

Lowndes County
Lowndes County Breakfast K-12
HHFKA - K-12

Feb 7, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Mar - 2 Muffin, Blueberry Mini M 11/11 F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned Cereal White Milk Flavored Milk | Mar - 3 WG Breakfast Pizza F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk | Mar - 4 B. TOAST,WHOLE-WHEAT B B. GRITS, PLAIN- not an item Shredded Cheese Eggs F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal White Milk Flavored Milk Jelly | Mar - 5 B. FRENCH TOAST STICKS F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk | Mar - 6 Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE,ASSORTED WG Cereal White Milk Flavored Milk Jelly |
| Nutrients Target Cals... 407 90% Sodium. 252 mg T.Fat 6.7g 14.8%Cal S.Fat 1.5g 3.3%Cal | Nutrients Target Cals... 443 98% Sodium. 520 mg T.Fat 8.6g 17.5%Cal S.Fat 3.1g 6.2%Cal | Nutrients Target Cals... 506 101% Sodium. 728 mg T.Fat 12.1g 21.6%Cal S.Fat 5.9g 10.5%Cal | Nutrients Target Cals... 355 79% Sodium. 142 mg T.Fat 3.0g 7.5%Cal S.Fat 1.7g 4.3%Cal | Nutrients Target Cals... 515 103% Sodium. 733 mg T.Fat 14.1g 24.6%Cal S.Fat 6.3g 11.0%Cal |
| Mar - 9 Pancakes F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup Cereal White Milk Flavored Milk | Mar - 10 B. TOAST,WHOLE-WHEAT B Shredded Cheese Eggs F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal White Milk Flavored Milk Jelly | Mar - 11 Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE,ASSORTED WG Cereal White Milk Flavored Milk Jelly | Mar - 12 Croissant Sausage Pattie F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned WG Cereal Flavored Milk White Milk Jelly | Mar - 13 Breakfast Wrap F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk |
| Nutrients Target Cals... 465 100% Sodium. 336 mg T.Fat 4.1g 8.0%Cal S.Fat 1.4g 2.7%Cal | Nutrients Target Cals... 442 98% Sodium. 608 mg T.Fat 9.8g 19.9%Cal S.Fat 4.8g 9.7%Cal | Nutrients Target Cals... 440 98% Sodium. 618 mg T.Fat 11.7g 24.0%Cal S.Fat 5.1g 10.5%Cal | Nutrients Target Cals... 515 103% Sodium. 504 mg T.Fat 20.3g 35.5%Cal S.Fat 8.3g 14.5%Cal | Nutrients Target Cals... 488 100% Sodium. 564 mg T.Fat 12.5g 23.1%Cal S.Fat 6.2g 11.4%Cal |
| Mar - 16 | Mar - 17 | Mar - 18 | Mar - 19 | Mar - 20 |

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.

