



27 Monday chicken pattie	28 Tuesday grilled cheese	29 Wednesday cheese pizza	30 Thursday nachos	1 Friday cold cereal/tst/juice stuffed baked pot cheese sau/bacon carrots sticks chocolate brownie very cold milk
--------------------------------	---------------------------------	---------------------------------	--------------------------	---

4 Monday breakfast burrito/frt. corn dog on a stick french fries/ketchup green beans rosy applesauce variety milk	5 Tuesday waffle/frt juice/milk fish fillet sandwich potato chips green salad/rnch chocolate cake cold milk	6 Wednesday hot oatmeal/juice/milk spaghetti meat sauce italian vegetables garlic bread fresh fruit milk variety	7 Thursday ham scrambled eggs BBQ rib sandwich corn chips tossed salad/frnch chocolate cookie cold milk	8 Friday breakfast omelet/frt chicken and noodles raw vegs / dip ww roll/ btr mandarin oranges variety milk
---	---	--	---	---

11 Monday cold cereal/juice /frt hot dog on a bun cowboy beans mixed vegetables apple slices milk	12 Tuesday pancakes/frt/milk macaroni and cheese ww rolls/butter green salad/ranch peach slices variety milk	13 Wednesday muffin sqaures/juice chicken frajitas tortilla chips/salsa refried beans choc chip cookies cold milk	14 Thursday pretzel /cheese/frt hamburger/on a bun french fries tossed salad/crmy ital. fresh grapes/seedless milk variety	15 Friday toasted bagels/juice italian dunkers meat sauce bread sticks vegetable medley choc. pudding milk
---	--	---	--	---

18 Monday breakfast on a stick chicken tenders tater tots peas /btr sauce sliced pears cold milk	19 Tuesday cinn.tastries/milk frt. grilled ham /cheese potato chips mixed salad/1000 sugar cookies cold milk	20 Wednesday nutra grain bar/milk/frt oven fried chicken mashed potatoes celery/carrots fruit jello ww roll/btr milk	21 Thursday toast scrambled eggs ham/scalloped potatoes/slice bread green salad mch oatmeal cookie milk variety	22 Friday breakfast pizza/frt. chicken pattie/bun jo jos/ketchup mixed vegetables fresh fruit cold milk
--	--	---	---	---

25 Monday Memorial Day No school today	26 Tuesday cold cereal/frt juice chicken nuggets french fries tossed salad/italian fresh apple halves milk your choice	27 Wednesday cinn. rolls/milk frt. juice pepperoni pizza cauliflower/brocoli pineapple tidbits milk	28 Thursday sau, eggs, muffin/frt beef taco spanish rice green salad/hny mstrd yellow cake cold milk	29 Friday oat meal/ milk/frt juice chile con carne corn bread/hny btr. green beans fresh bananas variety cold milk
---	--	--	--	--

Notes and Announcements

Hamilton School District #3

Hamilton School Dist Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
May - 18 BREAKFAST ON A ST FRUIT MILK - Variety	May - 19 Cinnamon Tastry FRESH FRUIT MILK - Variety	May - 20 NUTRIGRAIN BAR JUICE MILK - Variety	May - 21 SCRAMBLED EGGS TOAST JUICE MILK - Variety	May - 22 BREAKFAST PIZZA FRUIT JUICE,ASSOR FRUIT MILK - Variety
Nutrients Target Cals... 401 72% Chol... 27 mg 27% Sodium. 504 mg 50% Fiber.. 3.2 g 63% Iron... 4.4 mg 148% Calcium 307.8 mg 121% Vit A 1067 IU 110% Vit A 200 RE 103% Vit C 31.8 mg 254% Prot 17.0g 17.0%Cal Carb 58.3g 58.2%Cal T.Fat 11.6g 26.1%Cal S.Fat 4.5g 10.2%Cal	Nutrients Target Cals... 173 31% Chol... 9 mg 9% Sodium. 139 mg 14% Fiber.. 2.1 g 43% Iron... 0.6 mg 19% Calcium 297.5 mg 117% Vit A 755 IU 78% Vit A 174 RE 90% Vit C 14.9 mg 119% Prot 8.6g 19.9%Cal Carb 30.2g 69.8%Cal T.Fat 2.5g 13.2%Cal S.Fat 1.5g 7.9%Cal	Nutrients Target Cals... 588 106% Chol... 10 mg 10% Sodium. 357 mg 36% Fiber.. 5.8 g 115% Iron... 2.6 mg 86% Calcium 371.3 mg 146% Vit A 560 IU 58% Vit A 153 RE 79% Vit C 24.8 mg 199% Prot 15.5g 10.5%Cal Carb 91.0g 61.9%Cal T.Fat 19.8g 30.3%Cal S.Fat 9.6g 14.7%Cal	Nutrients Target Cals... 447 81% Chol... 233 mg 233% Sodium. 530 mg 53% Fiber.. 2.9 g 59% Iron... 2.3 mg 78% Calcium 445.3 mg 175% Vit A 1189 IU 122% Vit A 350 RE 180% Vit C 24.9 mg 199% Prot 21.4g 19.2%Cal Carb 49.7g 44.5%Cal T.Fat 18.4g 37.2%Cal S.Fat 7.0g 14.2%Cal	Nutrients Target Cals... 286 52% Chol... 9 mg 9% Sodium. 150 mg 15% Fiber.. 3.4 g 67% Iron... 1.2 mg 42% Calcium 321.2 mg 127% Vit A 1129 IU 116% Vit A 207 RE 106% Vit C 58.6 mg 469% Prot 9.6g 13.4%Cal Carb 57.0g 79.6%Cal T.Fat 2.8g 8.9%Cal S.Fat 1.6g 5.0%Cal
May - 25	May - 26 COLD CEREAL TOAST FRUIT JUICE,ASSOR MILK - Variety	May - 27 CINNAMON ROLLS FRUIT MILK - Variety	May - 28 SAUS. EGGS & HSH FRUIT MILK - Variety	May - 29 OATMEAL TOAST FRUIT MILK - Variety
	Nutrients Target Cals... 510 92% Chol... 9 mg 9% Sodium. 599 mg 60% Fiber.. 7.2 g 145% Iron... 15.0 mg 503% Calcium 503.0 mg 198% Vit A 2026 IU 209% Vit A 741 RE 381% Vit C 38.7 mg 309% Prot 17.0g 13.3%Cal Carb 88.3g 69.3%Cal T.Fat 11.8g 20.9%Cal S.Fat 3.2g 5.7%Cal	Nutrients Target Cals... 431 78% Chol... 10 mg 10% Sodium. 440 mg 44% Fiber.. 4.8 g 95% Iron... 2.7 mg 89% Calcium 345.7 mg 136% Vit A 1076 IU 111% Vit A 203 RE 104% Vit C 32.1 mg 257% Prot 13.6g 12.7%Cal Carb 79.1g 73.3%Cal T.Fat 7.3g 15.3%Cal S.Fat 2.3g 4.9%Cal	Nutrients Target Cals... 686 124% Chol... 487 mg 487% Sodium. 616 mg 62% Fiber.. 4.7 g 95% Iron... 4.5 mg 150% Calcium 377.8 mg 149% Vit A 1584 IU 163% Vit A 397 RE 205% Vit C 36.7 mg 294% Prot 35.3g 20.6%Cal Carb 64.0g 37.4%Cal T.Fat 33.0g 43.3%Cal S.Fat 14.5g 19.0%Cal	Nutrients Target Cals... 482 87% Chol... 9 mg 9% Sodium. 327 mg 33% Fiber.. 8.9 g 179% Iron... 3.2 mg 106% Calcium 363.4 mg 143% Vit A 1319 IU 136% Vit A 257 RE 132% Vit C 31.8 mg 255% Prot 18.7g 15.5%Cal Carb 76.7g 63.7%Cal T.Fat 11.9g 22.2%Cal S.Fat 3.3g 6.1%Cal

