

# OCTOBER

## MILLPOND SCHOOL

|                                                                                                                                                                                                                  |                                                                                                                                                                                                                    |                                                                                                                                                                                                                    | 1                                                                                                                                                                                                                     | 2                                                                                                                                                                                                               | Avg Nutrients Target<br>Cals... 488 81%<br>Chol... 24* mg<br>Sodium. 999 mg<br>Fiber.. 5.8* g<br>Sugar 5.3*g 4.3%Cal<br>Prot 22.6*g 18.5%Cal<br>Carb 72.3g 59.3%Cal<br>T.Fat 12.5g 23.1%Cal<br>S.Fat 4.0g 7.4%Cal       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                  |                                                                                                                                                                                                                    |                                                                                                                                                                                                                    | Nutrients Target<br>Cals... 398 66%<br>Chol... 22* mg<br>Sodium. 907 mg<br>Fiber.. 5.5* g<br>Sugar 9.0*g 9.0%Cal<br>Prot 19.3*g 19.3%Cal<br>Carb 63.1g 63.4%Cal<br>T.Fat 8.5g 19.3%Cal<br>S.Fat 2.4g 5.5%Cal          | Nutrients Target<br>Cals... 578 96%<br>Chol... 25* mg<br>Sodium. 1092 mg<br>Fiber.. 6.1* g<br>Sugar 1.6*g 1.1%Cal<br>Prot 25.9*g 17.9%Cal<br>Carb 81.5g 56.5%Cal<br>T.Fat 16.5g 25.8%Cal<br>S.Fat 5.6g 8.8%Cal  |                                                                                                                                                                                                                         |
| 5                                                                                                                                                                                                                | 6                                                                                                                                                                                                                  | 7                                                                                                                                                                                                                  | 8                                                                                                                                                                                                                     | 9                                                                                                                                                                                                               | Avg Nutrients Target<br>Cals... 629 100%<br>Chol... 60* mg<br>Sodium. 1159 mg<br>Fiber.. 5.9* g<br>Sugar 15.2*g 9.6%Cal<br>Prot 29.0*g 18.4%Cal<br>Carb 83.5g 53.1%Cal<br>T.Fat 20.6g 29.5%Cal<br>S.Fat 7.7g 11.1%Cal   |
