

SEPTEMBER

MILLPOND SCHOOL

		2	3	4	
		Nutrients Target Cals... 554 111% Chol... 28 mg Sodium, 523 mg Fiber... 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 442 100% Chol... 7 mg Sodium, 436 mg Fiber... 4.6* g Sugar 15.9*g 14.4%Cal Prot 15.0*g 13.6%Cal Carb 81.1g 73.4%Cal T.Fat 5.8g 11.9%Cal S.Fat 1.5g 3.0%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium, 484 mg Fiber... 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Avg Nutrients Target Cals... 504 101% Chol... 14 mg Sodium, 481 mg Fiber... 4.5* g Sugar 7.4*g 5.9%Cal Prot 13.8*g 11.0%Cal Carb 88.3g 70.1%Cal T.Fat 10.3g 18.5%Cal S.Fat 4.4g 7.8%Cal
7	8	9	10	11	
	Nutrients Target Cals... 653 131% Chol... 152 mg Sodium, 1066 mg Fiber... 4.1* g Sugar 15.3*g 9.4%Cal Prot 22.1*g 13.6%Cal Carb 114.8g 70.3%Cal T.Fat 11.6g 16.0%Cal S.Fat 3.2g 4.4%Cal	Nutrients Target Cals... 693 139% Chol... 12 mg Sodium, 796 mg Fiber... 9.0* g Sugar 35.2*g 20.3%Cal Prot 19.7*g 11.4%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%Cal	Nutrients Target Cals... 417 100% Chol... 56 mg Sodium, 374 mg Fiber... 2.7* g Sugar 25.0*g 23.9%Cal Prot 13.3*g 12.8%Cal Carb 83.1g 79.7%Cal T.Fat 3.8g 8.2%Cal S.Fat 1.0g 2.1%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium, 484 mg Fiber... 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Avg Nutrients Target Cals... 512 102% Chol... 51 mg Sodium, 638 mg Fiber... 5.2* g Sugar 17.9*g 14.0%Cal Prot 15.7*g 12.3%Cal Carb 92.6g 72.4%Cal T.Fat 9.7g 17.1%Cal S.Fat 2.9g 5.2%Cal
14	15	16	17	18	
Nutrients Target Cals... 576 115% Chol... 7 mg Sodium, 590 mg Fiber... 4.1* g Sugar 15.3*g 10.7%Cal Prot 15.0*g 10.4%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 554 111% Chol... 28 mg Sodium, 523 mg Fiber... 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 554 111% Chol... 28 mg Sodium, 523 mg Fiber... 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 399 100% Chol... 37 mg Sodium, 281 mg Fiber... 2.3* g Sugar 18.9*g 18.9%Cal Prot 12.8*g 12.8%Cal Carb 73.7g 73.8%Cal T.Fat 6.1g 13.8%Cal S.Fat 1.4g 3.1%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium, 484 mg Fiber... 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Avg Nutrients Target Cals... 487 100% Chol... 15 mg Sodium, 441 mg Fiber... 3.2* g Sugar 14.5*g 11.9%Cal Prot 13.3*g 11.0%Cal Carb 86.2g 70.9%Cal T.Fat 10.1g 18.7%Cal S.Fat 3.3g 6.1%Cal
21	22	23	24		
Nutrients Target Cals... 384 100% Chol... 20 mg Sodium, 353 mg Fiber... 5.1* g Sugar 4.4*g 4.6%Cal Prot 11.1*g 11.5%Cal Carb 78.1g 81.3%Cal T.Fat 2.8g 6.5%Cal S.Fat 0.8g 1.8%Cal	Nutrients Target Cals... 487 100% Chol... 175 mg Sodium, 618 mg Fiber... 1.1* g Sugar 16.1*g 13.2%Cal Prot 19.0*g 15.6%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 554 111% Chol... 28 mg Sodium, 523 mg Fiber... 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 545 109% Chol... 21 mg Sodium, 534 mg Fiber... 3.9* g Sugar 6.7*g 4.9%Cal Prot 17.6*g 12.9%Cal Carb 104.4g 76.6%Cal T.Fat 7.0g 11.5%Cal S.Fat 3.7g 6.1%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium, 484 mg Fiber... 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Avg Nutrients Target Cals... 497 100% Chol... 50 mg Sodium, 502 mg Fiber... 3.8* g Sugar 6.7*g 5.4%Cal Prot 14.9*g 12.0%Cal Carb 84.6g 68.1%Cal T.Fat 11.0g 19.9%Cal S.Fat 4.7g 8.5%Cal
28	29	30			
Nutrients Target Cals... 343 98% Chol... 27 mg Sodium, 483 mg Fiber... 5.7* g Sugar 7.9*g 9.2%Cal Prot 8.8*g 10.3%Cal Carb 62.9g 73.5%Cal T.Fat 5.9g 15.6%Cal S.Fat 1.6g 4.2%Cal	Nutrients Target Cals... 576 115% Chol... 7 mg Sodium, 590 mg Fiber... 4.1* g Sugar 15.3*g 10.7%Cal Prot 15.0*g 10.4%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 517 103% Chol... 28 mg Sodium, 520 mg Fiber... 2.6* g Sugar 16.1*g 12.5%Cal Prot 12.2*g 9.4%Cal Carb 96.6g 74.7%Cal T.Fat 8.2g 14.3%Cal S.Fat 4.1g 7.2%Cal			Avg Nutrients Target Cals... 479 100% Chol... 21 mg Sodium, 531 mg Fiber... 4.1* g Sugar 13.1*g 11.0%Cal Prot 12.0*g 10.0%Cal Carb 86.8g 72.6%Cal T.Fat 9.3g 17.6%Cal S.Fat 3.1g 5.8%Cal

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