NOTE: * - Denotes missing or incomplete Nutrient Data.

Hamilton School District #3

Hamilton School Dist Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																		
				May - 1 COLD CEREAL TOAST FRUIT JUICE, ASSOR MILK - Variety																																																																																																																																																																																																																		
				<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">510</td> <td style="text-align: right;">92%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">9 mg</td> <td style="text-align: right;">9%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">599 mg</td> <td style="text-align: right;">60%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.2 g</td> <td style="text-align: right;">145%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">15.0 mg</td> <td style="text-align: right;">503%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">503.0 mg</td> <td style="text-align: right;">198%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2026 IU</td> <td style="text-align: right;">209%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">741 RE</td> <td style="text-align: right;">381%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">38.7 mg</td> <td style="text-align: right;">309%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.0g</td> <td style="text-align: right;">13.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">88.3g</td> <td style="text-align: right;">69.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.8g</td> <td style="text-align: right;">20.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.2g</td> <td style="text-align: right;">5.7%Cal</td> </tr> </table>	Nutrients		Target	Cals...	510	92%	Chol...	9 mg	9%	Sodium.	599 mg	60%	Fiber..	7.2 g	145%	Iron...	15.0 mg	503%	Calcium	503.0 mg	198%	Vit A	2026 IU	209%	Vit A	741 RE	381%	Vit C	38.7 mg	309%	Prot	17.0g	13.3%Cal	Carb	88.3g	69.3%Cal	T.Fat	11.8g	20.9%Cal	S.Fat	3.2g	5.7%Cal																																																																																																																																																																								
Nutrients		Target																																																																																																																																																																																																																				
Cals...	510	92%																																																																																																																																																																																																																				
Chol...	9 mg	9%																																																																																																																																																																																																																				
Sodium.	599 mg	60%																																																																																																																																																																																																																				
Fiber..	7.2 g	145%																																																																																																																																																																																																																				
Iron...	15.0 mg	503%																																																																																																																																																																																																																				
Calcium	503.0 mg	198%																																																																																																																																																																																																																				
Vit A	2026 IU	209%																																																																																																																																																																																																																				
Vit A	741 RE	381%																																																																																																																																																																																																																				
Vit C	38.7 mg	309%																																																																																																																																																																																																																				
Prot	17.0g	13.3%Cal																																																																																																																																																																																																																				
Carb	88.3g	69.3%Cal																																																																																																																																																																																																																				
T.Fat	11.8g	20.9%Cal																																																																																																																																																																																																																				
S.Fat	3.2g	5.7%Cal																																																																																																																																																																																																																				
May - 4 BREAKFAST BURRIT FRESH FRUIT MILK - Variety	May - 5 WAFFLE FRUIT JUICE MILK - Variety	May - 6 OATMEAL TOAST FRUIT MILK - Variety	May - 7 HAM PATTY SCRAMBLED EGGS TOAST FRUIT MILK - Variety	May - 8 Breakfast Omelet FRESH FRUIT TOAST MILK - Variety																																																																																																																																																																																																																		
<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">451</td> <td style="text-align: right;">81%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">288 mg</td> <td style="text-align: right;">288%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">781 mg</td> <td style="text-align: right;">78%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.2 g</td> <td style="text-align: right;">85%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.9 mg</td> <td style="text-align: right;">130%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">385.3 mg</td> <td style="text-align: right;">152%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1325 IU</td> <td style="text-align: right;">136%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">329 RE</td> <td style="text-align: right;">169%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">16.5 mg</td> <td style="text-align: right;">132%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">24.8g</td> <td style="text-align: right;">22.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">52.6g</td> <td style="text-align: right;">46.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.9g</td> <td style="text-align: right;">31.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.4g</td> <td style="text-align: right;">10.7%Cal</td> </tr> </table>	Nutrients		Target	Cals...	451	81%	Chol...	288 mg	288%	Sodium.	781 mg	78%	Fiber..	4.2 g	85%	Iron...	3.9 mg	130%	Calcium	385.3 mg	152%	Vit A	1325 IU	136%	Vit A	329 RE	169%	Vit C	16.5 mg	132%	Prot	24.8g	22.0%Cal	Carb	52.6g	46.7%Cal	T.Fat	15.9g	31.8%Cal	S.Fat	5.4g	10.7%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">661</td> <td style="text-align: right;">119%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">19 mg</td> <td style="text-align: right;">19%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">723 mg</td> <td style="text-align: right;">72%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.9 g</td> <td style="text-align: right;">99%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.1 mg</td> <td style="text-align: right;">171%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">541.9 mg</td> <td style="text-align: right;">213%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2331 IU</td> <td style="text-align: right;">240%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">547 RE</td> <td style="text-align: right;">282%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">55.2 mg</td> <td style="text-align: right;">441%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">14.2g</td> <td style="text-align: right;">8.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">114.4g</td> <td style="text-align: right;">69.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.1g</td> <td style="text-align: right;">23.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.9g</td> <td style="text-align: right;">5.4%Cal</td> </tr> </table>	Nutrients		Target	Cals...	661	119%	Chol...	19 mg	19%	Sodium.	723 mg	72%	Fiber..	4.9 g	99%	Iron...	5.1 mg	171%	Calcium	541.9 mg	213%	Vit A	2331 IU	240%	Vit A	547 RE	282%	Vit C	55.2 mg	441%	Prot	14.2g	8.6%Cal	Carb	114.4g	69.2%Cal	T.Fat	17.1g	23.2%Cal	S.Fat	3.9g	5.4%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">482</td> <td style="text-align: right;">87%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">9 mg</td> <td style="text-align: right;">9%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">327 mg</td> <td style="text-align: right;">33%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">8.9 g</td> <td style="text-align: right;">179%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.2 mg</td> <td style="text-align: right;">106%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">363.4 mg</td> <td style="text-align: right;">143%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1319 IU</td> <td style="text-align: right;">136%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">257 RE</td> <td style="text-align: right;">132%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">31.8 mg</td> <td style="text-align: right;">255%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.7g</td> <td style="text-align: right;">15.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">76.7g</td> <td style="text-align: right;">63.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.9g</td> <td style="text-align: right;">22.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.3g</td> <td style="text-align: right;">6.1%Cal</td> </tr> </table>	Nutrients		Target	Cals...	482	87%	Chol...	9 mg	9%	Sodium.	327 mg	33%	Fiber..	8.9 g	179%	Iron...	3.2 mg	106%	Calcium	363.4 mg	143%	Vit A	1319 IU	136%	Vit A	257 RE	132%	Vit C	31.8 mg	255%	Prot	18.7g	15.5%Cal	Carb	76.7g	63.7%Cal	T.Fat	11.9g	22.2%Cal	S.Fat	3.3g	6.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">545</td> <td style="text-align: right;">98%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">233 mg</td> <td style="text-align: right;">233%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">802 mg</td> <td style="text-align: right;">80%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">5.1 g</td> <td style="text-align: right;">102%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.4 mg</td> <td style="text-align: right;">82%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">453.3 mg</td> <td style="text-align: right;">179%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1731 IU</td> <td style="text-align: right;">178%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">400 RE</td> <td style="text-align: right;">206%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">31.8 mg</td> <td style="text-align: right;">255%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">26.0g</td> <td style="text-align: right;">19.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">55.3g</td> <td style="text-align: right;">40.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.5g</td> <td style="text-align: right;">40.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.1g</td> <td style="text-align: right;">11.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	545	98%	Chol...	233 mg	233%	Sodium.	802 mg	80%	Fiber..	5.1 g	102%	Iron...	2.4 mg	82%	Calcium	453.3 mg	179%	Vit A	1731 IU	178%	Vit A	400 RE	206%	Vit C	31.8 mg	255%	Prot	26.0g	19.1%Cal	Carb	55.3g	40.6%Cal	T.Fat	24.5g	40.5%Cal	S.Fat	7.1g	11.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">450</td> <td style="text-align: right;">81%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">213 mg</td> <td style="text-align: right;">213%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">563 mg</td> <td style="text-align: right;">56%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.1 g</td> <td style="text-align: right;">82%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">1.9 mg</td> <td style="text-align: right;">63%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">366.1 mg</td> <td style="text-align: right;">144%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1501 IU</td> <td style="text-align: right;">155%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">329 RE</td> <td style="text-align: right;">170%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">15.0 mg</td> <td style="text-align: right;">120%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">21.1g</td> <td style="text-align: right;">18.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">43.4g</td> <td style="text-align: right;">38.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">21.7g</td> <td style="text-align: right;">43.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.1g</td> <td style="text-align: right;">16.1%Cal</td> </tr> </table>	Nutrients		Target	Cals...	450	81%	Chol...	213 mg	213%	Sodium.	563 mg	56%	Fiber..	4.1 g	82%	Iron...	1.9 mg	63%	Calcium	366.1 mg	144%	Vit A	1501 IU	155%	Vit A	329 RE	170%	Vit C	15.0 mg	120%	Prot	21.1g	18.7%Cal	Carb	43.4g	38.6%Cal	T.Fat	21.7g	43.4%Cal	S.Fat	8.1g	16.1%Cal
