

**CABELL COUNTY SCHOOLS**  
**HIGH SCHOOL PIZZA LINE FEBRUARY 2019**

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
|--|---|---|---|---|-----------|---------|---------|----------------|---------|-----------------|-------|-----------------|-------|---------------|--|--------------|--------|--------------|----------|---------|--------|------|----------------|------|-----------------|-------|-----------------|-------|---------------|--|-----------|--------|---------|----------|---------|--------|------|----------------|------|-----------------|-------|-----------------|-------|---------------|--|-----------|--------|---------|-----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|---------------|---|-----------|--------|---------|----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|---------------|
|  |   |   |   | Feb - 1<br><br>NO SCHOOL  |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
|  |   |   |   | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> </table> | Nutrients | Target  | Cals... | 0 0%           | Sodium. | 0 mg            | Prot  | 0.0g 0.0%Cal    | Carb  | 0.0g 0.0%Cal  | T.Fat  | 0.0g 0.0%Cal | S.Fat  | 0.0g 0.0%Cal |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 0 0%  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 0 mg  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 0.0g 0.0%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 0.0g 0.0%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 0.0g 0.0%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 0.0g 0.0%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Feb - 4<br><br>Pizza WG Pepperoni/Chees<br>Caesar Salad w Ranch Dres<br>Peas<br>CANTALOUPE<br>Blueberry Shortcake<br>Sherbet, Luigi's , Orange<br>MILK - Variety   | Feb - 5<br><br>Pizza, White CA WG<br>Potatoes, Red Roasted<br>Green Beans w Garlic<br>Apricot Cup<br>APPLE CRISP<br>Grapes, Fresh<br>MILK - Variety                                 | Feb - 6<br><br>Pizza WG Pepperoni/Chees<br>Broccoli, Parmesan<br>Corn<br>Red & Orange Peppers<br>Strawberries & Bananas<br>Mandarin Oranges<br>MILK - Variety | Feb - 7<br><br>French WG Bread Cheesy/P<br>Baked Fries<br>ketchup, indiv 7 grams<br>Carrots Honey Coins<br>Pears, Sliced<br>Jello w Fruit Mix<br>MILK - Variety                           | Feb - 8<br><br>Pizza WG Peppero/Che Flat<br>Baked Beans<br>CORN COBBETT<br>Peaches<br>HONEYDEW MELON<br>CRACKERS, CHEDDAR FISH<br>MILK - Variety  |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1133 133%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1348 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">64.6g 22.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">159.0g 56.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.8*g 21.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.7*g 7.7%Cal</td> </tr> </table> | Nutrients   | Target  | Cals...   | 1133 133%   | Sodium.   | 1348 mg | Prot    | 64.6g 22.8%Cal | Carb    | 159.0g 56.2%Cal | T.Fat | 26.8*g 21.3%Cal | S.Fat | 9.7*g 7.7%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">874 103%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">850 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.8g 17.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">119.2g 54.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.6*g 28.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.1*g 8.3%Cal</td> </tr> </table> | Nutrients    | Target | Cals...      | 874 103% | Sodium. | 850 mg | Prot | 37.8g 17.3%Cal | Carb | 119.2g 54.5%Cal | T.Fat | 27.6*g 28.4%Cal | S.Fat | 8.1*g 8.3%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">785 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">905 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.1g 23.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">123.5g 62.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.4*g 16.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.8*g 7.8%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 785 100% | Sodium. | 905 mg | Prot | 46.1g 23.5%Cal | Carb | 123.5g 62.9%Cal | T.Fat | 14.4*g 16.5%Cal | S.Fat | 6.8*g 7.8%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1007 118%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1357 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.5g 15.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">154.8g 61.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.8*g 18.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.5*g 8.4%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 1007 118% | Sodium. | 1357 mg | Prot | 38.5g 15.3%Cal | Carb | 154.8g 61.5%Cal | T.Fat | 20.8*g 18.6%Cal | S.Fat | 9.5*g 8.4%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">937 110%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1753 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.2g 19.