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">14.5*g 7.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">29.3g 15.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">107.9g 57.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.4g 29.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.7*g 9.2%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 757 | 116% | | Chol... | 65 mg | Sodium... | 1785 mg | Fiber... | 7.3 g | Iron... | 5.3 mg | Calcium | 552.7 mg | Vit A | 4980 IU | Vit C | 40.4 mg | Sugar | 14.5*g 7.6%Cal | Prot | 29.3g 15.5%Cal | Carb | 107.9g 57.0%Cal | T.Fat | 24.4g 29.1%Cal | S.Fat | 7.7*g 9.2%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">712</td> </tr> <tr> <td>109%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">53 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1154 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">11.4 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;">395.4 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3749 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">53.3 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">17.4*g 9.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.4g 17.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">98.5g 55.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.9g 26.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.8*g 8.6%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 712 | 109% | | Chol... | 53 mg | Sodium... | 1154 mg | Fiber... | 11.4 g | Iron... | 3.9 mg | Calcium | 395.4 mg | Vit A | 3749 IU | Vit C | 53.3 mg | Sugar | 17.4*g 9.8%Cal | Prot | 31.4g 17.6%Cal | Carb | 98.5g 55.4%Cal | T.Fat | 20.9g 26.4%Cal | S.Fat | 6.8*g 8.6%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">602</td> </tr> <tr> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">41 mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1020 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">10.4 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;">569.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5597 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">25.4 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">14.3*g 9.5%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.2g 20.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">86.0g 57.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.8g 25.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.7*g 8.5%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 602 | 100% | | Chol... | 41 mg | Sodium... | 1020 mg | Fiber... | 10.4 g | Iron... | 4.3 mg | Calcium | 569.9 mg | Vit A | 5597 IU | Vit C | 25.4 mg | Sugar | 14.3*g 9.5%Cal | Prot | 31.2g 20.7%Cal | Carb | 86.0g 57.1%Cal | T.Fat | 16.8g 25.1%Cal | S.Fat | 5.7*g 8.5%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">769</td> </tr> <tr> <td>118%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">78* mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1444 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">11.8 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.8* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">513.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2567* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">21.8* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">24.6*g 12.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.3g 21.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">108.6g 56.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.1g 21.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.4*g 5.2%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 769 | 118% | | Chol... | 78* mg | Sodium... | 1444 mg | Fiber... | 11.8 g | Iron... | 5.8* mg | Calcium | 513.1* mg | Vit A | 2567* IU | Vit C | 21.8* mg | Sugar | 24.6*g 12.8%Cal | Prot | 40.3g 21.0%Cal | Carb | 108.6g 56.5%Cal | T.Fat | 18.1g 21.2%Cal | S.Fat | 4.4*g 5.2%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">588</td> </tr> <tr> <td>98%</td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">72* mg</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1070 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">6.7 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;">397.8* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">6410* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">9.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">18.0*g 12.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.8g 21.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">74.0g 50.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.5g 28.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.6*g 10.1%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 588 | 98% | | Chol... | 72* mg | Sodium... | 1070 mg | Fiber... | 6.7 g | Iron... | 3.3* mg | Calcium | 397.8* mg | Vit A | 6410* IU | Vit C | 9.3* mg | Sugar | 18.0*g 12.2%Cal | Prot | 31.8g 21.7%Cal | Carb | 74.0g 50.4%Cal | T.Fat | 18.5g 28.4%Cal | S.Fat | 6.6*g 10.1%Cal |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 757 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 116% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 65 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1785 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 7.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 5.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 552.7 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 4980 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 40.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 14.5*g 7.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 29.3g 15.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 107.9g 57.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 24.4g 29.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.7*g 9.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 712 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 109% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 53 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1154 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 11.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 395.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 3749 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 53.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 17.4*g 9.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 31.4g 17.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 98.5g 55.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 20.9g 26.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.8*g 8.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 602 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 41 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1020 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 10.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 4.3 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 569.9 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 5597 IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 25.4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 14.3*g 9.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 31.2g 20.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 86.0g 57.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 16.8g 25.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 5.7*g 8.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 769 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 118% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 78* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1444 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 11.8 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 5.8* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 513.1* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 2567* IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 21.8* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 24.6*g 12.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 40.3g 21.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 108.6g 56.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 18.1g 21.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 4.4*g 5.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 588 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chol... | 72* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium... | 1070 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber... | 6.7 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iron... | 3.3* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calcium | 397.8* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit A | 6410* IU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vit C | 9.3* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar | 18.0*g 12.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 31.8g 21.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 74.0g 50.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 18.5g 28.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.6*g 10.1%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.