Nutrients		Target																																																																																																																																																																																																																				
Cals...	451	81%																																																																																																																																																																																																																				
Chol...	288 mg	288%																																																																																																																																																																																																																				
Sodium.	781 mg	78%																																																																																																																																																																																																																				
Fiber..	4.2 g	85%																																																																																																																																																																																																																				
Iron...	3.9 mg	130%																																																																																																																																																																																																																				
Calcium	385.3 mg	152%																																																																																																																																																																																																																				
Vit A	1325 IU	136%																																																																																																																																																																																																																				
Vit A	329 RE	169%																																																																																																																																																																																																																				
Vit C	16.5 mg	132%																																																																																																																																																																																																																				
Prot	24.8g	22.0%Cal																																																																																																																																																																																																																				
Carb	52.6g	46.7%Cal																																																																																																																																																																																																																				
T.Fat	15.9g	31.8%Cal																																																																																																																																																																																																																				
S.Fat	5.4g	10.7%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	661	119%																																																																																																																																																																																																																				
Chol...	19 mg	19%																																																																																																																																																																																																																				
Sodium.	723 mg	72%																																																																																																																																																																																																																				
Fiber..	4.9 g	99%																																																																																																																																																																																																																				
Iron...	5.1 mg	171%																																																																																																																																																																																																																				
Calcium	541.9 mg	213%																																																																																																																																																																																																																				
Vit A	2331 IU	240%																																																																																																																																																																																																																				
Vit A	547 RE	282%																																																																																																																																																																																																																				
Vit C	55.2 mg	441%																																																																																																																																																																																																																				
Prot	14.2g	8.6%Cal																																																																																																																																																																																																																				
Carb	114.4g	69.2%Cal																																																																																																																																																																																																																				
T.Fat	17.1g	23.2%Cal																																																																																																																																																																																																																				
S.Fat	3.9g	5.4%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	482	87%																																																																																																																																																																																																																				
Chol...	9 mg	9%																																																																																																																																																																																																																				
Sodium.	327 mg	33%																																																																																																																																																																																																																				
Fiber..	8.9 g	179%																																																																																																																																																																																																																				
Iron...	3.2 mg	106%																																																																																																																																																																																																																				
Calcium	363.4 mg	143%																																																																																																																																																																																																																				
Vit A	1319 IU	136%																																																																																																																																																																																																																				
Vit A	257 RE	132%																																																																																																																																																																																																																				
Vit C	31.8 mg	255%																																																																																																																																																																																																																				
Prot	18.7g	15.5%Cal																																																																																																																																																																																																																				
Carb	76.7g	63.7%Cal																																																																																																																																																																																																																				
T.Fat	11.9g	22.2%Cal																																																																																																																																																																																																																				
S.Fat	3.3g	6.1%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	545	98%																																																																																																																																																																																																																				
Chol...	233 mg	233%																																																																																																																																																																																																																				
Sodium.	802 mg	80%																																																																																																																																																																																																																				
Fiber..	5.1 g	102%																																																																																																																																																																																																																				
Iron...	2.4 mg	82%																																																																																																																																																																																																																				
Calcium	453.3 mg	179%																																																																																																																																																																																																																				
Vit A	1731 IU	178%																																																																																																																																																																																																																				
Vit A	400 RE	206%																																																																																																																																																																																																																				
Vit C	31.8 mg	255%																																																																																																																																																																																																																				
Prot	26.0g	19.1%Cal																																																																																																																																																																																																																				
Carb	55.3g	40.6%Cal																																																																																																																																																																																																																				
T.Fat	24.5g	40.5%Cal																																																																																																																																																																																																																				
S.Fat	7.1g	11.6%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	450	81%																																																																																																																																																																																																																				
