

General Brown Central School District

DECEMBER 2020

Page 1

Nov 24, 2020

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																
	Dec - 1 TURKEY & CHEESE SAN BAKED PRETZELS BROCCOLI, RAW MAYONNAISE, INDIVIDU RANCH DRESSING APPLES, FRESH MILK - Variety	Dec - 2 REMOTE SITE FEEDING	Dec - 3 POPCORN CHICKEN FRENCH FRIED POTATO APPLES, FRESH MILK - Variety KETCHUP	Dec - 4 CHEESEBURGER HAMBURGER BUN WHO FRENCH FRIED POTATO LETTUCE, ICEBERG, SH TOMATOES, SLICED APPLES, FRESH MILK - Variety KETCHUP																																																																																																																
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">833 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">82* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1828 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">10.7 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;">537.3 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1831* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">172.5* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">34.8*g 16.7%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">33.5g 16.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">106.5g 51.1%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">32.4g 35.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.8*g 9.5%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	833 100%	Chol...	82* mg	Sodium.	1828 mg	Fiber..	10.7 g	Iron...	5.1 mg	Calcium	537.3 mg	Vit A	1831* IU	Vit C	172.5* mg	Sugar	34.8*g 16.7%Cal	Prot	33.5g 16.1%Cal	Carb	106.5g 51.1%Cal	T.Fat	32.4g 35.0%Cal	S.Fat	8.8*g 9.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">*N/A*</td></tr> <tr><td>Chol...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">*N/A* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">*N/A* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	*N/A*	Chol...	*N/A* mg	Sodium.	*N/A* mg	Fiber..	*N/A* g	Iron...	*N/A* mg	Calcium	*N/A* mg	Vit A	*N/A* IU	Vit C	*N/A* mg	Sugar	*N/A*g *N/A*%Cal	Prot	*N/A*g *N/A*%Cal	Carb	*N/A*g *N/A*%Cal	T.Fat	*N/A*g *N/A*%Cal	S.Fat	*N/A*g *N/A*%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">561* 75%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">29* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">777* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">7.5* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.1* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">276.7* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">574* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">11.4* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">36.6*g 26.1%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">22.6*g 16.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">77.6*g 55.3%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">19.7*g 31.5%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.1*g 6.6%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	561* 75%	Chol...	29* mg	Sodium.	777* mg	Fiber..	7.5* g	Iron...	3.1* mg	Calcium	276.7* mg	Vit A	574* IU	Vit C	11.4* mg	Sugar	36.6*g 26.1%Cal	Prot	22.6*g 16.1%Cal	Carb	77.6*g 55.3%Cal	T.Fat	19.7*g 31.5%Cal	S.Fat	4.1*g 6.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">711* 95%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">66* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1244* 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;">5.1* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">402.5* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">1828* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">44.0* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">44.5*g 25.0%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">32.9*g 18.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">99.9*g 56.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">22.4*g 28.3%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.2*g 10.4%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	711* 95%	Chol...	66* mg	Sodium.	1244* mg	Fiber..	10.4* g	Iron...	5.1* mg	Calcium	402.5* mg	Vit A	1828* IU	Vit C	44.0* mg	Sugar	44.5*g 25.0%Cal	Prot	32.9*g 18.5%Cal	Carb	99.9*g 56.2%Cal	T.Fat	22.4*g 28.3%Cal	S.Fat	8.2*g 10.4%Cal
Nutrients	Target																																																																																																																			
Cals...	833 100%																																																																																																																			
Chol...	82* mg																																																																																																																			
Sodium.	1828 mg																																																																																																																			
Fiber..	10.7 g																																																																																																																			
Iron...	5.1 mg																																																																																																																			
Calcium	537.3 mg																																																																																																																			
Vit A	1831* IU																																																																																																																			
Vit C	172.5* mg																																																																																																																			
Sugar	34.8*g 16.7%Cal																																																																																																																			
Prot	33.5g 16.1%Cal																																																																																																																			
Carb	106.5g 51.1%Cal																																																																																																																			
T.Fat	32.4g 35.0%Cal																																																																																																																			
S.Fat	8.8*g 9.5%Cal																																																																																																																			
