

Mountain View Whisman School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 3	May - 4	May - 5	May - 6	May - 7	Avg Nutrients Target Cals... 635* 100% Chol... 46* mg Sodium. 846* mg Fiber.. 9.9* g Iron... 3.5* mg Sugar 39.6*g 25.0%Cal Prot 30.8*g 19.4%Cal Carb 91.2*g 57.5%Cal
CHICKEN CHUNKS (5E WHITE CORN NO SALT FRUIT,FRESH ASSORT MILK LOW-FAT WHITE KETCHUP	TACO NADA SALSA FRUIT,FRESH ASSORT CARROTS BABY MILK LOW-FAT WHITE	TURKEY SANDWICH SUN CHIPS 1 OZ BAG SUNBUTTER & JELLY S FRUIT,FRESH ASSORT CARROTS BABY MILK LOW-FAT WHITE	ORANGE CHICKEN W/ VEGGIE CHOW MEIN FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	PIZZA CHEESE - TAST CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	
Nutrients Target Cals... 624 100% Chol... 40 mg Sodium. 579 mg Fiber.. 8.2 g Iron... 1.4 mg Sugar 32.0g 20.5%Cal Prot 32.3g 20.7%Cal Carb 78.0g 50.0%Cal	Nutrients Target Cals... 525 96% Chol... 50 mg Sodium. 797 mg Fiber.. 11.1 g Iron... 4.3 mg Sugar 35.5*g 27.0%Cal Prot 29.3g 22.3%Cal Carb 79.3g 60.4%Cal	Nutrients Target Cals... 754 116% Chol... 58 mg Sodium. 1366 mg Fiber.. 12.5 g Iron... 3.8 mg Sugar 42.3*g 22.5%Cal Prot 32.6g 17.3%Cal Carb 106.9g 56.7%Cal	Nutrients Target Cals... 675* 104% Chol... 38* mg Sodium. 616* mg Fiber.. 8.4* g Iron... 3.7* mg Sugar 44.7*g 26.5%Cal Prot 33.2*g 19.7%Cal Carb 104.9*g 62.2%Cal	Nutrients Target Cals... 595* 100% Chol... 43* mg Sodium. 873* mg Fiber.. 9.1* g Iron... 4.3* mg Sugar 43.5*g 29.3%Cal Prot 26.7*g 18.0%Cal Carb 87.0*g 58.4%Cal	
May - 10	May - 11	May - 12	May - 13	May - 14	Avg Nutrients Target Cals... 701* 108% Chol... 45* mg Sodium. 961* mg Fiber.. 12.5* g Iron... 5.1* mg Sugar 35.4*g 20.2%Cal Prot 33.3*g 19.0%Cal Carb 101.8*g 58.1%Cal
CHICKEN CHUNKS (5E WHITE CORN NO SALT FRUIT,FRESH ASSORT MILK LOW-FAT WHITE KETCHUP GARDEN BURGER	BURRITO SALSA CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	TACO SALAD WHITE CORN NO SALT FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	MAC & CHEESE BREADSTICK 1.70Z- SH FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	PIZZA CHEESE - TAST CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	
Nutrients Target Cals... 601* 100% Chol... 42* mg Sodium. 609* mg Fiber.. 7.6* g Iron... 1.7* mg Sugar 29.6*g 19.7%Cal Prot 30.5*g 20.3%Cal Carb 76.2*g 50.7%Cal	Nutrients Target Cals... 558* 100% Chol... 31* mg Sodium. 1450* mg Fiber.. 15.0* g Iron... 4.8* mg Sugar 34.6*g 24.8%Cal Prot 27.0*g 19.4%Cal Carb 82.9*g 59.5%Cal	Nutrients Target Cals... 704* 108% Chol... 57* mg Sodium. 577* mg Fiber.. 7.8* g Iron... 3.5* mg Sugar 31.6*g 18.0%Cal Prot 31.2*g 17.8%Cal Carb 84.1*g 47.8%Cal	Nutrients Target Cals... 1049* 161% Chol... 49* mg Sodium. 1295* mg Fiber.. 22.8* g Iron... 11.0* mg Sugar 37.6*g 14.3%Cal Prot 50.8*g 19.4%Cal Carb 179.1*g 68.3%Cal	Nutrients Target Cals... 595* 100% Chol... 43* mg Sodium. 873* mg Fiber.. 9.1* g Iron... 4.3* mg Sugar 43.5*g 29.3%Cal Prot 26.7*g 18.0%Cal Carb 87.0*g 58.4%Cal	