Chol...	213 mg	213%																																																																																																																																																																																																																				
Sodium.	563 mg	56%																																																																																																																																																																																																																				
Fiber..	4.1 g	82%																																																																																																																																																																																																																				
Iron...	1.9 mg	63%																																																																																																																																																																																																																				
Calcium	366.1 mg	144%																																																																																																																																																																																																																				
Vit A	1501 IU	155%																																																																																																																																																																																																																				
Vit A	329 RE	170%																																																																																																																																																																																																																				
Vit C	15.0 mg	120%																																																																																																																																																																																																																				
Prot	21.1g	18.7%Cal																																																																																																																																																																																																																				
Carb	43.4g	38.6%Cal																																																																																																																																																																																																																				
T.Fat	21.7g	43.4%Cal																																																																																																																																																																																																																				
S.Fat	8.1g	16.1%Cal																																																																																																																																																																																																																				
May - 11 COLD CEREAL TOAST FRUIT JUICE, ASSOR MILK - Variety	May - 12 PANCAKES W/SYRU JUICE MILK - Variety	May - 13 MUFFIN SQUARE, BR FRESH FRUIT MILK - Variety	May - 14 PRETZEL W/CHEESE FRUIT JUICE, ASSOR MILK - Variety	May - 15 PLAIN BAGEL TOAST CREAM CHEESE JELLY FRESH FRUIT MILK - Variety																																																																																																																																																																																																																		
<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">510</td> <td style="text-align: right;">92%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">9 mg</td> <td style="text-align: right;">9%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">599 mg</td> <td style="text-align: right;">60%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.2 g</td> <td style="text-align: right;">145%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">15.0 mg</td> <td style="text-align: right;">503%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">503.0 mg</td> <td style="text-align: right;">198%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2026 IU</td> <td style="text-align: right;">209%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">741 RE</td> <td style="text-align: right;">381%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">38.7 mg</td> <td style="text-align: right;">309%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.0g</td> <td style="text-align: right;">13.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">88.3g</td> <td style="text-align: right;">69.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.8g</td> <td style="text-align: right;">20.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.2g</td> <td style="text-align: right;">5.7%Cal</td> </tr> </table>	Nutrients		Target	Cals...	510	92%	Chol...	9 mg	9%	Sodium.	599 mg	60%	Fiber..	7.2 g	145%	Iron...	15.0 mg	503%	Calcium	503.0 mg	198%	Vit A	2026 IU	209%	Vit A	741 RE	381%	Vit C	38.7 mg	309%	Prot	17.0g	13.3%Cal	Carb	88.3g	69.3%Cal	T.Fat	11.8g	20.9%Cal	S.Fat	3.2g	5.7%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">537</td> <td style="text-align: right;">97%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">77 mg</td> <td style="text-align: right;">77%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">550 mg</td> <td style="text-align: right;">55%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.0 g</td> <td style="text-align: right;">40%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.9 mg</td> <td style="text-align: right;">97%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">460.6 mg</td> <td style="text-align: right;">181%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">604 IU</td> <td style="text-align: right;">62%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">180 RE</td> <td style="text-align: right;">93%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">25.0 mg</td> <td style="text-align: right;">200%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">15.5g</td> <td style="text-align: right;">11.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">90.8g</td> <td style="text-align: right;">67.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.1g</td> <td style="text-align: right;">22.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.3g</td> <td style="text-align: right;">5.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	537	97%	Chol...	77 mg	77%	Sodium.	550 mg	55%	Fiber..	2.0 g	40%	Iron...	2.9 mg	97%	Calcium	460.6 mg	181%	Vit A	604 IU	62%	Vit A	180 RE	93%	Vit C	25.0 mg	200%	Prot	15.5g	11.5%Cal	Carb	90.8g	67.7%Cal	T.Fat	13.1g	22.0%Cal	S.Fat	3.3g	5.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">419</td> <td style="text-align: right;">76%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">18 mg</td> <td style="text-align: right;">18%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">422 mg</td> <td style="text-align: right;">42%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.3 g</td> <td style="text-align: right;">46%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">1.7 mg</td> <td style="text-align: right;">58%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">330.6 mg</td> <td style="text-align: right;">130%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">935 IU</td> <td style="text-align: right;">96%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">214 RE</td> <td style="text-align: right;">110%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">15.0 mg</td> <td style="text-align: right;">120%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">12.0g</td> <td style="text-align: right;">11.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">69.4g</td> <td style="text-align: right;">66.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.0g</td> <td style="text-align: right;">23.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5g</td> <td style="text-align: right;">7.6%Cal</td> </tr> </table>	Nutrients		Target	Cals...	419	76%	Chol...	18 mg	18%	Sodium.	422 mg	42%	Fiber..	2.3 g	46%	Iron...	1.7 mg	58%	Calcium	330.6 mg	130%	Vit A	935 IU	96%	Vit A	214 RE	110%	Vit C	15.0 mg	120%	Prot	12.0g	11.4%Cal	Carb	69.4g	66.2%Cal	T.Fat	11.0g	23.5%Cal	S.Fat	3.5g	7.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">575</td> <td style="text-align: right;">104%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">29 mg</td> <td style="text-align: right;">29%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1557 mg</td> <td style="text-align: right;">156%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">3.5 g</td> <td style="text-align: right;">69%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">20.4 mg</td> <td style="text-align: right;">685%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">417.9 mg</td> <td style="text-align: right;">165%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">750 IU</td> <td style="text-align: right;">77%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">214 RE</td> <td style="text-align: right;">110%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">28.2 mg</td> <td style="text-align: right;">226%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">20.7g</td> <td style="text-align: right;">14.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">95.8g</td> <td style="text-align: right;">66.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.9g</td> <td style="text-align: right;">18.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.7g</td> <td style="text-align: right;">8.9%Cal</td> </tr> </table>	Nutrients		Target	Cals...	575	104%	Chol...	29 mg	29%	Sodium.	1557 mg	156%	Fiber..	3.5 g	69%	Iron...	20.4 mg	685%	Calcium	417.9 mg	165%	Vit A	750 IU	77%	Vit A	214 RE	110%	Vit C	28.2 mg	226%	Prot	20.7g	14.4%Cal	Carb	95.8g	66.7%Cal	T.Fat	11.9g	18.6%Cal	S.Fat	5.7g	8.9%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td></td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">463</td> <td style="text-align: right;">84%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">25 mg</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">504 mg</td> <td style="text-align: right;">50%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">4.0 g</td> <td style="text-align: right;">81%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.7 mg</td> <td style="text-align: right;">125%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">375.7 mg</td> <td style="text-align: right;">148%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">951 IU</td> <td style="text-align: right;">98%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">230 RE</td> <td style="text-align: right;">118%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">15.1 mg</td> <td style="text-align: right;">121%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">17.1g</td> <td style="text-align: right;">14.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">81.4g</td> <td style="text-align: right;">70.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.7g</td> <td style="text-align: right;">17.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.9g</td> <td style="text-align: right;">9.5%Cal</td> </tr> </table>	Nutrients		Target	Cals...	463	84%	Chol...	25 mg	25%	Sodium.	504 mg	50%	Fiber..	4.0 g	81%	Iron...	3.7 mg	125%	Calcium	375.7 mg	148%	Vit A	951 IU	98%	Vit A	230 RE	118%	Vit C	15.1 mg	121%	Prot	17.1g	14.8%Cal	Carb	81.4g	70.2%Cal	T.Fat	8.7g	17.0%Cal	S.Fat	4.9g	9.5%Cal
Nutrients		Target																																																																																																																																																																																																																				
Cals...	510	92%																																																																																																																																																																																																																				
Chol...	9 mg	9%																																																																																																																																																																																																																				
Sodium.	599 mg	60%																																																																																																																																																																																																																				
Fiber..	7.2 g	145%																																																																																																																																																																																																																				
Iron...	15.0 mg	503%																																																																																																																																																																																																																				
Calcium	503.0 mg	198%																																																																																																																																																																																																																				