Nutrients	Target																																																																																																																			
Cals...	*N/A*																																																																																																																			
Chol...	*N/A* mg																																																																																																																			
Sodium.	*N/A* mg																																																																																																																			
Fiber..	*N/A* g																																																																																																																			
Iron...	*N/A* mg																																																																																																																			
Calcium	*N/A* mg																																																																																																																			
Vit A	*N/A* IU																																																																																																																			
Vit C	*N/A* mg																																																																																																																			
Sugar	*N/A*g *N/A*%Cal																																																																																																																			
Prot	*N/A*g *N/A*%Cal																																																																																																																			
Carb	*N/A*g *N/A*%Cal																																																																																																																			
T.Fat	*N/A*g *N/A*%Cal																																																																																																																			
S.Fat	*N/A*g *N/A*%Cal																																																																																																																			
Nutrients	Target																																																																																																																			
Cals...	561* 75%																																																																																																																			
Chol...	29* mg																																																																																																																			
Sodium.	777* mg																																																																																																																			
Fiber..	7.5* g																																																																																																																			
Iron...	3.1* mg																																																																																																																			
Calcium	276.7* mg																																																																																																																			
Vit A	574* IU																																																																																																																			
Vit C	11.4* mg																																																																																																																			
Sugar	36.6*g 26.1%Cal																																																																																																																			
Prot	22.6*g 16.1%Cal																																																																																																																			
Carb	77.6*g 55.3%Cal																																																																																																																			
T.Fat	19.7*g 31.5%Cal																																																																																																																			
S.Fat	4.1*g 6.6%Cal																																																																																																																			
Nutrients	Target																																																																																																																			
Cals...	711* 95%																																																																																																																			
Chol...	66* mg																																																																																																																			
Sodium.	1244* mg																																																																																																																			
Fiber..	10.4* g																																																																																																																			
Iron...	5.1* mg																																																																																																																			
Calcium	402.5* mg																																																																																																																			
Vit A	1828* IU																																																																																																																			
Vit C	44.0* mg																																																																																																																			
Sugar	44.5*g 25.0%Cal																																																																																																																			
Prot	32.9*g 18.5%Cal																																																																																																																			
Carb	99.9*g 56.2%Cal																																																																																																																			
T.Fat	22.4*g 28.3%Cal																																																																																																																			
S.Fat	8.2*g 10.4%Cal																																																																																																																			
Dec - 7 CHICKEN NUGGETS FRENCH FRIED POTATO APPLES, FRESH MILK - Variety KETCHUP	Dec - 8 WILD MIKE'S CHEESE BI LETTUCE & TOMATO SA APPLES, FRESH MILK - Variety ITALIAN DRESSING	Dec - 9 REMOTE SITE FEEDING	Dec - 10 FRENCH TOAST STICKS BAKED HASH BROWN BAKED SAUSAGE PATT KETCHUP SYRUP, INDIVIDUAL APPLES, FRESH MILK,1% Chocolate	Dec - 11 WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING																																																																																																																