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">147.6g 63.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">21.8*g 20.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.0*g 7.7%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 937 110% | Sodium. | 1753 mg | Prot | 46.2g 19.7%Cal | Carb | 147.6g 63.0%Cal | T.Fat | 21.8*g 20.9%Cal | S.Fat | 8.0*g 7.7%Cal |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 1133 133%   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 1348 mg   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 64.6g 22.8%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 159.0g 56.2%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 26.8*g 21.3%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 9.7*g 7.7%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 874 103%  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 850 mg  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 37.8g 17.3%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 119.2g 54.5%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 27.6*g 28.4%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 8.1*g 8.3%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 785 100%  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 905 mg  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 46.1g 23.5%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 123.5g 62.9%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 14.4*g 16.5%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 6.8*g 7.8%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 1007 118%   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 1357 mg   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 38.5g 15.3%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 154.8g 61.5%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 20.8*g 18.6%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 9.5*g 8.4%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Nutrients  | Target  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Cals...  | 937 110%  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Sodium.  | 1753 mg   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Prot   | 46.2g 19.7%Cal  |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Carb   | 147.6g 63.0%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| T.Fat  | 21.8*g 20.9%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| S.Fat  | 8.0*g 7.7%Cal   |   |   |   |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |
| Feb - 11<br><br>Pizza WG Pepperoni/Chees<br>Potato Rounds<br>ketchup, indiv 7 grams<br>Carrots Honey Coins<br>Grapes, Fresh<br>KIWI<br>ROYAL BROWNIES<br>MILK - Variety  | Feb - 12<br><br>Pizza WG Peppero/Che Flat<br>Rice, Spanish WG<br>Refried Beans<br>Broccoli, Parmesan<br>Red & Orange Peppers<br>Mandarin Oranges<br>Pears, Sliced<br>MILK - Variety | Feb - 13<br><br>Pizza, Sausage/Cheese CA<br>Caesar Salad w Ranch Dres<br>Peas<br>FRUIT COCKTAIL<br>PEACH CRISP<br>Sherbet, Luigi's , Orange<br>MILK - Variety | Feb - 14<br><br>French WG Bread Cheesy/P<br>Baked Fries<br>ketchup, indiv 7 grams<br>Red & Orange Peppers<br>Strawberries<br>Pears, Sliced<br>Valentine's Day SideKicks<br>MILK - Variety | Feb - 15<br><br>Pizza WG Pepperoni/Chees<br>Corn<br>Cucumber Slices<br>Ranch Dip, FF<br>Grapes, Fresh<br>Pineapple Tidbits<br>Yogurt<br>MILK - Variety  |           |         |         |                |         |                 |       |                 |       |               |  |              |        |              |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |          |         |        |      |                |      |                 |       |                 |       |               |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |               |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |               |

**\*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.

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL PIZZA LINE FEBRUARY 2019

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
|---|---|---|---|---|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|-----------------|---|-----------|--------|---------|-----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|----------------|--|-----------|--------|---------|-----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|-----------------|---|-----------|--------|---------|----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|-----------------|---|-----------|--------|---------|----------|---------|---------|------|----------------|------|-----------------|-------|-----------------|-------|-----------------|
