

# Sciotoville Community School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 1 CEREAL,VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 2 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 3 MUFFIN GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 4 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 5 NUTRIGRAIN BAR YOGURT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 475 100% Chol... 19 mg Sodium... 474 mg Fiber... 5.0* g Iron... 2.7 mg Calcium 438.3 mg Vit A 2265 IU Vit C 58.5 mg Sugar 26.5*g 22.3%Cal Prot 14.1*g 11.9%Cal Carb 91.0g 76.6%Cal T.Fat 7.7g 14.6%Cal S.Fat 2.1g 4.0%Cal
Oct - 8 PANCAKES ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 9 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 10 PIZZA BAGEL ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 11 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 12	Avg Nutrients Target Cals... 509 107% Chol... 11 mg Sodium... 496 mg Fiber... 5.9* g Iron... 2.6 mg Calcium 413.8 mg Vit A 2072 IU Vit C 56.6 mg Sugar 24.3*g 19.1%Cal Prot 14.6*g 11.5%Cal Carb 102.1g 80.2%Cal T.Fat 6.1g 10.7%Cal S.Fat 1.7g 3.0%Cal
Oct - 15 CEREAL,VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 16 SCRAMBLED EGGS TOAST,WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 17 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 18 BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Oct - 19	Avg Nutrients Target Cals... 485 102% Chol... 99 mg Sodium... 650 mg Fiber... 4.5* g Iron... 3.7 mg Calcium 457.4 mg Vit A 2320 IU Vit C 59.2 mg Sugar 27.4*g 22.6%Cal Prot 18.4*g 15.2%Cal Carb 88.6g 73.1%Cal T.Fat 7.5g 13.8%Cal S.Fat 1.9g 3.5%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 22  SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Oct - 23  PB&J POCKET ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Oct - 24	Oct - 25	Oct - 26	Avg Nutrients    Target Cals...            529        111% Chol...            18 mg Sodium...        550 mg Fiber...        5.4* g Iron...            2.9 mg Calcium 363.8 mg Vit A            1847* IU Vit C            56.6* mg Sugar 24.3*g    18.3%Cal Prot 18.1*g     13.7%Cal Carb 82.1g     62.1%Cal T.Fat 16.1g    27.4%Cal S.Fat 4.2g      7.1%Cal
Oct - 29  OATMEAL TOAST, WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Oct - 30  BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Oct - 31  CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety			Avg Nutrients    Target Cals...            457        96% Chol...            5 mg Sodium...        319 mg Fiber...        6.8* g Iron...            3.6 mg Calcium 384.4 mg Vit A            2160* IU Vit C            59.8* mg Sugar 28.4*g    24.8%Cal Prot 14.7*g     12.9%Cal Carb 93.4g     81.7%Cal T.Fat 4.3g      8.5%Cal S.Fat 1.2g      2.4%Cal

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