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.

General Brown Central School District

DECEMBER 2020

Nov 24, 2020

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																																																																																								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>581*</td> <td>78%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>30* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>928* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.7* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.2* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>257.6* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>683* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>11.4* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>36.6*g</td> <td>25.2%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>22.2*g</td> <td>15.2%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>80.3*g</td> <td>55.2%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>21.3*g</td> <td>32.9%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>4.2*g</td> <td>6.5%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	581*	78%		Chol...	30* mg			Sodium..	928* mg			Fiber..	8.7* g			Iron...	3.2* mg			Calcium	257.6* mg			Vit A	683* IU			Vit C	11.4* mg			Sugar	36.6*g	25.2%Cal		Prot	22.2*g	15.2%Cal		Carb	80.3*g	55.2%Cal		T.Fat	21.3*g	32.9%Cal		S.Fat	4.2*g	6.5%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>516*</td> <td>69%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>29* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>1651* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>9.9* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>2.7* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>503.6* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>2101* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>22.6* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>36.3*g</td> <td>28.2%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>28.2*g</td> <td>21.9%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>77.7*g</td> <td>60.2%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>14.5*g</td> <td>25.3%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>5.2*g</td> <td>9.0%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	516*	69%		Chol...	29* mg			Sodium..	1651* mg			Fiber..	9.9* g			Iron...	2.7* mg			Calcium	503.6* mg			Vit A	2101* IU			Vit C	22.6* mg			Sugar	36.3*g	28.2%Cal		Prot	28.2*g	21.9%Cal		Carb	77.7*g	60.2%Cal		T.Fat	14.5*g	25.3%Cal		S.Fat	5.2*g	9.0%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>*N/A*</td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>*N/A* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>*N/A* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	*N/A*			Chol...	*N/A* mg			Sodium..	*N/A* mg			Fiber..	*N/A* g			Iron...	*N/A* mg			Calcium	*N/A* mg			Vit A	*N/A* IU			Vit C	*N/A* mg			Sugar	*N/A*g	*N/A*%Cal		Prot	*N/A*g	*N/A*%Cal		Carb	*N/A*g	*N/A*%Cal		T.Fat	*N/A*g	*N/A*%Cal		S.Fat	*N/A*g	*N/A*%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>778*</td> <td>100%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>145* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>1070* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>7.6* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.2* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>404.8* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>835* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>33.3* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>16.3*g</td> <td>8.4%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>23.6*g</td> <td>12.1%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>122.4*g</td> <td>62.9%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>25.0*g</td> <td>28.9%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>5.2*g</td> <td>6.0%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	778*	100%		Chol...	145* mg			Sodium..	1070* mg			Fiber..	7.6* g			Iron...	3.2* mg			Calcium	404.8* mg			Vit A	835* IU			Vit C	33.3* mg			Sugar	16.3*g	8.4%Cal		Prot	23.6*g	12.1%Cal		Carb	122.4*g	62.9%Cal		T.Fat	25.0*g	28.9%Cal		S.Fat	5.2*g	6.0%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>644*</td> <td>86%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>40* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>832* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.8* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.9* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>837.8* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>2397* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>30.3* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>23.0*g</td> <td>14.3%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>30.2*g</td> <td>18.7%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>85.9*g</td> <td>53.4%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>22.1*g</td> <td>30.9%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.1*g</td> <td>11.4%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	644*	86%		Chol...	40* mg			Sodium..	832* mg			Fiber..	8.8* g			Iron...	3.9* mg			Calcium	837.8* mg			Vit A	2397* IU			Vit C	30.3* mg			Sugar	23.0*g	14.3%Cal		Prot	30.2*g	18.7%Cal		Carb	85.9*g	53.4%Cal		T.Fat	22.1*g	30.9%Cal		S.Fat	8.1*g	11.4%Cal	
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	581*	78%																																																																																																																																																																																																																																																																																										
Chol...	30* mg																																																																																																																																																																																																																																																																																											
Sodium..	928* mg																																																																																																																																																																																																																																																																																											
Fiber..	8.7* g																																																																																																																																																																																																																																																																																											
Iron...	3.2* mg																																																																																																																																																																																																																																																																																											
Calcium	257.6* mg																																																																																																																																																																																																																																																																																											
Vit A	683* IU																																																																																																																																																																																																																																																																																											
Vit C	11.4* mg																																																																																																																																																																																																																																																																																											
Sugar	36.6*g	25.2%Cal																																																																																																																																																																																																																																																																																										
Prot	22.2*g	15.2%Cal																																																																																																																																																																																																																																																																																										
Carb	80.3*g	55.2%Cal																																																																																																																																																																																																																																																																																										
T.Fat	21.3*g	32.9%Cal																																																																																																																																																																																																																																																																																										
S.Fat	4.2*g	6.5%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	516*	69%																																																																																																																																																																																																																																																																																										
Chol...	29* mg																																																																																																																																																																																																																																																																																											
Sodium..	1651* mg																																																																																																																																																																																																																																																																																											
Fiber..	9.9* g																																																																																																																																																																																																																																																																																											
Iron...	2.7* mg																																																																																																																																																																																																																																																																																											
Calcium	503.6* mg																																																																																																																																																																																																																																																																																											
Vit A	2101* IU																																																																																																																																																																																																																																																																																											
Vit C	22.6* mg																																																																																																																																																																																																																																																																																											
Sugar	36.3*g	28.2%Cal																																																																																																																																																																																																																																																																																										