| <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>875 103%</td></tr> <tr><td>Sodium.</td><td>1380 mg</td></tr> <tr><td>Prot</td><td>40.0g 18.3%Cal</td></tr> <tr><td>Carb</td><td>123.8g 56.6%Cal</td></tr> <tr><td>T.Fat</td><td>25.4*g 26.1%Cal</td></tr> <tr><td>S.Fat</td><td>10.2*g 10.5%Cal</td></tr> </table> | Nutrients   | Target  | Cals...   | 875 103%  | Sodium. | 1380 mg | Prot | 40.0g 18.3%Cal | Carb | 123.8g 56.6%Cal | T.Fat | 25.4*g 26.1%Cal | S.Fat | 10.2*g 10.5%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>948 112%</td></tr> <tr><td>Sodium.</td><td>1651 mg</td></tr> <tr><td>Prot</td><td>49.2g 20.8%Cal</td></tr> <tr><td>Carb</td><td>146.4g 61.8%Cal</td></tr> <tr><td>T.Fat</td><td>19.3*g 18.3%Cal</td></tr> <tr><td>S.Fat</td><td>7.7*g 7.3%Cal</td></tr> </table>   | Nutrients | Target | Cals... | 948 112%  | Sodium. | 1651 mg | Prot | 49.2g 20.8%Cal | Carb | 146.4g 61.8%Cal | T.Fat | 19.3*g 18.3%Cal | S.Fat | 7.7*g 7.3%Cal  | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>953 112%</td></tr> <tr><td>Sodium.</td><td>1182 mg</td></tr> <tr><td>Prot</td><td>41.6g 17.5%Cal</td></tr> <tr><td>Carb</td><td>149.5g 62.7%Cal</td></tr> <tr><td>T.Fat</td><td>23.7*g 22.3%Cal</td></tr> <tr><td>S.Fat</td><td>12.8*g 12.1%Cal</td></tr> </table>  | Nutrients | Target | Cals... | 953 112%  | Sodium. | 1182 mg | Prot | 41.6g 17.5%Cal | Carb | 149.5g 62.7%Cal | T.Fat | 23.7*g 22.3%Cal | S.Fat | 12.8*g 12.1%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>859 101%</td></tr> <tr><td>Sodium.</td><td>1243 mg</td></tr> <tr><td>Prot</td><td>36.4g 16.9%Cal</td></tr> <tr><td>Carb</td><td>139.5g 65.0%Cal</td></tr> <tr><td>T.Fat</td><td>18.2*g 19.1%Cal</td></tr> <tr><td>S.Fat</td><td>7.7*g 8.1%Cal</td></tr> </table>   | Nutrients | Target | Cals... | 859 101% | Sodium. | 1243 mg | Prot | 36.4g 16.9%Cal | Carb | 139.5g 65.0%Cal | T.Fat | 18.2*g 19.1%Cal | S.Fat | 7.7*g 8.1%Cal   | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>730 97%</td></tr> <tr><td>Sodium.</td><td>1050 mg</td></tr> <tr><td>Prot</td><td>42.0g 23.0%Cal</td></tr> <tr><td>Carb</td><td>111.8g 61.3%Cal</td></tr> <tr><td>T.Fat</td><td>12.8*g 15.7%Cal</td></tr> <tr><td>S.Fat</td><td>6.3*g 7.8%Cal</td></tr> </table>    | Nutrients | Target | Cals... | 730 97%  | Sodium. | 1050 mg | Prot | 42.0g 23.0%Cal | Carb | 111.8g 61.3%Cal | T.Fat | 12.8*g 15.7%Cal | S.Fat | 6.3*g 7.8%Cal   |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 875 103%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1380 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 40.0g 18.3%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 123.8g 56.6%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 25.4*g 26.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 10.2*g 10.5%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 948 112%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1651 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 49.2g 20.8%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 146.4g 61.8%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 19.3*g 18.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 7.7*g 7.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 953 112%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1182 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 41.6g 17.5%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 149.5g 62.7%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 23.7*g 22.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 12.8*g 12.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 859 101%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1243 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 36.4g 16.9%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 139.5g 65.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 18.2*g 19.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 7.7*g 8.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 730 97%   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1050 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 42.0g 23.0%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 111.8g 61.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 12.8*g 15.7%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 6.3*g 7.8%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Feb - 18<br><br>NO SCHOOL   | Feb - 19<br><br>Pizza WG Pepperoni/Chees<br>Broccoli, Parmesan<br>Carrots Honey Coins<br>Peaches<br>HONEYDEW MELON<br>Pudding, Chocolate<br>MILK - Variety              | Feb - 20<br><br>Pizza, Buffalo<br>Potatoes, Diced Hashbrown<br>Tomatoes, Parm Baked<br>Apples, Hot/Cinnamon<br>Orange Slices<br>SUNFLOWER SEEDS<br>MILK - Variety | Feb - 21<br><br>Pizza WG Pepperoni/Chees<br>Rice, Spanish WG<br>Refried Beans<br>Corn<br>BLUEBERRY TARTW/WHIPP<br>CANTALOUPE<br>MILK - Variety  | Feb - 22<br><br>Pizza WG Pepperoni/Che Flat<br>Cheesy Potatoes<br>Green Beans w Garlic<br>Pears, Sliced<br>Strawberries & Bananas<br>MILK - Variety |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>0 0%</td></tr> <tr><td>Sodium.