

General Brown Central School District

FEBRUARY 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Feb - 1 WG PEPPERONI PIZ LETTUCE & TOMAT BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate KETCHUP RANCH DRESSING	Avg Nutrients Target Cals... 770 100% Sodium. 1030 mg Prot 38.6g 20.1%Cal Carb 107.9g 56.1%Cal T.Fat 25.0g 29.2%Cal S.Fat 11.0g 12.8%Cal
				Nutrients Target Cals... 770 100% Sodium. 1030 mg Prot 38.6g 20.1%Cal Carb 107.9g 56.1%Cal T.Fat 25.0g 29.2%Cal S.Fat 11.0g 12.8%Cal	
Feb - 4 POPCORN CHICKE WHOLE WHEAT DIN FRENCH FRIED PO KETCHUP APPLES, FRESH MILK - Variety	Feb - 5 BAKED BREADED P MASHED POTATOE BROWN GRAVY WHOLE WHEAT DIN APPLES, FRESH MILK,1% Chocolate	Feb - 6 FRENCH TOAST STI BAKED HASH BRO BAKED SAUSAGE P KETCHUP SYRUP, INDIVIDUAL APPLES, FRESH MILK,1% Chocolate	Feb - 7 BAKED CHICKEN D MASHED POTATOE CHICKEN GRAVY APPLES, FRESH MILK,1% Chocolate	Feb - 8 INDIVIDUAL PEPPE LETTUCE & TOMAT BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate KETCHUP RANCH DRESSING	Avg Nutrients Target Cals... 783 100% Sodium. 1446 mg Prot 32.1*g 16.4%Cal Carb 111.9g 57.2%Cal T.Fat 25.2*g 29.0%Cal S.Fat 6.8*g 7.8%Cal
Nutrients Target Cals... 777 100% Sodium. 1146 mg Prot 27.6g 14.2%Cal Carb 114.9g 59.2%Cal T.Fat 24.9g 28.9%Cal S.Fat 4.6g 5.3%Cal	Nutrients Target Cals... 746 99% Sodium. 1581 mg Prot 28.5*g 15.3%Cal Carb 110.0g 59.0%Cal T.Fat 22.3g 26.9%Cal S.Fat 6.0g 7.3%Cal	Nutrients Target Cals... 778 100% Sodium. 1070 mg Prot 23.6*g 12.1%Cal Carb 122.4g 62.9%Cal T.Fat 25.0g 28.9%Cal S.Fat 5.2g 6.0%Cal	Nutrients Target Cals... 771 100% Sodium. 2027 mg Prot 44.5*g 23.1%Cal Carb 92.0g 47.7%Cal T.Fat 24.3*g 28.3%Cal S.Fat 5.0*g 5.9%Cal	Nutrients Target Cals... 844 100% Sodium. 1404 mg Prot 36.4*g 17.3%Cal Carb 120.3g 57.0%Cal T.Fat 29.6*g 31.6%Cal S.Fat 13.2*g 14.1%Cal	

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Feb - 11 CHICKEN TENDERS FRENCH FRIED PO WHOLE WHEAT DIN APPLES, FRESH MILK,1% Chocolate KETCHUP	Feb - 12 TURKEY TACO LETTUCE, ICEBERG BLACK BEAN SALA BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING SALSA	Feb - 13 CHEESEBURGER HAMBURGER BUN FRENCH FRIED PO LETTUCE, ICEBERG TOMATOES, SLICE APPLES, FRESH MILK,1% Chocolate KETCHUP	Feb - 14 CHICKEN PARMESA SIMMERED PASTA WHITE BEAN SALA MILK - Variety APPLES, FRESH	Feb - 15 WG PEPPERONI PIZ LETTUCE & TOMAT BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate KETCHUP RANCH DRESSING	Avg Nutrients Target Cals... 778 100% Sodium. 1228 mg Prot 37.2*g 19.1%Cal Carb 109.0g 56.0%Cal T.Fat 22.6*g 26.1%Cal S.Fat 6.5*g 7.5%Cal
Nutrients Target Cals... 828 100% Sodium. 1262 mg Prot 30.5*g 14.7%Cal Carb 123.7g 59.7%Cal T.Fat 25.2*g 27.4%Cal S.Fat 3.5*g 3.8%Cal	Nutrients Target Cals... 770 100% Sodium. 1432 mg Prot 41.7*g 21.7%Cal Carb 98.9g 51.4%Cal T.Fat 17.7*g 20.7%Cal S.Fat 3.2*g 3.7%Cal	Nutrients Target Cals... 729 97% Sodium. 1310 mg Prot 34.8*g 19.1%Cal Carb 106.1g 58.2%Cal T.Fat 20.4*g 25.2%Cal S.Fat 7.1*g 8.8%Cal	Nutrients Target Cals... 793 100% Sodium. 1108 mg Prot 40.4*g 20.4%Cal Carb 108.3g 54.6%Cal T.Fat 24.6*g 27.9%Cal S.Fat 7.5*g 8.5%Cal	Nutrients Target Cals... 770 100% Sodium. 1030 mg Prot 38.6*g 20.1%Cal Carb 107.9g 56.1%Cal T.Fat 25.0*g 29.2%Cal S.Fat 11.0*g 12.8%Cal	
Feb - 18	Feb - 19	Feb - 20	Feb - 21	Feb - 22	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg 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
Feb - 25 CHICKEN NUGGETS FRENCH FRIED PO WHITE BEAN SALA WHOLE WHEAT DIN APPLES, FRESH MILK,1% Chocolate KETCHUP	Feb - 26 HAM & CHEESE CR TOMATO SOUP WHITE BEAN SALA APPLES, FRESH MILK,1% Chocolate KETCHUP	Feb - 27 PULLED PORK SLID GREEN BEANS, FR CREAMY COLE SLA APPLES, FRESH MILK,1% Chocolate KETCHUP	Feb - 28 CHICKEN FAJITA STEAMED RICE CARROTS, FROZEN MILK - Variety APPLES, FRESH KETCHUP		Avg Nutrients Target Cals... 708 94% Sodium. 1574 mg Prot 31.9*g 18.0%Cal Carb 114.1g 64.5%Cal T.Fat 15.9*g 20.2%Cal S.Fat 3.7*g 4.8%Cal

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Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target			
Cals...	867	102%	Cals...	602	80%	Cals...	711	95%	Cals...	652	87%		
Sodium.	1635 mg		Sodium.	1728 mg		Sodium.	1455 mg		Sodium.	1479 mg			
Prot	32.5*g	15.0%Cal	Prot	29.3*g	19.4%Cal	Prot	36.1*g	20.3%Cal	Prot	29.6*g	18.1%Cal		
Carb	135.0g	62.2%Cal	Carb	101.1g	67.2%Cal	Carb	112.2g	63.1%Cal	Carb	108.1g	66.3%Cal		
T.Fat	24.8*g	25.8%Cal	T.Fat	10.6*g	15.8%Cal	T.Fat	13.8*g	17.5%Cal	T.Fat	14.4*g	19.8%Cal		
S.Fat	3.7*g	3.8%Cal	S.Fat	4.3*g	6.5%Cal	S.Fat	2.7*g	3.4%Cal	S.Fat	4.3*g	6.0%Cal		

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	761	750-850	100%	Protein	34.17* g	17.97%	
Sodium	1380 mg	1420		Carbohyd	111.25 g	58.51%	
				Tot. Fat	21.84* g	25.85%	
				Sat. Fat	6.15* g	7.27%	<10.00%

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