

Medford Public Schools
2007 - Elementary
(1/3 RDA) : Grade K-6

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 1 Chicken Patty 3oz Kings whole wheat bun POTATO PUFFS PEAS PEARS MILK,1% Lowfat	Mar - 2 FRENCH TOAST STICK HASHBROWNS Yogurt, Dannon Danimals CARROT STICKS APPLESAUCE,SWEETE MILK,1% Lowfat	Mar - 3 Bf&Ch Quesa totally taco SALSA Information Not Available Bean, Green APPLES,Fresh MILK,1% Lowfat	Mar - 4 CHEESEBURGER w/ wh FRENCH FRIES CORN ORANGES MILK,1% Lowfat	Mar - 5 Mozzerella Sticks - Eleme Marinara Sauce Salad, Side Bread, Breadstick, Whole- MIXED FRUIT MILK,1% Lowfat	Avg Nutrients Target Cals... 677 102% Sodium. 1107 mg Fiber.. 9.0 g Iron... 4.7 mg 137% Calcium 583.0 mg 204% Prot 32.7g 19.3%Cal Carb 92.6g 54.7%Cal T.Fat 21.5g 28.6%Cal S.Fat 8.4g 11.1%Cal
Nutrients Target Cals... 682 103% Sodium. 1172 mg Fiber.. 10.9 g Iron... 6.1 mg 175% Calcium 392.2 mg 137% Prot 32.8g 19.2%Cal Carb 96.1g 56.4%Cal T.Fat 19.2g 25.3%Cal S.Fat 5.5g 7.2%Cal	Nutrients Target Cals... 856 129% Sodium. 1109 mg Fiber.. 5.8 g Iron... 5.4 mg 156% Calcium 655.2 mg 229% Prot 29.3g 13.7%Cal Carb 135.3g 63.3%Cal T.Fat 23.9g 25.2%Cal S.Fat 8.8g 9.3%Cal	Nutrients Target Cals... 453 68% Sodium. 861 mg Fiber.. 7.7 g Iron... 3.9 mg 112% Calcium 505.4 mg 177% Prot 25.0g 22.1%Cal Carb 65.6g 57.9%Cal T.Fat 11.8g 23.4%Cal S.Fat 4.1g 8.2%Cal	Nutrients Target Cals... 793 119% Sodium. 972 mg Fiber.. 8.9 g Iron... 5.3 mg 152% Calcium 573.2 mg 200% Prot 44.3g 22.4%Cal Carb 84.3g 42.5%Cal T.Fat 33.0g 37.5%Cal S.Fat 13.9g 15.7%Cal	Nutrients Target Cals... 603 91% Sodium. 1422 mg Fiber.. 11.8 g Iron... 3.1 mg 89% Calcium 788.8 mg 276% Prot 32.1g 21.3%Cal Carb 81.8g 54.2%Cal T.Fat 19.6g 29.2%Cal S.Fat 9.6g 14.3%Cal	
Mar - 8 Hot Dog & Bun, Whole W BAKED BEANS (VEGET CARROT STICKS APRICOTS MILK,1% Lowfat	Mar - 9 Lo Mein Chicken Nuggets - Eleme MIXED VEGETABLES APPLES,Fresh MILK,1% Lowfat	Mar - 10 HAM SANDWICH Cheese slice CARROT STICKS POTATO PUFFS PEACHES	Mar - 11 BEEF TACO Rice, Brown SALSA Salad, Side BANANAS MILK,1% Lowfat	Mar - 12 MACARONI AND CHEE BROCCOLI ORANGES MILK,1% Lowfat	Avg Nutrients Target Cals... 584 88% Sodium. 1024 mg Fiber.. 10.0 g Iron... 3.4 mg 97% Calcium 468.1 mg 164% Prot 26.7g 18.3%Cal Carb 81.5g 55.9%Cal T.Fat 18.9g 29.1%Cal S.Fat 6.5g 10.0%Cal
Nutrients Target Cals... 605 91% Sodium. 1375 mg Fiber.. 13.1 g Iron... 3.1 mg 88% Calcium 450.9 mg 158% Prot 24.9g 16.4%Cal Carb 94.7g 62.6%Cal T.Fat 17.6g 26.2%Cal S.Fat 6.9g 10.3%Cal	Nutrients Target Cals... 674 101% Sodium. 955 mg Fiber.. 14.0 g Iron... 3.5 mg 101% Calcium 330.2 mg 115% Prot 24.5g 14.6%Cal Carb 93.1g 55.3%Cal T.Fat 25.5g 34.1%Cal S.Fat 6.0g 8.0%Cal	Nutrients Target Cals... 475 72% Sodium. 1699 mg Fiber.. 5.3 g Iron... 3.4 mg 99% Calcium 202.5 mg 71% Prot 22.8g 19.2%Cal Carb 65.2g 54.9%Cal T.Fat 14.7g 27.8%Cal S.Fat 4.2g 8.0%Cal	Nutrients Target Cals... 650 98% Sodium. 498 mg Fiber.. 10.1 g Iron... 4.6 mg 131% Calcium 535.7 mg 187% Prot 31.9g 19.6%Cal Carb 89.4g 55.0%Cal T.Fat 20.2g 28.0%Cal S.Fat 7.7g 10.6%Cal	Nutrients Target Cals... 515 77% Sodium. 592 mg Fiber.. 7.4 g Iron... 2.3 mg 67% Calcium 821.1 mg 287% Prot 29.5g 22.9%Cal Carb 65.2g 50.7%Cal T.Fat 16.3g 28.4%Cal S.Fat 7.5g 13.1%Cal	