Lowndes County Lowndes County Breakfast K-12 HHFKA - K-12

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--|---|--|--|--|---------|-----|--|------|--|--|---------|--------|--|--|--|--|-------|-------|----------|--|--|--|-------|------|---------|--|--|--|--|-----------|--|--------|--|--|--|---------|-----|--|-----|--|--|---------|--------|--|--|--|--|-------|-------|----------|--|--|--|-------|------|----------|--|--|--|---|-----------|--|--------|--|--|--|---------|-----|--|------|--|--|---------|--------|--|--|--|--|-------|------|----------|--|--|--|-------|------|---------|--|--|--|--|-----------|--|--------|--|--|--|---------|-----|--|-----|--|--|---------|--------|--|--|--|--|-------|------|----------|--|--|--|-------|------|---------|--|--|--|---|-----------|--|--------|--|--|--|---------|-----|--|------|--|--|---------|--------|--|--|--|--|-------|-------|----------|--|--|--|-------|------|----------|--|--|--|
| Mar - 23 WG Breakfast Pizza F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk | Mar - 24 Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSORTED Cereal Flavored Milk White Milk Eggs | Mar - 25 Cinnamon Roll F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned Cereal Flavored Milk White Milk | Mar - 26 WG Breakfast Pizza F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk | Mar - 27 Croissant Sausage Pattie F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned WG Cereal Flavored Milk White Milk Jelly | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">443</td> <td></td> <td style="text-align: right;">98%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">520 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.6g</td> <td style="text-align: right;">17.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.1g</td> <td style="text-align: right;">6.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 443 | | 98% | | | Sodium. | 520 mg | | | | | T.Fat | 8.6g | 17.5%Cal | | | | S.Fat | 3.1g | 6.2%Cal | | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">442</td> <td></td> <td style="text-align: right;">98%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">703 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">10.0g</td> <td style="text-align: right;">20.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.7g</td> <td style="text-align: right;">15.6%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 442 | | 98% | | | Sodium. | 703 mg | | | | | T.Fat | 10.0g | 20.5%Cal | | | | S.Fat | 7.7g | 15.6%Cal | | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">450</td> <td></td> <td style="text-align: right;">100%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">377 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">9.8g</td> <td style="text-align: right;">19.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.1g</td> <td style="text-align: right;">8.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 450 | | 100% | | | Sodium. | 377 mg | | | | | T.Fat | 9.8g | 19.5%Cal | | | | S.Fat | 4.1g | 8.2%Cal | | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">443</td> <td></td> <td style="text-align: right;">98%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">520 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.6g</td> <td style="text-align: right;">17.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.1g</td> <td style="text-align: right;">6.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 443 | | 98% | | | Sodium. | 520 mg | | | | | T.Fat | 8.6g | 17.5%Cal | | | | S.Fat | 3.1g | 6.2%Cal | | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">517</td> <td></td> <td style="text-align: right;">103%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">551 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.3g</td> <td style="text-align: right;">30.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.6g</td> <td style="text-align: right;">11.4%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 517 | | 103% | | | Sodium. | 551 mg | | | | | T.Fat | 17.3g | 30.2%Cal | | | | S.Fat | 6.6g | 11.4%Cal | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 443 | | 98% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 520 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 8.6g | 17.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 3.1g | 6.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 442 | | 98% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 703 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 10.0g | 20.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.7g | 15.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 450 | | 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 377 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 9.8g | 19.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 4.1g | 8.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 443 | | 98% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 520 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 8.6g | 17.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 3.1g | 6.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 517 | | 103% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 551 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 17.3g | 30.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.6g | 11.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mar - 30 Brk Burrito w/Salsa-USDA F. FRUIT, FRESH ASSORTED JUICE, VARIETY WG Cereal Flavored Milk White Milk | Mar - 31 Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSORTED Cereal Flavored Milk White Milk Eggs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">490</td> <td></td> <td style="text-align: right;">100%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">924 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.6g</td> <td style="text-align: right;">21.3%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.7g</td> <td style="text-align: right;">8.7%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 490 | | 100% | | | Sodium. | 924 mg | | | | | T.Fat | 11.6g | 21.3%Cal | | | | S.Fat | 4.7g | 8.7%Cal | | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">404</td> <td></td> <td style="text-align: right;">90%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">546 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.0g</td> <td style="text-align: right;">24.4%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.6g</td> <td style="text-align: right;">19.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 404 | | 90% | | | Sodium. | 546 mg | | | | | T.Fat | 11.0g | 24.4%Cal | | | | S.Fat | 8.6g | 19.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 490 | | 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 924 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 11.6g | 21.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 4.7g | 8.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 404 | | 90% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 546 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 11.0g | 24.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.6g | 19.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | Average | Weekly Target | % of Target | | Average | % of Calories | Weekly Target |
|----------|---------|---------------|-------------|----------|---------|---------------|---------------|
| Calories | 457 | 450-500 | 100% | Tot. Fat | 10.57 g | 20.84% | |
| Sodium | 538 mg | 540 | | Sat. Fat | 4.82 g | 9.50% | <10.00% |

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.