

SEPTEMBER

MILL POND SCHOOL

		2	3	4	Avg Nutrients Target
		Nutrients Target Cals... 670 103% Chol... 134* mg Sodium... 962 mg Fiber... 6.3* g Sugar 9.3*g 5.6%Cal Prot 30.0*g 17.9%Cal Carb 82.7g 49.4%Cal T.Fat 23.4g 31.4%Cal S.Fat 6.1g 8.2%Cal	Nutrients Target Cals... 663 102% Chol... 47* mg Sodium... 719 mg Fiber... 6.9* g Sugar 11.7*g 7.1%Cal Prot 25.5*g 15.4%Cal Carb 93.6g 56.5%Cal T.Fat 21.7g 29.5%Cal S.Fat 5.3g 7.1%Cal	Nutrients Target Cals... 567 94% Chol... 26* mg Sodium... 1209 mg Fiber... 4.7* g Sugar 12.8*g 9.1%Cal Prot 26.1*g 18.4%Cal Carb 80.7g 56.9%Cal T.Fat 16.0g 25.4%Cal S.Fat 3.6g 5.7%Cal	Cals... 633 100% Chol... 69* mg Sodium... 963 mg Fiber... 6.0* g Sugar 11.3*g 7.1%Cal Prot 27.2*g 17.2%Cal Carb 85.6g 54.1%Cal T.Fat 20.3g 28.9%Cal S.Fat 5.0g 7.1%Cal
7	8	9	10	11	Avg Nutrients Target
	Nutrients Target Cals... 384 64% Chol... 25* mg Sodium... 681 mg Fiber... 6.6* g Sugar 1.5*g 1.6%Cal Prot 8.5*g 8.9%Cal Carb 48.1g 50.1%Cal T.Fat 18.1g 42.4%Cal S.Fat 5.8g 13.5%Cal	Nutrients Target Cals... 569 95% Chol... 156* mg Sodium... 1019 mg Fiber... 10.0* g Sugar 21.3*g 15.0%Cal Prot 29.0*g 20.4%Cal Carb 79.3g 55.7%Cal T.Fat 14.6g 23.1%Cal S.Fat 4.8g 7.6%Cal	Nutrients Target Cals... 883 136% Chol... 148* mg Sodium... 1403 mg Fiber... 10.4* g Sugar 34.3*g 15.5%Cal Prot 43.0*g 19.5%Cal Carb 122.0g 55.3%Cal T.Fat 25.3g 25.8%Cal S.Fat 11.6g 11.8%Cal	Nutrients Target Cals... 606 100% Chol... 25* mg Sodium... 1102 mg Fiber... 5.5* g Sugar 28.2*g 18.6%Cal Prot 26.8*g 17.7%Cal Carb 90.8g 59.9%Cal T.Fat 16.6g 24.6%Cal S.Fat 5.6g 8.4%Cal	Cals... 652 100% Chol... 87* mg Sodium... 1092 mg Fiber... 8.2* g Sugar 18.6*g 11.4%Cal Prot 29.9*g 18.3%Cal Carb 87.9g 53.9%Cal T.Fat 20.7g 28.6%Cal S.Fat 7.3g 10.0%Cal
14	15	16	17	18	Avg Nutrients Target
Nutrients Target Cals... 498 83% Chol... 36* mg Sodium... 1181 mg Fiber... 3.0* g Sugar 1.0*g 0.8%Cal Prot 25.4*g 20.4%Cal Carb 59.0g 47.4%Cal T.Fat 19.3g 34.9%Cal S.Fat 7.5g 13.5%Cal	Nutrients Target Cals... 820 126% Chol... 61* mg Sodium... 958 mg Fiber... 13.3* g Sugar 20.6*g 10.0%Cal Prot 40.8*g 19.9%Cal Carb 126.4g 61.7%Cal T.Fat 19.1g 21.0%Cal S.Fat 4.2g 4.6%Cal	Nutrients Target Cals... 854 131% Chol... 28* mg Sodium... 1722 mg Fiber... 17.1* g Sugar 51.4*g 24.1%Cal Prot 29.0*g 13.6%Cal Carb 161.8g 75.8%Cal T.Fat 15.7g 16.6%Cal S.Fat 4.7g 5.0%Cal	Nutrients Target Cals... 587 98% Chol... 52* mg Sodium... 