

# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
	Jan - 1  NO SCHOOL	Jan - 2  NO SCHOOL	Jan - 3  NO SCHOOL	Jan - 4  NO SCHOOL																																																																						
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot 0.0g	0.0%Cal	Carb 0.0g	0.0%Cal	T.Fat 0.0g	0.0%Cal	S.Fat 0.0g	0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot 0.0g	0.0%Cal	Carb 0.0g	0.0%Cal	T.Fat 0.0g	0.0%Cal	S.Fat 0.0g	0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot 0.0g	0.0%Cal	Carb 0.0g	0.0%Cal	T.Fat 0.0g	0.0%Cal	S.Fat 0.0g	0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot 0.0g	0.0%Cal	Carb 0.0g	0.0%Cal	T.Fat 0.0g	0.0%Cal	S.Fat 0.0g	0.0%Cal														
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot 0.0g	0.0%Cal																																																																									
Carb 0.0g	0.0%Cal																																																																									
T.Fat 0.0g	0.0%Cal																																																																									
S.Fat 0.0g	0.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot 0.0g	0.0%Cal																																																																									
Carb 0.0g	0.0%Cal																																																																									
T.Fat 0.0g	0.0%Cal																																																																									
S.Fat 0.0g	0.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot 0.0g	0.0%Cal																																																																									
Carb 0.0g	0.0%Cal																																																																									
T.Fat 0.0g	0.0%Cal																																																																									
S.Fat 0.0g	0.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot 0.0g	0.0%Cal																																																																									
Carb 0.0g	0.0%Cal																																																																									
T.Fat 0.0g	0.0%Cal																																																																									
S.Fat 0.0g	0.0%Cal																																																																									
Jan - 7  Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Applesauce Cup MILK - Variety	Jan - 8  Cereal to Go WG Egg/Cheese WG Croissant Fruit Juice, Assorted PEACHES CUP MILK - Variety	Jan - 9  Cereal to Go WG Chicken & Slider Bun WG Cheese Stick Breakfast Fruit Juice, Assorted Apricot Cup MILK - Variety	Jan - 10  MVP WG Low Fat Donut Breakfast Pizza WG Fruit Juice, Assorted BANANA, SMALL MILK - Variety	Jan - 11  Cereal to Go WG Muffin WG Chocolate Chip Yogurt breakfast - 4 oz Grapes, Fresh Fruit Juice, Assorted MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">740 148%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1313 mg</td> </tr> <tr> <td>Prot 20.7g</td> <td style="text-align: right;">11.2%Cal</td> </tr> <tr> <td>Carb 98.7g</td> <td style="text-align: right;">53.3%Cal</td> </tr> <tr> <td>T.Fat 30.1g</td> <td style="text-align: right;">36.6%Cal</td> </tr> <tr> <td>S.Fat 14.9g</td> <td style="text-align: right;">18.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	740 148%	Sodium.	1313 mg	Prot 20.7g	11.2%Cal	Carb 98.7g	53.3%Cal	T.Fat 30.1g	36.6%Cal	S.Fat 14.9g	18.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">597 119%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">821 mg</td> </tr> <tr> <td>Prot 20.4g</td> <td style="text-align: right;">13.7%Cal</td> </tr> <tr> <td>Carb 92.1g</td> <td style="text-align: right;">61.7%Cal</td> </tr> <tr> <td>T.Fat 16.4g</td> <td style="text-align: right;">24.7%Cal</td> </tr> <tr> <td>S.Fat 6.6g</td> <td style="text-align: right;">9.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	597 119%	Sodium.	821 mg	Prot 20.4g	13.7%Cal	Carb 92.1g	61.7%Cal	T.Fat 16.4g	24.7%Cal	S.Fat 6.6g	9.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">672 134%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1080 mg</td> </tr> <tr> <td>Prot 35.7g</td> <td style="text-align: right;">21.3%Cal</td> </tr> <tr> <td>Carb 101.3g</td> <td style="text-align: right;">60.2%Cal</td> </tr> <tr> <td>T.Fat 16.6g</td> <td style="text-align: right;">22.3%Cal</td> </tr> <tr> <td>S.Fat 5.3g</td> <td style="text-align: right;">7.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	672 134%	Sodium.	1080 mg	Prot 35.7g	21.3%Cal	Carb 101.3g	60.2%Cal	T.Fat 16.6g	22.3%Cal	S.Fat 5.3g	7.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">600 120%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">956 mg</td> </tr> <tr> <td>Prot 22.5g</td> <td style="text-align: right;">15.0%Cal</td> </tr> <tr> <td>Carb 97.7g</td> <td style="text-align: right;">65.1%Cal</td> </tr> <tr> <td>T.Fat 13.8g</td> <td style="text-align: right;">20.7%Cal</td> </tr> <tr> <td>S.Fat 4.4g</td> <td style="text-align: right;">6.6%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	600 120%	Sodium.	956 mg	Prot 22.5g	15.0%Cal	Carb 97.7g	65.1%Cal	T.Fat 13.8g	20.7%Cal	S.Fat 4.4g	6.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">587 117%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">812 mg</td> </tr> <tr> <td>Prot 19.9g</td> <td style="text-align: right;">13.6%Cal</td> </tr> <tr> <td>Carb 113.5g</td> <td style="text-align: right;">77.3%Cal</td> </tr> <tr> <td>T.Fat 5.5g</td> <td style="text-align: right;">8.4%Cal</td> </tr> <tr> <td>S.Fat 2.2g</td> <td style="text-align: right;">3.4%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	587 117%	Sodium.	812 mg	Prot 19.9g	13.6%Cal	Carb 113.5g	77.3%Cal	T.Fat 5.5g	8.4%Cal	S.Fat 2.2g	3.4%Cal
