

OCTOBER

HODGDON MIDDLE / HIGH SCHOOL

			1	2	Avg Nutrients Target Cals... 528 70% Chol... 26* mg Sodium. 1159 mg Fiber.. 7.3* g Sugar 2.1*g 1.6%Cal Prot 24.5*g 18.5%Cal Carb 78.7g 59.6%Cal T.Fat 13.4g 22.9%Cal S.Fat 4.1g 7.1%Cal
			Nutrients Target Cals... 471 63% Chol... 30* mg Sodium. 1282 mg Fiber.. 7.7* g Sugar 2.6*g 2.2%Cal Prot 23.7*g 20.1%Cal Carb 70.7g 60.0%Cal T.Fat 11.5g 21.9%Cal S.Fat 3.1g 6.0%Cal	Nutrients Target Cals... 585 78% Chol... 22* mg Sodium. 1036 mg Fiber.. 6.9* g Sugar 1.6*g 1.1%Cal Prot 25.3*g 17.3%Cal Carb 86.6g 59.2%Cal T.Fat 15.4g 23.6%Cal S.Fat 5.2g 7.9%Cal	
5	6	7	8	9	Avg Nutrients Target Cals... 858 101% Chol... 103* mg Sodium. 1450 mg Fiber.. 10.3* g Sugar 26.5*g 12.3%Cal Prot 38.0*g 17.7%Cal Carb 113.9g 53.1%Cal T.Fat 29.9g 31.3%Cal S.Fat 9.3g 9.7%Cal
Nutrients Target Cals... 451 60% Chol... 46* mg Sodium. 1841 mg Fiber.. 3.8* g Sugar 0.2*g 0.2%Cal Prot 26.3*g 23.4%Cal Carb 64.1g 56.9%Cal T.Fat 11.3g 22.5%Cal S.Fat 6.9g 13.9%Cal	Nutrients Target Cals... 820 100% Chol... 45* mg Sodium. 1338 mg Fiber.. 16.5* g Sugar 34.2*g 16.7%Cal Prot 37.1*g 18.1%Cal Carb 127.1g 61.9%Cal T.Fat 21.0g 23.1%Cal S.Fat 7.2g 7.9%Cal	Nutrients Target Cals... 1053 124% Chol... 189* mg Sodium. 1015 mg Fiber.. 11.2* g Sugar 43.2*g 16.4%Cal Prot 39.1*g 14.9%Cal Carb 134.3g 51.0%Cal T.Fat 42.2g 36.1%Cal S.Fat 7.7g 6.5%Cal	Nutrients Target Cals... 1109 131% Chol... 132* mg Sodium. 1606 mg Fiber.. 9.8* g Sugar 28.2*g 10.2%Cal Prot 49.7*g 17.9%Cal Carb 130.2g 47.0%Cal T.Fat 45.0g 36.5%Cal S.Fat 15.3g 12.4%Cal		
12	13	14	15	16	Avg Nutrients Target Cals... 825 100% Chol... 151* mg Sodium. 1429 mg Fiber.. 11.7* g Sugar 18.1*g 8.8%Cal Prot 33.9*g 16.5%Cal Carb 101.1g 49.0%Cal T.Fat 33.8g 36.9%Cal S.Fat 11.6g 12.7%Cal
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	Nutrients Target Cals... 721 96% Chol... 76* mg Sodium. 1136 mg Fiber.. 10.3* g Sugar 32.0*g 17.8%Cal Prot 31.4*g 17.4%Cal Carb 99.4g 55.1%Cal T.Fat 24.3g 30.4%Cal S.Fat 5.3g 6.6%Cal	Nutrients Target Cals... 973 115% Chol... 116* mg Sodium. 1002 mg Fiber.. 11.1* g Sugar 14.3*g 5.9%Cal Prot 36.0*g 14.8%Cal Carb 120.1g 49.4%Cal T.Fat 40.4g 37.3%Cal S.Fat 7.3g 6.8%Cal	Nutrients Target Cals... 712 95% Chol... 68* mg Sodium. 1503 mg Fiber.. 12.7* g Sugar 17.5*g 9.8%Cal Prot 28.2*g 15.8%Cal Carb 85.5g 48.0%Cal T.Fat 32.9g 41.7%Cal S.Fat 11.3g 14.2%Cal	Nutrients Target Cals... 851 100% Chol... 80* mg Sodium. 1271 mg Fiber.. 10.1* g Sugar 13.4*g 6.3%Cal Prot 43.4*g 20.4%Cal Carb 107.1g 50.4%Cal T.Fat 29.1g 30.8%Cal S.Fat 8.5g 9.0%Cal	
