

MIDDLE/HIGH SCHOOL

MAY

			1	2	Avg Nutrients Target Cals... 619 82% Fiber... 13.5* g Calcium482.4* mg Sugar 14.2*g 9.2%Cal Carb 91.1g 58.9%Cal T.Fat 17.9g 26.0%Cal S.Fat 6.7g 9.8%Cal
			Nutrients Target Cals... 800 100% Fiber... 20.0* g Calcium599.2* mg Sugar 26.8*g 13.4%Cal Carb 113.5g 56.7%Cal T.Fat 23.1g 26.0%Cal S.Fat 11.4g 12.8%Cal	Nutrients Target Cals... 437 58% Fiber... 7.0* g Calcium365.6* mg Sugar 1.6*g 1.5%Cal Carb 68.6g 62.8%Cal T.Fat 12.6g 26.0%Cal S.Fat 2.1g 4.4%Cal	
5	6	7	8	9	Avg Nutrients Target Cals... 809 100% Fiber... 12.1* g Calcium499.5* mg Sugar 24.9*g 12.3%Cal Carb 120.9g 59.8%Cal T.Fat 23.0g 25.6%Cal S.Fat 6.3g 7.0%Cal
Nutrients Target Cals... 891 105% Fiber... 10.0* g Calcium660.7* mg Sugar 34.6*g 15.5%Cal Carb 125.1g 56.1%Cal T.Fat 27.4g 27.6%Cal S.Fat 8.0g 8.1%Cal	Nutrients Target Cals... 821 100% Fiber... 18.5* g Calcium373.6* mg Sugar 36.4*g 17.7%Cal Carb 159.3g 77.6%Cal T.Fat 8.5g 9.3%Cal S.Fat 2.3g 2.5%Cal	Nutrients Target Cals... 753 100% Fiber... 5.6* g Calcium400.6* mg Sugar 33.4*g 17.8%Cal Carb 101.9g 54.2%Cal T.Fat 24.5g 29.3%Cal S.Fat 6.2g 7.5%Cal	Nutrients Target Cals... 738 98% Fiber... 10.3* g Calcium428.3* mg Sugar 18.2*g 9.9%Cal Carb 114.4g 62.0%Cal T.Fat 15.6g 19.0%Cal S.Fat 3.3g 4.1%Cal	Nutrients Target Cals... 841 100% Fiber... 15.9* g Calcium634.4* mg Sugar 1.6*g 0.8%Cal Carb 103.6g 49.3%Cal T.Fat 38.9g 41.6%Cal S.Fat 11.5g 12.3%Cal	
12	13	14	15	16	Avg Nutrients Target Cals... 883 104% Fiber... 12.7* g Calcium546.5* mg Sugar 17.9*g 8.1%Cal Carb 117.9g 53.4%Cal T.Fat 27.7g 28.2%Cal S.Fat 8.5g 8.7%Cal
Nutrients Target Cals... 701 93% Fiber... 10.9* g Calcium411.1* mg Sugar 3.6*g 2.1%Cal Carb 89.7g 51.2%Cal T.Fat 15.3g 19.6%Cal S.Fat 3.8g 4.9%Cal	Nutrients Target Cals... 922 108% Fiber... 19.6* g Calcium737.9* mg Sugar 20.2*g 8.8%Cal Carb 147.1g 63.8%Cal T.Fat 21.6g 21.1%Cal S.Fat 7.3g 7.2%Cal	Nutrients Target Cals... 1079 127% Fiber... 10.1* g Calcium474.9* mg Sugar 4.6*g 1.7%Cal Carb 123.9g 45.9%Cal T.Fat 43.7g 36.4%Cal S.Fat 15.1g 12.6%Cal	Nutrients Target Cals... 919 108% Fiber... 18.6* g Calcium463.0* mg Sugar 42.9*g 18.7%Cal Carb 144.6g 62.9%Cal T.Fat 24.7g 24.2%Cal S.Fat 5.8g 5.6%Cal	Nutrients Target Cals... 792 100% Fiber... 4.1* g Calcium645.6* mg Sugar 18.0*g 9.1%Cal Carb 84.3g 42.6%Cal T.Fat 33.2g 37.7%Cal S.Fat 10.6g 12.0%Cal	
19	20	21	22	23	Avg Nutrients Target Cals... 771 100% Fiber... 9.3* g Calcium590.2* mg Sugar 18.7*g 9.7%Cal Carb 115.4g 59.9%Cal T.Fat 22.7g 26.5%Cal S.Fat 6.1g 7.1%Cal
Nutrients Target Cals... 448 60% Fiber... 7.5* g Calcium375.1* mg Sugar 1.8*g 1.6%Cal Carb 75.2g 67.1%Cal T.Fat 10.8g 21.7%Cal S.Fat 2.5g 5.0%Cal	Nutrients Target Cals... 858 101% Fiber... 19.4* g Calcium564.2* mg Sugar 37.3*g 17.4%Cal Carb 143.7g 67.0%Cal T.Fat 22.1g 23.2%Cal S.Fat 6.8g 7.1%Cal	Nutrients Target Cals... 855 101% Fiber... 9.0* g Calcium476.4* mg Sugar 25.4*g 11.9%Cal Carb 135.1g 63.2%Cal T.Fat 19.8g 20.8%Cal S.Fat 4.5g 4.7%Cal	Nutrients Target Cals... 782 100% Fiber... 4.9* g Calcium734.5* mg Sugar 12.4*g 6.4%Cal Carb 109.9g 56.2%Cal T.Fat 24.8g 28.5%Cal S.Fat 6.1g 7.1%Cal	Nutrients Target Cals... 913 107% Fiber... 5.9* g Calcium800.8* mg Sugar 16.7*g 7.3%Cal Carb 113.3g 49.6%Cal T.Fat 36.2g 35.7%Cal S.Fat 10.4g 10.3%Cal	
26	27	28	29	30	Avg Nutrients Target Cals... 831 100% Fiber... 8.8* g Calcium615.0* mg Sugar 11.8*g 5.7%Cal Carb 105.9g 50.9%Cal T.Fat 30.8g 33.4%Cal S.Fat 7.8g 8.4%Cal
	Nutrients Target Cals... 782 100% Fiber... 3.4* g Calcium634.1* mg Sugar 16.7*g 8.5%Cal Carb 82.1g 42.0%Cal T.Fat 33.1g 38.0%Cal S.Fat 10.5g 12.1%Cal	Nutrients Target Cals... 1017 120% Fiber... 11.9* g Calcium764.1* mg Sugar 10.0*g 3.9%Cal Carb 122.8g 48.3%Cal T.Fat 42.1g 37.3%Cal S.Fat 7.7g 6.8%Cal	Nutrients Target Cals... 941 111% Fiber... 13.1* g Calcium379.4* mg Sugar 19.1*g 8.1%Cal Carb 132.0g 56.1%Cal T.Fat 32.7g 31.3%Cal S.Fat 7.7g 7.4%Cal	Nutrients Target Cals... 585 78% Fiber... 6.9* g Calcium682.1* mg Sugar 1.6*g 1.1%Cal Carb 86.6g 59.2%Cal T.Fat 15.4g 23.6%Cal S.Fat 5.2g 7.9%Cal	

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