Nutrients	Target																																																																									
Cals...	740 148%																																																																									
Sodium.	1313 mg																																																																									
Prot 20.7g	11.2%Cal																																																																									
Carb 98.7g	53.3%Cal																																																																									
T.Fat 30.1g	36.6%Cal																																																																									
S.Fat 14.9g	18.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	597 119%																																																																									
Sodium.	821 mg																																																																									
Prot 20.4g	13.7%Cal																																																																									
Carb 92.1g	61.7%Cal																																																																									
T.Fat 16.4g	24.7%Cal																																																																									
S.Fat 6.6g	9.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	672 134%																																																																									
Sodium.	1080 mg																																																																									
Prot 35.7g	21.3%Cal																																																																									
Carb 101.3g	60.2%Cal																																																																									
T.Fat 16.6g	22.3%Cal																																																																									
S.Fat 5.3g	7.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	600 120%																																																																									
Sodium.	956 mg																																																																									
Prot 22.5g	15.0%Cal																																																																									
Carb 97.7g	65.1%Cal																																																																									
T.Fat 13.8g	20.7%Cal																																																																									
S.Fat 4.4g	6.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	587 117%																																																																									
Sodium.	812 mg																																																																									
Prot 19.9g	13.6%Cal																																																																									
Carb 113.5g	77.3%Cal																																																																									
T.Fat 5.5g	8.4%Cal																																																																									
S.Fat 2.2g	3.4%Cal																																																																									
Jan - 14  Cereal to Go WG Sausage Pancake WG Stick Strawberry Cup Fruit Juice, Assorted MILK - Variety	Jan - 15  Cereal to Go WG Oatmeal Cup WG Cinnamo Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Jan - 16  Scooby Graham WG Wow Butter, Breakfast Egg/Cheese WG Bagel Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 17  Cereal to Go WG Pancake WG Bites Cheese Stick Breakfast BANANA, SMALL Fruit Juice, Assorted MILK - Variety	Jan - 18  Cereal to Go WG Bread, Zucchini WG Cheese, Cheddar Stick Brea Fruit Juice, Assorted Strawberries MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">603 121%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">925 mg</td> </tr> <tr> <td>Prot 21.2g</td> <td style="text-align: right;">14.1%Cal</td> </tr> <tr> <td>Carb 90.1g</td> <td style="text-align: right;">59.7%Cal</td> </tr> <tr> <td>T.Fat 17.6g</td> <td style="text-align: right;">26.2%Cal</td> </tr> <tr> <td>S.Fat 5.3g</td> <td style="text-align: right;">7.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	603 121%	Sodium.	925 mg	Prot 21.2g	14.1%Cal	Carb 90.1g	59.7%Cal	T.Fat 17.6g	26.2%Cal	S.Fat 5.3g	7.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">497 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">608 mg</td> </tr> <tr> <td>Prot 17.2g</td> <td style="text-align: right;">13.9%Cal</td> </tr> <tr> <td>Carb 97.0g</td> <td style="text-align: right;">78.1%Cal</td> </tr> <tr> <td>T.Fat 3.8g</td> <td style="text-align: right;">6.9%Cal</td> </tr> <tr> <td>S.Fat 0.5g</td> <td style="text-align: right;">1.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	497 100%	Sodium.	608 mg	Prot 17.2g	13.9%Cal	Carb 97.0g	78.1%Cal	T.Fat 3.8g	6.9%Cal	S.Fat 0.5g	1.