

Temple ISD

Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 3/1/2017 COCOA PUFF CER Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Chicken on Toast Oatmeal Breakfast Pizza Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze Jelly Honey	Thu - 3/2/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Mini Maple Pancake Ms. Mona's Cinnamo Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup	Fri - 3/3/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Bagel / Spread Pancake on a Stick Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup Jelly Honey
		Nutrients Target Cals... 443 100% Chol... 20 mg Sodium. 521 mg Fiber.. 4.7 g Iron... 3.1 mg Calcium 403.2 mg Vit A 1001 IU Vit C 12.0 mg Sugar 47.8g 43.1%Cal Prot 15.6g 14.1%Cal Carb 76.2g 68.8%Cal T.Fat 8.8g 17.9%Cal S.Fat 3.0g 6.1%Cal	Nutrients Target Cals... 450 100% Chol... 10 mg Sodium. 440 mg Fiber.. 5.3 g Iron... 3.0 mg Calcium 392.4 mg Vit A 1008 IU Vit C 22.8 mg Sugar 59.4g 52.8%Cal Prot 13.2g 11.7%Cal Carb 88.6g 78.8%Cal T.Fat 5.4g 10.8%Cal S.Fat 1.3g 2.7%Cal	Nutrients Target Cals... 430 100% Chol... 20 mg Sodium. 394 mg Fiber.. 4.8 g Iron... 3.0 mg Calcium 352.0 mg Vit A 894 IU Vit C 20.8 mg Sugar 55.1g 51.2%Cal Prot 12.8g 11.9%Cal Carb 82.1g 76.3%Cal T.Fat 6.0g 12.5%Cal S.Fat 1.8g 3.8%Cal
Mon - 3/6/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Oatmeal Breakfast Pizza Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze	Tue - 3/7/2017 LUCKY CHARMS Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Yogurt with Granola Breakfast Taco Apple Orange Wedges Banana Strawberry Cup Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Picante Sauce	Wed - 3/8/2017 COCOA PUFF CER Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Breakfast Pizza Oatmeal Bagel / Spread Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar FRUIT MIX DRIED Apple Fruit Glaze	Thu - 3/9/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Mini Maple Pancake Ms. Mona's Cinnamo Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup	Fri - 3/10/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin CHICKEN BISCUIT Pancake on a Stick Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup Jelly

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Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 426 100% Chol... 16 mg Sodium. 511 mg Fiber.. 3.9 g Iron... 3.1 mg Calcium 418.8 mg Vit A 1033 IU Vit C 15.0 mg Sugar 49.8g 46.8%Cal Prot 15.2g 14.3%Cal Carb 73.7g 69.2%Cal T.Fat 7.8g 16.4%Cal S.Fat 2.6g 5.5%Cal	Nutrients Target Cals... 411 100% Chol... 95 mg Sodium. 379 mg Fiber.. 5.0 g Iron... 3.2 mg Calcium 441.4 mg Vit A 1103 IU Vit C 21.1 mg Sugar 46.5g 45.3%Cal Prot 15.3g 14.9%Cal Carb 73.8g 71.9%Cal T.Fat 6.7g 14.6%Cal S.Fat 3.0g 6.6%Cal	Nutrients Target Cals... 439 100% Chol... 20 mg Sodium. 513 mg Fiber.. 4.8 g Iron... 3.1 mg Calcium 400.6 mg Vit A 996 IU Vit C 11.7 mg Sugar 46.6g 42.5%Cal Prot 15.3g 14.0%Cal Carb 75.0g 68.4%Cal T.Fat 8.9g 18.3%Cal S.Fat 3.2g 6.6%Cal	Nutrients Target Cals... 450 100% Chol... 10 mg Sodium. 440 mg Fiber.. 5.3 g Iron... 3.0 mg Calcium 392.4 mg Vit A 1008 IU Vit C 22.8 mg Sugar 59.4g 52.8%Cal Prot 13.2g 11.7%Cal Carb 88.6g 78.8%Cal T.Fat 5.4g 10.8%Cal S.Fat 1.3g 2.7%Cal	Nutrients Target Cals... 434 100% Chol... 21 mg Sodium. 424 mg Fiber.. 4.8 g Iron... 3.0 mg Calcium 359.4 mg Vit A 871 IU Vit C 20.8 mg Sugar 53.5g 49.3%Cal Prot 13.4g 12.4%Cal Carb 81.1g 74.8%Cal T.Fat 6.6g 13.7%Cal S.Fat 1.7g 3.6%Cal