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May - 17 CHICKEN PATTY SAND KETCHUP MUSTARD CARROTS BABY MILK LOW-FAT WHITE WHITE CORN NO SALT GARDEN BURGER	May - 18 Taco Mt V SPANISH RICE SALSA FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	May - 19 CHEF HOME STYLE QU SALSA CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	May - 20 BARBECUED CHICKEN CORN ON THE COB PINTO BEANS Hummas Platter FRUIT,FRESH ASSORT MILK, 1% 1/2 pint	May - 21 PIZZA CHEESE - TAST CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	Avg Nutrients Target Cals... 711* 109% Chol... 72* mg Sodium. 958* mg Fiber.. 12.0* g Iron... 5.0* mg Sugar 35.3*g 19.9%Cal Prot 38.3*g 21.5%Cal Carb 91.1*g 51.3%Cal
Nutrients Target Cals... 764* 117% Chol... 42* mg Sodium. 1057* mg Fiber.. 10.8* g Iron... 3.9* mg Sugar 25.7*g 13.5%Cal Prot 32.3*g 16.9%Cal Carb 94.9*g 49.7%Cal	Nutrients Target Cals... 555* 100% Chol... 35* mg Sodium. 1004* mg Fiber.. 7.8* g Iron... 5.1* mg Sugar 31.8*g 22.9%Cal Prot 25.8*g 18.6%Cal Carb 91.2*g 65.7%Cal	Nutrients Target Cals... 604* 100% Chol... 50* mg Sodium. 1069* mg Fiber.. 12.7* g Iron... 4.7* mg Sugar 34.1*g 22.6%Cal Prot 30.5*g 20.2%Cal Carb 75.9*g 50.3%Cal	Nutrients Target Cals... 1037* 160% Chol... 188* mg Sodium. 784* mg Fiber.. 19.7* g Iron... 7.1* mg Sugar 41.4*g 16.0%Cal Prot 76.1*g 29.4%Cal Carb 106.6*g 41.1%Cal	Nutrients Target Cals... 595* 100% Chol... 43* mg Sodium. 873* mg Fiber.. 9.1* g Iron... 4.3* mg Sugar 43.5*g 29.3%Cal Prot 26.7*g 18.0%Cal Carb 87.0*g 58.4%Cal	
May - 24 CHEESEBURGER ON A KETCHUP MUSTARD CARROTS BABY MILK LOW-FAT WHITE WHITE CORN NO SALT GARDEN BURGER	May - 25 CHEF HOME STYLE QU TACO SAUCE PKT CARROTS BABY FRUIT,FRESH ASSORT MILK, 1% 1/2 pint	May - 26 PIZZA NADA PIZZA CHEESE FRENC CARROTS BABY FRUIT,FRESH ASSORT MILK, 1% 1/2 pint	May - 27 SPAGHETTI AND MEAT BREADSTICK 1.70Z- SH FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	May - 28 PIZZA CHEESE - TAST CARROTS BABY FRUIT,FRESH ASSORT MILK LOW-FAT WHITE	Avg Nutrients Target Cals... 631* 100% Chol... 59* mg Sodium. 907* mg Fiber.. 9.1* g Iron... 4.5* mg Sugar 34.2*g 21.7%Cal Prot 30.7*g 19.5%Cal Carb 82.5*g 52.3%Cal
Nutrients Target Cals... 817* 126% Chol... 108* mg Sodium. 1146* mg Fiber.. 6.5* g Iron... 5.7* mg Sugar 26.6*g 13.0%Cal Prot 41.9*g 20.5%Cal Carb 81.2*g 39.8%Cal	Nutrients Target Cals... 579* 100% Chol... 45* mg Sodium. 1017* mg Fiber.. 12.3* g Iron... 4.1* mg Sugar 32.1*g 22.2%Cal Prot 28.1*g 19.4%Cal Carb 72.0*g 49.7%Cal	Nutrients Target Cals... 473* 86% Chol... 32* mg Sodium. 607* mg Fiber.. 10.3* g Iron... 3.9* mg Sugar 33.5*g 28.3%Cal Prot 22.2*g 18.7%Cal Carb 73.7*g 62.4%Cal	Nutrients Target Cals... 692* 106% Chol... 67* mg Sodium. 891* mg Fiber.. 7.6* g Iron... 4.5* mg Sugar 35.2*g 20.4%Cal Prot 34.8*g 20.1%Cal Carb 98.5*g 57.0%Cal	Nutrients Target Cals... 595* 100% Chol... 43* mg Sodium. 873* mg Fiber.. 9.1* g Iron... 4.3* mg Sugar 43.5*g 29.3%Cal Prot 26.7*g 18.0%Cal Carb 87.0*g 58.4%Cal	

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May - 31						Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium... *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	670*	550-650	103%	Sugars	36.12* g	21.58%	
Cholesterol	55* mg			Protein	33.28* g	19.88%	
Sodium	918* mg	1230		Carbohyd	91.66* g	54.76%	
Fiber	10.88* g						
Iron	4.52* mg						

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