

MARCH

M
I
L
L
P
O
N
D
S
C
H
O
O
L

	2	3	4	5	6	Avg Nutrients Target Cals... 688 106% Chol... 95* mg Sodium. 1309 mg Fiber.. 8.0* g Sugar 12.0*g 7.0%Cal Prot 31.2*g 18.1%Cal Carb 88.0g 51.2%Cal T.Fat 24.0g 31.4%Cal S.Fat 9.4g 12.3%Cal
	9	10	11	12	13	Avg Nutrients Target Cals... 633 100% Chol... 51* mg Sodium. 1017 mg Fiber.. 6.5* g Sugar 10.6*g 6.7%Cal Prot 24.5*g 15.4%Cal Carb 87.0g 55.0%Cal T.Fat 21.1g 30.0%Cal S.Fat 5.6g 7.9%Cal
	16	17	18	19	20	Avg Nutrients Target Cals... 660 101% Chol... 80* mg Sodium. 1120 mg Fiber.. 6.4* g Sugar 15.5*g 9.4%Cal Prot 33.2*g 20.1%Cal Carb 81.8g 49.6%Cal T.Fat 22.9g 31.3%Cal S.Fat 7.4g 10.1%Cal
	23	24	25	26	27	Avg Nutrients Target Cals... 611 100% Chol... 64* mg Sodium. 1012 mg Fiber.. 7.6* g Sugar 11.0*g 7.2%Cal Prot 26.1*g 17.1%Cal Carb 79.8g 52.2%Cal T.Fat 22.2g 32.7%Cal S.Fat 6.3g 9.3%Cal
	30	31				Avg Nutrients Target Cals... 533 89% Chol... 37* mg Sodium. 732 mg Fiber.. 10.8* g Sugar 5.8*g 4.3%Cal Prot 21.7*g 16.2%Cal Carb 82.9g 62.2%Cal T.Fat 14.2g 24.0%Cal S.Fat 3.5g 5.9%Cal

NUTRIENTS