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">813 163%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">909 mg</td> </tr> <tr> <td>Prot 29.7g</td> <td style="text-align: right;">14.6%Cal</td> </tr> <tr> <td>Carb 106.9g</td> <td style="text-align: right;">52.6%Cal</td> </tr> <tr> <td>T.Fat 30.4g</td> <td style="text-align: right;">33.7%Cal</td> </tr> <tr> <td>S.Fat 8.4g</td> <td style="text-align: right;">9.4%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	813 163%	Sodium.	909 mg	Prot 29.7g	14.6%Cal	Carb 106.9g	52.6%Cal	T.Fat 30.4g	33.7%Cal	S.Fat 8.4g	9.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">642 128%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">985 mg</td> </tr> <tr> <td>Prot 26.9g</td> <td style="text-align: right;">16.8%Cal</td> </tr> <tr> <td>Carb 91.7g</td> <td style="text-align: right;">57.1%Cal</td> </tr> <tr> <td>T.Fat 20.0g</td> <td style="text-align: right;">28.0%Cal</td> </tr> <tr> <td>S.Fat 7.7g</td> <td style="text-align: right;">10.8%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	642 128%	Sodium.	985 mg	Prot 26.9g	16.8%Cal	Carb 91.7g	57.1%Cal	T.Fat 20.0g	28.0%Cal	S.Fat 7.7g	10.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">598 120%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">735 mg</td> </tr> <tr> <td>Prot 22.7g</td> <td style="text-align: right;">15.2%Cal</td> </tr> <tr> <td>Carb 94.1g</td> <td style="text-align: right;">62.9%Cal</td> </tr> <tr> <td>T.Fat 12.6g</td> <td style="text-align: right;">18.9%Cal</td> </tr> <tr> <td>S.Fat 5.8g</td> <td style="text-align: right;">8.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	598 120%	Sodium.	735 mg	Prot 22.7g	15.2%Cal	Carb 94.1g	62.9%Cal	T.Fat 12.6g	18.9%Cal	S.Fat 5.8g	8.7%Cal
Nutrients	Target																																																																									
Cals...	603 121%																																																																									
Sodium.	925 mg																																																																									
Prot 21.2g	14.1%Cal																																																																									
Carb 90.1g	59.7%Cal																																																																									
T.Fat 17.6g	26.2%Cal																																																																									
S.Fat 5.3g	7.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	497 100%																																																																									
Sodium.	608 mg																																																																									
Prot 17.2g	13.9%Cal																																																																									
Carb 97.0g	78.1%Cal																																																																									
T.Fat 3.8g	6.9%Cal																																																																									
S.Fat 0.5g	1.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	813 163%																																																																									
Sodium.	909 mg																																																																									
Prot 29.7g	14.6%Cal																																																																									
Carb 106.9g	52.6%Cal																																																																									
T.Fat 30.4g	33.7%Cal																																																																									
S.Fat 8.4g	9.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	642 128%																																																																									
Sodium.	985 mg																																																																									
Prot 26.9g	16.8%Cal																																																																									
Carb 91.7g	57.1%Cal																																																																									
T.Fat 20.0g	28.0%Cal																																																																									
S.Fat 7.7g	10.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	598 120%																																																																									
Sodium.	735 mg																																																																									
Prot 22.7g	15.2%Cal																																																																									
Carb 94.1g	62.9%Cal																																																																									
T.Fat 12.6g	18.9%Cal																																																																									
S.Fat 5.8g	8.7%Cal																																																																									