691 mg Fiber... 8.8* g Sugar 22.0*g 15.0%Cal Prot 31.8*g 21.7%Cal Carb 85.4g 58.2%Cal T.Fat 14.3g 22.0%Cal S.Fat 4.5g 6.9%Cal	Nutrients Target Cals... 709 109% Chol... 95* mg Sodium... 1427 mg Fiber... 12.2* g Sugar 3.2*g 1.8%Cal Prot 28.4*g 16.0%Cal Carb 101.9g 57.5%Cal T.Fat 22.9g 29.0%Cal S.Fat 5.2g 6.6%Cal	Cals... 693 107% Chol... 54* mg Sodium... 1196 mg Fiber... 10.9* g Sugar 19.6*g 11.3%Cal Prot 31.1*g 17.9%Cal Carb 106.9g 61.7%Cal T.Fat 18.3g 23.7%Cal S.Fat 5.2g 6.8%Cal
21	22	23	24	25	Avg Nutrients Target
Nutrients Target Cals... 663 102% Chol... 47* mg Sodium... 718 mg Fiber... 8.1* g Sugar 10.4*g 6.3%Cal Prot 25.9*g 15.6%Cal Carb 93.4g 56.4%Cal T.Fat 21.6g 29.4%Cal S.Fat 5.2g 7.1%Cal	Nutrients Target Cals... 681 105% Chol... 38* mg Sodium... 1118 mg Fiber... 16.0* g Sugar 25.5*g 15.0%Cal Prot 30.5*g 17.9%Cal Carb 104.1g 61.1%Cal T.Fat 17.2g 22.7%Cal S.Fat 5.8g 7.7%Cal	Nutrients Target Cals... 598 100% Chol... 174* mg Sodium... 922 mg Fiber... 4.8* g Sugar 16.8*g 11.3%Cal Prot 22.0*g 14.7%Cal Carb 72.5g 48.5%Cal T.Fat 24.2g 36.5%Cal S.Fat 8.0g 12.0%Cal	Nutrients Target Cals... 501 83% Chol... 44* mg Sodium... 592 mg Fiber... 7.7* g Sugar 9.9*g 7.9%Cal Prot 31.3*g 25.0%Cal Carb 85.4g 58.0%Cal T.Fat 10.3g 18.4%Cal S.Fat 2.4g 4.3%Cal	Nutrients Target Cals... 892 137% Chol... 58* mg Sodium... 1603 mg Fiber... 7.1* g Sugar 0.8*g 0.4%Cal Prot 34.6*g 15.5%Cal Carb 101.5g 45.5%Cal T.Fat 39.1g 39.5%Cal S.Fat 12.5g 12.6%Cal	Cals... 667 103% Chol... 72* mg Sodium... 990 mg Fiber... 8.7* g Sugar 12.7*g 7.6%Cal Prot 28.9*g 17.3%Cal Carb 88.8g 53.3%Cal T.Fat 22.5g 30.3%Cal S.Fat 6.8g 9.1%Cal
28	29	30			Avg Nutrients Target
Nutrients Target Cals... 710 109% Chol... 38* mg Sodium... 1300 mg Fiber... 8.2* g Sugar 8.0*g 4.5%Cal Prot 30.8*g 17.4%Cal Carb 124.8g 70.3%Cal T.Fat 12.5g 15.8%Cal S.Fat 7.2g 9.1%Cal	Nutrients Target Cals... 710 109% Chol... 38* mg Sodium... 1300 mg Fiber... 8.2* g Sugar 8.0*g 4.5%Cal Prot 30.8*g 17.4%Cal Carb 124.8g 70.3%Cal T.Fat 12.5g 15.8%Cal S.Fat 7.2g 9.1%Cal	Nutrients Target Cals... 665 102% Chol... 54* mg Sodium... 1052 mg Fiber... 4.6* g Sugar 16.3*g 9.8%Cal Prot 32.4*g 19.5%Cal Carb 81.4g 48.9%Cal T.Fat 24.6g 33.3%Cal S.Fat 6.9g 9.4%Cal			Cals... 744 115% Chol... 50* mg Sodium... 1296 mg Fiber... 9.5* g Sugar 9.1*g 4.9%Cal Prot 33.8*g 18.1%Cal Carb 107.1g 57.6%Cal T.Fat 20.5g 24.8%Cal S.Fat 7.1g 8.6%Cal

NUTRIENTS