

# Fleming County Schools

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				Oct - 1  EKEA NO SCHOOL	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td>*N/A*</td> </tr> <tr> <td>Chol...</td> <td>*N/A* mg</td> </tr> <tr> <td>Sodium.</td> <td>*N/A* mg</td> </tr> <tr> <td>Fiber..</td> <td>*N/A* g</td> </tr> <tr> <td>Iron...</td> <td>*N/A* mg</td> </tr> <tr> <td>Calcium</td> <td>*N/A* mg</td> </tr> <tr> <td>Vit A</td> <td>*N/A* IU</td> </tr> <tr> <td>Vit A</td> <td>*N/A* RE</td> </tr> <tr> <td>Vit C</td> <td>*N/A* mg</td> </tr> <tr> <td>Prot</td> <td>*N/A*g *N/A%Cal</td> </tr> <tr> <td>Carb</td> <td>*N/A*g *N/A%Cal</td> </tr> <tr> <td>T.Fat</td> <td>*N/A*g *N/A%Cal</td> </tr> <tr> <td>S.Fat</td> <td>*N/A*g *N/A%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	*N/A*	Chol...	*N/A* mg	Sodium.	*N/A* mg	Fiber..	*N/A* g	Iron...	*N/A* mg	Calcium	*N/A* mg	Vit A	*N/A* IU	Vit A	*N/A* RE	Vit C	*N/A* mg	Prot	*N/A*g *N/A%Cal	Carb	*N/A*g *N/A%Cal	T.Fat	*N/A*g *N/A%Cal	S.Fat	*N/A*g *N/A%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.

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# Fleming County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 18  CEREAL/TOAST & JELLY or BLUEBERRY MUFFINS MILK AND JUICE	Oct - 19  CEREAL/TOAST & JELLY or BREAKFAST PIZZA MILK AND JUICE	Oct - 20  CEREAL/BISCUIT & JELLY or BACON AND BISCUIT JELLY MILK AND JUICE	Oct - 21  CEREAL/TOAST & JELLY or SCRAMBLED EGGS SAUSAGE LINKS TOAST & jelly MILK AND JUICE	Oct - 22  CEREAL/TOAST & JELLY or ASSORTED FRUIT YOGURT GRAHAM CRACKER STICKS MILK AND JUICE	Avg Nutrients    Target Cals...            744            95% Chol...            79 mg Sodium.          1002 mg Fiber..            4.6 g Iron...            8.3 mg 195% Calcium 555.1 mg 150% Vit A            1190* IU 83% Vit A            394* RE 138% Vit C            36.4 mg 209% Prot            24.8g 13.4%Cal Carb            123.6g 66.5%Cal T.Fat            17.8g 21.5%Cal S.Fat            6.9g 8.3%Cal
Nutrients            Target Cals...            675            86% Chol...            55 mg Sodium.          627 mg Fiber..            3.4 g Iron...            8.1 mg 192% Calcium 346.0 mg 93% Vit A            1127 IU 79% Vit A            372 RE 130% Vit C            35.4 mg 203% Prot            15.8g 9.4%Cal Carb            117.2g 69.5%Cal T.Fat            16.9g 22.5%Cal S.Fat            4.3g 5.8%Cal	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...            820            104% Chol...            27 mg Sodium.          1518 mg Fiber..            4.9 g Iron...            9.2 mg 218% Calcium 540.8 mg 146% Vit A            1035 IU 73% Vit A            353 RE 124% Vit C            35.5 mg 204% Prot            23.6g 11.5%Cal Carb            137.0g 66.9%Cal T.Fat            20.6g 22.6%Cal S.Fat            7.1g 7.8%Cal	Nutrients            Target Cals...            776            99% Chol...            247 mg Sodium.          1136 mg Fiber..            5.8 g Iron...            8.6 mg 204% Calcium 460.5 mg 124% Vit A            1306 IU 92% Vit A            448 RE 157% Vit C            35.8 mg 206% Prot            30.2g 15.6%Cal Carb            114.1g 58.8%Cal T.Fat            23.2g 26.9%Cal S.Fat            8.3g 9.6%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	
Oct - 25  CEREAL/TOAST & JELLY or BREAKFAST PIZZA MILK AND JUICE	Oct - 26  CEREAL/BISCUIT & JELLY or BACON, EGG AND BISCUIT JELLY MILK AND JUICE	Oct - 27  MANAGERS CHOICE	Oct - 28  CEREAL/TOAST & JELLY or WAFFLES AND SYRUP MILK AND JUICE	Oct - 29  CEREAL/TOAST & JELLY or HOMEMADE FRUIT DANISH MILK AND JUICE	Avg Nutrients    Target Cals...            719            92% Chol...            62 mg Sodium.          975 mg Fiber..            4.6 g Iron...            8.5 mg 200% Calcium 515.1 mg 139% Vit A            1355* IU 95% Vit A            437* RE 153% Vit C            36.3 mg 209% Prot            21.5g 11.9%Cal Carb            124.5g 69.2%Cal T.Fat            16.2g 20.2%Cal S.Fat            7.4g 9.3%Cal