Vit A	2026 IU	209%																																																																																																																																																																																																																				
Vit A	741 RE	381%																																																																																																																																																																																																																				
Vit C	38.7 mg	309%																																																																																																																																																																																																																				
Prot	17.0g	13.3%Cal																																																																																																																																																																																																																				
Carb	88.3g	69.3%Cal																																																																																																																																																																																																																				
T.Fat	11.8g	20.9%Cal																																																																																																																																																																																																																				
S.Fat	3.2g	5.7%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	537	97%																																																																																																																																																																																																																				
Chol...	77 mg	77%																																																																																																																																																																																																																				
Sodium.	550 mg	55%																																																																																																																																																																																																																				
Fiber..	2.0 g	40%																																																																																																																																																																																																																				
Iron...	2.9 mg	97%																																																																																																																																																																																																																				
Calcium	460.6 mg	181%																																																																																																																																																																																																																				
Vit A	604 IU	62%																																																																																																																																																																																																																				
Vit A	180 RE	93%																																																																																																																																																																																																																				
Vit C	25.0 mg	200%																																																																																																																																																																																																																				
Prot	15.5g	11.5%Cal																																																																																																																																																																																																																				
Carb	90.8g	67.7%Cal																																																																																																																																																																																																																				
T.Fat	13.1g	22.0%Cal																																																																																																																																																																																																																				
S.Fat	3.3g	5.6%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	419	76%																																																																																																																																																																																																																				
Chol...	18 mg	18%																																																																																																																																																																																																																				
Sodium.	422 mg	42%																																																																																																																																																																																																																				
Fiber..	2.3 g	46%																																																																																																																																																																																																																				
Iron...	1.7 mg	58%																																																																																																																																																																																																																				
Calcium	330.6 mg	130%																																																																																																																																																																																																																				
Vit A	935 IU	96%																																																																																																																																																																																																																				
Vit A	214 RE	110%																																																																																																																																																																																																																				
Vit C	15.0 mg	120%																																																																																																																																																																																																																				
Prot	12.0g	11.4%Cal																																																																																																																																																																																																																				
Carb	69.4g	66.2%Cal																																																																																																																																																																																																																				
T.Fat	11.0g	23.5%Cal																																																																																																																																																																																																																				
S.Fat	3.5g	7.6%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	575	104%																																																																																																																																																																																																																				
Chol...	29 mg	29%																																																																																																																																																																																																																				
Sodium.	1557 mg	156%																																																																																																																																																																																																																				
Fiber..	3.5 g	69%																																																																																																																																																																																																																				
Iron...	20.4 mg	685%																																																																																																																																																																																																																				
Calcium	417.9 mg	165%																																																																																																																																																																																																																				
Vit A	750 IU	77%																																																																																																																																																																																																																				
Vit A	214 RE	110%																																																																																																																																																																																																																				
Vit C	28.2 mg	226%																																																																																																																																																																																																																				
Prot	20.7g	14.4%Cal																																																																																																																																																																																																																				
Carb	95.8g	66.7%Cal																																																																																																																																																																																																																				
T.Fat	11.9g	18.6%Cal																																																																																																																																																																																																																				
S.Fat	5.7g	8.9%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	463	84%																																																																																																																																																																																																																				
Chol...	25 mg	25%																																																																																																																																																																																																																				
Sodium.	504 mg	50%																																																																																																																																																																																																																				
Fiber..	4.0 g	81%																																																																																																																																																																																																																				
Iron...	3.7 mg	125%																																																																																																																																																																																																																				
Calcium	375.7 mg	148%																																																																																																																																																																																																																				
Vit A	951 IU	98%																																																																																																																																																																																																																				
Vit A	230 RE	118%																																																																																																																																																																																																																				
Vit C	15.1 mg	121%																																																																																																																																																																																																																				
Prot	17.1g	14.8%Cal																																																																																																																																																																																																																				
Carb	81.4g	70.2%Cal																																																																																																																																																																																																																				
T.Fat	8.7g	17.0%Cal																																																																																																																																																																																																																				
S.Fat	4.9g	9.5%Cal																																																																																																																																																																																																																				

