

# Millinocket School Department

002 - STEARNS JR/SR HIGH

STEARNS HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
<b>Jan - 3</b> ASIAN BAR w/Noodles/Rice1.7 GRILLED HOT DOG GREEN BEANS FRENCH FRIES	<b>Jan - 4</b> ITALIAN BEEF & MACARON CHEESY BREADSTICK STUFFED CRUST PIZZA Buffalo Chicken PIZZA PIZZA, BIG DADDY'S	<b>Jan - 5</b> PASTA BAR CHICKEN NUGGET MEAL	<b>Jan - 6</b> SHEPHERD'S PIE WHEAT ROLLS Hot Chicken & Gravy Sandwich CORN	<b>Jan - 7</b> Fish Sticks WG 6-1 oz STROMBOLI STROMBOLI w/Sauce 6-12 STUFFED CRUST PIZZA																																																																																																																																												
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">640 85%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">65* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1138 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.7* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.0* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">394.7* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3457* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">29.4* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">43.8*g 27.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">29.1g 18.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">98.7g 61.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.5g 23.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.3g 7.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	640 85%	Chol...	65* mg	Sodium.	1138 mg	Fiber..	9.7* g	Iron...	4.0* mg	Calcium	394.7* mg	Vit A	3457* IU	Vit C	29.4* mg	Sugar	43.8*g 27.4%Cal	Prot	29.1g 18.2%Cal	Carb	98.7g 61.7%Cal	T.Fat	16.5g 23.2%Cal	S.Fat	5.3g 7.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">577 77%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">45* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">892 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.3* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">526.9* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3372* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">20.8* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">41.5*g 28.8%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">27.2g 18.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.2g 57.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.8g 26.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.4g 10.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	577 77%	Chol...	45* mg	Sodium.	892 mg	Fiber..	7.3* g	Iron...	4.2* mg	Calcium	526.9* mg	Vit A	3372* IU	Vit C	20.8* mg	Sugar	41.5*g 28.8%Cal	Prot	27.2g 18.9%Cal	Carb	83.2g 57.7%Cal	T.Fat	16.8g 26.3%Cal	S.Fat	6.4g 10.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">652 87%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">57* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1044 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.7* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">389.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3529* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">99.0* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">43.9*g 26.9%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.2g 19.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">95.6g 58.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.0g 24.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.2g 7.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	652 87%	Chol...	57* mg	Sodium.	1044 mg	Fiber..	9.7* g	Iron...	5.2* mg	Calcium	389.1* mg	Vit A	3529* IU	Vit C	99.0* mg	Sugar	43.9*g 26.9%Cal	Prot	31.2g 19.1%Cal	Carb	95.6g 58.6%Cal	T.Fat	18.0g 24.8%Cal	S.Fat	5.2g 7.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">740 99%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">99* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">927 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.2* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.7* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">395.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3380* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">25.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">46.7*g 25.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.3g 23.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">99.0g 53.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">21.0g 25.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.8g 8.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	740 99%	Chol...	99* mg	Sodium.	927 mg	Fiber..	8.2* g	Iron...	4.7* mg	Calcium	395.1* mg	Vit A	3380* IU	Vit C	25.3* mg	Sugar	46.7*g 25.2%Cal	Prot	43.3g 23.4%Cal	Carb	99.0g 53.5%Cal	T.Fat	21.0g 25.5%Cal	S.Fat	6.8g 8.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">690 92%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">57* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1378 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.9* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.6* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">541.8* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3679* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">22.3* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">44.1*g 25.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.2g 18.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">99.3g 57.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.8g 27.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.6g 8.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	690 92%	Chol...	57* mg	Sodium.	1378 mg	Fiber..	7.9* g	Iron...	4.6* mg	Calcium	541.8* mg	Vit A	3679* IU	Vit C	22.3* mg	Sugar	44.1*g 25.6%Cal	Prot	32.2g 18.7%Cal	Carb	99.3g 57.6%Cal	T.Fat	20.8g 27.1%Cal	S.Fat	6.6g 8.7%Cal
Nutrients	Target																																																																																																																																															
Cals...	640 85%																																																																																																																																															
Chol...	65* mg																																																																																																																																															
Sodium.	1138 mg																																																																																																																																															
Fiber..	9.7* g																																																																																																																																															
Iron...	4.0* mg																																																																																																																																															
Calcium	394.7* mg																																																																																																																																															
Vit A	3457* IU																																																																																																																																															
Vit C	29.4* mg																																																																																																																																															
Sugar	43.8*g 27.4%Cal																																																																																																																																															
Prot	29.1g 18.2%Cal																																																																																																																																															
Carb	98.7g 61.7%Cal																																																																																																																																															
T.Fat	16.5g 23.2%Cal																																																																																																																																															
S.Fat	5.3g 7.4%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	577 77%																																																																																																																																															
Chol...	45* mg																																																																																																																																															
Sodium.	892 mg																																																																																																																																															
Fiber..	7.3* g																																																																																																																																															
Iron...	4.2* mg																																																																																																																																															