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Jan - 21  NO SCHOOL	Jan - 22  GRANOLA Yogurt breakfast - 4 oz Muffin, WG Blueberry Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 23  Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Apricot Cup MILK - Variety	Jan - 24  Cereal to Go WG Breakfast Pizza WG Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Jan - 25  Cereal to Go WG Snack Loaf, WG Blueberry Egg/Cheese WG Croissant Fruit Juice, Assorted BANANA, SMALL MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot 0.0g	0.0%Cal	Carb 0.0g	0.0%Cal	T.Fat 0.0g	0.0%Cal	S.Fat 0.0g	0.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">704 141%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">603 mg</td> </tr> <tr> <td>Prot 19.6g</td> <td style="text-align: right;">11.1%Cal</td> </tr> <tr> <td>Carb 134.7g</td> <td style="text-align: right;">76.6%Cal</td> </tr> <tr> <td>T.Fat 10.0g</td> <td style="text-align: right;">12.8%Cal</td> </tr> <tr> <td>S.Fat 4.2g</td> <td style="text-align: right;">5.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	704 141%	Sodium.	603 mg	Prot 19.6g	11.1%Cal	Carb 134.7g	76.6%Cal	T.Fat 10.0g	12.8%Cal	S.Fat 4.2g	5.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">743 149%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1302 mg</td> </tr> <tr> <td>Prot 21.4g</td> <td style="text-align: right;">11.5%Cal</td> </tr> <tr> <td>Carb 97.2g</td> <td style="text-align: right;">52.3%Cal</td> </tr> <tr> <td>T.Fat 30.2g</td> <td style="text-align: right;">36.6%Cal</td> </tr> <tr> <td>S.Fat 14.9g</td> <td style="text-align: right;">18.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	743 149%	Sodium.	1302 mg	Prot 21.4g	11.5%Cal	Carb 97.2g	52.3%Cal	T.Fat 30.2g	36.6%Cal	S.Fat 14.9g	18.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">464 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">944 mg</td> </tr> <tr> <td>Prot 18.0g</td> <td style="text-align: right;">15.5%Cal</td> </tr> <tr> <td>Carb 78.2g</td> <td style="text-align: right;">67.3%Cal</td> </tr> <tr> <td>T.Fat 8.5g</td> <td style="text-align: right;">16.5%Cal</td> </tr> <tr> <td>S.Fat 2.3g</td> <td style="text-align: right;">4.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	464 100%	Sodium.	944 mg	Prot 18.0g	15.5%Cal	Carb 78.2g	67.3%Cal	T.Fat 8.5g	16.5%Cal	S.Fat 2.3g	4.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">775 155%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1076 mg</td> </tr> <tr> <td>Prot 22.4g</td> <td style="text-align: right;">11.6%Cal</td> </tr> <tr> <td>Carb 118.0g</td> <td style="text-align: right;">60.9%Cal</td> </tr> <tr> <td>T.Fat 24.6g</td> <td style="text-align: right;">28.6%Cal</td> </tr> <tr> <td>S.Fat 8.2g</td> <td style="text-align: right;">9.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	775 155%	Sodium.	1076 mg	Prot 22.4g	11.6%Cal	Carb 118.0g	60.9%Cal	T.Fat 24.6g	28.6%Cal	S.Fat 8.2g	9.5%Cal
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot 0.0g	0.0%Cal																																																																									
Carb 0.0g	0.0%Cal																																																																									
T.Fat 0.0g	0.0%Cal																																																																									
S.Fat 0.0g	0.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	704 141%																																																																									
Sodium.	603 mg																																																																									
Prot 19.6g	11.1%Cal																																																																									
Carb 134.7g	76.6%Cal																																																																									
T.Fat 10.0g	12.8%Cal																																																																									
S.Fat 4.2g	5.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	743 149%																																																																									
Sodium.	1302 mg																																																																									
Prot 21.4g	11.5%Cal																																																																									
Carb 97.2g	52.3%Cal																																																																									
T.Fat 30.2g	36.6%Cal																																																																									
S.Fat 14.9g	18.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	464 100%																																																																									
Sodium.	944 mg																																																																									
Prot 18.0g	15.5%Cal																																																																									
Carb 78.2g	67.3%Cal																																																																									
T.Fat 8.5g	16.5%Cal																																																																									
S.Fat 2.3g	4.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	775 155%																																																																									
Sodium.	1076 mg																																																																									
Prot 22.4g	11.6%Cal																																																																									
Carb 118.0g	60.9%Cal																																																																									
T.Fat 24.6g	28.6%Cal																																																																									
S.Fat 8.2g	9.5%Cal																																																																									