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# Fleming County Schools

(1/3 RDA) : Grade 4-12

Monday		Tuesday		Wednesday		Thursday		Friday		Nutrients
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	
Cals...	767 98%	Cals...	814 104%	Cals...	0 0%	Cals...	656 84%	Cals...	640 81%	
Chol...	48 mg	Chol...	121 mg	Chol...	0 mg	Chol...	14 mg	Chol...	64 mg	
Sodium.	1154 mg	Sodium.	1415 mg	Sodium.	0 mg	Sodium.	673 mg	Sodium.	660 mg	
Fiber..	5.2 g	Fiber..	4.9 g	Fiber..	0.0 g	Fiber..	4.1 g	Fiber..	4.2 g	
Iron...	8.4 mg 199%	Iron...	9.5 mg 224%	Iron...	0.0 mg 0%	Iron...	8.4 mg 198%	Iron...	7.6 mg 180%	
Calcium	742.2 mg 200%	Calcium	551.9 mg 149%	Calcium	0.0 mg 0%	Calcium	426.1 mg 115%	Calcium	340.1 mg 92%	
Vit A	1373* IU 96%	Vit A	1186* IU 83%	Vit A	0* IU 0%	Vit A	1425* IU 100%	Vit A	1434* IU 101%	
Vit A	421* RE 148%	Vit A	383* RE 135%	Vit A	0* RE 0%	Vit A	472* RE 166%	Vit A	470* RE 165%	
Vit C	38.4 mg 221%	Vit C	35.5 mg 204%	Vit C	0.0 mg 0%	Vit C	35.4 mg 203%	Vit C	36.0 mg 207%	
Prot	31.5g 16.4%Cal	Prot	23.7g 11.6%Cal	Prot	0.0g 0.0%Cal	Prot	14.9g 9.1%Cal	Prot	15.9g 9.9%Cal	
Carb	116.8g 60.9%Cal	Carb	137.6g 67.6%Cal	Carb	0.0g 0.0%Cal	Carb	135.5g 82.6%Cal	Carb	108.1g 67.6%Cal	
T.Fat	20.3g 23.8%Cal	T.Fat	19.7g 21.8%Cal	T.Fat	0.0g 0.0%Cal	T.Fat	7.9g 10.9%Cal	T.Fat	16.8g 23.6%Cal	
S.Fat	10.7g 12.5%Cal	S.Fat	6.7g 7.4%Cal	S.Fat	0.0g 0.0%Cal	S.Fat	2.8g 3.9%Cal	S.Fat	9.5g 13.4%Cal	

	Average	Target	% of Target		Average	% of Calories	Target
Calories	738	785	94%	Protein	24.60 g	13.34%	14.56
Cholesterol	77 mg			Carbohyd	123.27 g	66.82%	
Sodium	1038 mg			Tot. Fat	17.36 g	21.17%	<=30.00%
Fiber	5.00 g			Sat. Fat	7.12 g	8.68%	<10.00%
Iron	8.50 mg	4.23	201%				
Calcium	531.84 mg	370.45	144%				
Vitamin A	1258* IU	1426	88%				
Vitamin A	406* RE	285	143%				
Vitamin C	36.32 mg	17.42	208%				

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