

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
				Feb - 1 NO SCHOOL																																																																																																									
				<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">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 Cheeseburger WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Blueberry Shortcake KIWI Veg Fruit Bar Monday Midd MILK - Variety	Feb - 5 Chicken Nuggets Mashed Potatoes Green Beans w Garlic Apricot Cup Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Feb - 6 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Feb - 7 Pepperoni/Cheese WG Roll Broccoli, Parmesan Corn Strawberries & Bananas Veg Fruit Bar Thursday Mid MILK - Variety	Feb - 8 Macaroni and Cheese Fish WG Bun Baked Beans CORN COBBETT Peaches Veg Fruit Bar Friday Middle MILK - Variety																																																																																																									
<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1104</td> <td style="text-align: right;">158%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1094 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">55.6g</td> <td style="text-align: right;">20.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">136.0g</td> <td style="text-align: right;">49.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">38.5g</td> <td style="text-align: right;">31.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.0g</td> <td style="text-align: right;">10.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	1104	158%	Sodium.	1094 mg		Prot	55.6g	20.1%Cal	Carb	136.0g	49.2%Cal	T.Fat	38.5g	31.4%Cal	S.Fat	13.0g	10.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">794</td> <td style="text-align: right;">113%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1423 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.2g</td> <td style="text-align: right;">17.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">111.0g</td> <td style="text-align: right;">55.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.5g</td> <td style="text-align: right;">25.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.8g</td> <td style="text-align: right;">6.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	794	113%	Sodium.	1423 mg		Prot	34.2g	17.2%Cal	Carb	111.0g	55.9%Cal	T.Fat	22.5g	25.5%Cal	S.Fat	5.8g	6.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">799</td> <td style="text-align: right;">114%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1629 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">39.6g</td> <td style="text-align: right;">19.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">101.7g</td> <td style="text-align: right;">50.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.2g</td> <td style="text-align: right;">30.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.1g</td> <td style="text-align: right;">14.8%Cal</td> </tr> </table>	Nutrients		Target	Cals...	799	114%	Sodium.	1629 mg		Prot	39.6g	19.8%Cal	Carb	101.7g	50.9%Cal	T.Fat	27.2g	30.7%Cal	S.Fat	13.1g	14.8%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">889</td> <td style="text-align: right;">127%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1427 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.0g</td> <td style="text-align: right;">20.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">116.3g</td> <td style="text-align: right;">52.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.8g</td> <td style="text-align: right;">33.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">14.3g</td> <td style="text-align: right;">14.5%Cal</td> </tr> </table>	Nutrients		Target	Cals...	889	127%	Sodium.	1427 mg		Prot	46.0g	20.7%Cal	Carb	116.3g	52.3%Cal	T.Fat	32.8g	33.2%Cal	S.Fat	14.3g	14.5%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Nutrients</td> <td style="width: 20%;"></td> <td style="width: 20%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1162</td> <td style="text-align: right;">166%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1636 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">59.4g</td> <td style="text-align: right;">20.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">176.3g</td> <td style="text-align: right;">60.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.9g</td> <td style="text-align: right;">23.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.3g</td> <td style="text-align: right;">8.0%Cal</td> </tr> </table>	Nutrients		Target	Cals...	1162	166%	Sodium.	1636 mg		Prot	59.4g	20.4%Cal	Carb	176.3g	60.7%Cal	T.Fat	30.9g	23.9%Cal	S.Fat	10.3g	8.0%Cal
Nutrients		Target																																																																																																											
Cals...	1104	158%																																																																																																											
Sodium.	1094 mg																																																																																																												
Prot	55.6g	20.1%Cal																																																																																																											
Carb	136.0g	49.2%Cal																																																																																																											
T.Fat	38.5g	31.4%Cal																																																																																																											
S.Fat	13.0g	10.6%Cal																																																																																																											
Nutrients		Target																																																																																																											
Cals...	794	113%																																																																																																											
Sodium.	1423 mg																																																																																																												
Prot	34.2g	17.2%Cal																																																																																																											
Carb	111.0g	55.9%Cal																																																																																																											