Calcium	526.9* mg																																																																																																																																															
Vit A	3372* IU																																																																																																																																															
Vit C	20.8* mg																																																																																																																																															
Sugar	41.5*g 28.8%Cal																																																																																																																																															
Prot	27.2g 18.9%Cal																																																																																																																																															
Carb	83.2g 57.7%Cal																																																																																																																																															
T.Fat	16.8g 26.3%Cal																																																																																																																																															
S.Fat	6.4g 10.0%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	652 87%																																																																																																																																															
Chol...	57* mg																																																																																																																																															
Sodium.	1044 mg																																																																																																																																															
Fiber..	9.7* g																																																																																																																																															
Iron...	5.2* mg																																																																																																																																															
Calcium	389.1* mg																																																																																																																																															
Vit A	3529* IU																																																																																																																																															
Vit C	99.0* mg																																																																																																																																															
Sugar	43.9*g 26.9%Cal																																																																																																																																															
Prot	31.2g 19.1%Cal																																																																																																																																															
Carb	95.6g 58.6%Cal																																																																																																																																															
T.Fat	18.0g 24.8%Cal																																																																																																																																															
S.Fat	5.2g 7.2%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	740 99%																																																																																																																																															
Chol...	99* mg																																																																																																																																															
Sodium.	927 mg																																																																																																																																															
Fiber..	8.2* g																																																																																																																																															
Iron...	4.7* mg																																																																																																																																															
Calcium	395.1* mg																																																																																																																																															
Vit A	3380* IU																																																																																																																																															
Vit C	25.3* mg																																																																																																																																															
Sugar	46.7*g 25.2%Cal																																																																																																																																															
Prot	43.3g 23.4%Cal																																																																																																																																															
Carb	99.0g 53.5%Cal																																																																																																																																															
T.Fat	21.0g 25.5%Cal																																																																																																																																															
S.Fat	6.8g 8.2%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	690 92%																																																																																																																																															
Chol...	57* mg																																																																																																																																															
Sodium.	1378 mg																																																																																																																																															
Fiber..	7.9* g																																																																																																																																															
Iron...	4.6* mg																																																																																																																																															
Calcium	541.8* mg																																																																																																																																															
Vit A	3679* IU																																																																																																																																															
Vit C	22.3* mg																																																																																																																																															
Sugar	44.1*g 25.6%Cal																																																																																																																																															
Prot	32.2g 18.7%Cal																																																																																																																																															
Carb	99.3g 57.6%Cal																																																																																																																																															
T.Fat	20.8g 27.1%Cal																																																																																																																																															
S.Fat	6.6g 8.7%Cal																																																																																																																																															
<b>Jan - 10</b> CHICKEN BURGER GRILLED BURGER advance pi GREEN BEANS FRENCH FRIES	<b>Jan - 11</b> TACO, 2 EACH STUFFED CRUST PIZZA PIZZA, BIG DADDY'S	<b>Jan - 12</b> PASTA BAR CHICKEN PARMESAN & PAS CHICKEN BURGER	<b>Jan - 13</b> DELI SANDWICH BAR MEATBALL SUB 6-12 CHOIC CORN	<b>Jan - 14</b> CINNAMON ROLLS SCRAMBLED EGGS STROMBOLI *VEGGIE CALZONE STROMBOLI w/Sauce 6-12 STUFFED CRUST PIZZA																																																																																																																																												
