DECEMBER

HODGDON MIDDLE/HIGH SCHOOL

1 Nutrients Target Cals... 476 63% Chol... 46* mg Sodium. 1882 mg Fiber.. 6.1* g Sugar 3.0*g 2.5%Cal Prot 26.7*g 22.4%Cal Carb 69.3g 58.3%Cal T.Fat 11.7g 22.2%Cal S.Fat 7.0g 13.3%Cal	2 Nutrients Target Cals... 846 100% Chol... 50* mg Sodium. 1127 mg Fiber.. 18.1* g Sugar 18.9*g 8.9%Cal Prot 40.9*g 19.3%Cal Carb 130.2g 61.5%Cal T.Fat 20.9g 22.3%Cal S.Fat 7.3g 7.8%Cal	3 Nutrients Target Cals... 768 100% Chol... 186* mg Sodium. 1375 mg Fiber.. 6.2* g Sugar 42.4*g 22.1%Cal Prot 26.5*g 13.8%Cal Carb 100.7g 52.4%Cal T.Fat 29.9g 35.0%Cal S.Fat 14.3g 16.8%Ca	4 Nutrients Target Cals... 829 100% Chol... 165* mg Sodium. 1469 mg Fiber.. 9.2* g Sugar 5.1*g 2.5%Cal Prot 47.5*g 22.9%Cal Carb 87.0g 42.0%Cal T.Fat 25.8g 28.0%Cal S.Fat 12.4g 13.4%Cal	5 Nutrients Target Cals... 585 78% Chol... 22* mg Sodium. 1036 mg Fiber.. 6.9* g Sugar 1.6*g 1.1%Cal Prot 25.3*g 17.3%Cal Carb 86.6g 59.2%Cal T.Fat 15.4g 23.6%Cal S.Fat 5.2g 7.9%Cal	Avg Nutrients Target Cals... 701 93% Chol... 94* mg Sodium. 1378 mg Fiber.. 9.3* g Sugar 14.2*g 8.1%Cal Prot 33.4*g 19.0%Cal Carb 94.7g 54.1%Cal T.Fat 20.7g 26.6%Cal S.Fat 9.2g 11.9%Cal
8 Nutrients Target Cals... 742 99% Chol... 101* mg Sodium. 1019 mg Fiber.. 11.0* g Sugar 33.3*g 17.9%Cal Prot 28.2*g 15.2%Cal Carb 110.2g 59.4%Cal T.Fat 24.6g 29.8%Cal S.Fat 5.4g 6.6%Cal	9 Nutrients Target Cals... 916 108% Chol... 67* mg Sodium. 941 mg Fiber.. 10.2* g Sugar 5.5*g 2.4%Cal Prot 34.0*g 14.9%Cal Carb 107.8g 47.0%Cal T.Fat 32.0g 31.5%Cal S.Fat 7.6g 7.5%Cal	10 Nutrients Target Cals... 1055 124% Chol... 116* mg Sodium. 1015 mg Fiber.. 12.0* g Sugar 32.4*g 12.3%Cal Prot 35.2*g 13.4%Cal Carb 142.8g 54.2%Cal T.Fat 40.3g 34.4%Cal S.Fat 7.3g 6.3%Cal	11 Nutrients Target Cals... 565 75% Chol... 23* mg Sodium. 503 mg Fiber.. 17.9* g Sugar 16.6*g 11.7%Cal Prot 28.9*g 20.5%Cal Carb 102.4g 72.5%Cal T.Fat 6.3g 10.1%Cal S.Fat 1.7g 2.7%Cal	12 Nutrients Target Cals... 824 100% Chol... 95* mg Sodium. 1012 mg Fiber.. 6.8* g Sugar 2.1*g 1.0%Cal Prot 39.9*g 19.4%Cal Carb 92.1g 44.7%Cal T.Fat 32.8g 35.8%Cal S.Fat 10.4g 11.4%Cal	Avg Nutrients Target Cals... 820 100% Chol... 80* mg Sodium. 898 mg Fiber.. 11.6* g Sugar 18.0*g 8.8%Cal Prot 33.3*g 16.2%Cal Carb 111.0g 54.1%Cal T.Fat 27.2g 29.8%Cal S.Fat 6.5g 7.1%Cal
15 Nutrients Target Cals... 870 102% Chol... 80* mg Sodium. 1280 mg Fiber.. 14.6* g Sugar 14.2*g 6.5%Cal Prot 47.3*g 21.8%Cal Carb 119.2g 54.8%Cal T.Fat 24.5g 25.3%Cal S.Fat 8.4g 8.7%Cal	16 Nutrients Target Cals... 854 100% Chol... 33* mg Sodium. 2137 mg Fiber.. 17.2* g Sugar 25.0*g 11.7%Cal Prot 31.7*g 14.9%Cal Carb 128.3g 60.1%Cal T.Fat 22.0g 23.1%Cal S.Fat 6.8g 7.1%Cal	17 Nutrients Target Cals... 769 100% Chol... 189* mg Sodium. 1139 mg Fiber.. 6.9* g Sugar 42.8*g 22.3%Cal Prot 35.5*g 18.5%Cal Carb 98.1g 51.0%Cal T.Fat 26.4g 30.9%Cal S.Fat 6.6g 7.7%Cal	18 Nutrients Target Cals... 989 116% Chol... 42* mg Sodium. 1512 mg Fiber.. 15.1* g Sugar 74.0*g 29.9%Cal Prot 31.9*g 12.9%Cal Carb 192.5g 77.9%Cal T.Fat 12.6g 11.5%Cal S.Fat 3.3g 3.0%Cal	19 Nutrients Target Cals... 592 79% Chol... 24* mg Sodium. 1067 mg Fiber.. 6.8* g Sugar 1.4*g 0.9%Cal Prot 25.6*g 17.3%Cal Carb 86.2g 58.2%Cal T.Fat 16.1g 24.5%Cal S.Fat 5.5g 8.3%Cal	Avg Nutrients Target Cals... 815 100% Chol... 74* mg Sodium. 1427 mg Fiber.. 12.1* g Sugar 31.5*g 15.5%Cal Prot 34.4*g 16.9%Cal Carb 124.9g 61.3%Cal T.Fat 20.3g 22.4%Cal S.Fat 6.1g 6.8%Cal
22 Nutrients Target Cals... 534 71% Chol... 37* mg Sodium. 1621 mg Fiber.. 5.0* g Sugar 2.0*g 1.5%Cal Prot 26.8*g 20.1%Cal Carb 85.6g 64.2%Cal T.Fat 10.3g 17.3%Cal S.Fat 6.7g 11.3%Cal	23 Nutrients Target Cals... 622 83% Chol... 30* mg Sodium. 1319 mg Fiber.. 7.8* g Sugar 18.5*g 11.9%Cal Prot 24.4*g 15.7%Cal Carb 84.2g 54.2%Cal T.Fat 22.7g 32.9%Cal S.Fat 5.8g 8.4%Cal	24	*25*	26	Avg Nutrients Target Cals... 578 77% Chol... 33* mg Sodium. 1470 mg Fiber.. 6.4* g Sugar 10.2*g 7.1%Cal Prot 25.6*g 17.7%Cal Carb 84.9g 58.8%Cal T.Fat 16.5g 25.7%Cal S.Fat 6.3g 9.7%Cal
29	30	31			

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