

# Fleming County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 29  CORN DOG BAKED BEANS MACARONI & CHEESE WALDORF FRUIT SALAD MILK	Nov - 30  MANAGERS CHOICE	Dec - 1  OVEN FRI ED CHICKEN MASHED POTATOES GREEN BEANS WATERMELON CHUNKS TEXAS TOAST MILK	Dec - 2  HOT HAM and CHEESE on SESAME BUN BUTTERED POTATOES PEAS and CARROTS ASSORTED FRESH FRUIT STRAWBERRY SHORTCAKE MILK	Dec - 3  SCRAMBLED EGGS SAUSAGE PATTY HASH BROWN POTATOES BAKED APPLES or ORANGE SLICES BISCUIT and GRAVY MILK	Avg Nutrients    Target Cals...            813        103% Chol...            91 mg Sodium.          2153 mg Fiber..            7.8 g Iron...            5.2 mg 124% Calcium 581.2 mg 157% Vit A              2299 IU 161% Vit A              400 RE 140% Vit C              32.8 mg 188% Prot               38.6g 19.0%Cal Carb              111.5g 54.9%Cal T.Fat              24.3g 27.0%Cal S.Fat              9.1g 10.1%Cal
Nutrients            Target Cals...            745        95% Chol...            51 mg Sodium.          1555 mg Fiber..            9.5 g Iron...            4.7 mg 111% Calcium 578.6 mg 156% Vit A              1053 IU 74% Vit A              242 RE 85% Vit C              8.7 mg 50% Prot               32.6g 17.5%Cal Carb              108.5g 58.3%Cal T.Fat              22.9g 27.7%Cal S.Fat              9.6g 11.6%Cal	Nutrients            Target Cals...            0            0% Chol...            0 mg Sodium.          0 mg Fiber..            0.0 g Iron...            0.0 mg 0% Calcium          0.0 mg 0% Vit A              0 IU 0% Vit A              0 RE 0% Vit C              0.0 mg 0% 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...            684        87% Chol...            157 mg Sodium.          871 mg Fiber..            4.8 g Iron...            4.2 mg 100% Calcium 405.1 mg 109% Vit A              1777 IU 125% Vit A              312 RE 109% Vit C              24.9 mg 143% Prot               54.6g 31.9%Cal Carb              63.6g 37.2%Cal T.Fat              22.7g 29.8%Cal S.Fat              8.6g 11.4%Cal	Nutrients            Target Cals...            947        121% Chol...            63 mg Sodium.          2330 mg Fiber..            10.7 g Iron...            5.9 mg 140% Calcium 736.7 mg 199% Vit A              5683 IU 399% Vit A              855 RE 300% Vit C              88.1 mg 506% Prot               39.9g 16.8%Cal Carb              152.3g 64.4%Cal T.Fat              20.7g 19.7%Cal S.Fat              8.6g 8.2%Cal	Nutrients            Target Cals...            875        111% Chol...            92 mg Sodium.          3855 mg Fiber..            6.2 g Iron...            6.1 mg 144% Calcium 604.4 mg 163% Vit A              684 IU 48% Vit A              192 RE 67% Vit C              9.3 mg 53% Prot               27.3g 12.5%Cal Carb              121.5g 55.6%Cal T.Fat              31.1g 32.0%Cal S.Fat              9.6g 9.9%Cal	
Dec - 6  CHICKEN RINGS GARDEN SALAD assorted salad dressing APPLE SAUCE FRENCH ITALIAN LOAF MILK	Dec - 7  STEAK HOAGIE with pizza sauce & mozzarella cheese WAFFLE FRIES FRUIT CUP NO BAKE COOKIE MILK	Dec - 8  CHICKEN PATTY assorted sauces AU GRATIN POTATOES BANANA YEAST ROLLS MILK	Dec - 9  PORK ROAST and GRAVY WHEAT BREAD MACARONI & CHEESE BROWN BEANS MIXED FRUIT MILK	Dec - 10  CHILI CON CARNE W/ BEANS with SHREDDED CHEESE TORTILLA CHIPS COLE SLAW CHILLED PEACHES ICE CREAM MILK	Avg Nutrients    Target Cals...            808        103% Chol...            66 mg Sodium.          1400 mg Fiber..            7.7 g Iron...            5.0 mg 118% Calcium 577.2 mg 156% Vit A              2329 IU 163% Vit A              427 RE 150% Vit C              35.5 mg 204% Prot               35.4g 17.5%Cal Carb              112.4g 55.7%Cal T.Fat              25.7g 28.6%Cal S.Fat              8.6g 9.6%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.

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# Fleming County Schools

(1/3 RDA) : Grade 4-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients			
	Average	Target	% of Target	Average	% of Calories	Target		
	Calories	879	785	112%	Protein	37.32 g	16.97%	14.56
	Cholesterol	77 mg			Carbohyd	120.70 g	54.90%	
	Sodium	1688 mg			Tot. Fat	28.07 g	28.73%	<=30.00%
	Fiber	8.00 g			Sat. Fat	9.71 g	9.93%	<10.00%
	Iron	6.75 mg	4.23	159%				
	Calcium	588.42 mg	370.45	159%				
	Vitamin A	2160 IU	1426	152%				
	Vitamin A	408 RE	285	143%				
	Vitamin C	34.34 mg	17.42	197%				

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