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">517 69%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">40* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">915 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.4* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.6* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">407.9* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3017* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">57.1* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">41.7*g 32.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">24.9g 19.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">79.1g 61.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">12.7g 22.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.6g 6.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	517 69%	Chol...	40* mg	Sodium.	915 mg	Fiber..	7.4* g	Iron...	3.6* mg	Calcium	407.9* mg	Vit A	3017* IU	Vit C	57.1* mg	Sugar	41.7*g 32.2%Cal	Prot	24.9g 19.3%Cal	Carb	79.1g 61.2%Cal	T.Fat	12.7g 22.2%Cal	S.Fat	3.6g 6.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">852 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">100* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1294 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.1* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">6.7* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">636.1* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4573* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">25.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">45.7*g 21.5%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.3g 19.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">102.3g 48.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.0g 33.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.5g 14.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	852 100%	Chol...	100* mg	Sodium.	1294 mg	Fiber..	11.1* g	Iron...	6.7* mg	Calcium	636.1* mg	Vit A	4573* IU	Vit C	25.6* mg	Sugar	45.7*g 21.5%Cal	Prot	42.3g 19.9%Cal	Carb	102.3g 48.0%Cal	T.Fat	32.0g 33.8%Cal	S.Fat	13.5g 14.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">653 87%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">46* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1079 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.0* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">410.4* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3606* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">72.5* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">45.0*g 27.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.1g 19.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">98.9g 60.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.1g 23.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.9g 6.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	653 87%	Chol...	46* mg	Sodium.	1079 mg	Fiber..	11.0* g	Iron...	5.2* mg	Calcium	410.4* mg	Vit A	3606* IU	Vit C	72.5* mg	Sugar	45.0*g 27.6%Cal	Prot	31.1g 19.1%Cal	Carb	98.9g 60.6%Cal	T.Fat	17.1g 23.5%Cal	S.Fat	4.9g 6.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">732 98%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">79* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1407 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.2* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.4* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">532.3* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3798* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">26.4* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">46.4*g 25.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.6g 21.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">92.4g 50.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.7g 30.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.6g 13.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	732 98%	Chol...	79* mg	Sodium.	1407 mg	Fiber..	8.2* g	Iron...	4.4* mg	Calcium	532.3* mg	Vit A	3798* IU	Vit C	26.4* mg	Sugar	46.4*g 25.4%Cal	Prot	38.6g 21.1%Cal	Carb	92.4g 50.5%Cal	T.Fat	24.7g 30.4%Cal	S.Fat	10.6g 13.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">673 90%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">102* mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1236 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.5* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.2* mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">516.9* mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">3628* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">21.4* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">46.1*g 27.4%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.2g 17.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">103.9g 61.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.5g 23.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.1g 8.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	673 90%	Chol...	102* mg	Sodium.	1236 mg	Fiber..	7.5* g	Iron...	4.2* mg	Calcium	516.9* mg	Vit A	3628* IU	Vit C	21.4* mg	Sugar	46.1*g 27.4%Cal	Prot	30.2g 17.9%Cal	Carb	103.9g 61.7%Cal	T.Fat	17.5g 23.5%Cal	S.Fat	6.1g 8.2%Cal
Nutrients	Target																																																																																																																																															
Cals...	517 69%																																																																																																																																															
Chol...	40* mg																																																																																																																																															
Sodium.	915 mg																																																																																																																																															
Fiber..	7.4* g																																																																																																																																															
Iron...	3.6* mg																																																																																																																																															
Calcium	407.9* mg																																																																																																																																															
Vit A	3017* IU																																																																																																																																															
Vit C	57.1* mg																																																																																																																																															
Sugar	41.7*g 32.2%Cal																																																																																																																																															
Prot	24.9g 19.3%Cal																																																																																																																																															
Carb	79.1g 61.2%Cal																																																																																																																																															
T.Fat	12.7g 22.2%Cal																																																																																																																																															
S.Fat	3.6g 6.2%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	852 100%																																																																																																																																															
Chol...	100* mg																																																																																																																																															
Sodium.	1294 mg																																																																																																																																															
Fiber..	11.1* g																																																																																																																																															
Iron...	6.7* mg																																																																																																																																															
Calcium	636.1* mg																																																																																																																																															
Vit A	4573* IU																																																																																																																																															
Vit C	25.6* mg																																																																																																																																															
Sugar	45.7*g 21.5%Cal																																																																																																																																															
Prot	42.3g 19.9%Cal																																																																																																																																															
Carb	102.3g 48.0%Cal																																																																																																																																															
T.Fat	32.0g 33.8%Cal																																																																																																																																															
S.Fat	13.5g 14.3%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	653 87%																																																																																																																																															
Chol...	46* mg																																																																																																																																															
Sodium.	1079 mg																																																																																																																																															
