

FEBRUARY

MILLPONDSCHOOLS

2	3	4	5	6	Avg Nutrients Target Cals... 609 100% Chol... 56* mg Sodium. 1003 mg Fiber.. 6.8* g Sugar 12.3*g 8.1%Cal Prot 27.2*g 17.9%Cal Carb 80.3g 52.8%Cal T.Fat 20.1g 29.8%Cal S.Fat 6.4g 9.5%Cal
Nutrients Target Cals... 843 130% Chol... 78* mg Sodium. 1242 mg Fiber.. 7.8* g Sugar 16.6*g 7.9%Cal Prot 41.6*g 19.7%Cal Carb 107.4g 51.0%Cal T.Fat 29.0g 30.9%Cal S.Fat 8.4g 9.0%Cal	Nutrients Target Cals... 560 93% Chol... 38* mg Sodium. 1112 mg Fiber.. 8.9* g Sugar 12.7*g 9.1%Cal Prot 25.2*g 18.0%Cal Carb 70.2g 50.1%Cal T.Fat 20.5g 32.9%Cal S.Fat 7.4g 12.0%Cal	Nutrients Target Cals... 566 94% Chol... 96* mg Sodium. 827 mg Fiber.. 6.2* g Sugar 5.4*g 3.8%Cal Prot 19.6*g 13.8%Cal Carb 69.9g 49.4%Cal T.Fat 22.1g 35.2%Cal S.Fat 7.4g 11.7%Cal	Nutrients Target Cals... 533 89% Chol... 44* mg Sodium. 721 mg Fiber.. 7.7* g Sugar 19.0*g 14.3%Cal Prot 23.0*g 17.2%Cal Carb 84.3g 63.2%Cal T.Fat 11.5g 19.3%Cal S.Fat 2.8g 4.8%Cal	Nutrients Target Cals... 541 90% Chol... 26* mg Sodium. 1114 mg Fiber.. 3.3* g Sugar 7.9*g 5.9%Cal Prot 26.7*g 19.7%Cal Carb 69.7g 51.6%Cal T.Fat 17.7g 29.4%Cal S.Fat 6.0g 9.9%Cal	
9	10	11	12	13	Avg Nutrients Target Cals... 628 100% Chol... 45* mg Sodium. 1172 mg Fiber.. 7.0* g Sugar 12.5*g 8.0%Cal Prot 28.8*g 18.4%Cal Carb 87.6g 55.8%Cal T.Fat 18.9g 27.0%Cal S.Fat 6.4g 9.1%Cal
Nutrients Target Cals... 444 74% Chol... 34* mg Sodium. 1410 mg Fiber.. 2.6* g Sugar 0.2*g 0.2%Cal Prot 24.7*g 22.2%Cal Carb 63.3g 57.0%Cal T.Fat 10.5g 21.4%Cal S.Fat 6.4g 12.9%Cal	Nutrients Target Cals... 653 100% Chol... 32* mg Sodium. 1089 mg Fiber.. 14.6* g Sugar 7.4*g 4.5%Cal Prot 29.2*g 17.9%Cal Carb 104.3g 63.9%Cal T.Fat 14.7g 20.3%Cal S.Fat 4.2g 5.7%Cal	Nutrients Target Cals... 531 88% Chol... 26* mg Sodium. 901 mg Fiber.. 7.7* g Sugar 22.8*g 17.2%Cal Prot 17.7*g 13.4%Cal Carb 88.3g 66.5%Cal T.Fat 12.2g 20.7%Cal S.Fat 4.0g 6.8%Cal	Nutrients Target Cals... 796 122% Chol... 97* mg Sodium. 1070 mg Fiber.. 5.0* g Sugar 18.3*g 9.2%Cal Prot 40.8*g 20.5%Cal Carb 85.1g 42.7%Cal T.Fat 33.6g 38.0%Cal S.Fat 11.1g 12.5%Cal	Nutrients Target Cals... 715 110% Chol... 36* mg Sodium. 1390 mg Fiber.. 5.2* g Sugar 13.7*g 7.7%Cal Prot 31.8*g 17.8%Cal Carb 96.9g 54.2%Cal T.Fat 23.2g 29.2%Cal S.Fat 6.2g 7.8%Cal	
16	17	18	19	20	
23	24	25	26	27	Avg Nutrients Target Cals... 639 100% Chol... 74* mg Sodium. 944 mg Fiber.. 8.4* g Sugar 13.7*g 8.6%Cal Prot 31.9*g 20.0%Cal Carb 85.0g 53.2%Cal T.Fat 20.3g 28.6%Cal S.Fat 6.4g 9.0%Cal
Nutrients Target Cals... 779 120% Chol... 98* mg Sodium. 1279 mg Fiber.. 7.3* g Sugar 19.5*g 10.0%Cal Prot 45.9*g 23.6%Cal Carb 104.6g 53.8%Cal T.Fat 20.8g 24.1%Cal S.Fat 9.1g 10.5%Cal	Nutrients Target Cals... 562 94% Chol... 37* mg Sodium. 949 mg Fiber.. 8.8* g Sugar 12.5*g 8.9%Cal Prot 26.7*g 19.0%Cal Carb 79.4g 56.5%Cal T.Fat 16.0g 25.7%Cal S.Fat 5.3g 8.6%Cal	Nutrients Target Cals... 582 97% Chol... 102* mg Sodium. 945 mg Fiber.. 4.0* g Sugar 16.4*g 11.3%Cal Prot 29.0*g 20.0%Cal Carb 65.6g 45.1%Cal T.Fat 22.2g 34.4%Cal S.Fat 5.9g 9.1%Cal	Nutrients Target Cals... 536 89% Chol... 43* mg Sodium. 561 mg Fiber.. 10.0* g Sugar 17.2*g 12.8%Cal Prot 30.5*g 22.8%Cal Carb 77.6g 57.9%Cal T.Fat 13.1g 22.0%Cal S.Fat 6.2g 10.4%Cal	Nutrients Target Cals... 736 113% Chol... 91* mg Sodium. 986 mg Fiber.. 12.1* g Sugar 3.0*g 1.6%Cal Prot 27.1*g 14.8%Cal Carb 97.5g 53.0%Cal T.Fat 29.3g 35.9%Cal S.Fat 5.7g 6.9%Cal	
26	27	28	29	30	

NUTRIENTS