Mon - 3/13/2017	Tue - 3/14/2017	Wed - 3/15/2017	Thu - 3/16/2017	Fri - 3/17/2017
Mon - 3/20/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Oatmeal Breakfast Pizza Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze	Tue - 3/21/2017 LUCKY CHARMS Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Yogurt with Granola Breakfast Taco Apple Orange Wedges Banana Strawberry Cup Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Picante Sauce	Wed - 3/22/2017 COCOA PUFF CER Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Chicken on Toast Oatmeal Breakfast Pizza Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze Jelly Honey	Thu - 3/23/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Mini Maple Pancake Ms. Mona's Cinnamo Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup	Fri - 3/24/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Bagel / Spread Pancake on a Stick Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup Jelly Honey
Nutrients Target Cals... 426 100% Chol... 16 mg Sodium. 511 mg Fiber.. 3.9 g Iron... 3.1 mg Calcium 418.8 mg Vit A 1033 IU Vit C 15.0 mg Sugar 49.8g 46.8%Cal Prot 15.2g 14.3%Cal Carb 73.7g 69.2%Cal T.Fat 7.8g 16.4%Cal S.Fat 2.6g 5.5%Cal	Nutrients Target Cals... 411 100% Chol... 95 mg Sodium. 379 mg Fiber.. 5.0 g Iron... 3.2 mg Calcium 441.4 mg Vit A 1103 IU Vit C 21.1 mg Sugar 46.5g 45.3%Cal Prot 15.3g 14.9%Cal Carb 73.8g 71.9%Cal T.Fat 6.7g 14.6%Cal S.Fat 3.0g 6.6%Cal	Nutrients Target Cals... 443 100% Chol... 20 mg Sodium. 521 mg Fiber.. 4.7 g Iron... 3.1 mg Calcium 403.2 mg Vit A 1001 IU Vit C 12.0 mg Sugar 47.8g 43.1%Cal Prot 15.6g 14.1%Cal Carb 76.2g 68.8%Cal T.Fat 8.8g 17.9%Cal S.Fat 3.0g 6.1%Cal	Nutrients Target Cals... 450 100% Chol... 10 mg Sodium. 440 mg Fiber.. 5.3 g Iron... 3.0 mg Calcium 392.4 mg Vit A 1008 IU Vit C 22.8 mg Sugar 59.4g 52.8%Cal Prot 13.2g 11.7%Cal Carb 88.6g 78.8%Cal T.Fat 5.4g 10.8%Cal S.Fat 1.3g 2.7%Cal	Nutrients Target Cals... 430 100% Chol... 20 mg Sodium. 394 mg Fiber.. 4.8 g Iron... 3.0 mg Calcium 352.0 mg Vit A 894 IU Vit C 20.8 mg Sugar 55.1g 51.2%Cal Prot 12.8g 11.9%Cal Carb 82.1g 76.3%Cal T.Fat 6.0g 12.5%Cal S.Fat 1.8g 3.8%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 3/27/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Oatmeal Breakfast Pizza Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze	Tue - 3/28/2017 LUCKY CHARMS Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Yogurt with Granola Breakfast Taco Apple Orange Wedges Banana Strawberry Cup Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Picante Sauce	Wed - 3/29/2017 COCOA PUFF CER Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Chicken on Toast Oatmeal Bagel / Spread Apple Orange Wedges Banana FRUIT MIX DRIED Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Brown Sugar Apple Fruit Glaze Jelly Honey	Thu - 3/30/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin Mini Maple Pancake Ms. Mona's Cinnamo Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup	Fri - 3/31/2017 Cinnamon Toast Cer Cocoa Puff Cereal Trix Cereal Banana Muffin CHICKEN BISCUIT Pancake on a Stick Apple Orange Wedges Banana Fruit Juice 100% Chocolate Milk White Milk *Dairy Free Milk Syrup Jelly
