FEBRUARY

HODGDON MIDDLE/HIGH SCHOOL

2 Nutrients Target Cals... 924 109% Chol... 78 mg Sodium. 1236 mg Fiber.. 13.8 g Sugar 35.5*g 15.4%Cal Prot 46.1g 20.0%Cal Carb 130.9g 56.7%Cal T.Fat 27.4g 26.7%Cal S.Fat 8.0g 7.8%Cal	3 Nutrients Target Cals... 813 100% Chol... 30* mg Sodium. 1875 mg Fiber.. 22.4* g Sugar 36.7*g 18.0%Cal Prot 36.4*g 17.9%Cal Carb 141.6g 69.7%Cal T.Fat 17.1g 18.9%Cal S.Fat 5.8g 6.5%Cal	4 Nutrients Target Cals... 676 90% Chol... 144* mg Sodium. 995 mg Fiber.. 7.7* g Sugar 9.5*g 5.6%Cal Prot 23.5*g 13.9%Cal Carb 86.6g 51.2%Cal T.Fat 25.1g 33.4%Cal S.Fat 7.9g 10.5%Cal	5 Nutrients Target Cals... 729 97% Chol... 62* mg Sodium. 935 mg Fiber.. 13.2* g Sugar 38.0*g 20.9%Cal Prot 28.9*g 15.9%Cal Carb 119.3g 65.5%Cal T.Fat 15.6g 19.3%Cal S.Fat 3.8g 4.7%Cal	6 Nutrients Target Cals... 548 73% Chol... 22* mg Sodium. 1040 mg Fiber.. 3.8* g Sugar 16.6*g 12.1%Cal Prot 25.9*g 18.9%Cal Carb 77.5g 56.6%Cal T.Fat 15.7g 25.9%Cal S.Fat 5.3g 8.7%Cal	Avg Nutrients Target Cals... 738 98% Chol... 67* mg Sodium. 1216 mg Fiber.. 12.2* g Sugar 27.3*g 14.8%Cal Prot 32.2*g 17.4%Cal Carb 111.2g 60.3%Cal T.Fat 20.2g 24.6%Cal S.Fat 6.2g 7.5%Cal
9 Nutrients Target Cals... 521 69% Chol... 37* mg Sodium. 1600 mg Fiber.. 4.0* g Sugar 0.3*g 0.3%Cal Prot 26.4*g 20.2%Cal Carb 82.8g 63.6%Cal T.Fat 10.1g 17.5%Cal S.Fat 6.7g 11.5%Cal	10 Nutrients Target Cals... 922 108% Chol... 50* mg Sodium. 1127 mg Fiber.. 19.6* g Sugar 20.2*g 8.8%Cal Prot 43.0*g 18.6%Cal Carb 147.1g 63.8%Cal T.Fat 21.6g 21.1%Cal S.Fat 7.3g 7.2%Cal	11 Nutrients Target Cals... 769 100% Chol... 45* mg Sodium. 1112 mg Fiber.. 8.7* g Sugar 36.0*g 18.7%Cal Prot 20.1*g 10.5%Cal Carb 122.7g 63.9%Cal T.Fat 23.7g 27.8%Cal S.Fat 7.5g 8.8%Cal	12 Nutrients Target Cals... 869 102% Chol... 95* mg Sodium. 1028 mg Fiber.. 6.8* g Sugar 36.7*g 16.9%Cal Prot 41.5*g 19.1%Cal Carb 105.6g 48.6%Cal T.Fat 33.0g 34.1%Cal S.Fat 10.5g 10.8%Cal	13 Nutrients Target Cals... 696 93% Chol... 34* mg Sodium. 1313 mg Fiber.. 4.9* g Sugar 12.4*g 7.2%Cal Prot 30.8*g 17.7%Cal Carb 93.4g 53.7%Cal T.Fat 23.0g 29.8%Cal S.Fat 6.1g 7.9%Cal	Avg Nutrients Target Cals... 755 100% Chol... 52* mg Sodium. 1236 mg Fiber.. 8.8* g Sugar 21.1*g 11.2%Cal Prot 32.3*g 17.1%Cal Carb 110.3g 58.4%Cal T.Fat 22.3g 26.6%Cal S.Fat 7.6g 9.1%Cal
16	17	18	19	20	
23 Nutrients Target Cals... 875 103% Chol... 109* mg Sodium. 1489 mg Fiber.. 8.7* g Sugar 7.1*g 3.2%Cal Prot 53.0*g 24.2%Cal Carb 120.5g 55.1%Cal T.Fat 21.9g 22.5%Cal S.Fat 9.6g 9.9%Cal	24 Nutrients Target Cals... 784 100% Chol... 45* mg Sodium. 1336 mg Fiber.. 18.1* g Sugar 22.6*g 11.5%Cal Prot 37.6*g 19.2%Cal Carb 117.0g 59.7%Cal T.Fat 21.0g 24.1%Cal S.Fat 7.2g 8.3%Cal	25 Nutrients Target Cals... 763 100% Chol... 116* mg Sodium. 1139 mg Fiber.. 7.0* g Sugar 34.9*g 18.3%Cal Prot 32.2*g 16.9%Cal Carb 105.0g 55.1%Cal T.Fat 24.5g 28.8%Cal S.Fat 6.2g 7.4%Cal	26 Nutrients Target Cals... 648 86% Chol... 45* mg Sodium. 535 mg Fiber.. 12.6* g Sugar 22.0*g 13.6%Cal Prot 35.9*g 22.2%Cal Carb 99.5g 61.4%Cal T.Fat 13.7g 19.1%Cal S.Fat 6.5g 9.1%Cal	27 Nutrients Target Cals... 683 91% Chol... 101* mg Sodium. 1011 mg Fiber.. 11.1* g Sugar 13.9*g 8.1%Cal Prot 28.3*g 16.6%Cal Carb 85.1g 49.8%Cal T.Fat 29.1g 38.3%S.Fat 5.5g 7.3	Avg Nutrients Target Cals... 751 100% Chol... 83* mg Sodium. 1102 mg Fiber.. 11.5* g Sugar 20.1*g 10.7%Cal Prot 37.4*g 19.9%Cal Carb 105.4g 56.2%Cal T.Fat 22.0g 26.4%Cal S.Fat 7.0g 8.4%Cal
26	27	28	29	30	

NUTRIENTS