Prot	28.2*g	21.9%Cal																																																																																																																																																																																																																																																																																										
Carb	77.7*g	60.2%Cal																																																																																																																																																																																																																																																																																										
T.Fat	14.5*g	25.3%Cal																																																																																																																																																																																																																																																																																										
S.Fat	5.2*g	9.0%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	*N/A*																																																																																																																																																																																																																																																																																											
Chol...	*N/A* mg																																																																																																																																																																																																																																																																																											
Sodium..	*N/A* mg																																																																																																																																																																																																																																																																																											
Fiber..	*N/A* g																																																																																																																																																																																																																																																																																											
Iron...	*N/A* mg																																																																																																																																																																																																																																																																																											
Calcium	*N/A* mg																																																																																																																																																																																																																																																																																											
Vit A	*N/A* IU																																																																																																																																																																																																																																																																																											
Vit C	*N/A* mg																																																																																																																																																																																																																																																																																											
Sugar	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Prot	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Carb	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
T.Fat	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
S.Fat	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	778*	100%																																																																																																																																																																																																																																																																																										
Chol...	145* mg																																																																																																																																																																																																																																																																																											
Sodium..	1070* mg																																																																																																																																																																																																																																																																																											
Fiber..	7.6* g																																																																																																																																																																																																																																																																																											
Iron...	3.2* mg																																																																																																																																																																																																																																																																																											
Calcium	404.8* mg																																																																																																																																																																																																																																																																																											
Vit A	835* IU																																																																																																																																																																																																																																																																																											
Vit C	33.3* mg																																																																																																																																																																																																																																																																																											
Sugar	16.3*g	8.4%Cal																																																																																																																																																																																																																																																																																										
Prot	23.6*g	12.1%Cal																																																																																																																																																																																																																																																																																										
Carb	122.4*g	62.9%Cal																																																																																																																																																																																																																																																																																										
T.Fat	25.0*g	28.9%Cal																																																																																																																																																																																																																																																																																										
S.Fat	5.2*g	6.0%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	644*	86%																																																																																																																																																																																																																																																																																										
Chol...	40* mg																																																																																																																																																																																																																																																																																											
Sodium..	832* mg																																																																																																																																																																																																																																																																																											
Fiber..	8.8* g																																																																																																																																																																																																																																																																																											
Iron...	3.9* mg																																																																																																																																																																																																																																																																																											
Calcium	837.8* mg																																																																																																																																																																																																																																																																																											
Vit A	2397* IU																																																																																																																																																																																																																																																																																											
Vit C	30.3* mg																																																																																																																																																																																																																																																																																											
Sugar	23.0*g	14.3%Cal																																																																																																																																																																																																																																																																																										
Prot	30.2*g	18.7%Cal																																																																																																																																																																																																																																																																																										
Carb	85.9*g	53.4%Cal																																																																																																																																																																																																																																																																																										
T.Fat	22.1*g	30.9%Cal																																																																																																																																																																																																																																																																																										
S.Fat	8.1*g	11.4%Cal																																																																																																																																																																																																																																																																																										
Dec - 14	Dec - 15	Dec - 16	Dec - 17	Dec - 18																																																																																																																																																																																																																																																																																								