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Medford Public Schools
2007 - Elementary
(1/3 RDA) : Grade K-6

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 15 MASHED POTATOES CORN MIXED FRUIT MILK,1% Lowfat BBQ Turkey on WH WHT	Mar - 16 Pasta whwh Spagh&Meat GREEN BEANS APRICOTS MILK,1% Lowfat	Mar - 17 Meatball Sub - Elem FRENCH FRIES PEAS APPLES,Fresh MILK,1% Lowfat	Mar - 18 Spanish Rice/Beef Burrit Salad, Side SALSA BANANAS Rice, Brown MILK,1% Lowfat	Mar - 19 CARROT STICKS PEACHES MILK,1% Lowfat Bagel WHT, Egg, Cheese Yogurt, Dannon Danimals	Avg Nutrients Target Cals... 669 101% Sodium. 1221 mg Fiber.. 10.7 g Iron... 67.7 mg1949% Calcium 478.2 mg 167% Prot 29.2g 17.5%Cal Carb 104.3g 62.4%Cal T.Fat 16.8g 22.6%Cal S.Fat 6.6g 8.9%Cal
Nutrients Target Cals... 827 125% Sodium. 1338 mg Fiber.. 8.3 g Iron... 182.2 mg5249% Calcium 465.2 mg 163% Prot 37.3g 18.0%Cal Carb 127.2g 61.5%Cal T.Fat 21.1g 23.0%Cal S.Fat 9.9g 10.8%Cal	Nutrients Target Cals... 597 90% Sodium. 1091 mg Fiber.. 14.8 g Iron... 3.6 mg 104% Calcium 367.5 mg 128% Prot 26.2g 17.5%Cal Carb 101.7g 68.2%Cal T.Fat 14.0g 21.1%Cal S.Fat 4.2g 6.3%Cal	Nutrients Target Cals... 619 93% Sodium. 1399 mg Fiber.. 14.0 g Iron... 3.7 mg 108% Calcium 438.5 mg 153% Prot 29.4g 19.0%Cal Carb 90.4g 58.4%Cal T.Fat 18.3g 26.6%Cal S.Fat 7.1g 10.4%Cal	Nutrients Target Cals... 662 100% Sodium. 1277 mg Fiber.. 11.1 g Iron... 3.6 mg 104% Calcium 420.5 mg 147% Prot 24.5g 14.8%Cal Carb 113.5g 68.6%Cal T.Fat 14.6g 19.9%Cal S.Fat 5.2g 7.0%Cal	Nutrients Target Cals... 639 96% Sodium. 1001 mg Fiber.. 5.5 g Iron... 145.1 mg4180% Calcium 699.5 mg 245% Prot 28.9g 18.1%Cal Carb 88.8g 55.6%Cal T.Fat 16.0g 22.5%Cal S.Fat 6.7g 9.5%Cal	
Mar - 22 CHEESEBURGER w/ wh FRENCH FRIES GREEN BEANS APRICOTS MILK,1% Lowfat	Mar - 23 Chicken Nuggets - Eleme MASHED POTATOES CARROT STICKS PEACHES MILK,1% Lowfat	Mar - 24 Hot Dog & Bun, Whole W BAKED BEANS (VEGET CARROT STICKS ORANGES MILK,1% Lowfat	Mar - 25 Bf&Ch Quesa totally taco SALSA Rice, Brown CORN APPLES,Fresh MILK,1% Lowfat	Mar - 26 FRENCH TOAST STICK HASHBROWNS Yogurt, Dannon Danimals Blueberry Sauce APPLES,Fresh MILK,1% Lowfat	Avg Nutrients Target Cals... 656 99% Sodium. 984 mg Fiber.. 8.6 g Iron... 3.9 mg 112% Calcium 507.0 mg 177% Prot 28.8g 17.6%Cal Carb 91.6g 55.9%Cal T.Fat 21.4g 29.4%Cal S.Fat 8.3g 11.4%Cal
Nutrients Target Cals... 792 119% Sodium. 1015 mg Fiber.. 8.3 g Iron... 5.9 mg 169% Calcium 561.7 mg 196% Prot 43.1g 21.8%Cal Carb 82.7g 41.8%Cal T.Fat 33.5g 38.1%Cal S.Fat 14.0g 15.9%Cal	Nutrients Target Cals... 441 66% Sodium. 584 mg Fiber.. 3.9 g Iron... 1.2 mg 35% Calcium 343.7 mg 120% Prot 18.1g 16.4%Cal Carb 51.5g 46.8%Cal T.Fat 18.9g 38.6%Cal S.Fat 7.6g 15.5%Cal	Nutrients Target Cals... 587 88% Sodium. 1370 mg Fiber.. 14.2 g Iron... 2.7 mg 78% Calcium 489.4 mg 171% Prot 25.4g 17.3%Cal Carb 89.2g 60.8%Cal T.Fat 17.7g 27.1%Cal S.Fat 6.9g 10.7%Cal	Nutrients Target Cals... 610 92% Sodium. 862 mg Fiber.. 9.4 g Iron... 4.3 mg 125% Calcium 489.3 mg 171% Prot 28.4g 18.6%Cal Carb 100.0g 65.5%Cal T.Fat 13.0g 19.2%Cal S.Fat 4.3g 6.4%Cal	Nutrients Target Cals... 850 128% Sodium. 1087 mg Fiber.. 7.1 g Iron... 5.4 mg 154% Calcium 651.0 mg 228% Prot 29.2g 13.7%Cal Carb 134.6g 63.3%Cal T.Fat 23.9g 25.4%Cal S.Fat 8.8g 9.3%Cal	

