DECEMBER

MILL POND SCHOOL

1 Nutrients Target Cals... 474 100% Chol... 145 mg Sodium. 897 mg Fiber.. 3.6* g Sugar 6.3*g 5.3%Cal Prot 13.8*g 11.7%Cal Carb 80.7g 68.0%Cal T.Fat 10.9g 20.7%Cal S.Fat 2.7g 5.2%Cal	2 NNutrients Target Cals... 449 100% Chol... 56 mg Sodium. 368 mg Fiber.. 5.1* g Sugar 8.3*g 7.4%Cal Prot 12.8*g 11.4%Cal Carb 89.9g 80.0%Cal T.Fat 3.8g 7.5%Cal S.Fat 1.0g 1.9%Cal	3 Nutrients Target Cals... 523 105% Chol... 28 mg Sodium. 525 mg Fiber.. 3.6* g Sugar 15.3*g 11.7%Cal Prot 12.0*g 9.1%Cal Carb 98.7g 75.4%Cal T.Fat 8.1g 13.9%Cal S.Fat 4.1g 7.1%Cal	4 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	5 NNutrients 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... 496 100% Chol... 48 mg Sodium. 551 mg Fiber.. 4.3* g Sugar 8.5*g 6.9%Cal Prot 13.5*g 10.9%Cal Carb 84.5g 68.2%Cal T.Fat 11.3g 20.5%Cal S.Fat 4.6g 8.3%Cal
8 Avg Nutrients Target Cals... 496 100% Chol... 48 mg Sodium. 551 mg Fiber.. 4.3* g Sugar 8.5*g 6.9%Cal Prot 13.5*g 10.9%Cal Carb 84.5g 68.2%Cal T.Fat 11.3g 20.5%Cal S.Fat 4.6g 8.3%Cal	9 Nutrients Target Cals... 3783 757% Chol... 944 mg Sodium. 3410 mg Fiber.. 5.3* g Sugar 71.4*g 7.6%Cal Prot 73.9*g 7.8%Cal Carb 165.4g 17.5%Cal T.Fat 321.4g 76.5%Cal S.Fat 188.3g 44.8%Cal	10 N Nutrients Target Cals... 503 101% Chol... 28 mg Sodium. 521 mg Fiber.. 2.9* g Sugar 0.2*g 0.1%Cal Prot 11.9*g 9.5%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	11 Nutrients Target Cals... 647 129% Chol... 152 mg Sodium. 1061 mg Fiber.. 3.1* g Sugar 16.1*g 10.0%Cal Prot 22.4*g 13.8%Cal Carb 112.7g 69.7%Cal T.Fat 11.7g 16.3%Cal S.Fat 3.2g 4.4%Cal	12 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... 1170 234% Chol... 230 mg Sodium. 1166 mg Fiber.. 4.2* g Sugar 18.8*g 6.4%Cal Prot 26.7*g 9.1%Cal Carb 105.9g 36.2%Cal T.Fat 72.2g 55.6%Cal S.Fat 40.8g 31.4%Cal
15 Nutrients Target Cals... 401 100% Chol... 56 mg Sodium. 371 mg Fiber.. 2.4* g Sugar 8.3*g 8.3%Cal Prot 13.0*g 13.0%Cal Carb 78.6g 78.5%Cal T.Fat 3.9g 8.7%Cal S.Fat 1.0g 2.2%Cal	16 Nutrients Target Cals... 401 100% Chol... 56 mg Sodium. 371 mg Fiber.. 2.4* g Sugar 8.3*g 8.3%Cal Prot 13.0*g 13.0%Cal Carb 78.6g 78.5%Cal T.Fat 3.9g 8.7%Cal S.Fat 1.0g 2.2%Cal	17 Nutrients Target Cals... 519 104% Chol... 28 mg Sodium. 525 mg Fiber.. 3.2* g Sugar 16.8*g 12.9%Cal Prot 12.3*g 9.5%Cal Carb 97.9g 75.4%Cal T.Fat 8.1g 14.0%Cal S.Fat 4.1g 7.1%Cal	18 Nutrients Target Cals... 484 100% Chol... 7 mg Sodium. 438 mg Fiber.. 6.1* g Sugar 24.3*g 20.1%Cal Prot 15.0*g 12.4%Cal Carb 92.6g 76.5%Cal T.Fat 5.8g 10.8%Cal S.Fat 1.5g 2.7%Cal	19 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... 461 100% Chol... 23 mg Sodium. 438 mg Fiber.. 3.6* g Sugar 12.0*g 10.4%Cal Prot 13.3*g 11.5%Cal Carb 82.8g 71.9%Cal T.Fat 7.5g 14.6%Cal S.Fat 3.0g 5.8%Cal
22 Nutrients Target Cals... 561 112% Chol... 145 mg Sodium. 919 mg Fiber.. 4.1* g Sugar 19.6*g 13.9%Cal Prot 13.4*g 9.6%Cal Carb 104.1g 74.2%Cal T.Fat 10.9g 17.5%Cal S.Fat 2.7g 4.4%Cal	23 utrients Target Cals... 415 100% Chol... 56 mg Sodium. 369 mg Fiber.. 2.1* g Sugar 24.3*g 23.4%Cal Prot 13.2*g 12.7%Cal Carb 81.8g 78.9%Cal T.Fat 3.9g 8.5%Cal S.Fat 1.0g 2.1%Cal	24	*25*	26	Avg Nutrients Target Cals... 488 100% Chol... 101 mg Sodium. 644 mg Fiber.. 3.1* g Sugar 21.9*g 18.0%Cal Prot 13.3*g 10.9%Cal Carb 92.9g 76.2%Cal T.Fat 7.4g 13.6%Cal S.Fat 1.9g 3.4%Cal
29	30	31			

NUTRIENTS