

Preferred Meal Systems
February 2012
LNJH - 4-12 Traditional

CECS392208

Carrollton Exempted Village School Dist

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
30	31	1	2	3	
CALORIES(KCAL) 790.6 PROTEIN(GM) 21.0 CALCIUM(MG) 384.9 IRON(MG) 4.0 VITAMIN A(RE) 173.3 VITAMIN C(MG) 11.4 SAT FAT(GM) 8.2 TOTAL FAT(GM) 23.6	CALORIES(KCAL) 853.7 PROTEIN(GM) 37.7 CALCIUM(MG) 785.4 IRON(MG) 4.2 VITAMIN A(RE) 553.1 VITAMIN C(MG) 20.8 SAT FAT(GM) 13.7 TOTAL FAT(GM) 23.0	CALORIES(KCAL) 834.9 PROTEIN(GM) 34.4 CALCIUM(MG) 445.4 IRON(MG) 4.8 VITAMIN A(RE) 396.6 VITAMIN C(MG) 107.2 SAT FAT(GM) 7.4 TOTAL FAT(GM) 24.2	CALORIES(KCAL) 815.4 PROTEIN(GM) 31.2 CALCIUM(MG) 398.2 IRON(MG) 4.6 VITAMIN A(RE) 154.7 VITAMIN C(MG) 21.6 SAT FAT(GM) 8.4 TOTAL FAT(GM) 24.9	CALORIES(KCAL) 774.9 PROTEIN(GM) 31.0 CALCIUM(MG) 662.4 IRON(MG) 4.3 VITAMIN A(RE) 593.6 VITAMIN C(MG) 9.5 SAT FAT(GM) 8.1 TOTAL FAT(GM) 28.3	CALORIES(KCAL) 799.2 PROTEIN(GM) 30.1 CALCIUM(MG) 546.2 IRON(MG) 4.7 VITAMIN A(RE) 324.1 VITAMIN C(MG) 51.6 SAT FAT OF CAL % 9.8 TOTAL FAT OF CAL % 27.3
13	14	15	16	17	
CALORIES(KCAL) 773.6 PROTEIN(GM) 27.1 CALCIUM(MG) 359.3 IRON(MG) 3.8 VITAMIN A(RE) 176.4 VITAMIN C(MG) 44.6 SAT FAT(GM) 9.0 TOTAL FAT(GM) 25.7	CALORIES(KCAL) 673.1 PROTEIN(GM) 31.0 CALCIUM(MG) 499.6 IRON(MG) 5.3 VITAMIN A(RE) 223.0 VITAMIN C(MG) 45.5 SAT FAT(GM) 5.5 TOTAL FAT(GM) 18.5	CALORIES(KCAL) 806.2 PROTEIN(GM) 25.7 CALCIUM(MG) 382.6 IRON(MG) 5.1 VITAMIN A(RE) 154.7 VITAMIN C(MG) 21.6 SAT FAT(GM) 5.7 TOTAL FAT(GM) 21.6	CALORIES(KCAL) 779.4 PROTEIN(GM) 30.0 CALCIUM(MG) 650.4 IRON(MG) 4.2 VITAMIN A(RE) 582.5 VITAMIN C(MG) 14.8 SAT FAT(GM) 7.6 TOTAL FAT(GM) 29.3	CALORIES(KCAL) 993.9 PROTEIN(GM) 38.1 CALCIUM(MG) 580.8 IRON(MG) 6.8 VITAMIN A(RE) 737.9 VITAMIN C(MG) 109.0 SAT FAT(GM) 7.4 TOTAL FAT(GM) 32.9	CALORIES(KCAL) 805.2 PROTEIN(GM) 30.4 CALCIUM(MG) 494.5 IRON(MG) 5.0 VITAMIN A(RE) 374.9 VITAMIN C(MG) 47.1 SAT FAT OF CAL % 7.9 TOTAL FAT OF CAL % 28.6
20	21	22	23	24	
CALORIES(KCAL) 744.1 PROTEIN(GM) 25.2 CALCIUM(MG) 310.5 IRON(MG) 3.9 VITAMIN A(RE) 200.3 VITAMIN C(MG) 23.6 SAT FAT(GM) 8.2 TOTAL FAT(GM) 25.9	CALORIES(KCAL) 610.4 PROTEIN(GM) 22.8 CALCIUM(MG) 362.7 IRON(MG) 4.0 VITAMIN A(RE) 393.3 VITAMIN C(MG) 69.7 SAT FAT(GM) 4.2 TOTAL FAT(GM) 16.7	CALORIES(KCAL) 755.7 PROTEIN(GM) 29.0 CALCIUM(MG) 773.4 IRON(MG) 3.2 VITAMIN A(RE) 579.3 VITAMIN C(MG) 8.3 SAT FAT(GM) 13.3 TOTAL FAT(GM) 32.7	CALORIES(KCAL) 678.4 PROTEIN(GM) 27.5 CALCIUM(MG) 350.5 IRON(MG) 3.2 VITAMIN A(RE) 211.4 VITAMIN C(MG) 12.2 SAT FAT(GM) 4.5 TOTAL FAT(GM) 25.6	CALORIES(KCAL) 598.3 PROTEIN(GM) 26.8 CALCIUM(MG) 624.0 IRON(MG) 3.5 VITAMIN A(RE) 580.1 VITAMIN C(MG) 8.2 SAT FAT(GM) 6.1 TOTAL FAT(GM) 18.3	
27	28	29	1	2	
CALORIES(KCAL) 744.1 PROTEIN(GM) 25.2 CALCIUM(MG) 310.5 IRON(MG) 3.9 VITAMIN A(RE) 200.3 VITAMIN C(MG) 23.6 SAT FAT(GM) 8.2 TOTAL FAT(GM) 25.9	CALORIES(KCAL) 806.4 PROTEIN(GM) 36.1 CALCIUM(MG) 373.9 IRON(MG) 5.3 VITAMIN A(RE) 368.4 VITAMIN C(MG) 39.1 SAT FAT(GM) 7.5 TOTAL FAT(GM) 23.9	CALORIES(KCAL) 599.7 PROTEIN(GM) 23.0 CALCIUM(MG) 377.9 IRON(MG) 3.0 VITAMIN A(RE) 150.9 VITAMIN C(MG) 8.5 SAT FAT(GM) 5.7 TOTAL FAT(GM) 20.7	CALORIES(KCAL) 678.4 PROTEIN(GM) 27.5 CALCIUM(MG) 350.5 IRON(MG) 3.2 VITAMIN A(RE) 211.4 VITAMIN C(MG) 12.2 SAT FAT(GM) 4.5 TOTAL FAT(GM) 25.6	CALORIES(KCAL) 598.3 PROTEIN(GM) 26.8 CALCIUM(MG) 624.0 IRON(MG) 3.5 VITAMIN A(RE) 580.1 VITAMIN C(MG) 8.2 SAT FAT(GM) 6.1 TOTAL FAT(GM) 18.3	