Hamilton School District #3

Hamilton School Dist Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				May - 1 BAKED POTATO W C CARROTS BROWNIE, Chocolate MILK - Variety
				Nutrients Target Cals... 439 59% Chol... 15 mg 15% Sodium. 351 mg 35% Fiber.. 8.7 g 173% Iron... 3.1 mg 79% Calcium 366.4 mg 108% Vit A 25238 IU1949% Vit A 2733 RE1055% Vit C 14.5 mg 87% Prot 13.3g 12.1%Cal Carb 78.2g 71.2%Cal T.Fat 9.7g 19.8%Cal S.Fat 3.3g 6.8%Cal
May - 4 CORNDOG FRENCH FRIES GREEN BEANS ROSY APPLESAUCE MILK - Variety	May - 5 FISH FILLET on a BU POTATO CHIPS TOSSED SAL W/RAN CHOCOLATE CAKE MILK - Variety	May - 6 SPAGHETTI AND ME ITALIAN VEGETABLE GARLIC BREAD FRESH FRUIT MILK - Variety	May - 7 BBQ RIB SANDWICH CORN CHIPS TOSSED SALAD W/F COOKIE, CHOCOLAT MILK - Variety	May - 8 CHICKEN AND NOOD RAW VEGGIES W/DI MANDARIN ORANGE roll, wheat w/butter MILK - Variety
Nutrients Target Cals... 623 84% Chol... 59 mg 59% Sodium. 1304 mg 130% Fiber.. 7.1 g 143% Iron... 5.2 mg 132% Calcium 402.6 mg 119% Vit A 975 IU 75% Vit A 242 RE 94% Vit C 12.8 mg 76% Prot 21.2g 13.6%Cal Carb 92.2g 59.2%Cal T.Fat 19.9g 28.8%Cal S.Fat 5.9g 8.6%Cal	Nutrients Target Cals... 908 123% Chol... 73 mg 73% Sodium. 1299 mg 130% Fiber.. 6.9 g 138% Iron... 5.3 mg 133% Calcium 490.0 mg 145% Vit A 717 IU 55% Vit A 180 RE 70% Vit C 8.6 mg 52% Prot 31.5g 13.9%Cal Carb 117.4g 51.7%Cal T.Fat 37.2g 36.8%Cal S.Fat 6.3g 6.2%Cal	Nutrients Target Cals... 770 104% Chol... 71 mg 71% Sodium. 791 mg 79% Fiber.. 6.6 g 132% Iron... 6.8 mg 172% Calcium 408.4 mg 121% Vit A 2021 IU 156% Vit A 416 RE 161% Vit C 38.5 mg 231% Prot 37.4g 19.4%Cal Carb 98.7g 51.3%Cal T.Fat 25.8g 30.2%Cal S.Fat 7.8g 9.2%Cal	Nutrients Target Cals... 853 116% Chol... 96 mg 96% Sodium. 1713 mg 171% Fiber.. 5.4 g 107% Iron... 5.3 mg 134% Calcium 454.4 mg 134% Vit A 1321 IU 102% Vit A 299 RE 116% Vit C 5.4 mg 33% Prot 34.3g 16.1%Cal Carb 101.2g 47.4%Cal T.Fat 35.1g 37.0%Cal S.Fat 8.8g 9.3%Cal	Nutrients Target Cals... 550 74% Chol... 71 mg 71% Sodium. 794 mg 79% Fiber.. 5.2 g 104% Iron... 3.4 mg 85% Calcium 405.2 mg 120% Vit A 5187 IU 401% Vit A 961 RE 371% Vit C 35.9 mg 215% Prot 30.0g 21.8%Cal Carb 57.8g 42.1%Cal T.Fat 15.5g 25.3%Cal S.Fat 5.0g 8.1%Cal
May - 11 HOT DOG ON A BUN COWBOY BEANS MIXED VEGETABLES APPLE SLICES MILK - Variety	May - 12 MACARONI AND CHE ROLLS,WHEAT TOSSED SAL W/RAN PEACHES MILK - Variety	May - 13 CHICKEN FAJITAS POTATO CHIPS SALSA REFRIED BEANS CHOCOLATE CHIP C MILK - Variety	May - 14 HAMBURGER ON A B FRENCH FRIES TOSSED SAL W/RAN GRAPES,Fresh MILK - Variety	May - 15 ITALIAN DUNKERS BUN ITALIAN VEGETABLE PUDDING MILK - Variety
Nutrients Target Cals... 822 111% Chol... 72 mg 72% Sodium. 2073 mg 207% Fiber.. 16.2 g 325% Iron... 7.7 mg 196% Calcium 565.1 mg 167% Vit A 8640 IU 667% Vit A 966 RE 373% Vit C 13.8 mg 83% Prot 33.1g 16.1%Cal Carb 134.6g 65.5%Cal T.Fat 17.9g 19.6%Cal S.Fat 6.2g 6.7%Cal	Nutrients Target Cals... 573 78% Chol... 36 mg 36% Sodium. 763 mg 76% Fiber.. 6.5 g 131% Iron... 3.0 mg 77% Calcium 486.8 mg 144% Vit A 1792 IU 138% Vit A 326 RE 126% Vit C 8.8 mg 53% Prot 21.5g 15.0%Cal Carb 91.7g 64.0%Cal T.Fat 15.4g 24.2%Cal S.Fat 7.8g 12.2%Cal	Nutrients Target Cals... 1009 137% Chol... 92 mg 92% Sodium. 1548 mg 155% Fiber.. 18.7 g 373% Iron... 7.9 mg 199% Calcium 465.3 mg 137% Vit A 1391 IU 107% Vit A 265 RE 102% Vit C 34.8 mg 208% Prot 49.7g 19.7%Cal Carb 124.9g 49.5%Cal T.Fat 36.3g 32.4%Cal S.Fat 7.1g 6.3%Cal	Nutrients Target Cals... 659 89% Chol... 47 mg 47% Sodium. 1022 mg 102% Fiber.. 5.8 g 116% Iron... 6.1 mg 154% Calcium 453.0 mg 134% Vit A 861 IU 67% Vit A 179 RE 69% Vit C 9.6 mg 58% Prot 33.0g 20.0%Cal Carb 91.2g 55.4%Cal T.Fat 18.6g 25.5%Cal S.Fat 6.7g 9.1%Cal	Nutrients Target Cals... 626 85% Chol... 69 mg 69% Sodium. 871 mg 87% Fiber.. 4.1 g 82% Iron... 4.7 mg 119% Calcium 575.4 mg 170% Vit A 1473 IU 114% Vit A 363 RE 140% Vit C 17.6 mg 106% Prot 33.4g 21.3%Cal Carb 80.8g 51.6%Cal T.Fat 19.0g 27.3%Cal S.Fat 7.2g 10.4%Cal

