

## Biddeford Nutrition Department Biddeford High School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>Mar - 1</b>  CHICK PATTY /BUN POTATO PUFFS GREEN BEANS SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT VANILLA PUDDING	<b>Mar - 2</b>  GRILLED CHEESE TOMATO SOUP CRACKERS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL JELLO	<b>Mar - 3</b>  RST BEEF AU JUS FRENCH ONION SOUP FRENCH FRIES GREEN BEANS VARIETY MILK SALAD/FRUIT BAR FRENCH PASTRY	<b>Mar - 4</b>  HAM SANDWICH POTATO CHIPS CARROT STICKS VARIETY MILK FRESH FRUIT CHOC. CHIP COOKIE	<b>Mar - 5</b>  FISHWICH COLE SLAW KETCHUP BISCUITS SALAD/FRUIT BAR VARIETY MILK PEACHES VANILLA PUDDING	Avg Nutrients    Target Cals...        794        94% Chol...        34 mg Calcium 511.4 mg 128% Prot    29.4g    14.8%Cal Carb   115.7g   58.3%Cal T.Fat   25.1g    28.5%Cal S.Fat    6.2g        7.1%Cal
<b>Mar - 8</b>  SCRAMBLED EGGS BRKFST HAM MUFFIN SQUARES SALAD/FRUIT BAR VARIETY MILK JUICE POP	<b>Mar - 9</b>  SPAG/MEATBALLS SALAD/FRUIT BAR BREAD STICKS VARIETY MILK ORANGES RICE KRISPY TREAT	<b>Mar - 10</b>  CHICK FAJITAS SALSA SPANISH RICE NACHO CHEESE SAUC VARIETY MILK SALAD/FRUIT BAR CHURROS	<b>Mar - 11</b>  ITALIAN SAND POTATO CHIPS CARROT STICKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE ANIMAL CRACKERS	<b>Mar - 12</b>  MACARONI AND CHEE TOMATOES WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT	Avg Nutrients    Target Cals...        847        100% Chol...        74 mg Calcium 613.9 mg 153% Prot    36.2g    17.1%Cal Carb   112.6g   53.2%Cal T.Fat   28.9g    30.7%Cal S.Fat    8.3g        8.9%Cal
<b>Mar - 15</b>  PORK CHOP/GRAVY WHIPPED POTATOES PEAS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK APPLESAUCE	<b>Mar - 16</b>  SHEPHERD'S PIE DINNER ROLL SALAD/FRUIT BAR VARIETY MILK VANILLA PUDDING	<b>Mar - 17</b>  CORNED BEEF CABBAGE CARROTS DINNER ROLL VARIETY MILK SALAD/FRUIT BAR CARROT CAKE FRESH FRUIT	<b>Mar - 18</b>  TURKEY SANDWICH POTATO CHIPS CARROT STICKS VARIETY MILK ANIMAL CRACKERS FRESH FRUIT	<b>Mar - 19</b>	Avg Nutrients    Target Cals...        774        92% Chol...        46 mg Calcium 470.1 mg 118% Prot    32.9g    17.0%Cal Carb   111.3g   57.5%Cal T.Fat   22.9g    26.6%Cal S.Fat    5.1g        5.9%Cal
<b>Mar - 22</b>  CHICKEN NUGGETS GRAVY WHIPPED POTATOES CORN SALAD/FRUIT BAR VARIETY MILK PEARS RICE KRISPY TREAT	<b>Mar - 23</b>  HOT DOG ON BUN FRENCH FRIES MIXED VEGETABLES SALAD/FRUIT BAR VARIETY MILK PEACHES JELLO	<b>Mar - 24</b>  SPINACH PIE MOUSAKA SALAD/FRUIT BAR VARIETY MILK BAKLAVA	<b>Mar - 25</b>  SPAG/MEAT SCE BREAD STICKS GREEN BEANS SALAD/FRUIT BAR VARIETY MILK ORANGES HALVES VANILLA PUDDING	<b>Mar - 26</b>  CHICKEN SALAD SUB PASTA SALAD CARROT STICKS SALAD/FRUIT BAR VARIETY MILK PINEAPPLE	Avg Nutrients    Target Cals...        813        96% Chol...        49 mg Calcium 537.2 mg 134% Prot    32.0g    15.7%Cal Carb   118.9g   58.5%Cal T.Fat   25.2g    27.9%Cal S.Fat    6.2g        6.9%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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<b>Mar - 29</b>  <b>HAM &amp; CHEESE MELT</b> <b>FRENCH FRIES</b> <b>FRESH BROCCOLI</b> <b>SALAD/FRUIT BAR</b> <b>VARIETY MILK</b> <b>FRESH FRUIT</b> <b>RICE KRISPY TREAT</b>	<b>Mar - 30</b>  <b>SALISBURY STEAK</b> <b>WHIPPED POTATOES</b> <b>PEAS</b> <b>WHEAT ROLL</b> <b>SALAD/FRUIT BAR</b> <b>VARIETY MILK</b> <b>PEACHES</b>	<b>Mar - 31</b>  <b>OVEN FRIED CHICKEN</b> <b>POTATO SALAD</b> <b>BISCUITS</b> <b>VARIETY MILK</b> <b>SALAD/FRUIT BAR</b> <b>WATERMELON,CHUNK</b> <b>APPLE COBBLER</b>			<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">871 103%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">62 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">458.2 mg 115%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.7g 16.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">120.2g 55.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.0g 30.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.1g 6.3%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	871 103%	Chol...	62 mg	Calcium	458.2 mg 115%	Prot	35.7g 16.4%Cal	Carb	120.2g 55.2%Cal	T.Fat	29.0g 30.0%Cal	S.Fat	6.1g 6.3%Cal
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	Average		Target	% of Target		Average		% of Calories	Target
Calories	817		846	97%	Protein	33.04* g		16.17%	16.70
Cholesterol	53* mg				Carbohyd	115.51* g		56.53%	
Calcium	525.78* mg		400.00	131%	Tot. Fat	26.10 g		28.74%	<30.00%
					Sat. Fat	6.48* g		7.13%	<10.00%

NOTE: \* - Denotes missing or incomplete Nutrient Data.

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