Fiber..	11.0* g																																																																																																																																															
Iron...	5.2* mg																																																																																																																																															
Calcium	410.4* mg																																																																																																																																															
Vit A	3606* IU																																																																																																																																															
Vit C	72.5* mg																																																																																																																																															
Sugar	45.0*g 27.6%Cal																																																																																																																																															
Prot	31.1g 19.1%Cal																																																																																																																																															
Carb	98.9g 60.6%Cal																																																																																																																																															
T.Fat	17.1g 23.5%Cal																																																																																																																																															
S.Fat	4.9g 6.8%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	732 98%																																																																																																																																															
Chol...	79* mg																																																																																																																																															
Sodium.	1407 mg																																																																																																																																															
Fiber..	8.2* g																																																																																																																																															
Iron...	4.4* mg																																																																																																																																															
Calcium	532.3* mg																																																																																																																																															
Vit A	3798* IU																																																																																																																																															
Vit C	26.4* mg																																																																																																																																															
Sugar	46.4*g 25.4%Cal																																																																																																																																															
Prot	38.6g 21.1%Cal																																																																																																																																															
Carb	92.4g 50.5%Cal																																																																																																																																															
T.Fat	24.7g 30.4%Cal																																																																																																																																															
S.Fat	10.6g 13.0%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	673 90%																																																																																																																																															
Chol...	102* mg																																																																																																																																															
Sodium.	1236 mg																																																																																																																																															
Fiber..	7.5* g																																																																																																																																															
Iron...	4.2* mg																																																																																																																																															
Calcium	516.9* mg																																																																																																																																															
Vit A	3628* IU																																																																																																																																															
Vit C	21.4* mg																																																																																																																																															
Sugar	46.1*g 27.4%Cal																																																																																																																																															
Prot	30.2g 17.9%Cal																																																																																																																																															
Carb	103.9g 61.7%Cal																																																																																																																																															
T.Fat	17.5g 23.5%Cal																																																																																																																																															
S.Fat	6.1g 8.2%Cal																																																																																																																																															

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

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

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

Millinocket School Department  
002 - STEARNS JR/SR HIGH  
STEARNS HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Jan - 17	Jan - 18 BREAKFAST PIZZA W/EGG, HAM & CHEESE Buffalo Chicken PIZZA MOZZARELLA STICK 6" WG	Jan - 19 PASTA BAR BREADSTICKS POPCORN CHICKEN Gold Ki	Jan - 20 DELI SANDWICH BAR GRILLED HOT DOG CAESAR SALAD w/CHICKEN POTATO PUFFS	Jan - 21 TUNA ROLL TOMATO SOUP STROMBOLI STROMBOLI w/Sauce 6-12 STUFFED CRUST PIZZA																																																																																																																																												
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">570 76%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">91* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">900 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">7.4* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">2.8* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">533.9* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3562* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">20.6* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">40.8*g 28.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">29.3g 20.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">83.9g 58.8%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">14.8g 23.4%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">6.4g 10.1%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	570 76%	Chol...	91* mg	Sodium.	900 mg	Fiber..	7.4* g	Iron...	2.8* mg	Calcium	533.9* mg	Vit A	3562* IU	Vit C	20.6* mg	Sugar	40.8*g 28.6%Cal	Prot	29.3g 20.5%Cal	Carb	83.9g 58.8%Cal	T.Fat	14.8g 23.4%Cal	S.Fat	6.4g 10.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">621 83%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">55* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">968 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">9.7* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.2* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">374.8* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3586* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">25.1* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">43.9*g 28.3%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">28.8g 18.6%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">89.1g 57.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">18.6g 27.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.5g 8.0%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	621 83%	Chol...	55* mg	Sodium.	968 mg	Fiber..	9.7* g	Iron...	5.2* mg	Calcium	374.8* mg	Vit A	3586* IU	Vit C	25.1* mg	Sugar	43.9*g 28.3%Cal	Prot	28.8g 18.6%Cal	Carb	89.1g 57.5%Cal	T.Fat	18.6g 27.0%Cal	S.Fat	5.5g 8.