

MAY

MILLER POND SCHOOL

			1	2	Avg Nutrients Target
			Nutrients Target Cals... 412 100% Fiber... 2.1* g Calcium 348.1 mg Sugar 20.3*g 19.7%Cal Carb 85.3g 82.8%Cal T.Fat 3.0g 6.4%Cal S.Fat 0.8g 1.8%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... 464 100% Fiber... 3.4* g Calcium 342.1 mg Sugar 13.3*g 11.5%Cal Carb 81.0g 69.8%Cal T.Fat 9.9g 19.2%Cal S.Fat 4.1g 8.0%Cal
5	6	7	8	9	Avg Nutrients Target
Nutrients Target Cals... 672 134% Fiber... 9.1* g Calcium 499.3 mg Sugar 20.2*g 12.0%Cal Carb 117.8g 70.1%Cal T.Fat 11.6g 15.5%Cal S.Fat 3.2g 4.3%Cal	Nutrients Target Cals... 476 100% Fiber... 2.3* g Calcium 405.8 mg Sugar 5.8*g 4.8%Cal Carb 98.8g 82.9%Cal T.Fat 3.5g 6.7%Cal S.Fat 0.9g 1.7%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... 545 109% Fiber... 6.1* g Calcium 381.4 mg Sugar 41.0*g 30.1%Cal Carb 107.8g 79.1%Cal T.Fat 6.1g 10.1%Cal S.Fat 1.5g 2.5%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... 546 109% Fiber... 5.1* g Calcium 387.2 mg Sugar 18.0*g 13.2%Cal Carb 99.8g 73.1%Cal T.Fat 9.2g 15.2%Cal S.Fat 3.4g 5.7%Cal
12	13	14	15	16	Avg Nutrients Target
Nutrients Target Cals... 393 100% Fiber... 8.1* g Calcium 507.7 mg Sugar 24.1*g 24.5%Cal Carb 74.8g 76.0%Cal T.Fat 3.8g 8.6%Cal S.Fat 1.0g 2.2%Cal	Nutrients Target Cals... 533 107% Fiber... 8.2* g Calcium 479.4 mg Sugar 26.7*g 20.0%Cal Carb 98.9g 74.3%Cal T.Fat 6.7g 11.4%Cal S.Fat 3.7g 6.2%Cal	Nutrients Target Cals... 693 139% Fiber... 9.0* g Calcium 700.0* mg Sugar 35.2*g 20.3%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%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... 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... 515 103% Fiber... 6.9* g Calcium 474.4* mg Sugar 21.6*g 16.8%Cal Carb 94.4g 73.3%Cal T.Fat 8.7g 15.2%Cal S.Fat 3.0g 5.2%Cal
19	20	21	22	23	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... 368 100% Fiber... 2.7* g Calcium 333.6* mg Sugar 16.8*g 18.2%Cal Carb 74.5g 80.9%Cal T.Fat 2.8g 6.9%Cal S.Fat 0.8g 2.0%Cal	Nutrients Target Cals... 499 100% Fiber... 2.8* g Calcium 311.6* mg Sugar *N/A*g *N/A%Cal Carb 92.5g 74.2%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	Nutrients Target Cals... 480 100% Fiber... 5.1* g Calcium 363.8* mg Sugar 25.1*g 20.9%Cal Carb 90.8g 75.7%Cal T.Fat 5.9g 11.1%Cal S.Fat 1.5g 2.8%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... 488 100% Fiber... 3.9* g Calcium 344.2* mg Sugar 12.7*g 10.4%Cal Carb 87.1g 71.4%Cal T.Fat 9.5g 17.6%Cal S.Fat 3.5g 6.4%Cal
26	27	28	29	30	Avg Nutrients Target
	Nutrients Target Cals... 415 100% Fiber... 1.7* g Calcium 419.3* mg Sugar 19.6*g 18.9%Cal Carb 75.3g 72.6%Cal T.Fat 6.4g 13.9%Cal S.Fat 3.5g 7.7%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... 482 100% Fiber... 5.7* g Calcium 349.9* mg Sugar 25.8*g 21.4%Cal Carb 92.1g 76.5%Cal T.Fat 5.8g 10.9%Cal S.Fat 1.5g 2.7%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... 508 102% Fiber... 4.2* g Calcium 355.6* mg Sugar 22.0*g 17.3%Cal Carb 91.7g 72.2%Cal T.Fat 9.4g 16.7%Cal S.Fat 4.2g 7.4%Cal

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