

OCTOBER

MILLPOND SCHOOL

			1	2	Avg Nutrients Target Cals... 483 100% Chol... 7 mg Sodium. 459 mg Fiber.. 5.8* g Sugar 11.7*g 9.7%Cal Prot 14.8*g 12.3%Cal Carb 79.7g 66.0%Cal T.Fat 11.3g 21.1%Cal S.Fat 4.5g 8.3%Cal
			Nutrients Target Cals... 450 100% Chol... 7 mg Sodium. 433 mg Fiber.. 6.9* g Sugar 17.1*g 15.2%Cal Prot 15.2*g 13.5%Cal Carb 82.7g 73.5%Cal T.Fat 5.8g 11.6%Cal S.Fat 1.5g 2.9%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium. 484 mg Fiber.. 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
5	6	7	8	9	Avg Nutrients Target Cals... 532 106% Chol... 55 mg Sodium. 713 mg Fiber.. 5.4* g Sugar 14.7*g 11.0%Cal Prot 15.6*g 11.7%Cal Carb 99.1g 74.5%Cal T.Fat 9.0g 15.2%Cal S.Fat 2.6g 4.4%Cal
Nutrients Target Cals... 280 80% Chol... 27 mg Sodium. 468 mg Fiber.. 5.7* g Sugar 7.9*g 11.2%Cal Prot 8.8*g 12.5%Cal Carb 47.7g 68.2%Cal T.Fat 5.9g 19.1%Cal S.Fat 1.6g 5.1%Cal	Nutrients Target Cals... 653 131% Chol... 152 mg Sodium. 1066 mg Fiber.. 4.1* g Sugar 15.3*g 9.4%Cal Prot 22.1*g 13.6%Cal Carb 114.8g 70.3%Cal T.Fat 11.6g 16.0%Cal S.Fat 3.2g 4.4%Cal	Nutrients Target Cals... 503 101% Chol... 28 mg Sodium. 521 mg Fiber.. 2.9* g Sugar 0.2*g 0.1%Cal Prot 11.9*g 9.5%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%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... 486 100% Chol... 25 mg Sodium. 448 mg Fiber.. 3.3* g Sugar 12.2*g 10.1%Cal Prot 12.7*g 10.5%Cal Carb 90.1g 74.2%Cal T.Fat 8.2g 15.1%Cal S.Fat 3.4g 6.2%Cal
	Nutrients Target Cals... 456 100% Chol... 10 mg Sodium. 409 mg Fiber.. 1.7* g Sugar 17.5*g 15.3%Cal Prot 11.1*g 9.7%Cal Carb 93.7g 82.2%Cal T.Fat 3.7g 7.3%Cal S.Fat 0.9g 1.8%Cal	Nutrients Target Cals... 554 111% Chol... 28 mg Sodium. 523 mg Fiber.. 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 417 100% Chol... 56 mg Sodium. 374 mg Fiber.. 2.7* g Sugar 25.0*g 23.9%Cal Prot 13.3*g 12.8%Cal Carb 83.1g 79.7%Cal T.Fat 3.8g 8.2%Cal S.Fat 1.0g 2.1%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium. 484 mg Fiber.. 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
19	20	21	22	23	Avg Nutrients Target Cals... 467 100% Chol... 50 mg Sodium. 473 mg Fiber.. 4.0* g Sugar 15.6*g 13.4%Cal Prot 14.3*g 12.3%Cal Carb 77.4g 66.3%Cal T.Fat 10.8g 20.9%Cal S.Fat 4.7g 9.0%Cal
Nutrients Target Cals... 372 100% Chol... 20 mg Sodium. 358 mg Fiber.. 3.1* g Sugar 15.3*g 16.5%Cal Prot 11.4*g 12.2%Cal Carb 75.3g 80.9%Cal T.Fat 2.8g 6.9%Cal S.Fat 0.8g 1.9%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... 542 108% Chol... 28 mg Sodium. 518 mg Fiber.. 8.6* g Sugar 20.2*g 14.9%Cal Prot 12.7*g 9.4%Cal Carb 101.7g 73.1%Cal T.Fat 8.1g 13.4%Cal S.Fat 4.1g 6.8%Cal	Nutrients Target Cals... 417 100% Chol... 21 mg Sodium. 385 mg Fiber.. 2.3* g Sugar 20.3*g 19.5%Cal Prot 14.0*g 13.4%Cal Carb 76.6g 73.5%Cal T.Fat 6.3g 13.6%Cal S.Fat 3.5g 7.6%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium. 484 mg Fiber.. 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
26	27	28	29	30	Avg Nutrients Target Cals... 501 100% Chol... 18 mg Sodium. 469 mg Fiber.. 4.7* g Sugar 10.2*g 8.1%Cal Prot 12.1*g 9.7%Cal Carb 88.8g 70.9%Cal T.Fat 11.4g 20.5%Cal S.Fat 3.5g 6.3%Cal
Nutrients Target Cals... 417 100% Chol... 40 mg Sodium. 310 mg Fiber.. 6.1* g Sugar 13.2*g 12.6%Cal Prot 4.1*g 3.9%Cal Carb 78.1g 75.0%Cal T.Fat 12.0g 26.0%Cal S.Fat 1.0g 2.2%Cal	Nutrients Target Cals... 576 115% Chol... 7 mg Sodium. 590 mg Fiber.. 4.1* g Sugar 15.3*g 10.7%Cal Prot 15.0*g 10.4%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 554 111% Chol... 28 mg Sodium. 523 mg Fiber.. 4.2* g Sugar 0.2*g 0.1%Cal Prot 12.1*g 8.8%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 442 100% Chol... 7 mg Sodium. 436 mg Fiber.. 4.6* g Sugar 15.9*g 14.4%Cal Prot 15.0*g 13.6%Cal Carb 81.1g 73.4%Cal T.Fat 5.8g 11.9%Cal S.Fat 1.5g 3.0%Cal	Nutrients Target Cals... 515 103% Chol... 7 mg Sodium. 484 mg Fiber.. 4.7* g Sugar 6.3*g 4.9%Cal Prot 14.4*g 11.2%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	

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