

MCISD Child Nutrition Program

HHFKA - 6-8

Jan 31, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Breakfast on a Bun,PK-1 Frozen Fruit Cup,PK-12 Fruit Juice, Assorted,PK- Milk - Variety K-12	Feb - 2 Cereal, assorted,K-12 Assorted Breakfast Treat Breakfast Fruit Cup Frozen Fruit Cup,PK-12 Milk - Variety K-12	Avg Nutrients Target Cals... 407 100% Chol... 17 mg Sodium. 530 mg Vit A 1055 IU Vit C 87.4 mg T.Fat 4.7g 10.4%Cal S.Fat 1.7g 3.8%Cal
			Nutrients Target Cals... 404 100% Chol... 29 mg Sodium. 689 mg Vit A 845 IU Vit C 120.2 mg T.Fat 4.9g 10.9%Cal S.Fat 2.1g 4.6%Cal	Nutrients Target Cals... 409 100% Chol... 5 mg Sodium. 372 mg Vit A 1265 IU Vit C 54.6 mg T.Fat 4.5g 9.9%Cal S.Fat 1.4g 3.0%Cal	
Feb - 5 Pig in a Blanket Fruit Juice, Assorted,PK- Craisins-PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 6 Chocolate Chip Muffin Assorted Breakfast Treat Breakfast Fruit Cup Fruit Juice, Assorted,PK- Milk - Variety K-12	Feb - 7 Tamales-2 Each Breakfas Apple, Fresh, PK-12 Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 8 Cereal, assorted,K-12 Assorted Breakfast Treat Fruit Juice, Assorted,PK- Frozen Fruit Cup,PK-12 Milk - Variety K-12	Feb - 9 CINNAMON BUN,K-12 Fruit Juice, Assorted,PK- Breakfast Fruit Cup Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Avg Nutrients Target Cals... 468 100% Chol... 24 mg Sodium. 453 mg Vit A 1223* IU Vit C 68.8* mg T.Fat 10.1g 19.3%Cal S.Fat 3.0g 5.8%Cal
Nutrients Target Cals... 405 100% Chol... 24 mg Sodium. 479 mg Vit A 845* IU Vit C 56.2* mg T.Fat 10.7g 23.7%Cal S.Fat 3.9g 8.7%Cal	Nutrients Target Cals... 546 100% Chol... 43 mg Sodium. 410 mg Vit A 1106* IU Vit C 57.3* mg T.Fat 9.7g 16.0%Cal S.Fat 3.2g 5.2%Cal	Nutrients Target Cals... 476 100% Chol... 27 mg Sodium. 626 mg Vit A 635* IU Vit C 41.5* mg T.Fat 14.6g 27.6%Cal S.Fat 3.5g 6.6%Cal	Nutrients Target Cals... 466 100% Chol... 6 mg Sodium. 466 mg Vit A 1608* IU Vit C 105.9* mg T.Fat 5.6g 10.8%Cal S.Fat 1.7g 3.3%Cal	Nutrients Target Cals... 450 100% Chol... 22 mg Sodium. 283 mg Vit A 1922* IU Vit C 83.0* mg T.Fat 9.7g 19.4%Cal S.Fat 2.9g 5.8%Cal	