<p>WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING</p>	<p>TURKEY TACO LETTUCE, ICEBERG, SH BLACK BEAN SALAD BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING SALSA</p>	<p>REMOTE SITE FEEDING</p>	<p>BAKED ROTINI W/ SAUC CARROTS, FROZEN APPLES, FRESH MILK - Variety</p>	<p>WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING</p>																																																																																																																																																																																																																																																																																								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>644*</td> <td>86%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>40* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>832* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.8* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.9* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>837.8* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>2397* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>30.3* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>23.0*g</td> <td>14.3%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>30.2*g</td> <td>18.7%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>85.9*g</td> <td>53.4%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>22.1*g</td> <td>30.9%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.1*g</td> <td>11.4%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	644*	86%		Chol...	40* mg			Sodium..	832* mg			Fiber..	8.8* g			Iron...	3.9* mg			Calcium	837.8* mg			Vit A	2397* IU			Vit C	30.3* mg			Sugar	23.0*g	14.3%Cal		Prot	30.2*g	18.7%Cal		Carb	85.9*g	53.4%Cal		T.Fat	22.1*g	30.9%Cal		S.Fat	8.1*g	11.4%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>1250*</td> <td>147%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>56* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>2759* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>18.7* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>5.8* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>2138.1 mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>7041* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>197.5* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>65.9*g</td> <td>21.1%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>63.9*g</td> <td>20.4%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>144.8*g</td> <td>46.3%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>41.4*g</td> <td>29.8%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>10.5*g</td> <td>7.5%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	1250*	147%		Chol...	56* mg			Sodium..	2759* mg			Fiber..	18.7* g			Iron...	5.8* mg			Calcium	2138.1 mg			Vit A	7041* IU			Vit C	197.5* mg			Sugar	65.9*g	21.1%Cal		Prot	63.9*g	20.4%Cal		Carb	144.8*g	46.3%Cal		T.Fat	41.4*g	29.8%Cal		S.Fat	10.5*g	7.5%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>*N/A*</td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>*N/A* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>*N/A* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>*N/A* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>*N/A*g</td> <td>*N/A*%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	*N/A*			Chol...	*N/A* mg			Sodium..	*N/A* mg			Fiber..	*N/A* g			Iron...	*N/A* mg			Calcium	*N/A* mg			Vit A	*N/A* IU			Vit C	*N/A* mg			Sugar	*N/A*g	*N/A*%Cal		Prot	*N/A*g	*N/A*%Cal		Carb	*N/A*g	*N/A*%Cal		T.Fat	*N/A*g	*N/A*%Cal		S.Fat	*N/A*g	*N/A*%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>588*</td> <td>78%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>39* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>839* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>19.6* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>5.4* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>394.5* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>52033* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>22.3* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>44.1*g</td> <td>30.0%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>27.1*g</td> <td>18.4%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>98.7*g</td> <td>67.1%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>13.2*g</td> <td>20.2%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>4.6*g</td> <td>7.0%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	588*	78%		Chol...	39* mg			Sodium..	839* mg			Fiber..	19.6* g			Iron...	5.4* mg			Calcium	394.5* mg			Vit A	52033* IU			Vit C	22.3* mg			Sugar	44.1*g	30.0%Cal		Prot	27.1*g	18.4%Cal		Carb	98.7*g	67.1%Cal		T.Fat	13.2*g	20.2%Cal		S.Fat	4.6*g	7.0%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 55%;"></td> </tr> <tr> <td>Cals...</td> <td>644*</td> <td>86%</td> <td></td> </tr> <tr> <td>Chol...</td> <td>40* mg</td> <td></td> <td></td> </tr> <tr> <td>Sodium..</td> <td>832* mg</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td>8.8* g</td> <td></td> <td></td> </tr> <tr> <td>Iron...</td> <td>3.9* mg</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>837.8* mg</td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td>2397* IU</td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td>30.3* mg</td> <td></td> <td></td> </tr> <tr> <td>Sugar</td> <td>23.0*g</td> <td>14.3%Cal</td> <td></td> </tr> <tr> <td>Prot</td> <td>30.2*g</td> <td>18.7%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td>85.9*g</td> <td>53.4%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td>22.1*g</td> <td>30.9%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.1*g</td> <td>11.4%Cal</td> <td></td> </tr> </table>	Nutrients		Target		Cals...	644*	86%		Chol...	40* mg			Sodium..	832* mg			Fiber..	8.8* g			Iron...	3.9* mg			Calcium	837.8* mg			Vit A	2397* IU			Vit C	30.3* mg			Sugar	23.0*g	14.3%Cal		Prot	30.2*g	18.7%Cal		Carb	85.9*g	53.4%Cal		T.Fat	22.1*g	30.9%Cal		S.Fat	8.1*g	11.4%Cal	
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	644*	86%																																																																																																																																																																																																																																																																																										
Chol...	40* mg																																																																																																																																																																																																																																																																																											
Sodium..	832* mg																																																																																																																																																																																																																																																																																											
Fiber..	8.8* g																																																																																																																																																																																																																																																																																											
Iron...	3.9* mg																																																																																																																																																																																																																																																																																											
Calcium	837.8* mg																																																																																																																																																																																																																																																																																											
Vit A	2397* IU																																																																																																																																																																																																																																																																																											
Vit C	30.3* mg																																																																																																																																																																																																																																																																																											
Sugar	23.0*g	14.3%Cal																																																																																																																																																																																																																																																																																										
Prot	30.2*g	18.7%Cal																																																																																																																																																																																																																																																																																										
Carb	85.9*g	53.4%Cal																																																																																																																																																																																																																																																																																										
T.Fat	22.1*g	30.9%Cal																																																																																																																																																																																																																																																																																										
S.Fat	8.1*g	11.4%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	1250*	147%																																																																																																																																																																																																																																																																																										
Chol...	56* mg																																																																																																																																																																																																																																																																																											
Sodium..	2759* mg																																																																																																																																																																																																																																																																																											
Fiber..	18.7* g																																																																																																																																																																																																																																																																																											
Iron...	5.8* mg																																																																																																																																																																																																																																																																																											
Calcium	2138.1 mg																																																																																																																																																																																																																																																																																											
Vit A	7041* IU																																																																																																																																																																																																																																																																																											
Vit C	197.5* mg																																																																																																																																																																																																																																																																																											
Sugar	65.9*g	21.1%Cal																																																																																																																																																																																																																																																																																										
