

Oak Street Elementary

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 1 POP TARTS CHOC. CHIP MUFFIN TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 2 SAUSAGE PANCAKE O PANCAKE SYRUP cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 3 WAFFLE STICKS cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 4 BREAKFAST PIZZA cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 5 FRENCH TOAST STICK PANCAKE SYRUP cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Avg Nutrients Target Cals... 490 102% Chol... 21 mg 28% Sodium... 690 mg 69% Fiber... 3.6 g 143% Iron... 2.6 mg 104% Calcium 344.6 mg 172% Vit A 794 IU 102% Vit A 156 RE 101% Vit C 13.6 mg 121% Prot 13.8g 11.3%Cal Carb 83.2g 67.9%Cal T.Fat 11.6g 21.4%Cal S.Fat 3.4g 6.2%Cal
Feb - 8 POP TARTS CHOC. CHIP MUFFIN TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 9 SAUSAGE PANCAKE O PANCAKE SYRUP cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 10 WAFFLE STICKS cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 11 BREAKFAST PIZZA cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 12 FRENCH TOAST STICK PANCAKE SYRUP cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Avg Nutrients Target Cals... 490 102% Chol... 21 mg 28% Sodium... 690 mg 69% Fiber... 3.6 g 143% Iron... 2.6 mg 104% Calcium 344.6 mg 172% Vit A 794 IU 102% Vit A 156 RE 101% Vit C 13.6 mg 121% Prot 13.8g 11.3%Cal Carb 83.2g 67.9%Cal T.Fat 11.6g 21.4%Cal S.Fat 3.4g 6.2%Cal
Feb - 15 POP TARTS CHOC. CHIP MUFFIN TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 16 SAUSAGE PANCAKE O PANCAKE SYRUP cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 17 WAFFLE STICKS cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 18 BREAKFAST PIZZA cereal, variety POP TARTS APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Feb - 19 FRENCH TOAST STICK PANCAKE SYRUP cereal, variety TRI PATTIES KETCHUP PACKET, PC- APPLE JUICE GRAPE JUICE ORANGE JUICE APPLE WEDGES ORANGES MILK, VARIETY GHS - 1	Avg Nutrients Target Cals... 490 102% Chol... 21 mg 28% Sodium... 690 mg 69% Fiber... 3.6 g 143% Iron... 2.6 mg 104% Calcium 344.6 mg 172% Vit A 794 IU 102% Vit A 156 RE 101% Vit C 13.6 mg 121% Prot 13.8g 11.3%Cal Carb 83.2g 67.9%Cal T.Fat 11.6g 21.4%Cal S.Fat 3.4g 6.2%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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 22	Feb - 23	Feb - 24	Feb - 25	Feb - 26	Avg Nutrients Target
POP TARTS	SAUSAGE PANCAKE O				Cals... 480 100%
CHOC. CHIP MUFFIN	PANCAKE SYRUP				Chol... 26 mg 35%
TRI PATTIES	cereal, variety				Sodium... 626 mg 63%
KETCHUP PACKET, PC-	POP TARTS				Fiber... 3.8 g 150%
APPLE JUICE	APPLE JUICE				Iron... 2.6 mg 104%
GRAPE JUICE	GRAPE JUICE				Calcium 320.2 mg 160%
ORANGE JUICE	ORANGE JUICE				Vit A 867 IU 112%
APPLE WEDGES	APPLE WEDGES				Vit A 171 RE 110%
ORANGES	ORANGES				Vit C 13.1 mg 116%
MILK, VARIETY GHS - 1	MILK, VARIETY GHS - 1				Prot 13.3g 11.1%Cal
					Carb 81.5g 68.0%Cal
					T.Fat 11.7g 21.9%Cal
					S.Fat 3.3g 6.3%Cal

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