Jan - 28  Breakfast Tart Cheese Stick Breakfast Sausage Pancake WG Stick Fruit Juice, Assorted PEACHES CUP MILK - Variety	Jan - 29  CEREAL BAR WG CINNAM Yogurt breakfast - 4 oz Chicken & Slider Bun WG Fruit Juice, Assorted Strawberries MILK - Variety	Jan - 30  Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 31  Cereal to Go WG Egg/Ch/C.Bacon English M Fruit Juice, Assorted BANANA, SMALL MILK - Variety																																																																							
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">781 156%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">992 mg</td> </tr> <tr> <td>Prot 30.6g</td> <td style="text-align: right;">15.7%Cal</td> </tr> <tr> <td>Carb 105.6g</td> <td style="text-align: right;">54.1%Cal</td> </tr> <tr> <td>T.Fat 27.6g</td> <td style="text-align: right;">31.8%Cal</td> </tr> <tr> <td>S.Fat 9.8g</td> <td style="text-align: right;">11.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	781 156%	Sodium.	992 mg	Prot 30.6g	15.7%Cal	Carb 105.6g	54.1%Cal	T.Fat 27.6g	31.8%Cal	S.Fat 9.8g	11.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">717 143%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">878 mg</td> </tr> <tr> <td>Prot 33.5g</td> <td style="text-align: right;">18.7%Cal</td> </tr> <tr> <td>Carb 119.6g</td> <td style="text-align: right;">66.7%Cal</td> </tr> <tr> <td>T.Fat 13.9g</td> <td style="text-align: right;">17.4%Cal</td> </tr> <tr> <td>S.Fat 2.3g</td> <td style="text-align: right;">2.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	717 143%	Sodium.	878 mg	Prot 33.5g	18.7%Cal	Carb 119.6g	66.7%Cal	T.Fat 13.9g	17.4%Cal	S.Fat 2.3g	2.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">722 144%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1215 mg</td> </tr> <tr> <td>Prot 23.2g</td> <td style="text-align: right;">12.8%Cal</td> </tr> <tr> <td>Carb 123.9g</td> <td style="text-align: right;">68.7%Cal</td> </tr> <tr> <td>T.Fat 14.9g</td> <td style="text-align: right;">18.6%Cal</td> </tr> <tr> <td>S.Fat 4.4g</td> <td style="text-align: right;">5.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	722 144%	Sodium.	1215 mg	Prot 23.2g	12.8%Cal	Carb 123.9g	68.7%Cal	T.Fat 14.9g	18.6%Cal	S.Fat 4.4g	5.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">570 114%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">939* mg</td> </tr> <tr> <td>Prot 18.6*g</td> <td style="text-align: right;">13.1%Cal</td> </tr> <tr> <td>Carb 96.6*g</td> <td style="text-align: right;">67.8%Cal</td> </tr> <tr> <td>T.Fat 4.9*g</td> <td style="text-align: right;">7.7%Cal</td> </tr> <tr> <td>S.Fat 2.2*g</td> <td style="text-align: right;">3.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	570 114%	Sodium.	939* mg	Prot 18.6*g	13.1%Cal	Carb 96.6*g	67.8%Cal	T.Fat 4.9*g	7.7%Cal	S.Fat 2.2*g	3.4%Cal															
Nutrients	Target																																																																									
Cals...	781 156%																																																																									
Sodium.	992 mg																																																																									
Prot 30.6g	15.7%Cal																																																																									
Carb 105.6g	54.1%Cal																																																																									
T.Fat 27.6g	31.8%Cal																																																																									
S.Fat 9.8g	11.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	717 143%																																																																									
Sodium.	878 mg																																																																									
Prot 33.5g	18.7%Cal																																																																									
Carb 119.6g	66.7%Cal																																																																									
T.Fat 13.9g	17.4%Cal																																																																									
S.Fat 2.3g	2.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	722 144%																																																																									
Sodium.	1215 mg																																																																									
Prot 23.2g	12.8%Cal																																																																									
Carb 123.9g	68.7%Cal																																																																									
T.Fat 14.9g	18.6%Cal																																																																									
S.Fat 4.4g	5.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	570 114%																																																																									
Sodium.	939* mg																																																																									
Prot 18.6*g	13.1%Cal																																																																									
Carb 96.6*g	67.8%Cal																																																																									
T.Fat 4.9*g	7.7%Cal																																																																									
S.Fat 2.2*g	3.4%Cal																																																																									

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.