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">754 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">74* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1878 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">8.8* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.0* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">557.2* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3640* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">27.4* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">46.6*g 24.7%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">31.8g 16.9%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">102.1g 54.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">25.4g 30.4%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">8.3g 9.9%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	754 100%	Chol...	74* mg	Sodium.	1878 mg	Fiber..	8.8* g	Iron...	4.0* mg	Calcium	557.2* mg	Vit A	3640* IU	Vit C	27.4* mg	Sugar	46.6*g 24.7%Cal	Prot	31.8g 16.9%Cal	Carb	102.1g 54.2%Cal	T.Fat	25.4g 30.4%Cal	S.Fat	8.3g 9.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">733 98%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">54* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1545 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">9.2* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.7* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">550.6* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3883* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">26.0* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">44.4*g 24.2%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">33.7g 18.4%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">107.5g 58.7%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">21.0g 25.7%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.7g 9.5%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	733 98%	Chol...	54* mg	Sodium.	1545 mg	Fiber..	9.2* g	Iron...	4.7* mg	Calcium	550.6* mg	Vit A	3883* IU	Vit C	26.0* mg	Sugar	44.4*g 24.2%Cal	Prot	33.7g 18.4%Cal	Carb	107.5g 58.7%Cal	T.Fat	21.0g 25.7%Cal	S.Fat	7.7g 9.5%Cal																												
Nutrients	Target																																																																																																																																															
Cals...	570 76%																																																																																																																																															
Chol...	91* mg																																																																																																																																															
Sodium.	900 mg																																																																																																																																															
Fiber..	7.4* g																																																																																																																																															
Iron...	2.8* mg																																																																																																																																															
Calcium	533.9* mg																																																																																																																																															
Vit A	3562* IU																																																																																																																																															
Vit C	20.6* mg																																																																																																																																															
Sugar	40.8*g 28.6%Cal																																																																																																																																															
Prot	29.3g 20.5%Cal																																																																																																																																															
Carb	83.9g 58.8%Cal																																																																																																																																															
T.Fat	14.8g 23.4%Cal																																																																																																																																															
S.Fat	6.4g 10.1%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	621 83%																																																																																																																																															
Chol...	55* mg																																																																																																																																															
Sodium.	968 mg																																																																																																																																															
Fiber..	9.7* g																																																																																																																																															
Iron...	5.2* mg																																																																																																																																															
Calcium	374.8* mg																																																																																																																																															
Vit A	3586* IU																																																																																																																																															
Vit C	25.1* mg																																																																																																																																															
Sugar	43.9*g 28.3%Cal																																																																																																																																															
Prot	28.8g 18.6%Cal																																																																																																																																															
Carb	89.1g 57.5%Cal																																																																																																																																															
T.Fat	18.6g 27.0%Cal																																																																																																																																															
S.Fat	5.5g 8.0%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	754 100%																																																																																																																																															
Chol...	74* mg																																																																																																																																															
Sodium.	1878 mg																																																																																																																																															
Fiber..	8.8* g																																																																																																																																															
Iron...	4.0* mg																																																																																																																																															
Calcium	557.2* mg																																																																																																																																															
Vit A	3640* IU																																																																																																																																															
Vit C	27.4* mg																																																																																																																																															
Sugar	46.6*g 24.7%Cal																																																																																																																																															
Prot	31.8g 16.9%Cal																																																																																																																																															
Carb	102.1g 54.2%Cal																																																																																																																																															
T.Fat	25.4g 30.4%Cal																																																																																																																																															
S.Fat	8.3g 9.9%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	733 98%																																																																																																																																															
Chol...	54* mg																																																																																																																																															
Sodium.	1545 mg																																																																																																																																															
Fiber..	9.2* g																																																																																																																																															
Iron...	4.7* mg																																																																																																																																															