Hamilton School District #3

Hamilton School Dist Lunch

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																																																																																																																																																																																																																																				
May - 18 CHICKEN TENDERS TATER TOTS PEAS PEARS MILK - Variety	May - 19 HAM AND CHEESE O POTATO CHIPS SALAD,TOSSED THOUSAND ISLAND COOKIES, SUGAR MILK - Variety	May - 20 OVEN FRIED CHICKE MASHED POTATOES PEAS & CARROTS Jello Dessert MILK - Variety	May - 21 SCALLOPED POTAT TOSSED SAL W/RAN OATMEAL COOKIES ROLL MILK - Variety	May - 22 CHICKEN PATTY ON JOJOS MIXED VEGETABLES FRESH FRUIT MILK - Variety																																																																																																																																																																																																																																																																																																																																																																																																																																				
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>869</td><td>118%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>49 mg</td><td>49%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>1349 mg</td><td>135%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>18.8 g</td><td>377%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>6.2 mg</td><td>156%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>377.8 mg</td><td>112%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>3953 IU</td><td>305%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>276 RE</td><td>107%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>27.1 mg</td><td>163%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>33.5g</td><td>15.4%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>128.8g</td><td>59.3%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>26.9g</td><td>27.9%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>6.9g</td><td>7.1%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	869	118%				Chol...	49 mg	49%				Sodium.	1349 mg	135%				Fiber..	18.8 g	377%				Iron...	6.2 mg	156%				Calcium	377.8 mg	112%				Vit A	3953 IU	305%				Vit A	276 RE	107%				Vit C	27.1 mg	163%				Prot	33.5g	15.4%Cal				Carb	128.8g	59.3%Cal				T.Fat	26.9g	27.9%Cal				S.Fat	6.9g	7.1%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>1031</td><td>140%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>75 mg</td><td>75%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>1716 mg</td><td>172%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>8.9 g</td><td>178%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>7.2 mg</td><td>184%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>429.7 mg</td><td>127%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>4636 IU</td><td>358%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>802 RE</td><td>310%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>29.9 mg</td><td>179%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>33.5g</td><td>13.0%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>123.3g</td><td>47.8%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>47.4g</td><td>41.4%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>7.6g</td><td>6.6%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	1031	140%				Chol...	75 mg	75%				Sodium.	1716 mg	172%				Fiber..	8.9 g	178%				Iron...	7.2 mg	184%				Calcium	429.7 mg	127%				Vit A	4636 IU	358%				Vit A	802 RE	310%				Vit C	29.9 mg	179%				Prot	33.5g	13.0%Cal				Carb	123.3g	47.8%Cal				T.Fat	47.4g	41.4%Cal				S.Fat	7.6g	6.6%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>618</td><td>84%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>100 mg</td><td>100%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>529 mg</td><td>53%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>7.2 g</td><td>143%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>3.4 mg</td><td>86%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>395.7 mg</td><td>117%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>16479 IU</td><td>1273%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>1539 RE</td><td>594%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>37.5 mg</td><td>225%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>40.4g</td><td>26.2%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>69.0g</td><td>44.6%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>21.2g</td><td>30.8%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>8.4g</td><td>12.3%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	618	84%				Chol...	100 mg	100%				Sodium.	529 mg	53%				Fiber..	7.2 g	143%				Iron...	3.4 mg	86%				Calcium	395.7 mg	117%				Vit A	16479 IU	1273%				Vit A	1539 RE	594%				Vit C	37.5 mg	225%				Prot	40.4g	26.2%Cal				Carb	69.0g	44.6%Cal				T.Fat	21.2g	30.8%Cal				S.Fat	8.4g	12.3%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>704</td><td>95%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>74 mg</td><td>74%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>1504 mg</td><td>150%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>3.5 g</td><td>71%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>5.4 mg</td><td>138%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>411.7 mg</td><td>122%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>931 IU</td><td>72%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>247 RE</td><td>96%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>10.8 mg</td><td>65%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>26.2g</td><td>14.9%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>97.6g</td><td>55.4%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>23.8g</td><td>30.5%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>9.7g</td><td>12.4%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	704	95%				Chol...	74 mg	74%				Sodium.	1504 mg	150%				Fiber..	3.5 g	71%				Iron...	5.4 mg	138%				Calcium	411.7 mg	122%				Vit A	931 IU	72%				Vit A	247 RE	96%				Vit C	10.8 mg	65%				Prot	26.2g	14.9%Cal				Carb	97.6g	55.4%Cal				T.Fat	23.8g	30.5%Cal				S.Fat	9.7g	12.4%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>995</td><td>135%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>50 mg</td><td>50%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>1227 mg</td><td>123%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>15.3 g</td><td>307%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>5.5 mg</td><td>140%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>455.5 mg</td><td>135%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>8616 IU</td><td>666%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>970 RE</td><td>375%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>72.6 mg</td><td>435%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>32.6g</td><td>13.1%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>129.0g</td><td>51.9%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>39.9g</td><td>36.1%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>10.9g</td><td>9.9%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	995	135%				Chol...	50 mg	50%				Sodium.	1227 mg	123%				Fiber..	15.3 g	307%				Iron...	5.5 mg	140%				Calcium	455.5 mg	135%				Vit A	8616 IU	666%				Vit A	970 RE	375%				Vit C	72.6 mg	435%				Prot	32.6g	13.1%Cal				Carb	129.0g	51.9%Cal				T.Fat	39.9g	36.1%Cal				S.Fat	10.9g	9.9%Cal			
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	869	118%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	49 mg	49%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	1349 mg	135%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	18.8 g	377%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	6.2 mg	156%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	377.8 mg	112%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	3953 IU	305%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	276 RE	107%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	27.1 mg	163%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	33.5g	15.4%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	128.8g	59.3%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	26.9g	27.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	6.9g	7.1%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	1031	140%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	75 mg	75%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	1716 mg	172%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	8.9 g	178%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	7.2 mg	184%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	429.7 mg	127%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	4636 IU	358%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	802 RE	310%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	29.9 mg	179%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	33.5g	13.0%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	123.3g	47.8%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	47.4g	41.4%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	7.6g	6.6%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	618	84%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	100 mg	100%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	529 mg	53%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	7.2 g	143%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	3.4 mg	86%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	395.7 mg	117%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	16479 IU	1273%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	1539 RE	594%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	37.5 mg	225%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	40.4g	26.2%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	69.0g	44.6%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	21.2g	30.8%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	8.4g	12.3%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	704	95%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	74 mg	74%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	1504 mg	150%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	3.5 g	71%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	5.4 mg	138%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	411.7 mg	122%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	931 IU	72%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	247 RE	96%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	10.8 mg	65%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	26.2g	14.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	97.6g	55.4%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	23.8g	30.5%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	9.7g	12.4%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	995	135%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	50 mg	50%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	1227 mg	123%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	15.3 g	307%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	5.5 mg	140%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	455.5 mg	135%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	8616 IU	666%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	970 RE	375%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	72.6 mg	435%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	32.6g	13.1%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	129.0g	51.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	39.9g	36.1%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	10.9g	9.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