T.Fat	22.5g	25.5%Cal																																																																																																											
S.Fat	5.8g	6.6%Cal																																																																																																											
Nutrients		Target																																																																																																											
Cals...	799	114%																																																																																																											
Sodium.	1629 mg																																																																																																												
Prot	39.6g	19.8%Cal																																																																																																											
Carb	101.7g	50.9%Cal																																																																																																											
T.Fat	27.2g	30.7%Cal																																																																																																											
S.Fat	13.1g	14.8%Cal																																																																																																											
Nutrients		Target																																																																																																											
Cals...	889	127%																																																																																																											
Sodium.	1427 mg																																																																																																												
Prot	46.0g	20.7%Cal																																																																																																											
Carb	116.3g	52.3%Cal																																																																																																											
T.Fat	32.8g	33.2%Cal																																																																																																											
S.Fat	14.3g	14.5%Cal																																																																																																											
Nutrients		Target																																																																																																											
Cals...	1162	166%																																																																																																											
Sodium.	1636 mg																																																																																																												
Prot	59.4g	20.4%Cal																																																																																																											
Carb	176.3g	60.7%Cal																																																																																																											
T.Fat	30.9g	23.9%Cal																																																																																																											
S.Fat	10.3g	8.0%Cal																																																																																																											
Feb - 11 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Grapes, Fresh Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Feb - 12 Chicken/Cheese Quesadilla Rice, Spanish WG Refried Beans Broccoli, Parmesan Mandarin Oranges Veg Fruit Bar Tuesday Midd MILK - Variety	Feb - 13 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas FRUIT COCKTAIL Hot Roll WG Veg Fruit Bar Wed Middle MILK - Variety	Feb - 14 Cheeseburger WG Bun Lettuce & Tomato Baked Fries Cucumber Slices Ranch Dip, FF Valentine's Day SideKicks Veg Fruit Bar Thursday Mid MILK - Variety	Feb - 15 BEEF VEGETABLE SOUP CRACKERS, SALTINE(4) Hot Dog WG bun with chili Creamy Cole Slaw Strawberry Cup Veg Fruit Bar Friday Middle 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

MIDDLE SCHOOL MAIN LINE FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>660 100%</td> </tr> <tr> <td>Sodium.</td> <td>707 mg</td> </tr> <tr> <td>Prot</td> <td>36.3g 22.0%Cal</td> </tr> <tr> <td>Carb</td> <td>92.3g 56.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td>16.9g 23.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.9g 6.6%Cal</td> </tr> </table>	Nutrients	Target	Cals...	660 100%	Sodium.	707 mg	Prot	36.3g 22.0%Cal	Carb	92.3g 56.0%Cal	T.Fat	16.9g 23.0%Cal	S.Fat	4.9g 6.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>762 109%</td> </tr> <tr> <td>Sodium.</td> <td>1284 mg</td> </tr> <tr> <td>Prot</td> <td>75.7g 39.8%Cal</td> </tr> <tr> <td>Carb</td> <td>119.0g 62.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>11.9*g 14.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.3*g 3.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	762 109%	Sodium.	1284 mg	Prot	75.7g 39.8%Cal	Carb	119.0g 62.5%Cal	T.Fat	11.9*g 14.1%Cal	S.Fat	3.3*g 3.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>890 127%</td> </tr> <tr> <td>Sodium.</td> <td>1356 mg</td> </tr> <tr> <td>Prot</td> <td>48.6g 21.8%Cal</td> </tr> <tr> <td>Carb</td> <td>128.7g 57.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td>21.6*g 21.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.9*g 7.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	890 127%	Sodium.	1356 mg	Prot	48.6g 21.8%Cal	Carb	128.7g 57.8%Cal	T.Fat	21.6*g 21.8%Cal	S.Fat	6.9*g 7.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>766 109%</td> </tr> <tr> <td>Sodium.</td> <td>946 mg</td> </tr> <tr> <td>Prot</td> <td>33.9g 17.7%Cal</td> </tr> <tr> <td>Carb</td> <td>94.5g 49.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td>28.0*g 32.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>11.4*g 13.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	766 109%	Sodium.	946 mg	Prot	33.9g 17.7%Cal	Carb	94.5g 49.3%Cal	T.Fat	28.0*g 32.9%Cal	S.Fat	11.4*g 13.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>703 100%</td> </tr> <tr> <td>Sodium.</td> <td>1541 mg</td> </tr> <tr> <td>Prot</td> <td>30.6g 17.4%Cal</td> </tr> <tr> <td>Carb</td> <td>85.9g 48.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>28.4*g 36.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.5*g 13.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	703 100%	Sodium.	1541 mg	Prot	30.6g 17.4%Cal	Carb	85.9g 48.9%Cal	T.Fat	28.4*g 36.4%Cal	S.Fat	10.5*g 13.4%Cal