19	20	21	22	23	Avg Nutrients Target Cals... 685 91% Chol... 58* mg Sodium. 1153 mg Fiber.. 9.0* g Sugar 12.9*g 7.5%Cal Prot 29.4*g 17.1%Cal Carb 97.3g 56.8%Cal T.Fat 20.7g 27.2%Cal S.Fat 6.1g 8.0%Cal
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	Nutrients Target Cals... 721 96% Chol... 76* mg Sodium. 1136 mg Fiber.. 10.3* g Sugar 32.0*g 17.8%Cal Prot 31.4*g 17.4%Cal Carb 99.4g 55.1%Cal T.Fat 24.3g 30.4%Cal S.Fat 5.3g 6.6%Cal	Nutrients Target Cals... 973 115% Chol... 116* mg Sodium. 1002 mg Fiber.. 11.1* g Sugar 14.3*g 5.9%Cal Prot 36.0*g 14.8%Cal Carb 120.1g 49.4%Cal T.Fat 40.4g 37.3%Cal S.Fat 7.3g 6.8%Cal	Nutrients Target Cals... 624 83% Chol... 41* mg Sodium. 993 mg Fiber.. 12.7* g Sugar 16.0*g 10.3%Cal Prot 27.7*g 17.8%Cal Carb 97.6g 62.5%Cal T.Fat 13.2g 19.1%Cal S.Fat 5.8g 8.4%Cal	Nutrients Target Cals... 585 78% Chol... 22* mg Sodium. 1036 mg Fiber.. 6.9* g Sugar 1.6*g 1.1%Cal Prot 25.3*g 17.3%Cal Carb 86.6g 59.2%Cal T.Fat 15.4g 23.6%Cal S.Fat 5.2g 7.9%Cal	
26	27	28	29	30	Avg Nutrients Target Cals... 829 100% Chol... 70* mg Sodium. 1465 mg Fiber.. 10.5* g Sugar 14.8*g 7.1%Cal Prot 36.9*g 17.8%Cal Carb 110.4g 53.2%Cal T.Fat 27.9g 30.2%Cal S.Fat 9.1g 9.9%Cal
Nutrients Target Cals... 750 100% Chol... 34* mg Sodium. 1738 mg Fiber.. 8.5* g Sugar 13.2*g 7.1%Cal Prot 31.0*g 16.5%Cal Carb 128.0g 68.3%Cal T.Fat 17.1g 20.6%Cal S.Fat 7.3g 8.7%Cal	Nutrients Target Cals... 863 101% Chol... 64* mg Sodium. 970 mg Fiber.. 13.6* g Sugar 18.3*g 8.5%Cal Prot 30.8*g 14.3%Cal Carb 117.9g 54.7%Cal T.Fat 30.3g 31.6%Cal S.Fat 7.3g 7.6%Cal	Nutrients Target Cals... 755 100% Chol... 39* mg Sodium. 1121 mg Fiber.. 5.9* g Sugar 8.6*g 4.6%Cal Prot 29.4*g 15.6%Cal Carb 86.3g 45.7%Cal T.Fat 27.3g 32.6%Cal S.Fat 7.1g 8.4%Cal	Nutrients Target Cals... 1061 125% Chol... 112* mg Sodium. 2502 mg Fiber.. 13.1* g Sugar 32.4*g 12.2%Cal Prot 66.2*g 25.0%Cal Carb 125.8g 47.4%Cal T.Fat 35.7g 30.3%Cal S.Fat 18.6g 15.8%Cal	Nutrients Target Cals... 718 96% Chol... 101* mg Sodium. 995 mg Fiber.. 11.6* g Sugar 1.3*g 0.7%Cal Prot 27.1*g 15.1%Cal Carb 93.8g 52.3%Cal T.Fat 28.9g 36.2%Cal S.Fat 5.5g 6.9%Cal	

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