

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																												
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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.

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Hot Dog & Bun, Whole W BAKED BEANS (VEGET CARROTS FRUIT COCKTAIL MILK,1% Lowfat	Chicken Nuggets - Eleme SWEET AND SOUR SA Lo Mein CHINESE STYLE VEGE PINEAPPLE CHUNKS MILK,1% Lowfat	NACHOS WITH GROUN SALSA Salad, Side BANANAS MILK,1% Lowfat	Information Not Available POTATO PUFFS CORN PEACHES,FRESH MILK,1% Lowfat	Turkey Sandwich, Eleme Chips Cape Cod Reduce CARROT STICKS PICKLES,DILL SPEAR PEARS MILK,1% Lowfat	Cals... 554 83% Sodium. 1099 mg Fiber.. 8.4 g Iron... 2.8 mg 82% Calcium 464.7 mg 162% Prot 25.4g 18.4%Cal Carb 75.0g 54.2%Cal T.Fat 19.4g 31.5%Cal S.Fat 7.1g 11.5%Cal																																																																																																				
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Sep - 27	Sep - 28	Sep - 29	Sep - 30		Avg Nutrients Target																																																																																																				
FRENCH TOAST STICK POTATO PUFFS CARROT STICKS PEARS,FRESH MILK,1% Lowfat	Chicken Patty on Wheat - FRENCH FRIES CUCUMBER,RAW RANCH DRESSING APPLES,Fresh MILK,1% Lowfat	Stuff. Shells/Meat Sauce- Salad, Side Information Not Available PEACHES,FRESH MILK,1% Lowfat	Honey Baked Ham MASHED POTATOES ZUCCHINI SQUASH CORNBREAD APPLES,Fresh MILK,1% Lowfat		Cals... 505 76% Sodium. 890 mg Fiber.. 7.5 g Iron... 3.0 mg 87% Calcium 412.0 mg 144% Prot 20.9g 16.6%Cal Carb 76.6g 60.7%Cal T.Fat 14.4g 25.6%Cal S.Fat 4.9g 8.7%Cal																																																																																																				

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

Monday		Tuesday		Wednesday		Thursday		Friday	Nutrients
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target		
Cals...	710 107%	Cals...	554 83%	Cals...	249 37%	Cals...	505 76%		
Sodium..	1313 mg	Sodium..	890 mg	Sodium..	286 mg	Sodium..	1068 mg		
Fiber..	9.5 g	Fiber..	9.2 g	Fiber..	4.3 g	Fiber..	7.0 g		
Iron...	4.8 mg 137%	Iron...	2.7 mg 78%	Iron...	1.6 mg 45%	Iron...	3.1 mg 90%		
Calcium	513.7 mg 180%	Calcium	378.5 mg 132%	Calcium	332.5 mg 116%	Calcium	423.2 mg 148%		
Prot	23.5g 13.3%Cal	Prot	22.7g 16.4%Cal	Prot	13.5g 21.7%Cal	Prot	23.9g 18.9%Cal		
Carb	115.3g 65.0%Cal	Carb	81.7g 59.0%Cal	Carb	34.6g 55.6%Cal	Carb	74.6g 59.0%Cal		
T.Fat	19.0g 24.0%Cal	T.Fat	17.3g 28.1%Cal	T.Fat	7.6g 27.6%Cal	T.Fat	13.6g 24.3%Cal		
S.Fat	5.5g 6.9%Cal	S.Fat	4.7g 7.7%Cal	S.Fat	3.1g 11.2%Cal	S.Fat	6.3g 11.2%Cal		

	Average	Target	% of Target		Average	% of Calories	Target
Calories	582	664	88%	Protein	25.39 g	17.46%	9.77
Sodium	1034 mg			Carbohyd	82.24 g	56.56%	
Fiber	8.51* g			Tot. Fat	18.82 g	29.12%	<30.00%
Iron	3.22* mg	3.47	93%	Sat. Fat	7.02* g	10.87%	<10.00%
Calcium	474.41* mg	286.00	166%				

NOTE: * - Denotes missing or incomplete Nutrient Data.

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