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|---|---|--|--|---|--|
|   |   | 1  | 2  | 3   | Avg Nutrients Target<br>Cals... 516 103%<br>Fiber.. 4.5* g<br>Calcium 327.4 mg<br>Sugar 10.9*g 8.5%Cal<br>Carb 91.8g 71.2%Cal<br>T.Fat 10.3g 18.0%Cal<br>S.Fat 4.4g 7.6%Cal  |
|   |   | Nutrients Target<br>Cals... 554 111%<br>Fiber.. 4.2* g<br>Calcium 319.6 mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 107.1g 77.3%Cal<br>T.Fat 8.3g 13.5%Cal<br>S.Fat 4.1g 6.7%Cal   | Nutrients Target<br>Cals... 442 100%<br>Fiber.. 4.6* g<br>Calcium 349.0 mg<br>Sugar 15.9*g 14.4%Cal<br>Carb 81.1g 73.4%Cal<br>T.Fat 5.8g 11.9%Cal<br>S.Fat 1.5g 3.0%Cal  | Nutrients Target<br>Cals... 552 110%<br>Fiber.. 4.7* g<br>Calcium 313.6 mg<br>Sugar 16.8*g 12.2%Cal<br>Carb 87.2g 63.2%Cal<br>T.Fat 16.8g 27.4%Cal<br>S.Fat 7.5g 12.2%Cal |  |
| 6   | 7   | 8  | 9  | 10  | Avg Nutrients Target<br>Cals... 467 100%<br>Fiber.. 4.0* g<br>Calcium 369.8 mg<br>Sugar 8.5*g 7.3%Cal<br>Carb 79.3g 68.0%Cal<br>T.Fat 9.7g 18.7%Cal<br>S.Fat 4.2g 8.0%Cal    |
| Nutrients Target<br>Cals... 403 100%<br>Fiber.. 5.1* g<br>Calcium 527.7 mg<br>Sugar 4.1*g 4.1%Cal<br>Carb 77.8g 77.1%Cal<br>T.Fat 3.8g 8.4%Cal<br>S.Fat 1.0g 2.1%Cal  | Nutrients Target<br>Cals... 372 100%<br>Fiber.. 3.1* g<br>Calcium 336.1 mg<br>Sugar 15.3*g 16.5%Cal<br>Carb 75.3g 80.9%Cal<br>T.Fat 2.8g 6.9%Cal<br>S.Fat 0.8g 1.9%Cal    | Nutrients Target<br>Cals... 519 104%<br>Fiber.. 3.2* g<br>Calcium 313.6 mg<br>Sugar 16.8*g 12.9%Cal<br>Carb 97.9g 75.4%Cal<br>T.Fat 8.1g 14.0%Cal<br>S.Fat 4.1g 7.1%Cal  | Nutrients Target<br>Cals... 523 105%<br>Fiber.. 3.7* g<br>Calcium 335.5 mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 68.9g 52.7%Cal<br>T.Fat 16.8g 28.9%Cal<br>S.Fat 7.5g 12.8%Cal  | Nutrients Target<br>Cals... 515 103%<br>Fiber.. 4.7* g<br>Calcium 336.1 mg<br>Sugar 6.3*g 4.9%Cal<br>Carb 76.6g 59.5%Cal<br>T.Fat 16.9g 29.5%Cal<br>S.Fat 7.5g 13.1%Cal   |  |
| 13  | 14  | 15   | 16   | 17  | Avg Nutrients Target<br>Cals... 446 100%<br>Fiber.. 3.9* g<br>Calcium 350.6 mg<br>Sugar 13.2*g 11.9%Cal<br>Carb 76.9g 69.0%Cal<br>T.Fat 8.6g 17.5%Cal<br>S.Fat 3.2g 6.5%Cal  |
