

## Biddeford Nutrition Department Biddeford Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	<b>Sep - 7</b>  TURKEY ITALIAN CARROT STICKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE RICE KRISPY TREAT	<b>Sep - 8</b>  SPAG/MEATSCE BREAD STICKS SALAD/FRUIT BAR RANCH DRESSING LIT VARIETY MILK PEACHES VANILLA PUDDING	<b>Sep - 9</b>  BAKED HAM WHIPPED POTATOES PEAS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK PINEAPPLE	<b>Sep - 10</b>  VARIETY PIZZA FRESH BROCCOLI SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT CHOC. CHIP COOKIE	Avg Nutrients    Target Cals...        745        95% Iron...        39.3 mg 873% Calcium 483.8 mg 121% Vit A         6256 IU 417% Vit C         41.7 mg 249% Prot         30.1g 16.1%Cal T.Fat        22.9g 27.7%Cal S.Fat        5.2g 6.3%Cal
<b>Sep - 13</b>  CHICKEN NUGGETS WHIPPED POTATOES CORN BISCUITS SALAD/FRUIT BAR VARIETY MILK PEARS	<b>Sep - 14</b>  GRILLED CHEESE TOMATO SOUP CRACKERS CARROT STICKS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL JELLO	<b>Sep - 15</b>  PASTA PARMESAN SALAD/FRUIT BAR WHEAT ROLL VARIETY MILK ORANGES	<b>Sep - 16</b>  TURKEY AND GRAVY WHIPPED POTATOES GREEN BEANS WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK APPLESAUCE	<b>Sep - 17</b>  HAMB ON BUN FRENCH FRIES KETCHUP CUCUMBER STKS SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT	Avg Nutrients    Target Cals...        734        94% Iron...        97.6 mg 2168% Calcium 515.2 mg 129% Vit A         5235 IU 349% Vit C         47.7 mg 285% Prot         30.6g 16.7%Cal T.Fat        22.8g 28.0%Cal S.Fat        5.6g 6.9%Cal
<b>Sep - 20</b>  BBQ PORK RIBS STEAMED RICE GREEN BEANS BISCUITS SALAD/FRUIT BAR VARIETY MILK PINEAPPLE	<b>Sep - 21</b>  SALISBURY STEAK WHIPPED POTATOES PEAS & CARROTS SALAD/FRUIT BAR VARIETY MILK PEACHES JELLO	<b>Sep - 22</b>  CHICKEN AND VEGGIE BREAD STICKS SALAD/FRUIT BAR VARIETY MILK PEARS SHERBET	<b>Sep - 23</b>  VARIETY PIZZA CARROT STICKS SALAD/FRUIT BAR VARIETY MILK FRUIT COCKTAIL BROWNIES	<b>Sep - 24</b>  CHICKEN PATTY/BUN FRENCH FRIES KETCHUP CORN SALAD/FRUIT BAR VARIETY MILK ORANGES HALVES	Avg Nutrients    Target Cals...        742        95% Iron...        27.0 mg 600% Calcium 511.5 mg 128% Vit A         6834 IU 456% Vit C         33.9 mg 203% Prot         29.5g 15.9%Cal T.Fat        23.2g 28.2%Cal S.Fat        5.4g 6.5%Cal
<b>Sep - 27</b>  BEEF STEW BISCUITS CUCUMBER STKS SALAD/FRUIT BAR VARIETY MILK APPLESAUCE	<b>Sep - 28</b>  QUESADILLAS! SALSA SPANISH RICE CORN SALAD/FRUIT BAR VARIETY MILK ORANGES SNICKER DOODLE CO	<b>Sep - 29</b>  MAC AND CHEESE BROCCOLI WHEAT ROLL SALAD/FRUIT BAR VARIETY MILK PEACHES	<b>Sep - 30</b>  HOT DOG ON BUN FRENCH FRIES KETCHUP MIXED VEGETABLES SALAD/FRUIT BAR VARIETY MILK FRESH FRUIT		Avg Nutrients    Target Cals...        758        97% Iron...        20.5 mg 455% Calcium 525.2 mg 131% Vit A         3851 IU 257% Vit C         56.1 mg 336% Prot         32.1g 16.9%Cal T.Fat        23.9g 28.4%Cal S.Fat        5.9g 7.0%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	Average	Target	% of Target	Average	% of Calories	Target
	Calories	744	783 95%	Protein	30.52 g	16.41% 15.00
	Iron	47.89 mg	4.50 1064%	Tot. Fat	23.20 g	28.07% <30.00%
	Calcium	509.41 mg	400.00 127%	Sat. Fat	5.52 g	6.68% <10.00%
	Vitamin A	5599 IU	1500 373%			
	Vitamin C	44.38 mg	16.70 266%			

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

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