

OCTOBER

HODGDON MIDDLE / HIGH SCHOOL

			1	2	Avg Nutrients Target Cals... 474 100% Chol... 9 mg Sodium. 421 mg Fiber.. 7.2* g Sugar 19.8*g 16.7%Cal Prot 14.9*g 12.6%Cal Carb 81.0g 68.4%Cal T.Fat 10.4g 19.7%Cal S.Fat 4.5g 8.5%Cal
			Nutrients Target Cals... 402 100% Chol... 12 mg Sodium. 359 mg Fiber.. 8.1 g Sugar 27.2*g 27.0%Cal Prot 14.8g 14.7%Cal Carb 77.7g 77.3%Cal T.Fat 3.8g 8.5%Cal S.Fat 1.5g 3.3%Cal	Nutrients Target Cals... 402 100% Chol... 12 mg Sodium. 359 mg Fiber.. 8.1 g Sugar 27.2*g 27.0%Cal Prot 14.8g 14.7%Cal Carb 77.7g 77.3%Cal T.Fat 3.8g 8.5%Cal S.Fat 1.5g 3.3%Cal	
5	6	7	8	9	Avg Nutrients Target Cals... 592 118% Chol... 20 mg Sodium. 646 mg Fiber.. 5.6* g Sugar 23.3*g 15.7%Cal Prot 16.2*g 10.9%Cal Carb 113.2g 76.5%Cal T.Fat 9.8g 14.9%Cal S.Fat 2.8g 4.2%Cal
Nutrients Target Cals... 488 100% Chol... 33 mg Sodium. 656 mg Fiber.. 4.7* g Sugar 30.6*g 25.1%Cal Prot 17.9*g 14.7%Cal Carb 89.3g 73.2%Cal T.Fat 6.8g 12.5%Cal S.Fat 2.1g 3.8%Cal	Nutrients Target Cals... 658 132% Chol... 7 mg Sodium. 609 mg Fiber.. 5.1* g Sugar 27.2*g 16.5%Cal Prot 15.2*g 9.2%Cal Carb 122.6g 74.5%Cal T.Fat 13.9g 19.0%Cal S.Fat 3.5g 4.7%Cal	Nutrients Target Cals... 529 106% Chol... 28 mg Sodium. 522 mg Fiber.. 3.6* g Sugar 0.2*g 0.1%Cal Prot 12.0*g 9.1%Cal Carb 100.3g 75.9%Cal T.Fat 8.3g 14.0%Cal S.Fat 4.1g 7.0%Cal	Nutrients Target Cals... 693 139% Chol... 12 mg Sodium. 796 mg Fiber.. 9.0* g Sugar 35.2*g 20.3%Cal Prot 19.7*g 11.4%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%Cal		
12	13	14	15	16	Avg Nutrients Target Cals... 524 105% Chol... 25 mg Sodium. 453 mg Fiber.. 4.1* g Sugar 21.0*g 16.0%Cal Prot 13.1*g 10.0%Cal Carb 100.0g 76.4%Cal T.Fat 8.2g 14.1%Cal S.Fat 3.4g 5.8%Cal
	Avg Nutrients Target Cals... 592 118% Chol... 20 mg Sodium. 646 mg Fiber.. 5.6* g Sugar 23.3*g 15.7%Cal Prot 16.2*g 10.9%Cal Carb 113.2g 76.5%Cal T.Fat 9.8g 14.9%Cal S.Fat 2.8g 4.2%Cal	Nutrients Target Cals... 529 106% Chol... 28 mg Sodium. 522 mg Fiber.. 3.6* g Sugar 0.2*g 0.1%Cal Prot 12.0*g 9.1%Cal Carb 100.3g 75.9%Cal T.Fat 8.3g 14.0%Cal S.Fat 4.1g 7.0%Cal	Nutrients Target Cals... 485 100% Chol... 56 mg Sodium. 381 mg Fiber.. 4.4* g Sugar 41.6*g 34.3%Cal Prot 13.9*g 11.5%Cal Carb 101.4g 83.6%Cal T.Fat 3.8g 7.1%Cal S.Fat 1.0g 1.8%Cal	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	
19	20	21	22	23	Avg Nutrients Target Cals... 502 100% Chol... 50 mg Sodium. 506 mg Fiber.. 3.7* g Sugar 18.2*g 14.5%Cal Prot 15.2*g 12.1%Cal Carb 83.9g 66.8%Cal T.Fat 10.9g 19.6%Cal S.Fat 4.7g 8.4%Cal
Nutrients Target Cals... 444 100% Chol... 20 mg Sodium. 364 mg Fiber.. 5.1* g Sugar 30.5*g 27.5%Cal Prot 11.6*g 10.5%Cal Carb 94.4g 85.0%Cal T.Fat 2.9g 5.8%Cal S.Fat 0.8g 1.6%Cal	Nutrients Target Cals... 487 100% Chol... 175 mg Sodium. 618 mg Fiber.. 1.1* g Sugar 16.1*g 13.2%Cal Prot 19.0*g 15.6%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 490 100% Chol... 28 mg Sodium. 525 mg Fiber.. 2.2* g Sugar 0.2*g 0.1%Cal Prot 12.4*g 10.1%Cal Carb 79.6g 65.0%Cal T.Fat 8.1g 14.8%Cal S.Fat 4.1g 7.5%Cal	Nutrients Target Cals... 544 109% Chol... 21 mg Sodium. 538 mg Fiber.. 3.7* g Sugar 31.6*g 23.2%Cal Prot 18.0*g 13.3%Cal Carb 104.3g 76.7%Cal T.Fat 6.8g 11.2%Cal S.Fat 3.7g 6.0%Cal	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	
26	27	28	29	30	Avg Nutrients Target Cals... 569 114% Chol... 49 mg Sodium. 592 mg Fiber.. 4.5* g Sugar 22.1*g 15.5%Cal Prot 15.5*g 10.9%Cal Carb 104.5g 73.5%Cal T.Fat 10.7g 17.0%Cal S.Fat 3.5g 5.6%Cal
Nutrients Target Cals... 556 111% Chol... 47 mg Sodium. 483 mg Fiber.. 4.6* g Sugar 38.1*g 27.4%Cal Prot 13.7*g 9.8%Cal Carb 103.3g 74.3%Cal T.Fat 12.9g 20.8%Cal S.Fat 1.5g 2.4%Cal	Nutrients Target Cals... 735 147% Chol... 152 mg Sodium. 1086 mg Fiber.. 5.1* g Sugar 27.2*g 14.8%Cal Prot 22.3*g 12.1%Cal Carb 136.4g 74.2%Cal T.Fat 11.7g 14.3%Cal S.Fat 3.2g 3.9%Cal	Nutrients Target Cals... 529 106% Chol... 28 mg Sodium. 522 mg Fiber.. 3.6* g Sugar 0.2*g 0.1%Cal Prot 12.0*g 9.1%Cal Carb 100.3g 75.9%Cal T.Fat 8.3g 14.0%Cal S.Fat 4.1g 7.0%Cal	Nutrients Target Cals... 478 100% Chol... 12 mg Sodium. 385 mg Fiber.. 2.9* g Sugar 32.4*g 27.2%Cal Prot 14.5*g 12.2%Cal Carb 98.0g 82.0%Cal T.Fat 3.9g 7.4%Cal S.Fat 1.5g 2.8%Cal	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	

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