



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Donuts WG Co-Jack Cheese Cubes 100% Orange Juice Fresh Sliced Apples 1% White Milk	2 Whole Grain Bagel w/Cream Cheese Scooby Doo Graham Stick Apple Juice 100% Apple Banana Fruitcracy 1% White Milk	3 Berry Krispy Cereal Bar Grape Escape 100% Fruuit Punch Blueberry Bar 1% White Milk	4 Frosted Flakes/Multigrain Apple Crisps 100% Fruuit Punch Cinn/Brn Sgr Poptart WG 1% White Milk
7	8 Mini Donuts WG 100% Orange Juice Fresh Sliced Apples 1% White Milk	9 Strawberry Mini Bagels Apple Juice 100% Applesauce Cups 1% White Milk	10 Ultimate Bkfst Round Grape Escape 100% Fruuit Punch 1% White Milk	11 Trix Cereal 25% Less Sugar Animal Crackers 100% Fruuit Punch Apple Crisps 1% White Milk
14 Wild Blueberry Muffin 100% Orange- Pine.Juice Craisins 1% White Milk	15 Mini Donuts WG 100% Orange Juice Fresh Sliced Apples 1% White Milk	16 WG Bagel w/ Cream Cheese Apple Juice 100% Fruit Mixed Fruit Bowl 1% White Milk	17 Cinnamon Toast Bar Honey Grahams 100% Fruuit Punch Grape Escape 1% White Milk	18 Cocoa Puffs Cereal Apple Crisps 100% Fruuit Punch 1% White Milk
21 Mini Donuts WG 100% Orange Juice Fresh Sliced Apples 1% White Milk	22 Mini Donuts WG 100% Orange Juice Fresh Sliced Apples 1% White Milk	23 Frudal Cherry,WW Scooby Doo Graham Stick Apple Juice 100% Apple Banana Fruitcracy 1% White Milk	24 Cheerios Strawberry W/G Cereal Bar Animal Crackers 100% Fruuit Punch Grape Escape 1% White Milk	25 Luckey Charms Cereal Apple Crisps 100% Fruuit Punch 1% White Milk
28 Apple Cinn. Muff 100% Orange- Pine.Juice Craisins 1% White Milk	29 Mini Donuts WG Co-Jack Cheese Cubes 100% Orange Juice Fresh Sliced Apples 1% White Milk	30 Whole Grain Bagel w/Cream Cheese Scooby Doo Graham Stick Apple Juice 100% Apple Banana Fruitcracy 1% White Milk		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**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.

# Camelback Academy

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	390	350-500	100%	Sugars	34.27* g	35.16%
Cholesterol	10 mg			Protein	12.33 g	12.65%
Sodium	342 mg	540		Carbohyd	67.44 g	69.21%
Fiber	4.22 g			Tot. Fat	8.91 g	20.57%
Iron	3.00 mg			Sat. Fat	4.11 g	9.49%
Calcium	293.22 mg					<10.00%
Vitamin A	919 IU					
Vitamin C	70.20 mg					

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