</td><td>0 mg</td></tr> <tr><td>Prot</td><td>0.0g 0.0%Cal</td></tr> <tr><td>Carb</td><td>0.0g 0.0%Cal</td></tr> <tr><td>T.Fat</td><td>0.0*g 0.0%Cal</td></tr> <tr><td>S.Fat</td><td>0.0*g 0.0%Cal</td></tr> </table>                 | Nutrients   | Target  | Cals...   | 0 0%  | Sodium. | 0 mg    | Prot | 0.0g 0.0%Cal   | Carb | 0.0g 0.0%Cal    | T.Fat | 0.0*g 0.0%Cal   | S.Fat | 0.0*g 0.0%Cal   | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>799 100%</td></tr> <tr><td>Sodium.</td><td>1152 mg</td></tr> <tr><td>Prot</td><td>45.1g 22.6%Cal</td></tr> <tr><td>Carb</td><td>119.8g 60.0%Cal</td></tr> <tr><td>T.Fat</td><td>16.2*g 18.2%Cal</td></tr> <tr><td>S.Fat</td><td>8.4*g 9.4%Cal</td></tr> </table>   | Nutrients | Target | Cals... | 799 100%  | Sodium. | 1152 mg | Prot | 45.1g 22.6%Cal | Carb | 119.8g 60.0%Cal | T.Fat | 16.2*g 18.2%Cal | S.Fat | 8.4*g 9.4%Cal  | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>703 94%</td></tr> <tr><td>Sodium.</td><td>809 mg</td></tr> <tr><td>Prot</td><td>33.6g 19.1%Cal</td></tr> <tr><td>Carb</td><td>79.6g 45.3%Cal</td></tr> <tr><td>T.Fat</td><td>29.2*g 37.4%Cal</td></tr> <tr><td>S.Fat</td><td>7.6*g 9.7%Cal</td></tr> </table>       | Nutrients | Target | Cals... | 703 94%   | Sodium. | 809 mg  | Prot | 33.6g 19.1%Cal | Carb | 79.6g 45.3%Cal  | T.Fat | 29.2*g 37.4%Cal | S.Fat | 7.6*g 9.7%Cal   | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>986 116%</td></tr> <tr><td>Sodium.</td><td>1419 mg</td></tr> <tr><td>Prot</td><td>47.4g 19.2%Cal</td></tr> <tr><td>Carb</td><td>143.9g 58.4%Cal</td></tr> <tr><td>T.Fat</td><td>23.1*g 21.1%Cal</td></tr> <tr><td>S.Fat</td><td>7.6*g 6.9%Cal</td></tr> </table>   | Nutrients | Target | Cals... | 986 116% | Sodium. | 1419 mg | Prot | 47.4g 19.2%Cal | Carb | 143.9g 58.4%Cal | T.Fat | 23.1*g 21.1%Cal | S.Fat | 7.6*g 6.9%Cal   | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>883 104%</td></tr> <tr><td>Sodium.</td><td>1325 mg</td></tr> <tr><td>Prot</td><td>39.2g 17.7%Cal</td></tr> <tr><td>Carb</td><td>120.2g 54.4%Cal</td></tr> <tr><td>T.Fat</td><td>28.5*g 29.0%Cal</td></tr> <tr><td>S.Fat</td><td>12.3*g 12.5%Cal</td></tr> </table> | Nutrients | Target | Cals... | 883 104% | Sodium. | 1325 mg | Prot | 39.2g 17.7%Cal | Carb | 120.2g 54.4%Cal | T.Fat | 28.5*g 29.0%Cal | S.Fat | 12.3*g 12.5%Cal |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 0 0%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 0 mg  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 0.0g 0.0%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 0.0g 0.0%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 0.0*g 0.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 0.0*g 0.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 799 100%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1152 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 45.1g 22.6%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 119.8g 60.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 16.2*g 18.2%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 8.4*g 9.4%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 703 94%   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 809 mg  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 33.6g 19.1%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 79.6g 45.3%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 29.2*g 37.4%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 7.6*g 9.7%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 986 116%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1419 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 47.4g 19.2%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 143.9g 58.4%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 23.1*g 21.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 7.6*g 6.9%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 883 104%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1325 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 39.2g 17.7%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 120.2g 54.4%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 28.5*g 29.