

SEPTEMBER

HODGDON MIDDLE / HIGH SCHOOL

		2	3	4	Avg Nutrients Target Cals... 551 110% Chol... 14 mg Sodium. 485 mg Fiber.. 5.7* g Sugar 18.5*g 13.4%Cal Prot 14.3*g 10.4%Cal Carb 100.5g 73.0%Cal T.Fat 10.4g 17.0%Cal S.Fat 4.4g 7.1%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... 552 110% Chol... 7 mg Sodium. 448 mg Fiber.. 6.5* g Sugar 42.9*g 31.0%Cal Prot 15.8*g 11.4%Cal Carb 110.0g 79.7%Cal T.Fat 6.0g 9.7%Cal S.Fat 1.5g 2.4%Cal	Nutrients Target Cals... 546 109% Chol... 7 mg Sodium. 484 mg Fiber.. 6.3* g Sugar 12.4*g 9.1%Cal Prot 15.0*g 11.0%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
7	8	9	10	11	Avg Nutrients Target Cals... 588 118% Chol... 23 mg Sodium. 586 mg Fiber.. 6.3* g Sugar 32.4*g 22.1%Cal Prot 16.4*g 11.1%Cal Carb 111.4g 75.8%Cal T.Fat 10.3g 15.8%Cal S.Fat 3.1g 4.7%Cal
	Nutrients Target Cals... 694 139% Chol... 7 mg Sodium. 613 mg Fiber.. 6.1* g Sugar 34.7*g 20.0%Cal Prot 15.3*g 8.8%Cal Carb 132.1g 76.2%Cal T.Fat 13.9g 18.0%Cal S.Fat 3.5g 4.5%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%Ca	Nutrients Target Cals... 485 100% Chol... 56 mg Sodium. 381 mg Fiber.. 4.4* g Sugar 41.6*g 34.3%Cal Prot 13.9*g 11.5%Cal Carb 101.4g 83.6%Cal T.Fat 3.8g 7.1%Cal S.Fat 1.0g 1.8%Cal	Nutrients Target Cals... 546 109% Chol... 7 mg Sodium. 484 mg Fiber.. 6.3* g Sugar 12.4*g 9.1%Cal Prot 15.0*g 11.0%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
14	15	16	17	18	Avg Nutrients Target Cals... 462 100% Chol... 7 mg Sodium. 395 mg Fiber.. 4.0* g Sugar 21.8*g 18.9%Cal Prot 11.1*g 9.6%Cal Carb 86.4g 74.8%Cal T.Fat 8.8g 17.2%Cal S.Fat 3.0g 5.9%Cal
Nutrients Target Cals... 648 130% Chol... 7 mg Sodium. 596 mg Fiber.. 6.1* g Sugar 30.5*g 18.9%Cal Prot 15.3*g 9.4%Cal Carb 120.0g 74.1%Cal T.Fat 13.9g 19.3%Cal S.Fat 3.5g 4.8%Cal	Nutrients Target Cals... 567 113% Chol... 10 mg Sodium. 427 mg Fiber.. 2.7* g Sugar 37.6*g 26.5%Cal Prot 11.6*g 8.1%Cal Carb 122.7g 86.5%Cal T.Fat 3.9g 6.1%Cal S.Fat 0.9g 1.5%Cal	Nutrients Target Cals... 524 105% Chol... 33 mg Sodium. 659 mg Fiber.. 5.7* g Sugar 38.2*g 29.2%Cal Prot 18.0*g 13.7%Cal Carb 98.8g 75.5%Cal T.Fat 6.8g 11.6%Cal S.Fat 2.1g 3.6%Cal	Nutrients Target Cals... 87 22% Chol... 4 mg Sodium. 73 mg Fiber.. 0.9* g Sugar 6.7*g 30.6%Cal Prot 2.5*g 11.2%Cal Carb 18.6g 85.1%Cal T.Fat 0.6g 5.9%Cal S.Fat 0.2g 1.7%Cal	Nutrients Target Cals... 546 109% Chol... 7 mg Sodium. 484 mg Fiber.. 6.3* g Sugar 12.4*g 9.1%Cal Prot 15.0*g 11.0%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
21	22	23	24		Avg Nutrients Target Cals... 504 101% Chol... 47 mg Sodium. 495 mg Fiber.. 4.1* g Sugar 13.7*g 10.9%Cal Prot 14.9*g 11.9%Cal Carb 88.4g 70.1%Cal T.Fat 10.0g 17.9%Cal S.Fat 4.1g 7.4%Cal
Nutrients Target Cals... 401 100% Chol... 20 mg Sodium. 352 mg Fiber.. 5.1* g Sugar 0.2*g 0.2%Cal Prot 11.1*g 11.1%Cal Carb 81.3g 81.1%Cal T.Fat 2.8g 6.3%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... 532 106% Chol... 7 mg Sodium. 500 mg Fiber.. 3.7* g Sugar 39.9*g 30.0%Cal Prot 17.3*g 13.0%Cal Carb 112.3g 84.5%Cal T.Fat 2.1g 3.5%Cal S.Fat 0.8g 1.4%Cal	Nutrients Target Cals... 546 109% Chol... 7 mg Sodium. 484 mg Fiber.. 6.3* g Sugar 12.4*g 9.1%Cal Prot 15.0*g 11.0%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
28	29	30			Avg Nutrients Target Cals... 588 118% Chol... 71 mg Sodium. 752 mg Fiber.. 4.0* g Sugar 19.8*g 13.5%Cal Prot 17.6*g 11.9%Cal Carb 109.5g 74.5%Cal T.Fat 9.0g 13.7%Cal S.Fat 3.1g 4.8%Cal
Nutrients Target Cals... 483 100% Chol... 33 mg Sodium. 652 mg Fiber.. 4.4* g Sugar 7.9*g 6.5%Cal Prot 17.9*g 14.8%Cal Carb 88.2g 73.1%Cal T.Fat 6.9g 12.9%Cal S.Fat 2.1g 3.9%Cal	Nutrients Target Cals... 699 140% Chol... 152 mg Sodium. 1082 mg Fiber.. 4.1* g Sugar 19.6*g 11.2%Cal Prot 22.1*g 12.7%Cal Carb 126.9g 72.6%Cal T.Fat 11.6g 15.0%Cal S.Fat 3.2g 4.1%Cal	Nutrients Target Cals... 583 117% Chol... 28 mg Sodium. 521 mg Fiber.. 3.6* g Sugar 32.0*g 22.0%Cal Prot 12.6*g 8.7%Cal Carb 113.5g 77.9%Cal T.Fat 8.4g 12.9%Cal S.Fat 4.1g 6.4%Cal			

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