

Biddeford Nutrition Department Biddeford Schools K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																
Mar - 1 CHICK PATTY /BUN POTATO PUFFS KETCHUP GREEN BEANS VARIETY MILK FRESH FRUIT	Mar - 2 GRILLED CHEESE TOMATO SOUP CRACKERS VARIETY MILK FRUIT COCKTAIL JELLO	Mar - 3 SPAG/MEATBALLS TOSSED SALAD RANCH DRESSING LIT BREAD STICKS VARIETY MILK ORANGES RICE KRISPY TREAT	Mar - 4 HAMB ON BUN FRENCH FRIES KETCHUP BROCCOLI VARIETY MILK	Mar - 5 FISH STICKS COLE SLAW KETCHUP BISCUITS VARIETY MILK PEACHES VANILLA PUDDING	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals... 650</td> <td style="text-align: right;">98%</td> </tr> <tr> <td>Chol... 35 mg</td> <td></td> </tr> <tr> <td>Calcium 504.1 mg</td> <td style="text-align: right;">176%</td> </tr> <tr> <td>Prot 27.8g</td> <td style="text-align: right;">17.1%Cal</td> </tr> <tr> <td>Carb 94.8g</td> <td style="text-align: right;">58.3%Cal</td> </tr> <tr> <td>T.Fat 19.0g</td> <td style="text-align: right;">26.3%Cal</td> </tr> <tr> <td>S.Fat 4.8g</td> <td style="text-align: right;">6.6%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals... 650	98%	Chol... 35 mg		Calcium 504.1 mg	176%	Prot 27.8g	17.1%Cal	Carb 94.8g	58.3%Cal	T.Fat 19.0g	26.3%Cal	S.Fat 4.8g	6.6%Cal
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Mar - 8 OVEN FRIED CHICKEN WHIPPED POTATOES CORN BISCUITS VARIETY MILK PEARS	Mar - 9 SPAG/PIZZA STKS TOSSED SALAD LITE RANCH VARIETY MILK PINEAPPLE VANILLA PUDDING	Mar - 10 SCRAMBLED EGGS BRKFST HAM MUFFIN SQUARES VARIETY MILK JUICE POP	Mar - 11 ITALIAN SAND POTATO CHIPS CARROT STICKS VARIETY MILK APPLESAUCE ANIMAL CRACKERS	Mar - 12 VARIETY PIZZA VEGGIE STICKS VARIETY MILK FRESH FRUIT JELLO	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals... 636</td> <td style="text-align: right;">96%</td> </tr> <tr> <td>Chol... 89 mg</td> <td></td> </tr> <tr> <td>Calcium 548.4 mg</td> <td style="text-align: right;">192%</td> </tr> <tr> <td>Prot 33.2g</td> <td style="text-align: right;">20.9%Cal</td> </tr> <tr> <td>Carb 83.7g</td> <td style="text-align: right;">52.6%Cal</td> </tr> <tr> <td>T.Fat 19.4g</td> <td style="text-align: right;">27.4%Cal</td> </tr> <tr> <td>S.Fat 6.2g</td> <td style="text-align: right;">8.8%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals... 636	96%	Chol... 89 mg		Calcium 548.4 mg	192%	Prot 33.2g	20.9%Cal	Carb 83.7g	52.6%Cal	T.Fat 19.4g	27.4%Cal	S.Fat 6.2g	8.8%Cal
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Mar - 15 PORK CHOP/GRAVY WHIPPED POTATOES PEAS WHEAT ROLL VARIETY MILK APPLESAUCE	Mar - 16 CHICK FAJITAS SPANISH RICE SALSA VARIETY MILK CHURROS	Mar - 17 SHEPHERD'S PIE DINNER ROLL TOSSED SALAD RANCH DRESSING LIT VARIETY MILK FRUIT COCKTAIL FRENCH PASTRY	Mar - 18 TURKEY SANDWICH POTATO CHIPS CARROT STICKS VARIETY MILK ANIMAL CRACKERS FRESH FRUIT	Mar - 19 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals... 705</td> <td style="text-align: right;">106%</td> </tr> <tr> <td>Chol... 52 mg</td> <td></td> </tr> <tr> <td>Calcium 412.3 mg</td> <td style="text-align: right;">144%</td> </tr> <tr> <td>Prot 33.8g</td> <td style="text-align: right;">19.2%Cal</td> </tr> <tr> <td>Carb 98.5g</td> <td style="text-align: right;">55.8%Cal</td> </tr> <tr> <td>T.Fat 20.1g</td> <td style="text-align: right;">25.7%Cal</td> </tr> <tr> <td>S.Fat 5.5g</td> <td style="text-align: right;">7.0%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals... 705	106%	Chol... 52 mg		Calcium 412.3 mg	144%	Prot 33.8g	19.2%Cal	Carb 98.5g	55.8%Cal	T.Fat 20.1g	25.7%Cal	S.Fat 5.5g	7.0%Cal
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