Calcium	550.6* mg																																																																																																																																															
Vit A	3883* IU																																																																																																																																															
Vit C	26.0* mg																																																																																																																																															
Sugar	44.4*g 24.2%Cal																																																																																																																																															
Prot	33.7g 18.4%Cal																																																																																																																																															
Carb	107.5g 58.7%Cal																																																																																																																																															
T.Fat	21.0g 25.7%Cal																																																																																																																																															
S.Fat	7.7g 9.5%Cal																																																																																																																																															
Jan - 24 MAC AND CHEESE 1 1/4 cup POPCORN CHICKEN BROWN RICE BROCCOLI	Jan - 25 CHICKEN QUESSADILLA STUFFED CRUST PIZZA Buffalo Chicken PIZZA PIZZA, BIG DADDY'S	Jan - 26 PASTA BAR CHICKEN NUGGET MEAL	Jan - 27 HAMBURGER BBQ PORK ON A BUN New England Baked Beans FRENCH FRIES	Jan - 28 FRENCH TOAST STICKS PANCAKES W/SYRUP SCRAMBLED EGGS STROMBOLI *VEGGIE CALZONE STROMBOLI w/Sauce 6-12 STUFFED CRUST PIZZA																																																																																																																																												
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">739 99%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">71* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1309 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">8.5* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.0* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">688.4* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">4151* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">33.6* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">46.3*g 25.1%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">36.8g 19.9%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">96.2g 52.1%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">23.7g 28.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">9.3g 11.3%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	739 99%	Chol...	71* mg	Sodium.	1309 mg	Fiber..	8.5* g	Iron...	4.0* mg	Calcium	688.4* mg	Vit A	4151* IU	Vit C	33.6* mg	Sugar	46.3*g 25.1%Cal	Prot	36.8g 19.9%Cal	Carb	96.2g 52.1%Cal	T.Fat	23.7g 28.9%Cal	S.Fat	9.3g 11.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">624 83%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">57* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1232 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">8.5* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.1* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">559.9* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3506* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">21.3* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">41.4*g 26.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">30.7g 19.7%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">86.8g 55.7%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">18.5g 26.6%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.8g 11.3%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	624 83%	Chol...	57* mg	Sodium.	1232 mg	Fiber..	8.5* g	Iron...	4.1* mg	Calcium	559.9* mg	Vit A	3506* IU	Vit C	21.3* mg	Sugar	41.4*g 26.6%Cal	Prot	30.7g 19.7%Cal	Carb	86.8g 55.7%Cal	T.Fat	18.5g 26.6%Cal	S.Fat	7.8g 11.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">652 87%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">57* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1044 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">9.7* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.2* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">389.1* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3529* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">99.0* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">43.9*g 26.9%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">31.2g 19.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">95.6g 58.6%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">18.0g 24.8%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">5.2g 7.2%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	652 87%	Chol...	57* mg	Sodium.	1044 mg	Fiber..	9.7* g	Iron...	5.2* mg	Calcium	389.1* mg	Vit A	3529* IU	Vit C	99.0* mg	Sugar	43.9*g 26.9%Cal	Prot	31.2g 19.1%Cal	Carb	95.6g 58.6%Cal	T.Fat	18.0g 24.8%Cal	S.Fat	5.2g 7.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">874 103%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">115* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1390 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">11.8* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">8.2* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">469.6* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3640* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">24.4* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">51.4*g 23.5%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">52.7g 24.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">113.9g 52.1%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">23.2g 23.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">7.1g 7.3%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	874 103%	Chol...	115* mg	Sodium.	1390 mg	Fiber..	11.8* g	Iron...	8.2* mg	Calcium	469.6* mg	Vit A	3640* IU	Vit C	24.4* mg	Sugar	51.4*g 23.5%Cal	Prot	52.7g 24.1%Cal	Carb	113.9g 52.1%Cal	T.Fat	23.2g 23.9%Cal	S.Fat	7.1g 7.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">671 89%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">110* mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1181 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">7.7* g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">4.1* mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">533.3* mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">3649* IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">21.1* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">46.3*g 27.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">28.7g 17.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">101.4g 60.4%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">18.6g 24.9%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">6.2g 8.3%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	671 89%	Chol...	110* mg	Sodium.	1181 mg	Fiber..	7.7* g	Iron...	4.1* mg	Calcium	533.3* mg	Vit A	3649* IU	Vit C	21.1* mg	Sugar	46.3*g 27.6%Cal	Prot	28.7g 17.1%Cal	Carb	101.4g 60.4%Cal	T.Fat	18.6g 24.9%Cal	S.Fat	6.2g 8.3%Cal
Nutrients	Target																																																																																																																																															
Cals...	739 99%																																																																																																																																															
Chol...	71* mg																																																																																																																																															
Sodium.	1309 mg																																																																																																																																															
Fiber..	8.5* g																																																																																																																																															
Iron...	4.0* mg																																																																																																																																															
Calcium	688.4* mg																																																																																																																																															
Vit A	4151* IU																																																																																																																																															
Vit C	33.6* mg																																																																																																																																															
Sugar	46.3*g 25.1%Cal																																																																																																																																															
