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	2	3	4	5	6	Avg Nutrients Target Cals... 457 100% Chol... 23 mg Sodium. 431 mg Fiber.. 4.3* g Sugar 8.4*g 7.3%Cal Prot 13.1*g 11.5%Cal Carb 83.6g 73.1%Cal T.Fat 7.5g 14.8%Cal S.Fat 3.0g 5.8%Cal
	9	10	11	12	13	Avg Nutrients Target Cals... 596 119% Chol... 22 mg Sodium. 620 mg Fiber.. 5.4* g Sugar 26.6*g 17.8%Cal Prot 16.0*g 10.7%Cal Carb 111.5g 74.8%Cal T.Fat 12.3g 18.6%Cal S.Fat 2.1g 3.2%Cal
	16	17	18	19	20	Avg Nutrients Target Cals... 492 100% Chol... 46 mg Sodium. 474 mg Fiber.. 3.2* g Sugar 11.3*g 9.2%Cal Prot 12.5*g 10.2%Cal Carb 85.9g 69.8%Cal T.Fat 10.6g 19.3%Cal S.Fat 4.2g 7.7%Cal
	23	24	25	26	27	Avg Nutrients Target Cals... 440 100% Chol... 20 mg Sodium. 446 mg Fiber.. 3.9* g Sugar 9.9*g 9.0%Cal Prot 12.1*g 11.0%Cal Carb 79.5g 72.3%Cal T.Fat 8.1g 16.5%Cal S.Fat 3.5g 7.2%Cal
	30	31				Avg Nutrients Target Cals... 542 108% Chol... 14 mg Sodium. 560 mg Fiber.. 3.2* g Sugar 19.0*g 14.0%Cal Prot 16.3*g 12.1%Cal Carb 97.4g 71.9%Cal T.Fat 10.4g 17.2%Cal S.Fat 3.6g 5.9%Cal

NUTRIENTS