DECEMBER

HODGDON MIDDLE\HIGH SCHOOL

1 Nutrients Target Cals... 643 129% Chol... 152 mg Sodium. 1060 mg Fiber.. 5.2* g Sugar 12.4*g 7.7%Cal Prot 23.1*g 14.4%Cal Carb 111.2g 69.1%Cal T.Fat 11.8g 16.4%Cal S.Fat 3.2g 4.5%Cal	2 Nutrients Target Cals... 449 100% Chol... 56 mg Sodium. 368 mg Fiber.. 5.1* g Sugar 8.3*g 7.4%Cal Prot 12.8*g 11.4%Cal Carb 89.9g 80.0%Cal T.Fat 3.8g 7.5%Cal S.Fat 1.0g 1.9%Cal	3 Nutrients Target Cals... 595 119% Chol... 28 mg Sodium. 531 mg Fiber.. 5.6* g Sugar 30.5*g 20.5%Cal Prot 12.2*g 8.2%Cal Carb 117.7g 79.2%Cal T.Fat 8.1g 12.3%Cal S.Fat 4.1g 6.2%Cal	4 Nutrients Target Cals... 491 100% Chol... 7 mg Sodium. 446 mg Fiber.. 5.4* g Sugar 9.1*g 7.5%Cal Prot 16.1*g 13.1%Cal Carb 73.9g 60.2%Cal T.Fat 5.8g 10.6%Cal S.Fat 1.5g 2.7%Cal	5 Nutrients Target Cals... 616 123% Chol... 7 mg Sodium. 486 mg Fiber.. 5.1* g Sugar 32.0*g 20.8%Cal Prot 14.7*g 9.6%Cal Carb 102.8g 66.8%Cal T.Fat 17.1g 25.0%Cal S.Fat 7.5g 10.9%Cal	Avg Nutrients Target Cals... 559 112% Chol... 50 mg Sodium. 578 mg Fiber.. 5.3* g Sugar 18.5*g 13.2%Cal Prot 15.8*g 11.3%Cal Carb 99.1g 70.9%Cal T.Fat 9.3g 15.0%Cal S.Fat 3.4g 5.5%Cal
8 N Nutrients Target Cals... 447 100% Chol... 20 mg Sodium. 368 mg Fiber.. 5.1* g Sugar 4.4*g 3.9%Cal Prot 11.1*g 10.0%Cal Carb 93.3g 83.6%Cal T.Fat 2.8g 5.6%Cal S.Fat 0.8g 1.6%Cal	9 Nutrients Target Cals... 535 107% Chol... 7 mg Sodium. 496 mg Fiber.. 5.3* g Sugar 36.5*g 27.3%Cal Prot 16.8*g 12.5%Cal Carb 114.2g 85.4%Cal T.Fat 1.8g 3.0%Cal S.Fat 0.7g 1.2%Cal	10 Nutrients Target Cals... 431 100% Chol... 17 mg Sodium. 356 mg Fiber.. 3.5* g Sugar 0.2*g 0.2%Cal Prot 10.7*g 9.9%Cal Carb 86.8g 80.6%Cal T.Fat 4.7g 9.8%Cal S.Fat 2.3g 4.8%Cal	11 N Nutrients Target Cals... 480 100% Chol... 56 mg Sodium. 371 mg Fiber.. 3.1* g Sugar 40.2*g 33.5%Cal Prot 13.7*g 11.4%Cal Carb 98.7g 82.2%Cal T.Fat 4.1g 7.6%Cal S.Fat 1.0g 1.8%Cal	12 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	Avg Nutrients Target Cals... 488 100% Chol... 21 mg Sodium. 415 mg Fiber.. 4.7* g Sugar 18.7*g 15.4%Cal Prot 13.5*g 11.0%Cal Carb 95.5g 78.3%Cal T.Fat 6.1g 11.2%Cal S.Fat 2.5g 4.5%Cal
15 Nutrients Target Cals... 492 100% Chol... 56 mg Sodium. 381 mg Fiber.. 5.1* g Sugar 38.7*g 31.4%Cal Prot 13.2*g 10.8%Cal Carb 102.9g 83.6%Cal T.Fat 3.8g 7.0%Cal S.Fat 1.0g 1.8%Cal	16 Nutrients Target Cals... 423 100% Chol... 20 mg Sodium. 381 mg Fiber.. 2.4* g Sugar 4.4*g 4.1%Cal Prot 12.4*g 11.7%Cal Carb 68.3g 64.6%Cal T.Fat 2.8g 5.9%Cal S.Fat 0.8g 1.7%Cal	17 Nutrients Target Cals... 587 117% Chol... 28 mg Sodium. 531 mg Fiber.. 4.8* g Sugar 33.4*g 22.8%Cal Prot 12.8*g 8.8%Cal Carb 116.2g 79.1%Cal T.Fat 8.1g 12.5%Cal S.Fat 4.1g 6.3%Cal	18 Nutrients Target Cals... 111 28% Chol... 1 mg Sodium. 89 mg Fiber.. 1.6* g Sugar 7.9*g 28.4%Cal Prot 3.1*g 11.0%Cal Carb 22.4g 80.4%Cal T.Fat 1.2g 9.5%Cal S.Fat 0.3g 2.4%Cal	19 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	Avg Nutrients Target Cals... 432 100% Chol... 22 mg Sodium. 373 mg Fiber.. 4.0* g Sugar 19.4*g 17.9%Cal Prot 11.3*g 10.5%Cal Carb 78.8g 73.0%Cal T.Fat 6.6g 13.7%Cal S.Fat 2.7g 5.7%Cal
22 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	23 Nutrients Target Cals... 480 100% Chol... 56 mg Sodium. 371 mg Fiber.. 3.1* g Sugar 40.2*g 33.5%Cal Prot 13.7*g 11.4%Cal Carb 98.7g 82.2%Cal T.Fat 4.1g 7.6%Cal S.Fat 1.0g 1.8%Cal	24	*25*	26	Avg Nutrients Target Cals... 564 113% Chol... 31 mg Sodium. 484 mg Fiber.. 4.6* g Sugar 35.4*g 25.1%Cal Prot 14.5*g 10.3%Cal Carb 109.4g 77.6%Cal T.Fat 9.0g 14.3%Cal S.Fat 2.2g 3.6%Cal
29	30	31			

NUTRIENTS