

Biddeford Nutrition Department Biddeford High School

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|--|---|--|---|
| | Sep - 7 TURKEY ITALIAN POTATO CHIPS CARROT STICKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE RICE KRISPY TREAT | Sep - 8 SPAG/MEATSCE BREAD STICKS SALAD/FRUIT BAR VARIETY MILK PEACHES VANILLA PUDDING | Sep - 9 BAKED HAM WHIPPED POTATOES PEAS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK PINEAPPLE | Sep - 10 VARIETY PIZZA FRESH BROCCOLI SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT CHOC. CHIP COOKIE | Avg Nutrients Target Cals... 827 98% Iron... 39.9 mg 886% Calcium 505.9 mg 126% Vit A 6629 IU 442% Vit C 50.5 mg 263% Prot 32.4g 15.7%Cal T.Fat 25.8g 28.1%Cal S.Fat 6.1g 6.6%Cal |
| Sep - 13 CHICKEN NUGGETS WHIPPED POTATOES CORN BISCUITS SALAD/FRUIT BAR VARIETY MILK PEARS | Sep - 14 GRILLED CHEESE TOMATO SOUP CRACKERS CARROT STICKS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL JELLO | Sep - 15 PASTA PARMESAN SALAD/FRUIT BAR WHEAT ROLL VARIETY MILK ORANGES VANILLA PUDDING | Sep - 16 TURKEY AND GRAVY WHIPPED POTATOES GREEN BEANS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK APPLESAUCE | Sep - 17 HAMB ON BUN FRENCH FRIES KETCHUP CUCUMBER STKS SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT JELLO | Avg Nutrients Target Cals... 842 99% Iron... 124.6 mg 2769% Calcium 564.8 mg 141% Vit A 5610 IU 374% Vit C 54.0 mg 281% Prot 32.3g 15.3%Cal T.Fat 25.9g 27.7%Cal S.Fat 6.3g 6.7%Cal |
| Sep - 20 BBQ PORK RIBS STEAMED RICE GREEN BEANS BISCUITS SALAD/FRUIT BAR VARIETY MILK PINEAPPLE | Sep - 21 SALISBURY STEAK WHIPPED POTATOES PEAS & CARROTS SALAD/FRUIT BAR VARIETY MILK PEACHES VANILLA PUDDING | Sep - 22 CHICKEN AND VEGGIE BREAD STICKS SALAD/FRUIT BAR VARIETY MILK PEARS SHERBET | Sep - 23 VARIETY PIZZA CARROT STICKS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL BROWNIES | Sep - 24 CHICKEN PATTY/BUN FRENCH FRIES KETCHUP CORN SALAD/FRUIT BAR VARIETY MILK ORANGES HALVES | Avg Nutrients Target Cals... 824 97% Iron... 27.6 mg 612% Calcium 552.3 mg 138% Vit A 7200 IU 480% Vit C 35.6 mg 185% Prot 31.5g 15.3%Cal T.Fat 26.5g 29.0%Cal S.Fat 6.1g 6.7%Cal |
| Sep - 27 BEEF STEW BISCUITS CUCUMBER STKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE VANILLA PUDDING | Sep - 28 QUESADILLAS! SALSA SPANISH RICE CORN SALAD/FRUIT BAR VARIETY MILK ORANGES SNICKER DOODLE CO | Sep - 29 MAC AND CHEESE BROCCOLI WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK PEACHES | Sep - 30 HOT DOG ON BUN FRENCH FRIES KETCHUP MIXED VEGETABLES SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT | Avg Nutrients Target Cals... 827 98% Iron... 20.8 mg 462% Calcium 550.1 mg 138% Vit A 4257 IU 284% Vit C 60.1 mg 313% Prot 33.3g 16.1%Cal T.Fat 26.1g 28.4%Cal S.Fat 6.3g 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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|--------|-----------|-----------|----------------|----------|------------------|----------------|
| | Average | Target | % of Target | Average | % of Calories | Target |
| | Calories | 830 | 846 98% | Protein | 32.32 g | 15.58% 16.70 |
| | Iron | 55.74 mg | 4.50 1239% | Tot. Fat | 26.09 g | 28.29% <30.00% |
| | Calcium | 545.00 mg | 400.00 136% | Sat. Fat | 6.19 g | 6.71% <10.00% |
| | Vitamin A | 5977 IU | 1500 398% | | | |
| | Vitamin C | 49.47 mg | 19.20 258% | | | |

NOTE: * - Denotes missing or incomplete Nutrient Data.

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