

General Brown Central School District

JANUARY 2021

Dec 21, 2020

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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.

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

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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

JANUARY 2021

Dec 21, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																															
Jan - 25 CHICKEN TENDERS STEAMED RICE CORN, FROZEN KETCHUP APPLES, FRESH MILK - Variety	Jan - 26 BAKED ROTINI W/ SAUC CARROTS, FROZEN APPLES, FRESH MILK - Variety	Jan - 27	Jan - 28 CHICKEN TENDERS WHOLE WHEAT DINNER FRENCH FRIED POTATO KETCHUP APPLES, FRESH MILK - Variety	Jan - 29 BAKED ROTINI W/ SAUC CARROTS, FROZEN APPLES, FRESH MILK - Variety																																																																																																															
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S.Fat	4.6*g 7.0%Cal																																																																																																																		
Nutrients	Target																																																																																																																		
Cals...	828* 100%																																																																																																																		
Chol...	34* mg																																																																																																																		
Sodium.	1359* mg																																																																																																																		
Fiber..	11.6* g																																																																																																																		
Iron...	4.6* mg																																																																																																																		
Calcium	319.4* mg																																																																																																																		
Vit A	669* IU																																																																																																																		
Vit C	15.7* mg																																																																																																																		
Sugar	40.4*g 19.5%Cal																																																																																																																		
Prot	28.8*g 13.9%Cal																																																																																																																		
Carb	122.4*g 59.1%Cal																																																																																																																		
T.Fat	27.1*g 29.5%Cal																																																																																																																		
S.Fat	4.6*g 5.0%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																																																																																																																		

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.