Prot	36.8g 19.9%Cal																																																																																																																																															
Carb	96.2g 52.1%Cal																																																																																																																																															
T.Fat	23.7g 28.9%Cal																																																																																																																																															
S.Fat	9.3g 11.3%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	624 83%																																																																																																																																															
Chol...	57* mg																																																																																																																																															
Sodium.	1232 mg																																																																																																																																															
Fiber..	8.5* g																																																																																																																																															
Iron...	4.1* mg																																																																																																																																															
Calcium	559.9* mg																																																																																																																																															
Vit A	3506* IU																																																																																																																																															
Vit C	21.3* mg																																																																																																																																															
Sugar	41.4*g 26.6%Cal																																																																																																																																															
Prot	30.7g 19.7%Cal																																																																																																																																															
Carb	86.8g 55.7%Cal																																																																																																																																															
T.Fat	18.5g 26.6%Cal																																																																																																																																															
S.Fat	7.8g 11.3%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	652 87%																																																																																																																																															
Chol...	57* mg																																																																																																																																															
Sodium.	1044 mg																																																																																																																																															
Fiber..	9.7* g																																																																																																																																															
Iron...	5.2* mg																																																																																																																																															
Calcium	389.1* mg																																																																																																																																															
Vit A	3529* IU																																																																																																																																															
Vit C	99.0* mg																																																																																																																																															
Sugar	43.9*g 26.9%Cal																																																																																																																																															
Prot	31.2g 19.1%Cal																																																																																																																																															
Carb	95.6g 58.6%Cal																																																																																																																																															
T.Fat	18.0g 24.8%Cal																																																																																																																																															
S.Fat	5.2g 7.2%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	874 103%																																																																																																																																															
Chol...	115* mg																																																																																																																																															
Sodium.	1390 mg																																																																																																																																															
Fiber..	11.8* g																																																																																																																																															
Iron...	8.2* mg																																																																																																																																															
Calcium	469.6* mg																																																																																																																																															
Vit A	3640* IU																																																																																																																																															
Vit C	24.4* mg																																																																																																																																															
Sugar	51.4*g 23.5%Cal																																																																																																																																															
Prot	52.7g 24.1%Cal																																																																																																																																															
Carb	113.9g 52.1%Cal																																																																																																																																															
T.Fat	23.2g 23.9%Cal																																																																																																																																															
S.Fat	7.1g 7.3%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	671 89%																																																																																																																																															
Chol...	110* mg																																																																																																																																															
Sodium.	1181 mg																																																																																																																																															
Fiber..	7.7* g																																																																																																																																															
Iron...	4.1* mg																																																																																																																																															
Calcium	533.3* mg																																																																																																																																															
Vit A	3649* IU																																																																																																																																															
Vit C	21.1* mg																																																																																																																																															
Sugar	46.3*g 27.6%Cal																																																																																																																																															
Prot	28.7g 17.1%Cal																																																																																																																																															
Carb	101.4g 60.4%Cal																																																																																																																																															
T.Fat	18.6g 24.9%Cal																																																																																																																																															
S.Fat	6.2g 8.3%Cal																																																																																																																																															

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

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