| Nutrients Target<br>Cals... 249 71%<br>Fiber.. 5.1* g<br>Calcium 221.6 mg<br>Sugar 8.3*g 13.4%Cal<br>Carb 51.8g 83.3%Cal<br>T.Fat 3.0g 10.9%Cal<br>S.Fat 0.5g 1.8%Cal | Nutrients Target<br>Cals... 647 129%<br>Fiber.. 3.1* g<br>Calcium 516.9 mg<br>Sugar 16.1*g 10.0%Cal<br>Carb 112.7g 69.7%Cal<br>T.Fat 11.7g 16.3%Cal<br>S.Fat 3.2g 4.4%Cal | Nutrients Target<br>Cals... 276 79%<br>Fiber.. 2.1* g<br>Calcium 315.1 mg<br>Sugar 15.3*g 22.1%Cal<br>Carb 57.9g 83.9%Cal<br>T.Fat 0.9g 2.8%Cal<br>S.Fat 0.5g 1.6%Cal    | Nutrients Target<br>Cals... 503 101%<br>Fiber.. 4.7* g<br>Calcium 385.8 mg<br>Sugar 9.7*g 7.7%Cal<br>Carb 74.7g 59.4%Cal<br>T.Fat 10.8g 19.3%Cal<br>S.Fat 4.4g 7.9%Cal   | Nutrients Target<br>Cals... 552 110%<br>Fiber.. 4.7* g<br>Calcium 313.6 mg<br>Sugar 16.8*g 12.2%Cal<br>Carb 87.2g 63.2%Cal<br>T.Fat 16.8g 27.4%Cal<br>S.Fat 7.5g 12.2%Cal |  |
| 20  | 21  | 22   | 23   | 24  | Avg Nutrients Target<br>Cals... 481 100%<br>Fiber.. 4.1* g<br>Calcium 402.6 mg<br>Sugar 12.6*g 10.4%Cal<br>Carb 88.8g 73.8%Cal<br>T.Fat 6.7g 12.6%Cal<br>S.Fat 2.8g 5.3%Cal  |
| Nutrients Target<br>Cals... 401 100%<br>Fiber.. 5.1* g<br>Calcium 349.9 mg<br>Sugar 0.2*g 0.2%Cal<br>Carb 81.3g 81.1%Cal<br>T.Fat 2.8g 6.3%Cal<br>S.Fat 0.8g 1.8%Cal  | Nutrients Target<br>Cals... 458 100%<br>Fiber.. 2.3* g<br>Calcium 483.0 mg<br>Sugar 22.1*g 19.3%Cal<br>Carb 93.1g 81.4%Cal<br>T.Fat 1.9g 3.7%Cal<br>S.Fat 0.7g 1.4%Cal    | Nutrients Target<br>Cals... 619 124%<br>Fiber.. 4.5* g<br>Calcium 317.2 mg<br>Sugar 36.3*g 23.4%Cal<br>Carb 122.7g 79.3%Cal<br>T.Fat 8.5g 12.3%Cal<br>S.Fat 4.2g 6.1%Cal | Nutrients Target<br>Cals... 403 100%<br>Fiber.. 5.1* g<br>Calcium 527.7 mg<br>Sugar 4.1*g 4.1%Cal<br>Carb 77.8g 77.1%Cal<br>T.Fat 3.8g 8.4%Cal<br>S.Fat 1.0g 2.1%Cal     | Nutrients Target<br>Cals... 523 105%<br>Fiber.. 3.7* g<br>Calcium 335.5 mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 68.9g 52.7%Cal<br>T.Fat 16.8g 28.9%Cal<br>S.Fat 7.5g 12.8%Cal   |  |
| 27  | 28  | 29   | 30   | 31  | Avg Nutrients Target<br>Cals... 531 106%<br>Fiber.. 4.3* g<br>Calcium 337.5 mg<br>Sugar 14.8*g 11.2%Cal<br>Carb 85.4g 64.3%Cal<br>T.Fat 13.9g 23.6%Cal<br>S.Fat 5.8g 9.9%Cal |
|   | Nutrients Target<br>Cals... 522 104%<br>Fiber.. 4.1* g<br>Calcium 344.8 mg<br>Sugar 0.2*g 0.1%Cal<br>Carb 64.8g 49.7%Cal<br>T.Fat 19.8g 34.2%Cal<br>S.Fat 7.4g 12.8%Cal   | Nutrients Target<br>Cals... 519 104%<br>Fiber.. 3.2* g<br>Calcium 313.6 mg<br>Sugar 16.8*g 12.9%Cal<br>Carb 97.9g 75.4%Cal<br>T.Fat 8.1g 14.0%Cal<br>S.Fat 4.1g 7.1%Cal  | Nutrients Target<br>Cals... 530 106%<br>Fiber.. 5.1* g<br>Calcium 377.8 mg<br>Sugar 25.6*g 19.3%Cal<br>Carb 91.6g 69.1%Cal<br>T.Fat 10.9g 18.6%Cal<br>S.Fat 4.4g 7.5%Cal | Nutrients Target<br>Cals... 552 110%<br>Fiber.. 4.7* g<br>Calcium 313.6 mg<br>Sugar 16.8*g 12.2%Cal<br>Carb 87.2g 63.2%Cal<br>T.Fat 16.8g 27.4%Cal<br>S.Fat 7.5g 12.2%Cal |  |

# NUTRIENTS