DECEMBER

MILL POND SCHOOL

1 Nutrients Target Cals... 429 72% Chol... 45* mg Sodium. 1843 mg Fiber.. 2.6* g Sugar 0.3*g 0.2%Cal Prot 26.4*g 24.6%Cal Carb 55.4g 51.6%Cal T.Fat 12.0g 25.2%Cal S.Fat 7.0g 14.6%Cal	2 Nutrients Target Cals... 584 97% Chol... 32* mg Sodium. 909 mg Fiber.. 10.7* g Sugar 8.8*g 6.0%Cal Prot 25.8*g 17.7%Cal Carb 92.6g 63.4%Cal T.Fat 13.6g 20.9%Cal S.Fat 3.9g 6.0%Cal	3 INutrients Target Cals... 694 107% Chol... 179* mg Sodium. 1347 mg Fiber.. 4.6* g Sugar 24.3*g 14.0%Cal Prot 25.8*g 14.9%Cal Carb 81.4g 46.9%Cal T.Fat 29.7g 38.5%Cal S.Fat 14.0g 18.2%Cal	4 Nutrients Target Cals... 830 128% Chol... 148* mg Sodium. 1390 mg Fiber.. 13.4* g Sugar 23.9*g 11.5%Cal Prot 43.6*g 21.0%Cal Carb 106.0g 51.1%Cal T.Fat 25.2g 27.3%Cal S.Fat 11.6g 12.5%Cal	5 Nutrients Target Cals... 587 98% Chol... 22* mg Sodium. 1011 mg Fiber.. 7.0* g Sugar 1.7*g 1.1%Cal Prot 25.1*g 17.1%Cal Carb 86.6g 59.0%Cal T.Fat 15.7g 24.0%Cal S.Fat 5.2g 8.0%Cal	Avg Nutrients Target Cals... 625 100% Chol... 85* mg Sodium. 1300 mg Fiber.. 7.7* g Sugar 11.8*g 7.5%Cal Prot 29.3*g 18.8%Cal Carb 84.4g 54.0%Cal T.Fat 19.2g 27.7%Cal S.Fat 8.3g 12.0%Cal
8 Nutrients Target Cals... 673 103% Chol... 98* mg Sodium. 1001 mg Fiber.. 9.5* g Sugar 16.6*g 9.9%Cal Prot 27.4*g 16.3%Cal Carb 92.3g 54.9%Cal T.Fat 24.4g 32.7%Cal S.Fat 5.4g 7.3%Cal	9 Nutrients Target Cals... 790 122% Chol... 67* mg Sodium. 947 mg Fiber.. 8.3* g Sugar 9.8*g 5.0%Cal Prot 31.6*g 16.0%Cal Carb 97.9g 49.6%Cal T.Fat 31.1g 35.4%Cal S.Fat 7.5g 8.5%Cal	10 Nutrients Target Cals... 641 100% Chol... 99* mg Sodium. 967 mg Fiber.. 4.5* g Sugar 19.3*g 12.1%Cal Prot 28.6*g 17.9%Cal Carb 80.6g 50.3%Cal T.Fat 22.5g 31.5%Cal S.Fat 5.9g 8.3%Cal	11 Nutrients Target Cals... 398 66% Chol... 23* mg Sodium. 255 mg Fiber.. 7.6* g Sugar 8.5*g 8.6%Cal Prot 21.3*g 21.4%Cal Carb 68.5g 68.8%Cal T.Fat 4.9g 11.1%Cal S.Fat 1.4g 3.1%Cal	12 Nutrients Target Cals... 795 122% Chol... 119* mg Sodium. 1004 mg Fiber.. 7.0* g Sugar 4.6*g 2.3%Cal Prot 39.0*g 19.6%Cal Carb 95.6g 48.1%Cal T.Fat 27.5g 31.2%Cal S.Fat 10.4g 11.7%Cal	Avg Nutrients Target Cals... 659 101% Chol... 81* mg Sodium. 835 mg Fiber.. 7.4* g Sugar 11.8*g 7.1%Cal Prot 29.6*g 18.0%Cal Carb 87.0g 52.8%Cal T.Fat 22.1g 30.1%Cal S.Fat 6.1g 8.3%Cal
15 Nutrients Target Cals... 864 133% Chol... 85* mg Sodium. 1330 mg Fiber.. 12.0* g Sugar 7.5*g 3.5%Cal Prot 47.8*g 22.1%Cal Carb 112.1g 51.9%Cal T.Fat 26.1g 27.2%Cal S.Fat 9.0g 9.4%Cal	16 Nutrients Target Cals... 511 85% Chol... 32* mg Sodium. 858 mg Fiber.. 9.7* g Sugar 21.7*g 17.0%Cal Prot 18.1*g 14.2%Cal Carb 67.7g 53.0%Cal T.Fat 18.8g 33.1%Cal S.Fat 6.2g 11.0%Cal	17 Nutrients Target Cals... 542 90% Chol... 89* mg Sodium. 816 mg Fiber.. 3.8* g Sugar 19.5*g 14.4%Cal Prot 20.1*g 14.8%Cal Carb 64.9g 48.0%Cal T.Fat 22.2g 37.0%Cal S.Fat 7.2g 12.0%Cal	18 Nutrients Target Cals... 622 100% Chol... 41* mg Sodium. 1454 mg Fiber.. 8.9* g Sugar 17.5*g 11.3%Cal Prot 28.3*g 18.2%Cal Carb 100.3g 64.5%Cal T.Fat 12.4g 17.9%Cal S.Fat 3.4g 4.9%Cal	19 Nutrients Target Cals... 602 100% Chol... 25* mg Sodium. 1095 mg Fiber.. 6.4* g Sugar 0.8*g 0.5%Cal Prot 26.1*g 17.4%Cal Carb 85.7g 56.9%Cal T.Fat 17.2g 25.7%Cal S.Fat 5.8g 8.7%Cal	Avg Nutrients Target Cals... 628 100% Chol... 55* mg Sodium. 1111 mg Fiber.. 8.2* g Sugar 13.4*g 8.5%Cal Prot 28.1*g 17.9%Cal Carb 86.1g 54.9%Cal T.Fat 19.3g 27.7%Cal S.Fat 6.3g 9.1%Cal
22 Nutrients Target Cals... 477 79% Chol... 36* mg Sodium. 1600 mg Fiber.. 3.2* g Sugar 1.2*g 1.0%Cal Prot 26.3*g 22.1%Cal Carb 70.5g 59.1%Cal T.Fat 10.2g 19.2%Cal S.Fat 6.7g 12.6%Cal	23 Nutrients Target Cals... 720 111% Chol... 37* mg Sodium. 1419 mg Fiber.. 5.3* g Sugar 14.2*g 7.9%Cal Prot 32.2*g 17.9%Cal Carb 98.1g 54.5%Cal T.Fat 23.1g 28.9%Cal S.Fat 6.2g 7.7%Cal	24	*25*	26	Avg Nutrients Target Cals... 598 100% Chol... 37* mg Sodium. 1509 mg Fiber.. 4.2* g Sugar 7.7*g 5.1%Cal Prot 29.2*g 19.5%Cal Carb 84.3g 56.3%Cal T.Fat 16.6g 25.0%Cal S.Fat 6.4g 9.7%Cal
29	30	31			

NUTRIENTS