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 12.3*g 12.5%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Feb - 25<br><br>Pizza, White CA WG<br>Caesar Salad w Ranch Dres<br>Potatoes, Red Roasted<br>FRUIT COCKTAIL<br>Orange Slices<br>Yogurt<br>MILK - Variety   | Feb - 26<br><br>French WG Bread Cheesy/P<br>Potato Rounds<br>ketchup, indiv 7 grams<br>Green Beans w Garlic<br>Apricot Cup<br>KIWI<br>APPLESAUCE CAKE<br>MILK - Variety | Feb - 27<br><br>Pizza WG Pepperoni/Chees<br>Broccoli, Parmesan<br>Celery Sticks w Wow Butter<br>Strawberries & Bananas<br>Peaches<br>MILK - Variety               | Feb - 28<br><br>Pizza WG Pepperoni/Chees<br>Potato Baked<br>Margarine, cup, indiv.<br>Carrot Sticks<br>Ranch Dip, FF<br>Pears, Sliced<br>Cheesecake Blueberry Tart<br>Grapes, Fresh<br>MILK - Variety |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>849 100%</td></tr> <tr><td>Sodium.</td><td>1094 mg</td></tr> <tr><td>Prot</td><td>44.9g 21.1%Cal</td></tr> <tr><td>Carb</td><td>118.9g 56.0%Cal</td></tr> <tr><td>T.Fat</td><td>21.8*g 23.1%Cal</td></tr> <tr><td>S.Fat</td><td>8.1*g 8.6%Cal</td></tr> </table>   | Nutrients   | Target  | Cals...   | 849 100%  | Sodium. | 1094 mg | Prot | 44.9g 21.1%Cal | Carb | 118.9g 56.0%Cal | T.Fat | 21.8*g 23.1%Cal | S.Fat | 8.1*g 8.6%Cal   | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>1043 123%</td></tr> <tr><td>Sodium.</td><td>1736 mg</td></tr> <tr><td>Prot</td><td>41.5g 15.9%Cal</td></tr> <tr><td>Carb</td><td>151.9g 58.2%Cal</td></tr> <tr><td>T.Fat</td><td>33.2*g 28.6%Cal</td></tr> <tr><td>S.Fat</td><td>11.5*g 9.9%Cal</td></tr> </table> | Nutrients | Target | Cals... | 1043 123% | Sodium. | 1736 mg | Prot | 41.5g 15.9%Cal | Carb | 151.9g 58.2%Cal | T.Fat | 33.2*g 28.6%Cal | S.Fat | 11.5*g 9.9%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>1005 118%</td></tr> <tr><td>Sodium.</td><td>1125 mg</td></tr> <tr><td>Prot</td><td>53.2g 21.2%Cal</td></tr> <tr><td>Carb</td><td>117.0g 46.6%Cal</td></tr> <tr><td>T.Fat</td><td>36.1*g 32.3%Cal</td></tr> <tr><td>S.Fat</td><td>11.2*g 10.0%Cal</td></tr> </table> | Nutrients | Target | Cals... | 1005 118% | Sodium. | 1125 mg | Prot | 53.2g 21.2%Cal | Carb | 117.0g 46.6%Cal | T.Fat | 36.1*g 32.3%Cal | S.Fat | 11.2*g 10.0%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>973 114%</td></tr> <tr><td>Sodium.</td><td>1193 mg</td></tr> <tr><td>Prot</td><td>41.8g 17.2%Cal</td></tr> <tr><td>Carb</td><td>141.8g 58.3%Cal</td></tr> <tr><td>T.Fat</td><td>25.4*g 23.5%Cal</td></tr> <tr><td>S.Fat</td><td>10.8*g 10.0%Cal</td></tr> </table> | Nutrients | Target | Cals... | 973 114% | Sodium. | 1193 mg | Prot | 41.8g 17.2%Cal | Carb | 141.8g 58.3%Cal | T.Fat | 25.4*g 23.5%Cal | S.Fat | 10.8*g 10.0%Cal |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 849 100%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1094 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 44.9g 21.1%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 118.9g 56.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 21.8*g 23.1%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 8.1*g 8.6%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 1043 123%   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1736 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 41.5g 15.9%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 151.9g 58.2%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 33.2*g 28.6%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 11.5*g 9.9%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 1005 118%   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1125 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 53.2g 21.2%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 117.0g 46.6%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 36.1*g 32.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 11.2*g 10.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Nutrients   | Target  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Cals...   | 973 114%  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Sodium.   | 1193 mg   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Prot  | 41.8g 17.2%Cal  |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| Carb  | 141.8g 58.3%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| T.Fat   | 25.4*g 23.5%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |
| S.Fat   | 10.8*g 10.0%Cal   |   |   |   |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                |  |           |        |         |           |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |   |           |        |         |          |         |         |      |                |      |                 |       |                 |       |                 |

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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

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

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