

MAY

MIDDLE-HIGH SCHOOL

			1	2	Avg Nutrients Target
			Nutrients Target Cals... 504 101% Fiber... 11.1* g Calcium 346.1 mg Sugar 29.1*g 23.1%Cal Carb 95.9g 76.1%Cal T.Fat 5.8g 10.3%Cal S.Fat 1.5g 2.6%Cal	Nutrients Target Cals... 546 109% Fiber... 6.3* g Calcium 362.3 mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 525 105% Fiber... 8.7* g Calcium 354.2 mg Sugar 20.8*g 15.8%Cal Carb 90.1g 68.6%Cal T.Fat 11.4g 19.5%Cal S.Fat 4.5g 7.7%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... 676 135% Fiber... 5.4* g Calcium 504.5 mg Sugar 2.9*g 1.7%Cal Carb 139.5g 82.5%Cal T.Fat 6.3g 8.4%Cal S.Fat 1.3g 1.8%Cal	Nutrients Target Cals... 587 117% Fiber... 4.8* g Calcium 317.4 mg Sugar 33.4*g 22.8%Cal Carb 116.2g 79.1%Cal T.Fat 8.1g 12.5%Cal S.Fat 4.1g 6.3%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... 546 109% Fiber... 6.3* g Calcium 362.3 mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 592 118% Fiber... 6.1* g Calcium 409.4 mg Sugar 18.8*g 12.7%Cal Carb 109.7g 74.1%Cal T.Fat 9.8g 14.9%Cal S.Fat 3.5g 5.3%Cal
12	13	14	15	16	Avg Nutrients Target
Nutrients Target Cals... 403 100% Fiber... 5.1* g Calcium 527.7 mg Sugar 4.1*g 4.1%Cal Carb 77.8g 77.1%Cal T.Fat 3.8g 8.4%Cal S.Fat 1.0g 2.1%Cal	Nutrients Target Cals... 623 125% Fiber... 15.2* g Calcium 479.4 mg Sugar 46.7*g 30.0%Cal Carb 120.9g 77.7%Cal T.Fat 6.7g 9.7%Cal S.Fat 3.7g 5.3%Cal	Nutrients Target Cals... 693 139% Fiber... 9.0* g Calcium700.0* 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... 465 100% Fiber... 5.4* g Calcium351.0* mg Sugar 9.1*g 7.9%Cal Carb 87.6g 75.3%Cal T.Fat 5.9g 11.4%Cal S.Fat 1.5g 2.8%Cal	Nutrients Target Cals... 515 103% Fiber... 4.7* g Calcium336.1* 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... 540 108% Fiber... 7.9* g Calcium478.8* mg Sugar 20.3*g 15.0%Cal Carb 100.7g 74.6%Cal T.Fat 8.7g 14.5%Cal S.Fat 3.0g 5.0%Cal
19	20	21	22	23	Avg Nutrients Target
Nutrients Target Cals... 576 115% Fiber... 4.1* g Calcium376.1* 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... 578 116% Fiber... 5.4* g Calcium358.0* mg Sugar 37.6*g 26.0%Cal Carb 122.2g 84.5%Cal T.Fat 4.9g 7.6%Cal S.Fat 1.1g 1.8%Cal	Nutrients Target Cals... 554 111% Fiber... 4.2* g Calcium319.6* 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... 480 100% Fiber... 5.1* g Calcium363.8* 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... 546 109% Fiber... 6.3* g Calcium362.3* mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 547 109% Fiber... 5.0* g Calcium356.0* mg Sugar 18.1*g 13.3%Cal Carb 101.1g 73.9%Cal T.Fat 10.0g 16.4%Cal S.Fat 3.5g 5.8%Cal
26	27	28	29	30	Avg Nutrients Target
	Nutrients Target Cals... 586 117% Fiber... 5.3* g Calcium492.0* mg Sugar 37.1*g 25.3%Cal Carb 115.0g 78.5%Cal T.Fat 6.8g 10.5%Cal S.Fat 3.7g 5.6%Cal	Nutrients Target Cals... 554 111% Fiber... 4.2* g Calcium319.6* 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... 552 110% Fiber... 6.5* g Calcium360.7* mg Sugar 42.9*g 31.0%Cal Carb 110.0g 79.7%Cal T.Fat 6.0g 9.7%Cal S.Fat 1.5g 2.4%Cal	Nutrients Target Cals... 546 109% Fiber... 6.3* g Calcium362.3* mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	Cals... 560 112% Fiber... 5.6* g Calcium383.6* mg Sugar 23.1*g 16.5%Cal Carb 104.1g 74.4%Cal T.Fat 9.5g 15.3%Cal S.Fat 4.2g 6.7%Cal

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