| Nutrients Target<br>Cals... 435 73%<br>Chol... 45* mg<br>Sodium. 1853 mg<br>Fiber.. 3.1* g<br>Sugar 1.1*g 1.0%Cal<br>Prot 26.7*g 24.5%Cal<br>Carb 56.8g 52.1%Cal<br>T.Fat 12.1g 25.0%Cal<br>S.Fat 7.0g 14.5%Cal  | Nutrients Target<br>Cals... 663 102%<br>Chol... 38* mg<br>Sodium. 848 mg<br>Fiber.. 9.1* g<br>Sugar 24.3*g 14.1%Cal<br>Prot 28.3*g 17.1%Cal<br>Carb 103.2g 62.3%Cal<br>T.Fat 16.5g 22.4%Cal<br>S.Fat 5.4g 7.3%Cal  | Nutrients Target<br>Cals... 586 98%<br>Chol... 46* mg<br>Sodium. 820 mg<br>Fiber.. 3.3* g<br>Sugar 17.2*g 11.7%Cal<br>Prot 16.8*g 11.4%Cal<br>Carb 82.2g 56.1%Cal<br>T.Fat 20.8g 32.0%Cal<br>S.Fat 6.9g 10.5%Cal   | Nutrients Target<br>Cals... 832 128%<br>Chol... 113* mg<br>Sodium. 1116 mg<br>Fiber.. 7.9* g<br>Sugar 19.0*g 9.1%Cal<br>Prot 44.3*g 21.3%Cal<br>Carb 91.7g 44.1%Cal<br>T.Fat 32.9g 35.6%Cal<br>S.Fat 11.7g 12.6%Cal   |                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
| 12                                                                                                                                                                                                               | 13                                                                                                                                                                                                                 | 14                                                                                                                                                                                                                 | 15                                                                                                                                                                                                                    | 16                                                                                                                                                                                                              | Avg Nutrients Target<br>Cals... 751 116%<br>Chol... 101* mg<br>Sodium. 1268 mg<br>Fiber.. 8.0* g<br>Sugar 10.8*g 5.7%Cal<br>Prot 31.8*g 16.9%Cal<br>Carb 90.8g 48.4%Cal<br>T.Fat 30.7g 36.8%Cal<br>S.Fat 10.1g 12.1%Cal |
|                                                                                                                                                                                                                  | Nutrients Target<br>Cals... 664 102%<br>Chol... 91* mg<br>Sodium. 983 mg<br>Fiber.. 9.6* g<br>Sugar 0.8*g 0.5%Cal<br>Prot 26.9*g 16.2%Cal<br>Carb 90.0g 54.2%Cal<br>T.Fat 24.6g 33.4%Cal<br>S.Fat 5.5g 7.5%Cal     | Nutrients Target<br>Cals... 637 100%<br>Chol... 49* mg<br>Sodium. 1014 mg<br>Fiber.. 11.3* g<br>Sugar 16.0*g 10.1%Cal<br>Prot 28.0*g 17.6%Cal<br>Carb 93.2g 58.5%Cal<br>T.Fat 19.9g 28.2%Cal<br>S.Fat 4.2g 5.9%Cal | Nutrients Target<br>Cals... 777 120%<br>Chol... 44* mg<br>Sodium. 1249 mg<br>Fiber.. 8.8* g<br>Sugar 10.1*g 5.2%Cal<br>Prot 29.1*g 15.0%Cal<br>Carb 89.8g 46.2%Cal<br>T.Fat 36.4g 42.1%Cal<br>S.Fat 10.5g 12.2%Ca     | Nutrients Target<br>Cals... 817 126%<br>Chol... 78* mg<br>Sodium. 1254 mg<br>Fiber.. 8.6* g<br>Sugar 7.6*g 3.7%Cal<br>Prot 42.1*g 20.6%Cal<br>Carb 99.3g 48.6%Cal<br>T.Fat 29.1g 32.1%Cal<br>S.Fat 8.5g 9.3%Cal |                                                                                                                                                                                                                         |
| 19                                                                                                                                                                                                               | 20                                                                                                                                                                                                                 | 21                                                                                                                                                                                                                 | 22                                                                                                                                                                                                                    | 23                                                                                                                                                                                                              | Avg Nutrients Target<br>Cals... 586 98%<br>Chol... 49* mg<br>Sodium. 1107 mg<br>Fiber.. 7.1* g<br>Sugar 9.4*g 6.4%Cal<br>Prot 27.0*g 18.4%Cal<br>Carb 82.8g 56.5%Cal<br>T.Fat 16.8g 25.8%Cal<br>S.Fat 5.6g 8.6%Cal      |