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Feb - 12 Marranito,K-12 Craisins-PK-12 Fruit Juice, Assorted,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 13 Cheesy Pig in Blanket,PK Breakfast Fruit Cup Fruit Juice, Assorted,PK- Milk - Variety K-12	Feb - 14 Chocolate Chip Muffin Assorted Breakfast Treat Orange Juice,K-12 Apple, Fresh Milk - Variety K-12	Feb - 15 Tamales-2 Each Breakfas Fruit Juice, Assorted,PK- Frozen Fruit Cup,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 16 Breakfast Burrito,K-12 Fruit Juice, Assorted,PK- Breakfast Fruit Cup Milk - Variety K-12	Avg Nutrients Target Cals... 473 100% Chol... 23 mg Sodium. 505 mg Vit A 901* IU Vit C 68.7* mg T.Fat 8.6g 16.4%Cal S.Fat 2.8g 5.3%Cal
Nutrients Target Cals... 456 100% Chol... 6 mg Sodium. 310 mg Vit A 1014* IU Vit C 65.7* mg T.Fat 3.8g 7.5%Cal S.Fat 1.7g 3.4%Cal	Nutrients Target Cals... 474 100% Chol... 30 mg Sodium. 710 mg Vit A 1258* IU Vit C 59.7* mg T.Fat 11.5g 21.7%Cal S.Fat 4.3g 8.1%Cal	Nutrients Target Cals... 498 100% Chol... 41 mg Sodium. 305 mg Vit A 829* IU Vit C 41.7* mg T.Fat 7.8g 14.1%Cal S.Fat 2.6g 4.6%Cal	Nutrients Target Cals... 484 100% Chol... 27 mg Sodium. 634 mg Vit A 741* IU Vit C 110.1* mg T.Fat 14.5g 26.9%Cal S.Fat 3.5g 6.5%Cal	Nutrients Target Cals... 453 100% Chol... 11 mg Sodium. 569 mg Vit A 664* IU Vit C 66.1* mg T.Fat 5.5g 10.9%Cal S.Fat 1.8g 3.6%Cal	
Feb - 19 Gingerbread Kids Craisins-PK-12 Fruit Juice, Assorted,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 20 Breakfast on a Stick Fruit Juice, Assorted,PK- Breakfast Fruit Cup Milk - Variety K-12	Feb - 21 Cereal, assorted,K-12 Assorted Breakfast Treat Orange Juice,K-12 Apple, Fresh, PK-12 Milk - Variety K-12	Feb - 22 Breakfast on a Stick Frozen Fruit Cup,PK-12 Fruit Juice, Assorted,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 23 Chocolate Chip Muffin Assorted Breakfast Treat Fruit Juice, Assorted,PK- Breakfast Fruit Cup Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Avg Nutrients Target Cals... 462 100% Chol... 24 mg Sodium. 436 mg Vit A 956* IU Vit C 69.7* mg T.Fat 9.4g 18.4%Cal S.Fat 3.3g 6.4%Cal
Nutrients Target Cals... 454 100% Chol... 10 mg Sodium. 298 mg Vit A 1029* IU Vit C 66.3* mg T.Fat 5.6g 11.2%Cal S.Fat 2.8g 5.6%Cal	Nutrients Target Cals... 464 100% Chol... 26 mg Sodium. 570 mg Vit A 564* IU Vit C 63.7* mg T.Fat 11.5g 22.4%Cal S.Fat 3.3g 6.4%Cal	Nutrients Target Cals... 440 100% Chol... 6 mg Sodium. 437 mg Vit A 1437* IU Vit C 45.8* mg T.Fat 5.4g 11.1%Cal S.Fat 1.6g 3.3%Cal	Nutrients Target Cals... 442 100% Chol... 29 mg Sodium. 511 mg Vit A 702* IU Vit C 118.2* mg T.Fat 13.1g 26.7%Cal S.Fat 4.4g 8.9%Cal	Nutrients Target Cals... 508 100% Chol... 48 mg Sodium. 362 mg Vit A 1048* IU Vit C 54.6* mg T.Fat 11.4g 20.2%Cal S.Fat 4.1g 7.3%Cal	

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Feb - 26	Feb - 27 Breakfast Burrito,K-12 Breakfast Fruit Cup Fruit Juice, Assorted,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 28 Pig in a Blanket Apple, Fresh, PK-12 Orange Juice,K-12 Milk - Variety K-12			Avg Nutrients Target Cals... 442 100% Chol... 18 mg Sodium. 562 mg Vit A 840* IU Vit C 54.3* mg T.Fat 8.4g 17.1%Cal S.Fat 2.8g 5.6%Cal
	Nutrients Target Cals... 419 100% Chol... 11 mg Sodium. 505 mg Vit A 654* IU Vit C 66.0* mg T.Fat 5.1g 11.0%Cal S.Fat 1.7g 3.7%Cal	Nutrients Target Cals... 466 100% Chol... 25 mg Sodium. 620 mg Vit A 1025* IU Vit C 42.5* mg T.Fat 11.7g 22.6%Cal S.Fat 3.8g 7.4%Cal			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	459	400-550	100%	Tot. Fat	8.77 g	17.20%	
Cholesterol	22 mg			Sat. Fat	2.86 g	5.61%	<10.00%
Sodium	482 mg	600					
Vitamin A	1010* IU						
Vitamin C	69.43* mg						

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