

# Sciotoville Community School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 3	Sep - 4 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 5 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 6 CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 7 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Avg Nutrients    Target Cals...            506        107% Chol...            50 mg Sodium...        688 mg Fiber...        4.4* g Iron...            3.4 mg Calcium        414.3 mg Vit A            2365 IU Vit C            59.2 mg Sugar        27.0*g    21.4%Cal Prot        15.5*g    12.3%Cal Carb        95.0g    75.1%Cal T.Fat        8.2g    14.6%Cal S.Fat        2.0g    3.6%Cal
Sep - 10 PIZZA BAGEL ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 11 TAC-GO ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 12 MUFFIN GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 13 PANCAKES ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 14 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Avg Nutrients    Target Cals...            491        103% Chol...            56 mg Sodium...        522 mg Fiber...        5.2* g Iron...            2.2 mg Calcium        421.8 mg Vit A            2027 IU Vit C            56.6 mg Sugar        24.3*g    19.8%Cal Prot        15.8*g    12.9%Cal Carb        92.4g    75.3%Cal T.Fat        7.8g    14.3%Cal S.Fat        2.3g    4.2%Cal
Sep - 17 CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 18 WG CINNAMON BUN ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 19 BREAKFAST WRAP ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 20 NUTRIGRAIN BAR YOGURT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 21 PB&J POCKET ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Avg Nutrients    Target Cals...            486        102% Chol...            47 mg Sodium...        475 mg Fiber...        4.8* g Iron...            3.0 mg Calcium        662.3 mg Vit A            2265 IU Vit C            58.5 mg Sugar        26.5*g    21.8%Cal Prot        16.2*g    13.3%Cal Carb        88.9g    73.1%Cal T.Fat        8.9g    16.5%Cal S.Fat        2.5g    4.6%Cal

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Sep - 24  BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 25  SCRAMBLED EGGS TOAST, WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 26  BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 27  SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Sep - 28  OATMEAL TOAST, WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">468 99%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">56 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">463 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">6.3* g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">2.7 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">400.2 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1972* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">56.6* mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">24.8*g 21.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">18.0*g 15.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.8g 71.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.1g 15.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">2.5g 4.8%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	468 99%	Chol...	56 mg	Sodium.	463 mg	Fiber..	6.3* g	Iron...	2.7 mg	Calcium	400.2 mg	Vit A	1972* IU	Vit C	56.6* mg	Sugar	24.8*g 21.2%Cal	Prot	18.0*g 15.4%Cal	Carb	83.8g 71.6%Cal	T.Fat	8.1g 15.6%Cal	S.Fat	2.5g 4.8%Cal
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