Nutrients	Target																																																																									
Cals...	660 100%																																																																									
Sodium.	707 mg																																																																									
Prot	36.3g 22.0%Cal																																																																									
Carb	92.3g 56.0%Cal																																																																									
T.Fat	16.9g 23.0%Cal																																																																									
S.Fat	4.9g 6.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	762 109%																																																																									
Sodium.	1284 mg																																																																									
Prot	75.7g 39.8%Cal																																																																									
Carb	119.0g 62.5%Cal																																																																									
T.Fat	11.9*g 14.1%Cal																																																																									
S.Fat	3.3*g 3.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	890 127%																																																																									
Sodium.	1356 mg																																																																									
Prot	48.6g 21.8%Cal																																																																									
Carb	128.7g 57.8%Cal																																																																									
T.Fat	21.6*g 21.8%Cal																																																																									
S.Fat	6.9*g 7.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	766 109%																																																																									
Sodium.	946 mg																																																																									
Prot	33.9g 17.7%Cal																																																																									
Carb	94.5g 49.3%Cal																																																																									
T.Fat	28.0*g 32.9%Cal																																																																									
S.Fat	11.4*g 13.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	703 100%																																																																									
Sodium.	1541 mg																																																																									
Prot	30.6g 17.4%Cal																																																																									
Carb	85.9g 48.9%Cal																																																																									
T.Fat	28.4*g 36.4%Cal																																																																									
S.Fat	10.5*g 13.4%Cal																																																																									
Feb - 18 NO SCHOOL	Feb - 19 CHICKEN ALFREDO WITH A Broccoli, Parmesan Carrots Honey Coins Peaches Pudding, Chocolate Breadstick WG Veg Fruit Bar Tuesday Midd MILK - Variety	Feb - 20 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn BLUEBERRY TARTW/WHIPP Veg Fruit Bar Wed Middle MILK - Variety	Feb - 21 BREAKFAST FOR LUNCH SCRAMBLED EGGS Biscuits and Gravy Sausage Pattie Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Feb - 22 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Hot Roll WG Veg Fruit Bar Friday Middle MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">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 style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>947 135%</td> </tr> <tr> <td>Sodium.</td> <td>1493 mg</td> </tr> <tr> <td>Prot</td> <td>53.9g 22.8%Cal</td> </tr> <tr> <td>Carb</td> <td>155.6g 65.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>16.5*g 15.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td>7.0*g 6.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	947 135%	Sodium.	1493 mg	Prot	53.9g 22.8%Cal	Carb	155.6g 65.7%Cal	T.Fat	16.5*g 15.7%Cal	S.Fat	7.0*g 6.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>1119 160%</td> </tr> <tr> <td>Sodium.</td> <td>1431 mg</td> </tr> <tr> <td>Prot</td> <td>44.4g 15.9%Cal</td> </tr> <tr> <td>Carb</td> <td>152.3g 54.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>35.8*g 28.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td>8.9*g 7.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	1119 160%	Sodium.	1431 mg	Prot	44.4g 15.9%Cal	Carb	152.3g 54.5%Cal	T.Fat	35.8*g 28.8%Cal	S.Fat	8.9*g 7.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>925* 132%</td> </tr> <tr> <td>Sodium.</td> <td>1419* mg</td> </tr> <tr> <td>Prot</td> <td>30.2*g 13.0%Cal</td> </tr> <tr> <td>Carb</td> <td>134.4*g 58.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>43.8*g 42.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>19.5*g 19.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	925* 132%	Sodium.	1419* mg	Prot	30.2*g 13.0%Cal	Carb	134.4*g 58.1%Cal	T.Fat	43.8*g 42.6%Cal	S.Fat	19.5*g 19.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>805* 115%</td> </tr> <tr> <td>Sodium.</td> <td>791* mg</td> </tr> <tr> <td>Prot</td> <td>35.0*g 17.4%Cal</td> </tr> <tr> <td>Carb</td> <td>97.4*g 48.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>31.1*g 34.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.6*g 11.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	805* 115%	Sodium.	791* mg	Prot	35.0*g 17.4%Cal	Carb	97.4*g 48.4%Cal	T.Fat	31.1*g 34.7%Cal	S.Fat	10.6*g 11.8%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...	947 135%																																																																									
Sodium.	1493 mg																																																																									
Prot	53.9g 22.8%Cal																																																																									
Carb	155.6g 65.7%Cal																																																																									
T.Fat	16.5*g 15.7%Cal																																																																									
S.Fat	7.0*g 6.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1119 160%																																																																									
Sodium.	1431 mg																																																																									
Prot	44.4g 15.9%Cal																																																																									
