

Fleming County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
				Oct - 1 NO SCHOOL EKEA	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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Oct - 4 BEEF & CHEDDAR SANDWICH WAFFLE FRIES BAKED BEANS PINEAPPLE and COTTAGE CHEESE MILK	Oct - 5 HAMBURGER ON WHEAT BUN lettuce, tomato & cheese onion & pickle CORN COLE SLAW GELATIN with FRUIT & WHIPPED TOPPING MILK	Oct - 6 PORK ROAST and GRAVY WHEAT BREAD MASHED POTATOES LIMA BEANS SLICED APPLES WITH CARMEL DIP MILK	Oct - 7 CHILI WITH BEANS & CRACKERS PEANUT BUTTER OR PIMENTO CHEESE SANDWICH CELERY, CARROT, BROCCOLI CAULI FLOWER / ranch dip CHEESECAKE WITH CHERRY TOPPING MILK	Oct - 8 PIZZA GARDEN SALAD assorted salad dressing POTATO WEDGES SLICED PEACHES ICE CREAM MILK	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">849 108%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">78 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">1412 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">10.6 g</td></tr> <tr><td>Iron...</td><td style="text-align: right;">5.6 mg 132%</td></tr> <tr><td>Calcium</td><td style="text-align: right;">576.9 mg 156%</td></tr> <tr><td>Vit A</td><td style="text-align: right;">2707 IU 190%</td></tr> <tr><td>Vit A</td><td style="text-align: right;">486 RE 171%</td></tr> <tr><td>Vit C</td><td style="text-align: right;">29.4 mg 169%</td></tr> <tr><td>Prot</td><td style="text-align: right;">42.7g 20.1%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">115.0g 54.2%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">26.4g 28.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">11.1g 11.8%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	849 108%	Chol...	78 mg	Sodium.	1412 mg	Fiber..	10.6 g	Iron...	5.6 mg 132%	Calcium	576.9 mg 156%	Vit A	2707 IU 190%	Vit A	486 RE 171%	Vit C	29.4 mg 169%	Prot	42.7g 20.1%Cal	Carb	115.0g 54.2%Cal	T.Fat	26.4g 28.0%Cal	S.Fat	11.1g 11.8%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.

