

OCTOBER

MILLIONS OF HOURS LOOOHCS

	1	2	3	4	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium 376.1 mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 372 100% Fiber.. 3.1* g Calcium 336.1 mg Sugar 15.3*g 16.5%Cal Carb 75.3g 80.9%Cal T.Fat 2.8g 6.9%Cal S.Fat 0.8g 1.9%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium 319.6 mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 442 100% Fiber.. 4.6* g Calcium 349.0 mg Sugar 15.9*g 14.4%Cal Carb 81.1g 73.4%Cal T.Fat 5.8g 11.9%Cal S.Fat 1.5g 3.0%Cal	Nutrients Target Cals... 556 111% Fiber.. 5.1* g Calcium 316.1 mg Sugar 15.3*g 11.0%Cal Carb 88.0g 63.3%Cal T.Fat 16.8g 27.2%Cal S.Fat 7.5g 12.1%Cal	Cals... 481 100% Fiber.. 4.3* g Calcium 330.2 mg Sugar 11.7*g 9.7%Cal Carb 87.9g 73.1%Cal T.Fat 8.5g 15.8%Cal S.Fat 3.5g 6.5%Cal
7	8	9	10	11	Avg Nutrients Target
Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium 499.4 mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal	Nutrients Target Cals... 647 129% Fiber.. 3.1* g Calcium 516.9 mg Sugar 16.1*g 10.0%Cal Carb 112.7g 69.7%Cal T.Fat 11.7g 16.3%Cal S.Fat 3.2g 4.4%Cal	Nutrients Target Cals... 519 104% Fiber.. 3.2* g Calcium 313.6 mg Sugar 16.8*g 12.9%Cal Carb 97.9g 75.4%Cal T.Fat 8.1g 14.0%Cal S.Fat 4.1g 7.1%Cal	Nutrients Target Cals... 556 111% Fiber.. 5.1* g Calcium 316.1 mg Sugar 15.3*g 11.0%Cal Carb 88.0g 63.3%Cal T.Fat 16.8g 27.2%Cal S.Fat 7.5g 12.1%Cal		Cals... 566 113% Fiber.. 4.2* g Calcium 411.5 mg Sugar 13.7*g 9.7%Cal Carb 100.1g 70.7%Cal T.Fat 10.9g 17.3%Cal S.Fat 4.6g 7.3%Cal
14	15	16	17	18	Avg Nutrients Target
	Nutrients Target Cals... 487 100% Fiber.. 1.1* g Calcium 342.4 mg Sugar 16.1*g 13.2%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 503 101% Fiber.. 2.9* g Calcium 314.7 mg Sugar 0.2*g 0.1%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	Nutrients Target Cals... 328 94% Fiber.. 1.7* g Calcium 465.3 mg Sugar 17.5*g 21.3%Cal Carb 62.3g 75.9%Cal T.Fat 2.3g 6.3%Cal S.Fat 1.2g 3.4%Cal	Nutrients Target Cals... 515 103% Fiber.. 4.7* g Calcium 336.1 mg Sugar 6.3*g 4.9%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Cals... 458 100% Fiber.. 2.6* g Calcium 364.6 mg Sugar 10.0*g 8.7%Cal Carb 72.3g 63.0%Cal T.Fat 11.8g 23.2%Cal S.Fat 5.1g 9.9%Cal
21	22	23	24	25	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium 376.1 mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium 499.4 mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal	Nutrients Target Cals... 619 124% Fiber.. 4.5* g Calcium 317.2 mg Sugar 36.3*g 23.4%Cal Carb 122.7g 79.3%Cal T.Fat 8.5g 12.3%Cal S.Fat 4.2g 6.1%Cal	Nutrients Target Cals... 530 106% Fiber.. 5.1* g Calcium 377.8 mg Sugar 25.6*g 19.3%Cal Carb 91.6g 69.1%Cal T.Fat 10.9g 18.6%Cal S.Fat 4.4g 7.5%Cal	Nutrients Target Cals... 515 103% Fiber.. 4.7* g Calcium 336.1 mg Sugar 6.3*g 4.9%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	Cals... 557 111% Fiber.. 4.7* g Calcium 381.3 mg Sugar 18.0*g 13.0%Cal Carb 98.8g 71.0%Cal T.Fat 11.4g 18.4%Cal S.Fat 4.6g 7.5%Cal
28	29	30	31		Avg Nutrients Target
Nutrients Target Cals... 249 71% Fiber.. 5.1* g Calcium 221.6 mg Sugar 8.3*g 13.4%Cal Carb 51.8g 83.3%Cal T.Fat 3.0g 10.9%Cal S.Fat 0.5g 1.8%Cal	Nutrients Target Cals... 372 100% Fiber.. 3.1* g Calcium 336.1 mg Sugar 15.3*g 16.5%Cal Carb 75.3g 80.9%Cal T.Fat 2.8g 6.9%Cal S.Fat 0.8g 1.9%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium 319.6 mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 442 100% Fiber.. 4.6* g Calcium 349.0 mg Sugar 15.9*g 14.4%Cal Carb 81.1g 73.4%Cal T.Fat 5.8g 11.9%Cal S.Fat 1.5g 3.0%Cal		Cals... 404 100% Fiber.. 4.3* g Calcium 306.6 mg Sugar 9.9*g 9.8%Cal Carb 78.9g 78.0%Cal T.Fat 5.0g 11.1%Cal S.Fat 1.7g 3.8%Cal

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