HOLLAND ISD

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| Sep - 17 | Sep - 18 | Sep - 19 | Sep - 20 | Sep - 21 |
| Steak Fingers Chicken Fajita Mashed Potatoes Fresh Garden Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White Salsa Honey Wheat Roll | Beef Nachos Buffalo Chicken Flatbread Pinto Beans Veggie Dippers Fresh Apple Chilled Peaches Milk Chocolate Fat Fre Milk 1% White Salsa | Pizza, Pepperoni Chili Mac Corn Fresh Garden Salad Broccoli Fresh PEARS, It syp, canned Applesauce Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm Honey Wheat Roll | Grilled Chicken On Bun Mini Corn Dogs Green Beans Sweet Potato Tots Banana Mandarin Oranges Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing | Hot Dog with Bun Grilled Cheese Sandwich Baked Beans Carrot Sticks FRENCH FRIES Fresh Apple Fresh Pear Milk Chocolate Fat Fre Milk 1% White |
| Nutrients Target Cals... 639 100% Chol... 54* mg Sodium. 983 mg Fiber.. 9.7 g Iron... 4.3* mg Calcium 488.2* mg Vit A 5447* IU Vit C 65.0* mg Sugar 11.2*g 7.0%Cal Prot 31.8g 19.9%Cal Carb 88.1g 55.2%Cal T.Fat 18.2g 25.7%Cal S.Fat 5.2*g 7.3%Cal | Nutrients Target Cals... 602 100% Chol... 64* mg Sodium. 1004 mg Fiber.. 17.7 g Iron... 4.8* mg Calcium 692.8* mg Vit A 2891* IU Vit C 8.0* mg Sugar 15.9*g 10.6%Cal Prot 36.1g 24.0%Cal Carb 85.9*g 57.1%Cal T.Fat 17.8g 26.5%Cal S.Fat 7.9*g 11.8%Cal | Nutrients Target Cals... 656 101% Chol... 44* mg Sodium. 993 mg Fiber.. 10.3 g Iron... 5.2* mg Calcium 498.2* mg Vit A 3317* IU Vit C 29.5* mg Sugar 11.7*g 7.2%Cal Prot 33.0g 20.1%Cal Carb 98.4*g 60.0%Cal T.Fat 16.3g 22.3%Cal S.Fat 5.8*g 8.0%Cal | Nutrients Target Cals... 600 100% Chol... 50* mg Sodium. 1193 mg Fiber.. 5.9 g Iron... 2.8* mg Calcium 437.1* mg Vit A 3070* IU Vit C 19.6* mg Sugar 11.2*g 7.5%Cal Prot 27.1g 18.1%Cal Carb 86.6*g 57.7%Cal T.Fat 14.6g 21.9%Cal S.Fat 3.3*g 4.9%Cal | Nutrients Target Cals... 626 100% Chol... 39* mg Sodium. 1099 mg Fiber.. 15.1 g Iron... 4.3* mg Calcium 540.3* mg Vit A 6432* IU Vit C 16.1* mg Sugar 24.9*g 15.9%Cal Prot 25.2g 16.1%Cal Carb 109.9*g 70.2%Cal T.Fat 12.0g 17.3%Cal S.Fat 3.7*g 5.4%Cal |
| Sep - 24 | Sep - 25 | Sep - 26 | Sep - 27 | Sep - 28 |
| Cheeseburger CHICKEN POT PIE Tater Tots Burger Salad Fresh Orange Chilled Fruit Mix Milk Chocolate Fat Fre Milk 1% White KETCHUP Mustard Salad Dressing Honey Wheat Roll | Sloppy Joe on a Bun Popcorn Chicken Broccoli-Vegetable Mix Sweet Potato Tots Wheat Rolls Fresh Pear Applesauce Milk 1% White Milk Chocolate Fat Fre KETCHUP | Pepp Pizza Chicken Quesadilla CORN Fresh Garden Salad Pineapple Fresh Orange Chocolate Milk FF White Milk 1% Ranch Dressing 12 gm | Whole Grain Corn Dog Chicken Spaghetti Green Beans Oven Roasted Potatoe Wheat Rolls Banana Mandarin Oranges Milk Chocolate Fat Fre Milk 1% White Mustard KETCHUP | Crispy Fish Sticks Pub Burger Pizza Hut Pizza Carrot Sticks Ranch Style Beans Burger Salad String Cheese Fresh Apple PEARS, It syp, canned Chocolate Milk FF White Milk 1% Ketchup Mustard Salad Dressing Bread 100% Whole W |
| Nutrients Target Cals... 822 126% Chol... 63* mg Sodium. 1655 mg Fiber.. 9.4 g Iron... 5.6* mg Calcium 544.3* mg Vit A 7358* IU Vit C 45.3* mg Sugar 15.8*g 7.7%Cal Prot 38.8g 18.9%Cal Carb 108.1*g 52.6%Cal T.Fat 27.0g 29.5%Cal S.Fat 10.2*g 11.2%Cal | Nutrients Target Cals... 664 102% Chol... 46* mg Sodium. 957 mg Fiber.. 10.5 g Iron... 3.8* mg Calcium 424.8* mg Vit A 4088* IU Vit C 39.9* mg Sugar 14.5*g 8.7%Cal Prot 31.2g 18.8%Cal Carb 91.1*g 54.9%Cal T.Fat 19.4g 26.3%Cal S.Fat 4.6*g 6.2%Cal | Nutrients Target Cals... 694 107% Chol... 63* mg Sodium. 1227 mg Fiber.. 8.8 g Iron... 4.2* mg Calcium 841.0* mg Vit A 3362* IU Vit C 38.0* mg Sugar 32.9*g 19.0%Cal Prot 38.9g 22.4%Cal Carb 90.4*g 52.1%Cal T.Fat 21.9g 28.4%Cal S.Fat 9.0*g 11.6%Cal | Nutrients Target Cals... 577 96% Chol... 43* mg Sodium. 944 mg Fiber.. 5.6 g Iron... 3.7* mg Calcium 437.4* mg Vit A 919* IU Vit C 22.0* mg Sugar 10.7*g 7.4%Cal Prot 27.1g 18.8%Cal Carb 84.8*g 58.7%Cal T.Fat 13.5g 21.0%Cal S.Fat 4.0*g 6.3%Cal | Nutrients Target Cals... 631 100% Chol... 63* mg Sodium. 1172 mg Fiber.. 9.7 g Iron... 4.0* mg Calcium 533.8* mg Vit A 10406* IU Vit C 14.9* mg Sugar 10.9*g 6.9%Cal Prot 33.8g 21.4%Cal Carb 85.0*g 53.9%Cal T.Fat 17.4g 24.8%Cal S.Fat 5.2*g 7.4%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.