

Fleming County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																											
Nov - 29 MANAGERS CHOICE	Nov - 30 CEREAL/TOAST & JELLY or BREAKFAST PIZZA MILK AND JUICE	Dec - 1 CEREAL/TOAST & JELLY or EGG AND CHEESE SANDWICH MILK AND JUICE	Dec - 2 CEREAL/TOAST & JELLY or WAFFLES AND SYRUP MILK AND JUICE	Dec - 3 CEREAL/TOAST & JELLY or ASSORTED FRUIT YOGURT GRAHAM CRACKER STICKS MILK AND JUICE	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">694 88%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">65 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">846 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.3 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">8.1 mg 191%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">589.7 mg 159%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1334* IU 94%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">426* RE 149%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">36.5 mg 210%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">23.6g 13.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">124.0g 71.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">12.7g 16.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.0g 7.8%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	694 88%	Chol...	65 mg	Sodium.	846 mg	Fiber..	4.3 g	Iron...	8.1 mg 191%	Calcium	589.7 mg 159%	Vit A	1334* IU 94%	Vit A	426* RE 149%	Vit C	36.5 mg 210%	Prot	23.6g 13.6%Cal	Carb	124.0g 71.5%Cal	T.Fat	12.7g 16.5%Cal	S.Fat	6.0g 7.8%Cal																																																																																																															
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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.

Fleming County Schools

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Calcium	509.6 mg 138%																																																																																																																																																
Vit A	1456* IU 102%																																																																																																																																																
Vit A	436* RE 153%																																																																																																																																																
Vit C	35.4 mg 203%																																																																																																																																																
Prot	36.2g 17.6%Cal																																																																																																																																																
Carb	110.8g 54.0%Cal																																																																																																																																																
T.Fat	26.2g 28.7%Cal																																																																																																																																																
S.Fat	9.8g 10.7%Cal																																																																																																																																																
Nutrients	Target																																																																																																																																																
Cals...	0 0%																																																																																																																																																
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Nutrients	Target																																																																																																																																																
Cals...	767 98%																																																																																																																																																
Chol...	48 mg																																																																																																																																																
Sodium.	1154 mg																																																																																																																																																
Fiber..	5.2 g																																																																																																																																																
Iron...	8.4 mg 199%																																																																																																																																																
Calcium	742.2 mg 200%																																																																																																																																																
Vit A	1373* IU 96%																																																																																																																																																
Vit A	421* RE 148%																																																																																																																																																
Vit C	38.4 mg 221%																																																																																																																																																
Prot	31.5g 16.4%Cal																																																																																																																																																
Carb	116.8g 60.9%Cal																																																																																																																																																
T.Fat	20.3g 23.8%Cal																																																																																																																																																
S.Fat	10.7g 12.5%Cal																																																																																																																																																
Nutrients	Target																																																																																																																																																
Cals...	681 87%																																																																																																																																																
Chol...	19 mg																																																																																																																																																
Sodium.	574 mg																																																																																																																																																
Fiber..	3.4 g																																																																																																																																																
Iron...	6.9 mg 163%																																																																																																																																																
Calcium	685.9 mg 185%																																																																																																																																																
Vit A	1110* IU 78%																																																																																																																																																
Vit A	377* RE 132%																																																																																																																																																
Vit C	37.0 mg 212%																																																																																																																																																
Prot	23.0g 13.5%Cal																																																																																																																																																
Carb	133.0g 78.1%Cal																																																																																																																																																
T.Fat	7.8g 10.3%Cal																																																																																																																																																
S.Fat	4.0g 5.3%Cal																																																																																																																																																
Nutrients	Target																																																																																																																																																
Cals...	744 95%																																																																																																																																																
Chol...	58 mg																																																																																																																																																
Sodium.	784 mg																																																																																																																																																
Fiber..	4.1 g																																																																																																																																																
Iron...	8.0 mg 188%																																																																																																																																																
Calcium	393.9 mg 106%																																																																																																																																																
Vit A	1139* IU 80%																																																																																																																																																
Vit A	384* RE 135%																																																																																																																																																
Vit C	35.5 mg 204%																																																																																																																																																
Prot	17.2g 9.2%Cal																																																																																																																																																
Carb	154.4g 83.0%Cal																																																																																																																																																
T.Fat	8.5g 10.3%Cal																																																																																																																																																
S.Fat	3.2g 3.9%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.

Fleming County Schools

(1/3 RDA) : Grade 4-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients		
	Average	Target	% of Target	Average	% of Calories	Target	
Calories	743	785	95%	Protein	26.56 g	14.29%	14.56
Cholesterol	78 mg			Carbohyd	124.80 g	67.16%	
Sodium	1040 mg			Tot. Fat	16.45 g	19.91%	<=30.00%
Fiber	4.61 g			Sat. Fat	6.88 g	8.33%	<10.00%
Iron	8.38 mg	4.23	198%				
Calcium	556.53 mg	370.45	150%				
Vitamin A	1260* IU	1426	88%				
Vitamin A	403* RE	285	141%				
Vitamin C	36.38 mg	17.42	209%				

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

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