

Biddeford Nutrition Department Biddeford Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 1 CHICK PATTY /BUN POTATO PUFFS KETCHUP GREEN BEANS SPINACH SALAD VARIETY MILK FRESH FRUIT	Mar - 2 GRILLED CHEESE TOMATO SOUP CRACKERS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL JELLO	Mar - 3 SPAG/MEATBALLS SALAD/FRUIT BAR BREAD STICKS VARIETY MILK ORANGES RICE KRISPY TREAT	Mar - 4 SALAD/FRUIT BAR FRESH FRUIT POTATO PUFFS VARIETY MILK VANILLA PUDDING	Mar - 5 HAMB ON BUN FRENCH FRIES KETCHUP BROCCOLI SALAD/FRUIT BAR VARIETY MILK	Avg Nutrients Target Cals... 697 89% Chol... 33 mg Calcium 494.6 mg 124% Prot 27.4g 15.7%Cal Carb 100.3g 57.5%Cal T.Fat 21.9g 28.2%Cal S.Fat 5.1g 6.6%Cal
Mar - 8 SCRAMBLED EGGS BRKFST HAM MUFFIN SQUARES SALAD/FRUIT BAR VARIETY MILK JUICE POP	Mar - 9 OVEN FRIED CHICKEN WHIPPED POTATOES CORN BISCUITS SALAD/FRUIT BAR VARIETY MILK PEARS	Mar - 10 SPAG/PIZZA STKS SALAD/FRUIT BAR VARIETY MILK PINEAPPLE VANILLA PUDDING	Mar - 11 ITALIAN SAND POTATO CHIPS CARROT STICKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE ANIMAL CRACKERS	Mar - 12 VARIETY PIZZA VEGGIE STICKS SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT JELLO	Avg Nutrients Target Cals... 719 92% Chol... 57 mg Calcium 552.2 mg 138% Prot 31.2g 17.4%Cal Carb 96.2g 53.5%Cal T.Fat 23.9g 29.9%Cal S.Fat 6.2g 7.7%Cal
Mar - 15 BEEF STROGANOFF WHIPPED POTATOES PEAS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK APPLESAUCE	Mar - 16 CHICK FAJITAS SPANISH RICE SALSA SALAD/FRUIT BAR VARIETY MILK CHURROS	Mar - 17 CORNED BEEF CABBAGE CARROTS DINNER ROLL SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL FRENCH PASTRY	Mar - 18 TURKEY SANDWICH POTATO CHIPS CARROT STICKS VARIETY MILK ANIMAL CRACKERS FRESH FRUIT	Mar - 19	Avg Nutrients Target Cals... 727 93% Chol... 38 mg Calcium 419.7 mg 105% Prot 31.7g 17.4%Cal Carb 104.6g 57.6%Cal T.Fat 20.7g 25.7%Cal S.Fat 4.7g 5.9%Cal
Mar - 22 CHICKEN NUGGETS WHIPPED POTATOES CORN SALAD/FRUIT BAR VARIETY MILK PEARS CHOC. CHIP COOKIE	Mar - 23 HOT DOG ON BUN FRENCH FRIES KETCHUP MIXED VEGETABLES SALAD/FRUIT BAR VARIETY MILK PEACHES	Mar - 24 SPAG/MEAT SCE BREAD STICKS GREEN BEANS SALAD/FRUIT BAR VARIETY MILK ORANGES HALVES VANILLA PUDDING	Mar - 25 VARIETY PIZZA SALAD/FRUIT BAR VARIETY MILK APPLESAUCE JELLO	Mar - 26 CHICKEN SALAD SUB PASTA SALAD CARROT STICKS SALAD/FRUIT BAR VARIETY MILK PINEAPPLE	Avg Nutrients Target Cals... 729 93% Chol... 43 mg Calcium 483.7 mg 121% Prot 29.4g 16.1%Cal Carb 103.8g 56.9%Cal T.Fat 23.2g 28.7%Cal S.Fat 5.7g 7.1%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.

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Mar - 29 HAM & CHEESE MELT POTATO CHIPS FRESH BROCCOLI SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT RICE KRISPY TREAT	Mar - 30 CHICK/CHSE QUESADI STEAMED RICE MIXED VEGETABLES SALAD/FRUIT BAR VARIETY MILK PEACHES	Mar - 31 MACARONI AND CHEE BROCCOLI BISCUITS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL JELLO			Avg Nutrients Target Cals... 744 95% Chol... 44 mg Calcium 575.4 mg 144% Prot 30.8g 16.6%Cal Carb 102.0g 54.9%Cal T.Fat 24.6g 29.7%Cal S.Fat 8.3g 10.1%Cal

	Average		Target	% of Target		Average		% of Calories	Target
Calories	721		783	92%	Protein	29.97* g		16.62%	15.00
Cholesterol	43* mg				Carbohyd	101.18* g		56.11%	
Calcium	502.63* mg		400.00	126%	Tot. Fat	22.80 g		28.45%	<30.00%
					Sat. Fat	5.87* g		7.32%	<10.00%

NOTE: * - Denotes missing or incomplete Nutrient Data.

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