| Nutrients Target<br>Cals... 468 78%<br>Chol... 34* mg<br>Sodium. 1464 mg<br>Fiber.. 2.7* g<br>Sugar 0.3*g 0.2%Cal<br>Prot 25.2*g 21.5%Cal<br>Carb 67.6g 57.7%Cal<br>T.Fat 11.0g 21.2%Cal<br>S.Fat 6.5g 12.4%Cal  | Nutrients Target<br>Cals... 637 100%<br>Chol... 49* mg<br>Sodium. 1014 mg<br>Fiber.. 11.3* g<br>Sugar 16.0*g 10.1%Cal<br>Prot 28.0*g 17.6%Cal<br>Carb 93.2g 58.5%Cal<br>T.Fat 19.9g 28.2%Cal<br>S.Fat 4.2g 5.9%Cal | Nutrients Target<br>Cals... 641 100%<br>Chol... 99* mg<br>Sodium. 967 mg<br>Fiber.. 4.5* g<br>Sugar 19.3*g 12.1%Cal<br>Prot 28.6*g 17.9%Cal<br>Carb 80.6g 50.3%Cal<br>T.Fat 22.5g 31.5%Cal<br>S.Fat 5.9g 8.3%Cal   | Nutrients Target<br>Cals... 604 100%<br>Chol... 39* mg<br>Sodium. 997 mg<br>Fiber.. 10.9* g<br>Sugar 9.7*g 6.5%Cal<br>Prot 27.3*g 18.1%Cal<br>Carb 91.0g 60.2%Cal<br>T.Fat 14.0g 20.8%Cal<br>S.Fat 5.8g 8.7%Cal       | Nutrients Target<br>Cals... 578 96%<br>Chol... 25* mg<br>Sodium. 1092 mg<br>Fiber.. 6.1* g<br>Sugar 1.6*g 1.1%Cal<br>Prot 25.9*g 17.9%Cal<br>Carb 81.5g 56.5%Cal<br>T.Fat 16.5g 25.8%Cal<br>S.Fat 5.6g 8.8%Cal  |                                                                                                                                                                                                                         |
| 26                                                                                                                                                                                                               | 27                                                                                                                                                                                                                 | 28                                                                                                                                                                                                                 | 29                                                                                                                                                                                                                    | 30                                                                                                                                                                                                              | Avg Nutrients Target<br>Cals... 716 110%<br>Chol... 64* mg<br>Sodium. 1258 mg<br>Fiber.. 9.7* g<br>Sugar 12.8*g 7.2%Cal<br>Prot 33.9*g 18.9%Cal<br>Carb 99.4g 55.5%Cal<br>T.Fat 22.0g 27.7%Cal<br>S.Fat 7.9g 10.0%Cal   |
| Nutrients Target<br>Cals... 710 109%<br>Chol... 38* mg<br>Sodium. 1301 mg<br>Fiber.. 8.2* g<br>Sugar 8.0*g 4.5%Cal<br>Prot 30.8*g 17.4%Cal<br>Carb 124.8g 70.3%Cal<br>T.Fat 12.5g 15.8%Cal<br>S.Fat 7.2g 9.1%Cal | Nutrients Target<br>Cals... 667 103%<br>Chol... 47* mg<br>Sodium. 728 mg<br>Fiber.. 7.8* g<br>Sugar 9.8*g 5.9%Cal<br>Prot 26.0*g 15.6%Cal<br>Carb 92.5g 55.4%Cal<br>T.Fat 22.4g 30.2%Cal<br>S.Fat 5.4g 7.2%Cal     | Nutrients Target<br>Cals... 477 80%<br>Chol... 32* mg<br>Sodium. 778 mg<br>Fiber.. 9.2* g<br>Sugar 26.0*g 21.8%Cal<br>Prot 19.3*g 16.2%Cal<br>Carb 75.6g 63.3%Cal<br>T.Fat 10.3g 19.5%Cal<br>S.Fat 2.8g 5.2%Cal    | Nutrients Target<br>Cals... 989 152%<br>Chol... 112* mg<br>Sodium. 2496 mg<br>Fiber.. 11.1* g<br>Sugar 17.2*g 7.0%Cal<br>Prot 65.9*g 26.7%Cal<br>Carb 106.8g 43.2%Cal<br>T.Fat 35.7g 32.4%Cal<br>S.Fat 18.6g 16.9%Cal | Nutrients Target<br>Cals... 736 113%<br>Chol... 91* mg<br>Sodium. 986 mg<br>Fiber.. 12.1* g<br>Sugar 3.0*g 1.6%Cal<br>Prot 27.1*g 14.8%Cal<br>Carb 97.5g 53.0%Cal<br>T.Fat 29.3g 35.9%Cal<br>S.Fat 5.7g 6.9%Cal |                                                                                                                                                                                                                         |

# NUTRIENTS