Prot	63.9*g	20.4%Cal																																																																																																																																																																																																																																																																																										
Carb	144.8*g	46.3%Cal																																																																																																																																																																																																																																																																																										
T.Fat	41.4*g	29.8%Cal																																																																																																																																																																																																																																																																																										
S.Fat	10.5*g	7.5%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	*N/A*																																																																																																																																																																																																																																																																																											
Chol...	*N/A* mg																																																																																																																																																																																																																																																																																											
Sodium..	*N/A* mg																																																																																																																																																																																																																																																																																											
Fiber..	*N/A* g																																																																																																																																																																																																																																																																																											
Iron...	*N/A* mg																																																																																																																																																																																																																																																																																											
Calcium	*N/A* mg																																																																																																																																																																																																																																																																																											
Vit A	*N/A* IU																																																																																																																																																																																																																																																																																											
Vit C	*N/A* mg																																																																																																																																																																																																																																																																																											
Sugar	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Prot	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Carb	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
T.Fat	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
S.Fat	*N/A*g	*N/A*%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	588*	78%																																																																																																																																																																																																																																																																																										
Chol...	39* mg																																																																																																																																																																																																																																																																																											
Sodium..	839* mg																																																																																																																																																																																																																																																																																											
Fiber..	19.6* g																																																																																																																																																																																																																																																																																											
Iron...	5.4* mg																																																																																																																																																																																																																																																																																											
Calcium	394.5* mg																																																																																																																																																																																																																																																																																											
Vit A	52033* IU																																																																																																																																																																																																																																																																																											
Vit C	22.3* mg																																																																																																																																																																																																																																																																																											
Sugar	44.1*g	30.0%Cal																																																																																																																																																																																																																																																																																										
Prot	27.1*g	18.4%Cal																																																																																																																																																																																																																																																																																										
Carb	98.7*g	67.1%Cal																																																																																																																																																																																																																																																																																										
T.Fat	13.2*g	20.2%Cal																																																																																																																																																																																																																																																																																										
S.Fat	4.6*g	7.0%Cal																																																																																																																																																																																																																																																																																										
Nutrients		Target																																																																																																																																																																																																																																																																																										
Cals...	644*	86%																																																																																																																																																																																																																																																																																										
Chol...	40* mg																																																																																																																																																																																																																																																																																											
Sodium..	832* mg																																																																																																																																																																																																																																																																																											
Fiber..	8.8* g																																																																																																																																																																																																																																																																																											
Iron...	3.9* mg																																																																																																																																																																																																																																																																																											
Calcium	837.8* mg																																																																																																																																																																																																																																																																																											
Vit A	2397* IU																																																																																																																																																																																																																																																																																											
Vit C	30.3* mg																																																																																																																																																																																																																																																																																											
Sugar	23.0*g	14.3%Cal																																																																																																																																																																																																																																																																																										
Prot	30.2*g	18.7%Cal																																																																																																																																																																																																																																																																																										
Carb	85.9*g	53.4%Cal																																																																																																																																																																																																																																																																																										
T.Fat	22.1*g	30.9%Cal																																																																																																																																																																																																																																																																																										
S.Fat	8.1*g	11.4%Cal																																																																																																																																																																																																																																																																																										

