

General Brown Central School District

JANUARY 2019

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Dec 17, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Jan - 1	Jan - 2	Jan - 3	Jan - 4	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
Jan - 7 CHICKEN NUGGETS FRENCH FRIED PO WHITE BEAN SALA WHOLE WHEAT DIN APPLES, FRESH MILK,1% Chocolate KETCHUP	Jan - 8 PEPPERONI CALZO LETTUCE & TOMAT APPLES, FRESH MILK,1% Chocolate RANCH DRESSING	Jan - 9 FRENCH TOAST STI BAKED HASH BRO BAKED SAUSAGE P KETCHUP SYRUP, INDIVIDUAL APPLES, FRESH MILK,1% Chocolate	Jan - 10 BAKED CHICKEN D MASHED POTATOE CHICKEN GRAVY APPLES, FRESH MILK,1% Chocolate	Jan - 11 INDIVIDUAL PEPPE LETTUCE & TOMAT BROCCOLI,raw APPLES, FRESH MILK,1% Chocolate KETCHUP RANCH DRESSING	Avg Nutrients Target Cals... 795 100% Sodium. 1360 mg Prot 34.6*g 17.4%Cal Carb 111.5g 56.1%Cal T.Fat 25.9*g 29.4%Cal S.Fat 7.7*g 8.7%Cal
Nutrients Target Cals... 867 102% Sodium. 1635 mg Prot 32.5g 15.0%Cal Carb 135.0g 62.2%Cal T.Fat 24.8g 25.8%Cal S.Fat 3.7g 3.8%Cal	Nutrients Target Cals... 753 100% Sodium. 827 mg Prot 37.2g 19.8%Cal Carb 96.7g 51.4%Cal T.Fat 26.5g 31.6%Cal S.Fat 11.2g 13.4%Cal	Nutrients Target Cals... 778 100% Sodium. 1070 mg Prot 23.6g 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... 730 97% Sodium. 1866 mg Prot 43.4*g 23.8%Cal Carb 83.2g 45.6%Cal T.Fat 23.8*g 29.3%Cal S.Fat 5.0*g 6.2%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	
Jan - 14 POPCORN CHICKE WHOLE WHEAT DIN FRENCH FRIED PO KETCHUP APPLES, FRESH MILK - Variety	Jan - 15 TURKEY TACO LETTUCE, ICEBERG BLACK BEAN SALA BROCCOLI,raw APPLES, FRESH MILK,1% Chocolate RANCH DRESSING SALSA	Jan - 16 BAKED BREADED P MASHED POTATOE BROWN GRAVY WHOLE WHEAT DIN APPLES, FRESH MILK,1% Chocolate	Jan - 17 CHICKEN PARMESA SIMMERED PASTA WHITE BEAN SALA MILK - Variety APPLES, FRESH	Jan - 18 WG PEPPERONI PIZ LETTUCE & TOMAT BROCCOLI,raw APPLES, FRESH MILK,1% Chocolate KETCHUP RANCH DRESSING	Avg Nutrients Target Cals... 763 100% Sodium. 1227 mg Prot 35.1*g 18.4%Cal Carb 106.3g 55.7%Cal T.Fat 22.8*g 26.9%Cal S.Fat 6.4*g 7.6%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.

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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																																																																										

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

JANUARY 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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	Average		Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	757		750-850	100%	Protein	33.57* g	17.74%	
Sodium	1338 mg		1420		Carbohyd	111.48 g	58.92%	
					Tot. Fat	21.65* g	25.74%	
					Sat. Fat	6.15* g	7.32%	<10.00%

**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.*

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