Nutrients Target Cals... 426 100% Chol... 16 mg Sodium. 511 mg Fiber.. 3.9 g Iron... 3.1 mg Calcium 418.8 mg Vit A 1033 IU Vit C 15.0 mg Sugar 49.8g 46.8%Cal Prot 15.2g 14.3%Cal Carb 73.7g 69.2%Cal T.Fat 7.8g 16.4%Cal S.Fat 2.6g 5.5%Cal	Nutrients Target Cals... 411 100% Chol... 95 mg Sodium. 379 mg Fiber.. 5.0 g Iron... 3.2 mg Calcium 441.4 mg Vit A 1103 IU Vit C 21.1 mg Sugar 46.5g 45.3%Cal Prot 15.3g 14.9%Cal Carb 73.8g 71.9%Cal T.Fat 6.7g 14.6%Cal S.Fat 3.0g 6.6%Cal	Nutrients Target Cals... 421 100% Chol... 24 mg Sodium. 444 mg Fiber.. 4.3 g Iron... 3.1 mg Calcium 377.2 mg Vit A 946 IU Vit C 12.0 mg Sugar 44.5g 42.3%Cal Prot 15.8g 15.0%Cal Carb 73.2g 69.6%Cal T.Fat 8.0g 17.1%Cal S.Fat 2.7g 5.8%Cal	Nutrients Target Cals... 450 100% Chol... 10 mg Sodium. 440 mg Fiber.. 5.3 g Iron... 3.0 mg Calcium 392.4 mg Vit A 1008 IU Vit C 22.8 mg Sugar 59.4g 52.8%Cal Prot 13.2g 11.7%Cal Carb 88.6g 78.8%Cal T.Fat 5.4g 10.8%Cal S.Fat 1.3g 2.7%Cal	Nutrients Target Cals... 434 100% Chol... 21 mg Sodium. 424 mg Fiber.. 4.8 g Iron... 3.0 mg Calcium 359.4 mg Vit A 871 IU Vit C 20.8 mg Sugar 53.5g 49.3%Cal Prot 13.4g 12.4%Cal Carb 81.1g 74.8%Cal T.Fat 6.6g 13.7%Cal S.Fat 1.7g 3.6%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 3/1/2017 Grilled Cheese Sand Chicken Sandwich Spicy Chicken Sandw Burger Toppings Tator Tots Chuckwagon Beans Fresh Grapes Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ketchup Mustard Mayonnaise Ranch Dressing LUNCH TO-GO	Thu - 3/2/2017 BBQ Chicken Wrap, Southern Style Chick Creamy Mashed Pota Southern Style Gravy Happy Corn Mandarin Oranges Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Honey Ketchup	Fri - 3/3/2017 Cheese Pizza Pepperoni Pizza Tuna Salad Sandwic Garden Salad Mixed Vegetables Pineapple Chunks Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ranch Dressing
		Nutrients Target Cals... 788 121% Chol... 58 mg Sodium. 1492 mg Fiber.. 9.1 g Iron... 4.6 mg Calcium 450.8 mg Vit A 1177 IU Vit C 17.1 mg Sugar 43.7g 22.1%Cal Prot 41.4g 21.0%Cal Carb 108.6g 55.1%Cal T.Fat 21.7g 24.8%Cal S.Fat 4.1g 4.7%Cal	Nutrients Target Cals... 534 97% Chol... 23 mg Sodium. 1038 mg Fiber.. 14.9 g Iron... 2.7 mg Calcium 354.2 mg Vit A 1113 IU Vit C 51.4 mg Sugar 41.0g 30.7%Cal Prot 24.5g 18.4%Cal Carb 76.8g 57.5%Cal T.Fat 14.7g 24.8%Cal S.Fat 4.1g 6.8%Cal	Nutrients Target Cals... 450 82% Chol... 32 mg Sodium. 629 mg Fiber.. 5.8 g Iron... 2.4 mg Calcium 591.7 mg Vit A 2135 IU Vit C 35.2 mg Sugar 40.0g 35.6%Cal Prot 25.1g 22.3%Cal Carb 62.8g 55.8%Cal T.Fat 11.2g 22.4%Cal S.Fat 5.6g 11.1%Cal