May - 25	May - 26 CHICKEN NUGGETS FRENCH FRIES Salad Bar-HMS ITALIAN DRESSING * APPLES,Fresh MILK - Variety	May - 27 PIZZA W/PEPPERONI RAW VEGGIES PINEAPPLE MILK - Variety	May - 28 TACO,BEEF SPANISH RICE Tossed Salad w/Hnym Yellow Cake MILK - Variety	May - 29 CHILI CARROT STICKS CORNBREAD BANANAS MILK - Variety																																																																																																																																																																																																																																																																																																																																																																																																																																				
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>703</td><td>95%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>18 mg</td><td>18%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>872 mg</td><td>87%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>7.5 g</td><td>150%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>2.4 mg</td><td>62%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>392.7 mg</td><td>116%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>2131 IU</td><td>165%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>334 RE</td><td>129%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>36.2 mg</td><td>217%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>27.2g</td><td>15.5%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>92.4g</td><td>52.6%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>28.8g</td><td>36.9%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>3.8g</td><td>4.9%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	703	95%				Chol...	18 mg	18%				Sodium.	872 mg	87%				Fiber..	7.5 g	150%				Iron...	2.4 mg	62%				Calcium	392.7 mg	116%				Vit A	2131 IU	165%				Vit A	334 RE	129%				Vit C	36.2 mg	217%				Prot	27.2g	15.5%Cal				Carb	92.4g	52.6%Cal				T.Fat	28.8g	36.9%Cal				S.Fat	3.8g	4.9%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>574</td><td>78%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>37 mg</td><td>37%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>690 mg</td><td>69%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>5.6 g</td><td>111%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>3.9 mg</td><td>98%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>630.7 mg</td><td>186%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>3940 IU</td><td>304%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>732 RE</td><td>283%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>38.3 mg</td><td>230%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>24.3g</td><td>16.9%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>93.8g</td><td>65.4%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>12.6g</td><td>19.7%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>5.9g</td><td>9.2%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	574	78%				Chol...	37 mg	37%				Sodium.	690 mg	69%				Fiber..	5.6 g	111%				Iron...	3.9 mg	98%				Calcium	630.7 mg	186%				Vit A	3940 IU	304%				Vit A	732 RE	283%				Vit C	38.3 mg	230%				Prot	24.3g	16.9%Cal				Carb	93.8g	65.4%Cal				T.Fat	12.6g	19.7%Cal				S.Fat	5.9g	9.2%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>540</td><td>73%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>58 mg</td><td>58%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>662 mg</td><td>66%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>4.2 g</td><td>84%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>3.6 mg</td><td>92%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>499.1 mg</td><td>147%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>1909 IU</td><td>147%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>288 RE</td><td>111%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>24.3 mg</td><td>146%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>26.5g</td><td>19.7%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>65.0g</td><td>48.2%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>19.8g</td><td>33.1%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>8.4g</td><td>14.0%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	540	73%				Chol...	58 mg	58%				Sodium.	662 mg	66%				Fiber..	4.2 g	84%				Iron...	3.6 mg	92%				Calcium	499.1 mg	147%				Vit A	1909 IU	147%				Vit A	288 RE	111%				Vit C	24.3 mg	146%				Prot	26.5g	19.7%Cal				Carb	65.0g	48.2%Cal				T.Fat	19.8g	33.1%Cal				S.Fat	8.4g	14.0%Cal				<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Nutrients</th> <th style="width: 10%;"></th> <th style="width: 10%;">Target</th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>591</td><td>80%</td><td></td><td></td><td></td></tr> <tr><td>Chol...</td><td>49 mg</td><td>49%</td><td></td><td></td><td></td></tr> <tr><td>Sodium.</td><td>935 mg</td><td>94%</td><td></td><td></td><td></td></tr> <tr><td>Fiber..</td><td>14.1 g</td><td>281%</td><td></td><td></td><td></td></tr> <tr><td>Iron...</td><td>5.2 mg</td><td>133%</td><td></td><td></td><td></td></tr> <tr><td>Calcium</td><td>505.5 mg</td><td>149%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>31073 IU</td><td>2400%</td><td></td><td></td><td></td></tr> <tr><td>Vit A</td><td>5262 RE</td><td>2032%</td><td></td><td></td><td></td></tr> <tr><td>Vit C</td><td>38.5 mg</td><td>231%</td><td></td><td></td><td></td></tr> <tr><td>Prot</td><td>26.5g</td><td>18.0%Cal</td><td></td><td></td><td></td></tr> <tr><td>Carb</td><td>99.7g</td><td>67.5%Cal</td><td></td><td></td><td></td></tr> <tr><td>T.Fat</td><td>12.2g</td><td>18.6%Cal</td><td></td><td></td><td></td></tr> <tr><td>S.Fat</td><td>4.7g</td><td>7.1%Cal</td><td></td><td></td><td></td></tr> </tbody> </table>	Nutrients		Target				Cals...	591	80%				Chol...	49 mg	49%				Sodium.	935 mg	94%				Fiber..	14.1 g	281%				Iron...	5.2 mg	133%				Calcium	505.5 mg	149%				Vit A	31073 IU	2400%				Vit A	5262 RE	2032%				Vit C	38.5 mg	231%				Prot	26.5g	18.0%Cal				Carb	99.7g	67.5%Cal				T.Fat	12.2g	18.6%Cal				S.Fat	4.7g	7.1%Cal																																																																																							
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	703	95%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	18 mg	18%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	872 mg	87%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	7.5 g	150%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	2.4 mg	62%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	392.7 mg	116%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	2131 IU	165%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	334 RE	129%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	36.2 mg	217%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	27.2g	15.5%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	92.4g	52.6%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	28.8g	36.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	3.8g	4.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	574	78%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	37 mg	37%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	690 mg	69%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	5.6 g	111%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	3.9 mg	98%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	630.7 mg	186%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	3940 IU	304%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	732 RE	283%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	38.3 mg	230%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	24.3g	16.9%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	93.8g	65.4%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	12.6g	19.7%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	5.9g	9.2%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	540	73%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	58 mg	58%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	662 mg	66%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	4.2 g	84%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	3.6 mg	92%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	499.1 mg	147%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	1909 IU	147%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	288 RE	111%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	24.3 mg	146%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	26.5g	19.7%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	65.0g	48.2%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	19.8g	33.1%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	8.4g	14.0%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nutrients		Target																																																																																																																																																																																																																																																																																																																																																																																																																																						
Cals...	591	80%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Chol...	49 mg	49%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Sodium.	935 mg	94%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Fiber..	14.1 g	281%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Iron...	5.2 mg	133%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Calcium	505.5 mg	149%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	31073 IU	2400%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit A	5262 RE	2032%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Vit C	38.5 mg	231%																																																																																																																																																																																																																																																																																																																																																																																																																																						
Prot	26.5g	18.0%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
Carb	99.7g	67.5%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
T.Fat	12.2g	18.6%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						
S.Fat	4.7g	7.1%Cal																																																																																																																																																																																																																																																																																																																																																																																																																																						

NOTE: * - Denotes missing or incomplete Nutrient Data.