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

General Brown Central School District

DECEMBER 2020

Nov 24, 2020

Page 3

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																			
Dec - 21 CHICKEN PATTY FRENCH FRIED POTATO HAMBURGER BUN WHO APPLES, FRESH MILK,1% Chocolate KETCHUP	Dec - 22 WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING	Dec - 23 REMOTE SITE FEEDING	Dec - 24	Dec - 25																																																																																			
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">868* 102%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">30* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1351* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">13.1* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.8* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">386.8* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">869* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">16.6* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">19.2*g 8.8%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">35.0*g 16.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">129.0*g 59.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">26.0*g 27.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">3.5*g 3.7%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	868* 102%	Chol...	30* mg	Sodium.	1351* mg	Fiber..	13.1* g	Iron...	4.8* mg	Calcium	386.8* mg	Vit A	869* IU	Vit C	16.6* mg	Sugar	19.2*g 8.8%Cal	Prot	35.0*g 16.1%Cal	Carb	129.0*g 59.5%Cal	T.Fat	26.0*g 27.0%Cal	S.Fat	3.5*g 3.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">644* 86%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">40* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">832* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">8.8* 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;">837.8* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">2397* 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;">23.0*g 14.3%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">30.2*g 18.7%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">85.9*g 53.4%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">22.1*g 30.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.1*g 11.4%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	644* 86%	Chol...	40* mg	Sodium.	832* mg	Fiber..	8.8* g	Iron...	3.9* mg	Calcium	837.8* mg	Vit A	2397* IU	Vit C	30.3* mg	Sugar	23.0*g 14.3%Cal	Prot	30.2*g 18.7%Cal	Carb	85.9*g 53.4%Cal	T.Fat	22.1*g 30.9%Cal	S.Fat	8.1*g 11.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">*N/A*</td></tr> <tr><td>Chol...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">*N/A* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">*N/A* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">*N/A* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">*N/A*g *N/A*%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	*N/A*	Chol...	*N/A* mg	Sodium.	*N/A* mg	Fiber..	*N/A* g	Iron...	*N/A* mg	Calcium	*N/A* mg	Vit A	*N/A* IU	Vit C	*N/A* mg	Sugar	*N/A*g *N/A*%Cal	Prot	*N/A*g *N/A*%Cal	Carb	*N/A*g *N/A*%Cal	T.Fat	*N/A*g *N/A*%Cal	S.Fat	*N/A*g *N/A*%Cal	Dec - 31
Nutrients	Target																																																																																						
Cals...	868* 102%																																																																																						
Chol...	30* mg																																																																																						
Sodium.	1351* mg																																																																																						
Fiber..	13.1* g																																																																																						
Iron...	4.8* mg																																																																																						
Calcium	386.8* mg																																																																																						
Vit A	869* IU																																																																																						
Vit C	16.6* mg																																																																																						
Sugar	19.2*g 8.8%Cal																																																																																						
Prot	35.0*g 16.1%Cal																																																																																						
Carb	129.0*g 59.5%Cal																																																																																						
T.Fat	26.0*g 27.0%Cal																																																																																						
S.Fat	3.5*g 3.7%Cal																																																																																						
Nutrients	Target																																																																																						
Cals...	644* 86%																																																																																						
Chol...	40* mg																																																																																						
Sodium.	832* mg																																																																																						
Fiber..	8.8* g																																																																																						
Iron...	3.9* mg																																																																																						
Calcium	837.8* mg																																																																																						
Vit A	2397* IU																																																																																						
Vit C	30.3* mg																																																																																						
Sugar	23.0*g 14.3%Cal																																																																																						
Prot	30.2*g 18.7%Cal																																																																																						
Carb	85.9*g 53.4%Cal																																																																																						
T.Fat	22.1*g 30.9%Cal																																																																																						
S.Fat	8.1*g 11.4%Cal																																																																																						
Nutrients	Target																																																																																						
Cals...	*N/A*																																																																																						
Chol...	*N/A* mg																																																																																						
Sodium.	*N/A* mg																																																																																						
Fiber..	*N/A* g																																																																																						
Iron...	*N/A* mg																																																																																						
Calcium	*N/A* mg																																																																																						
Vit A	*N/A* IU																																																																																						
Vit C	*N/A* mg																																																																																						
Sugar	*N/A*g *N/A*%Cal																																																																																						
Prot	*N/A*g *N/A*%Cal																																																																																						
Carb	*N/A*g *N/A*%Cal																																																																																						
T.Fat	*N/A*g *N/A*%Cal																																																																																						
S.Fat	*N/A*g *N/A*%Cal																																																																																						
Dec - 28	Dec - 29	Dec - 30	Dec - 31																																																																																				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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.