Mon - 3/6/2017 Lunch to Go Crispy Chicken Nugg Dinner Roll Creamy Mashed Pota Southern Style Gravy Seasoned Green Bea PEACHES Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ketchup	Tue - 3/7/2017 Steak Fingers Taco Tuesday Taco Toppings CINNAMON RICE Charra Beans Fresh Baby Carrots Pineapple Chunks Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk PICANTE SAUCE Ranch Dressing Ketchup	Wed - 3/8/2017 Chicken Sandwich Spicy Chicken Sandw Burger Toppings Tator Tots Cucumber Coins Fresh Kiwi Strawberr Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ketchup Mustard Mayonnaise Ranch Dressing	Thu - 3/9/2017 Grilled Cheese Sand Southern Style Chick Creamy Mashed Pota Southern Style Gravy Happy Corn Chuckwagon Beans Mandarin Oranges Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Honey	Fri - 3/10/2017 Tuna Salad Sandwic Cheese Pizza Pepperoni Pizza Seasoned Bake Pota Baked Broccoli Fruit Cocktail Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ranch Dressing

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Nutrients Target Cals... 593 100% Chol... 62 mg Sodium. 1081 mg Fiber.. 17.8 g Iron... 3.3 mg Calcium 386.4 mg Vit A 873 IU Vit C 48.6 mg Sugar 44.9g 30.3%Cal Prot 28.3g 19.1%Cal Carb 81.1g 54.7%Cal T.Fat 17.4g 26.3%Cal S.Fat 3.8g 5.7%Cal	Nutrients Target Cals... 515 94% Chol... 49 mg Sodium. 747 mg Fiber.. 7.8 g Iron... 2.7 mg Calcium 468.8 mg Vit A 3962 IU Vit C 32.2 mg Sugar 48.5g 37.7%Cal Prot 26.6g 20.7%Cal Carb 78.0g 60.6%Cal T.Fat 12.0g 21.1%Cal S.Fat 4.7g 8.3%Cal	Nutrients Target Cals... 748 115% Chol... 58 mg Sodium. 1364 mg Fiber.. 8.2 g Iron... 4.2 mg Calcium 440.7 mg Vit A 1099 IU Vit C 37.5 mg Sugar 40.9g 21.9%Cal Prot 39.8g 21.3%Cal Carb 100.5g 53.7%Cal T.Fat 21.5g 25.8%Cal S.Fat 4.0g 4.8%Cal	Nutrients Target Cals... 544 99% Chol... 14 mg Sodium. 1117 mg Fiber.. 17.5 g Iron... 2.6 mg Calcium 344.5 mg Vit A 814 IU Vit C 51.7 mg Sugar 48.0g 35.3%Cal Prot 23.5g 17.3%Cal Carb 81.1g 59.6%Cal T.Fat 13.6g 22.4%Cal S.Fat 3.1g 5.1%Cal	Nutrients Target Cals... 556 100% Chol... 43 mg Sodium. 819 mg Fiber.. 7.2 g Iron... 3.5 mg Calcium 703.7 mg Vit A 1735 IU Vit C 54.4 mg Sugar 43.2g 31.1%Cal Prot 31.4g 22.6%Cal Carb 71.6g 51.6%Cal T.Fat 16.4g 26.5%Cal S.Fat 7.7g 12.5%Cal
Mon - 3/13/2017	Tue - 3/14/2017	Wed - 3/15/2017	Thu - 3/16/2017	Fri - 3/17/2017
Mon - 3/20/2017 Our Chef's Salad Steak Fingers Dinner Roll Creamy Mashed Pota Brown Gravy Cheesy Broccoli Applesauce Cup Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ketchup Mustard Mayonnaise	Tue - 3/21/2017 Crystal's Chicken To Frito Chili Pie Mexican Rice Carrot and Celery Sti Happy Corn Mandarin Oranges Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk PICANTE SAUCE Ranch Dressing	Wed - 3/22/2017 Hamburger Cheeseburger Chicken Sandwich Burger Toppings Tator Tots Chuckwagon Beans Strawberry Cup Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ketchup Mustard Mayonnaise	Thu - 3/23/2017 Spaghetti Casserole Crispy Chicken Nugg Garlic Toast Garden Salad Mixed Vegetables PEACHES Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ranch Dressing Ketchup	Fri - 3/24/2017 Cheese Pizza Pepperoni Pizza Tuna Salad Sandwic Garden Salad Seasoned Green Bea Pineapple Chunks Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ranch Dressing