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Fleming County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 18 BBQ CHICKEN ON WHEAT BUN CHEESE FRIES FRUIT CUP NO BAKE COOKIE MILK	Oct - 19 BAKED COD on WHEAT BUN BROCCOLI SALAD BAKED BEANS with hot dog BANANA PUDDING WITH VANILLA WAFERS MILK	Oct - 20 SLICED TURKEY and GRAVY WHEAT BREAD MASHED POTATOES CHEESE PEAS OATMEAL SPICE CAKE with BAKED TOPPING MILK	Oct - 21 CHICKEN RINGS assorted sauces PARSLEY POTATOES CALIFORNIA BLEND GELATIN with FRUIT YEAST ROLLS MILK	Oct - 22 CHILI CON CARNE W/ BEANS with SHREDDED CHEESE TORTILLA CHIPS COLE SLAW PI NEAPPLE CHUNKS ICE CREAM MILK	Avg Nutrients Target Cals... 791 101% Chol... 69 mg Sodium. 1164 mg Fiber... 6.9 g Iron... 8.4 mg 198% Calcium 494.5 mg 133% Vit A 2470 IU 173% Vit A 523 RE 183% Vit C 37.6 mg 216% Prot 31.6g 16.0%Cal Carb 109.9g 55.6%Cal T.Fat 24.5g 27.9%Cal S.Fat 8.7g 9.9%Cal
Nutrients Target Cals... 919 117% Chol... 89 mg Sodium. 1113 mg Fiber... 7.4 g Iron... 4.8 mg 112% Calcium 604.9 mg 163% Vit A 1493 IU 105% Vit A 338 RE 118% Vit C 19.2 mg 110% Prot 40.8g 17.7%Cal Carb 127.6g 55.5%Cal T.Fat 29.2g 28.6%Cal S.Fat 11.3g 11.0%Cal	Nutrients Target Cals... 776 99% Chol... 46 mg Sodium. 1414 mg Fiber... 4.7 g Iron... 24.4 mg 576% Calcium 378.6 mg 102% Vit A 1250 IU 88% Vit A 255 RE 90% Vit C 57.4 mg 329% Prot 26.3g 13.6%Cal Carb 100.8g 52.0%Cal T.Fat 21.3g 24.7%Cal S.Fat 5.5g 6.3%Cal	Nutrients Target Cals... 962 123% Chol... 91 mg Sodium. 1508 mg Fiber... 9.7 g Iron... 5.1 mg 121% Calcium 487.1 mg 131% Vit A 2143 IU 150% Vit A 493 RE 173% Vit C 19.3 mg 111% Prot 37.5g 15.6%Cal Carb 142.4g 59.2%Cal T.Fat 28.1g 26.3%Cal S.Fat 10.5g 9.8%Cal	Nutrients Target Cals... 453 58% Chol... 25 mg Sodium. 746 mg Fiber... 4.7 g Iron... 2.6 mg 61% Calcium 199.9 mg 54% Vit A 4263 IU 299% Vit A 878 RE 308% Vit C 45.0 mg 258% Prot 14.6g 12.9%Cal Carb 66.3g 58.6%Cal T.Fat 15.2g 30.1%Cal S.Fat 3.9g 7.8%Cal	Nutrients Target Cals... 843 107% Chol... 92 mg Sodium. 1042 mg Fiber... 8.0 g Iron... 5.0 mg 119% Calcium 801.8 mg 216% Vit A 3202 IU 225% Vit A 652 RE 229% Vit C 47.1 mg 270% Prot 39.1g 18.6%Cal Carb 112.5g 53.4%Cal T.Fat 28.9g 30.8%Cal S.Fat 12.4g 13.3%Cal	
Oct - 25 MANAGERS CHOICE	Oct - 26 SHAVED HAM ON WHEAT BUN lettuce, pickle, tomato OVEN FRIES PEARS and COTTAGE CHEESE PEANUT BUTTER COOKIES MILK	Oct - 27 POPCORN CHICKEN assorted sauces BAKED POTATOES BROCCOLI & CHEESE SAUCE ORANGE-PI NEAPPLE GELATIN HOT ROLLS MILK	Oct - 28 TACO SALAD TORTILLA CHIPS SALSA REFRIED BEANS with SHREDDED CHEESE CORN CHILLED PEACHES MILK	Oct - 29 PULLED PORK BBQ on WHEAT BUN COLE SLAW FRUIT SALAD FROZEN SIDE KICKS MILK	Avg Nutrients Target Cals... 881 112% Chol... 70 mg Sodium. 1671 mg Fiber... 9.4 g Iron... 5.5 mg 131% Calcium 546.5 mg 148% Vit A 2562 IU 180% Vit A 495 RE 174% Vit C 58.7 mg 337% Prot 40.5g 18.4%Cal Carb 123.2g 55.9%Cal T.Fat 27.1g 27.7%Cal S.Fat 8.6g 8.8%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...	0	0%	Cals...	775	99%	Cals...	1020	130%	Cals...	988	126%	Cals...	741	94%	
Chol...	0 mg		Chol...	68 mg		Chol...	33 mg		Chol...	111 mg		Chol...	69 mg		
Sodium.	0 mg		Sodium.	2275 mg		Sodium.	1443 mg		Sodium.	2017 mg		Sodium.	947 mg		
Fiber..	0.0 g		Fiber..	8.0 g		Fiber..	10.2 g		Fiber..	12.4 g		Fiber..	7.0 g		
Iron...	0.0 mg	0%	Iron...	4.9 mg	117%	Iron...	6.0 mg	141%	Iron...	7.2 mg	171%	Iron...	4.0 mg	93%	
Calcium	0.0 mg	0%	Calcium	471.0 mg	127%	Calcium	509.4 mg	138%	Calcium	807.0 mg	218%	Calcium	398.5 mg	108%	
Vit A	0 IU	0%	Vit A	1453 IU	102%	Vit A	2831 IU	199%	Vit A	3706 IU	260%	Vit A	2258 IU	158%	
Vit A	0 RE	0%	Vit A	277 RE	97%	Vit A	626 RE	220%	Vit A	657 RE	231%	Vit A	421 RE	148%	
Vit C	0.0 mg	0%	Vit C	28.8 mg	165%	Vit C	84.8 mg	487%	Vit C	22.0 mg	126%	Vit C	99.0 mg	568%	
Prot	0.0g	0.0%Cal	Prot	44.1g	22.7%Cal	Prot	32.8g	12.9%Cal	Prot	52.4g	21.2%Cal	Prot	32.6g	17.6%Cal	
Carb	0.0g	0.0%Cal	Carb	99.8g	51.5%Cal	Carb	159.2g	62.5%Cal	Carb	117.7g	47.7%Cal	Carb	116.0g	62.6%Cal	
T.Fat	0.0g	0.0%Cal	T.Fat	23.9g	27.8%Cal	T.Fat	28.5g	25.2%Cal	T.Fat	38.0g	34.6%Cal	T.Fat	18.0g	21.9%Cal	
S.Fat	0.0g	0.0%Cal	S.Fat	6.4g	7.4%Cal	S.Fat	6.7g	5.9%Cal	S.Fat	15.1g	13.7%Cal	S.Fat	6.3g	7.7%Cal	

	Average	% of		Average	% of	
		Target	Target		Calories	Target
Calories	827	785	105%	Protein	37.13 g	17.97% 14.56
Cholesterol	70 mg			Carbohyd	115.65 g	55.97%
Sodium	1510 mg			Tot. Fat	25.23 g	27.47% <=30.00%
Fiber	9.29 g			Sat. Fat	9.11 g	9.92% <10.00%
Iron	6.30 mg	4.23	149%			
Calcium	546.91 mg	370.45	148%			
Vitamin A	2746 IU	1426	193%			
Vitamin A	513 RE	285	180%			
Vitamin C	42.50 mg	17.42	244%			

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