

Biddeford Nutrition Department Biddeford Schools K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																		
	Sep - 7 TURKEY ITALIAN CARROT STICKS VARIETY MILK APPLESAUCE RICE KRISPY TREAT	Sep - 8 SPAG/MEATSCE BREAD STICKS TOSSED SALAD RANCH DRESSING LIT VARIETY MILK PEACHES	Sep - 9 BAKED HAM WHIPPED POTATOES PEAS WHEAT ROLL VARIETY MILK PINEAPPLE	Sep - 10 VARIETY PIZZA FRESH BROCCOLI RANCH DRESSING LIT VARIETY MILK FRESH FRUIT CHOC. CHIP COOKIE	<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...</td> <td style="text-align: right;">629 95%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">9.7 mg 280%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">451.2 mg 158%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5470 IU 489%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">37.0 mg 243%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">27.2g 17.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.7g 22.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.1g 5.8%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	629 95%	Iron...	9.7 mg 280%	Calcium	451.2 mg 158%	Vit A	5470 IU 489%	Vit C	37.0 mg 243%	Prot	27.2g 17.3%Cal	T.Fat	15.7g 22.5%Cal	S.Fat	4.1g 5.8%Cal
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Sep - 13 CHICKEN NUGGETS WHIPPED POTATOES CORN BISCUITS VARIETY MILK PEARS	Sep - 14 GRILLED CHEESE TOMATO SOUP CRACKERS CARROT STICKS RANCH DRESSING LIT VARIETY MILK FRUIT COCKTAIL JELLO	Sep - 15 PASTA PARMESAN TOSSED SALAD RANCH DRESSING LIT WHEAT ROLL VARIETY MILK ORANGES	Sep - 16 TURKEY AND GRAVY WHIPPED POTATOES GREEN BEANS WHEAT ROLL VARIETY MILK APPLESAUCE	Sep - 17 HAMB ON BUN FRENCH FRIES KETCHUP CUCUMBER STKS VARIETY MILK FRESH FRUIT	<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...</td> <td style="text-align: right;">647 97%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">83.4 mg 2402%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">489.5 mg 171%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4430 IU 396%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">39.3 mg 258%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">28.2g 17.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.0g 26.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.3g 7.4%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	647 97%	Iron...	83.4 mg 2402%	Calcium	489.5 mg 171%	Vit A	4430 IU 396%	Vit C	39.3 mg 258%	Prot	28.2g 17.4%Cal	T.Fat	19.0g 26.4%Cal	S.Fat	5.3g 7.4%Cal
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	Average	Target	% of Target	Average	% of Calories	Target
	Calories	648	664 98%	Protein	27.85 g	17.19% 9.77
	Iron	28.70 mg	3.47 827%	Tot. Fat	18.21 g	25.29% <30.00%
	Calcium	469.90 mg	286.00 164%	Sat. Fat	4.86 g	6.76% <10.00%
	Vitamin A	4747 IU	1119 424%			
	Vitamin C	35.53 mg	15.24 233%			

NOTE: * - Denotes missing or incomplete Nutrient Data.

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