Nutrients Target Cals... 652 100% Chol... 43 mg Sodium. 1319 mg Fiber.. 17.5 g Iron... 4.0 mg Calcium 448.7 mg Vit A 1963 IU Vit C 80.1 mg Sugar 40.3g 24.7%Cal Prot 28.2g 17.3%Cal Carb 82.7g 50.7%Cal T.Fat 21.8g 30.0%Cal S.Fat 6.0g 8.2%Cal	Nutrients Target Cals... 665 102% Chol... 71 mg Sodium. 1293 mg Fiber.. 7.5 g Iron... 3.6 mg Calcium 604.6 mg Vit A 2966 IU Vit C 40.0 mg Sugar 39.1g 23.5%Cal Prot 32.5g 19.5%Cal Carb 84.1g 50.6%Cal T.Fat 23.5g 31.8%Cal S.Fat 9.1g 12.3%Cal	Nutrients Target Cals... 682 105% Chol... 50 mg Sodium. 1125 mg Fiber.. 8.8 g Iron... 4.2 mg Calcium 451.9 mg Vit A 1068 IU Vit C 59.7 mg Sugar 44.9g 26.3%Cal Prot 30.6g 18.0%Cal Carb 93.8g 55.0%Cal T.Fat 19.7g 26.0%Cal S.Fat 6.1g 8.1%Cal	Nutrients Target Cals... 538 98% Chol... 72 mg Sodium. 777 mg Fiber.. 8.9 g Iron... 4.3 mg Calcium 434.9 mg Vit A 2408 IU Vit C 28.5 mg Sugar 41.2g 30.6%Cal Prot 32.3g 24.0%Cal Carb 74.0g 55.0%Cal T.Fat 13.3g 22.2%Cal S.Fat 4.8g 8.0%Cal	Nutrients Target Cals... 552 100% Chol... 40 mg Sodium. 770 mg Fiber.. 7.4 g Iron... 3.0 mg Calcium 760.6 mg Vit A 4387 IU Vit C 41.8 mg Sugar 44.8g 32.4%Cal Prot 31.8g 23.1%Cal Carb 74.6g 54.1%Cal T.Fat 14.2g 23.2%Cal S.Fat 7.2g 11.7%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 3/27/2017 Chicken Poppers Grilled Cheese Sand Veggie Soup Oven Fried Potatoes Sweetheart Pears Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ketchup	Tue - 3/28/2017 Crystal's Chicken To Chili Cheese Nachos Mexican Rice Charra Beans Fresh Baby Carrots PEACHES Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Pico de Gallo Ranch Dressing	Wed - 3/29/2017 Chicken Sandwich Spicy Chicken Sandw Burger Toppings Tator Tots Chuckwagon Beans Fresh Grapes Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ketchup Mustard Mayonnaise	Thu - 3/30/2017 Steak Fingers Chicken Rice Bowl Dinner Roll Cheesy Broccoli Mixed Vegetables Chilled Peaches Apple Orange Wedges Banana Chocolate Milk White Milk Dairy Free Milk Ketchup	Fri - 3/31/2017 Cheese Pizza Pepperoni Pizza Tuna Salad Sandwic Garden Salad Happy Corn Pineapple Chunks Apple Orange Wedges Banana Chocolate Milk White Milk *Dairy Free Milk Ranch Dressing
Nutrients Target Cals... 556 100% Chol... 28 mg Sodium. 977 mg Fiber.. 7.2 g Iron... 2.9 mg Calcium 598.3 mg Vit A 1108 IU Vit C 33.1 mg Sugar 43.4*g 31.2%Cal Prot 25.7g 18.5%Cal Carb 83.7g 60.2%Cal T.Fat 14.9g 24.1%Cal S.Fat 5.3g 8.6%Cal	Nutrients Target Cals... 755 116% Chol... 82 mg Sodium. 1119 mg Fiber.. 8.2 g Iron... 3.2 mg Calcium 772.2 mg Vit A 5084 IU Vit C 41.6 mg Sugar 46.2*g 24.5%Cal Prot 40.4g 21.4%Cal Carb 86.5g 45.8%Cal T.Fat 28.1g 33.5%Cal S.Fat 10.5g 12.5%Cal	Nutrients Target Cals... 780 120% Chol... 57 mg Sodium. 1457 mg Fiber.. 9.1 g Iron... 4.6 mg Calcium 446.0 mg Vit A 1135 IU Vit C 17.1 mg Sugar 43.4*g 22.3%Cal Prot 41.1g 21.1%Cal Carb 108.1g 55.4%Cal T.Fat 21.2g 24.5%Cal S.Fat 4.0g 4.7%Cal	Nutrients Target Cals... 61 11% Chol... 3 mg Sodium. 104 mg Fiber.. 0.5 g Iron... 0.3 mg Calcium 34.3 mg Vit A 135 IU Vit C 2.9 mg Sugar 4.7*g 31.2%Cal Prot 2.5g 16.3%Cal Carb 9.2g 60.9%Cal T.Fat 1.6g 23.1%Cal S.Fat 0.4g 5.6%Cal	Nutrients Target Cals... 446 81% Chol... 32 mg Sodium. 631 mg Fiber.. 5.6 g Iron... 2.5 mg Calcium 587.2 mg Vit A 1901 IU Vit C 33.9 mg Sugar 39.4*g 35.3%Cal Prot 24.9g 22.3%Cal Carb 63.3g 56.7%Cal T.Fat 11.0g 22.3%Cal S.Fat 5.5g 11.0%Cal

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