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Medford Public Schools
2007 - Elementary
(1/3 RDA) : Grade K-6

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 29 Chicken Parm & Whwt Pa PEAS MIXED FRUIT MILK,1% Lowfat	Mar - 30 Turkey Lunch, Hot - Elem BROWN GRAVY MASHED POTATOES Craisins Bread, Breadstick, Whole- MILK,1% Lowfat	Mar - 31 Mozzerella Sticks - Eleme Marinara Sauce Salad, Side Bread, Breadstick, Whole- APPLES,Fresh MILK,1% Lowfat			Avg Nutrients Target Cals... 611 92% Sodium. 1149 mg Fiber.. 9.4 g Iron... 3.7 mg 105% Calcium 552.3 mg 193% Prot 32.4g 21.2%Cal Carb 83.7g 54.7%Cal T.Fat 18.1g 26.6%Cal S.Fat 7.3g 10.7%Cal
Nutrients Target Cals... 746 112% Sodium. 767 mg Fiber.. 9.1 g Iron... 5.5 mg 160% Calcium 505.8 mg 177% Prot 41.3g 22.2%Cal Carb 98.9g 53.1%Cal T.Fat 21.9g 26.5%Cal S.Fat 6.3g 7.6%Cal	Nutrients Target Cals... 536 81% Sodium. 1261 mg Fiber.. 6.5 g Iron... 2.5 mg 73% Calcium 362.6 mg 127% Prot 25.2g 18.8%Cal Carb 81.6g 60.9%Cal T.Fat 12.7g 21.2%Cal S.Fat 5.9g 10.0%Cal	Nutrients Target Cals... 552 83% Sodium. 1420 mg Fiber.. 12.7 g Iron... 2.9 mg 84% Calcium 788.3 mg 276% Prot 30.7g 22.2%Cal Carb 70.5g 51.1%Cal T.Fat 19.6g 31.9%Cal S.Fat 9.6g 15.6%Cal			

	Average	Target	% of Target		Average	% of Calories	Target
Calories	642	664	97%	Protein	29.78* g	18.56%	9.77
Sodium	1093* mg			Carbohyd	91.37 g	56.93%	
Fiber	9.57* g			Tot. Fat	19.44 g	27.25%	<30.00%
Iron	17.80* mg	3.47	513%	Sat. Fat	7.43* g	10.41%	<10.00%
Calcium	514.70* mg	286.00	180%				

NOTE: * - Denotes missing or incomplete Nutrient Data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.