Carb	152.3g 54.5%Cal																																																																									
T.Fat	35.8*g 28.8%Cal																																																																									
S.Fat	8.9*g 7.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	925* 132%																																																																									
Sodium.	1419* mg																																																																									
Prot	30.2*g 13.0%Cal																																																																									
Carb	134.4*g 58.1%Cal																																																																									
T.Fat	43.8*g 42.6%Cal																																																																									
S.Fat	19.5*g 19.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	805* 115%																																																																									
Sodium.	791* mg																																																																									
Prot	35.0*g 17.4%Cal																																																																									
Carb	97.4*g 48.4%Cal																																																																									
T.Fat	31.1*g 34.7%Cal																																																																									
S.Fat	10.6*g 11.8%Cal																																																																									
Feb - 25 Beef a Roni WG Caesar Salad w Ranch Dres Potatoes, Red Roasted FRUIT COCKTAIL Breadstick WG Veg Fruit Bar Monday Midd MILK - Variety	Feb - 26 TURKEY AND DRESSING S Mashed Potatoes Peas PEACHES CUP Hot Roll WG Veg Fruit Bar Tuesday Midd MILK - Variety	Feb - 27 Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Strawberries & Bananas Hot Roll WG Veg Fruit Bar Wed Middle MILK - Variety	Feb - 28 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Thursday Mid MILK - Variety																																																																							
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>851* 122%</td> </tr> <tr> <td>Sodium.</td> <td>1340* mg</td> </tr> <tr> <td>Prot</td> <td>44.4*g 20.9%Cal</td> </tr> <tr> <td>Carb</td> <td>122.5*g 57.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>23.0*g 24.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>7.6*g 8.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	851* 122%	Sodium.	1340* mg	Prot	44.4*g 20.9%Cal	Carb	122.5*g 57.5%Cal	T.Fat	23.0*g 24.3%Cal	S.Fat	7.6*g 8.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>771* 110%</td> </tr> <tr> <td>Sodium.</td> <td>1131* mg</td> </tr> <tr> <td>Prot</td> <td>38.8*g 20.2%Cal</td> </tr> <tr> <td>Carb</td> <td>109.5*g 56.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td>20.1*g 23.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.6*g 5.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	771* 110%	Sodium.	1131* mg	Prot	38.8*g 20.2%Cal	Carb	109.5*g 56.8%Cal	T.Fat	20.1*g 23.5%Cal	S.Fat	4.6*g 5.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>763* 109%</td> </tr> <tr> <td>Sodium.</td> <td>983* mg</td> </tr> <tr> <td>Prot</td> <td>46.5*g 24.4%Cal</td> </tr> <tr> <td>Carb</td> <td>108.5*g 56.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>19.5*g 23.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>9.5*g 11.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	763* 109%	Sodium.	983* mg	Prot	46.5*g 24.4%Cal	Carb	108.5*g 56.9%Cal	T.Fat	19.5*g 23.0%Cal	S.Fat	9.5*g 11.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>745* 106%</td> </tr> <tr> <td>Sodium.</td> <td>1490* mg</td> </tr> <tr> <td>Prot</td> <td>38.6*g 20.8%Cal</td> </tr> <tr> <td>Carb</td> <td>89.2*g 47.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>27.5*g 33.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>13.2*g 15.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	745* 106%	Sodium.	1490* mg	Prot	38.6*g 20.8%Cal	Carb	89.2*g 47.9%Cal	T.Fat	27.5*g 33.2%Cal	S.Fat	13.2*g 15.9%Cal															
Nutrients	Target																																																																									
Cals...	851* 122%																																																																									
Sodium.	1340* mg																																																																									
Prot	44.4*g 20.9%Cal																																																																									
Carb	122.5*g 57.5%Cal																																																																									
T.Fat	23.0*g 24.3%Cal																																																																									
S.Fat	7.6*g 8.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	771* 110%																																																																									
Sodium.	1131* mg																																																																									
Prot	38.8*g 20.2%Cal																																																																									
Carb	109.5*g 56.8%Cal																																																																									
T.Fat	20.1*g 23.5%Cal																																																																									
S.Fat	4.6*g 5.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	763* 109%																																																																									
Sodium.	983* mg																																																																									
Prot	46.5*g 24.4%Cal																																																																									
Carb	108.5*g 56.9%Cal																																																																									
T.Fat	19.5*g 23.0%Cal																																																																									
S.Fat	9.5*g 11.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	745* 106%																																																																									
Sodium.	1490* mg																																																																									
Prot	38.6*g 20.8%Cal																																																																									
Carb	89.2*g 47.9%Cal																																																																									
T.Fat	27.5*g 33.2%Cal																																																																									
S.Fat	13.2*g 15.9%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.