

Breakfast in the Classroom Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	384	Protein	14.27 G	24.57% 8.43%
Cholesterol	34 Mg	Carbohydrates	58.56 G	
Sodium	606 Mg	Total Fat		
Fiber	1.51 G	Saturated Fat		
Iron	3.52 Mg			
Calcium	320.54 Mg			
Vitamin A	546 IU			
Vitamin C	16.97 Mg			

Elementary Breakfast Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	384	Protein	13.42 G	19.60% 7.17%
Cholesterol	34 Mg	Carbohydrates	63.54 G	
Sodium	606 Mg	Tot. Fat		
Fiber	1.51 G	Sat. Fat		
Iron	3.52 Mg			
Calcium	320.54 Mg			
Vitamin A	546 IU			
Vitamin C	16.97 Mg			

Elementary Lunch Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	681	Protein	27.68 G	30.36% 9.02%
Cholesterol	52 Mg	Carbohydrates	90.10 G	
Sodium	800 Mg	Tot. Fat		
Fiber	4.77 G	Sat. Fat		
Iron	3.48 Mg			
Calcium	443.15 Mg			
Vitamin A	1380 IU			
Vitamin C	20.10 Mg			

Middle Breakfast Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	416	Protein	12.97 G	22.30% 7.37%
Cholesterol	36 Mg	Carbohydrates	66.37 G	
Sodium	617 Mg	Tot. Fat		
Fiber	1.39 G	Sat. Fat		
Iron	5.18 Mg			
Calcium	329.31 Mg			
Vitamin A	390 IU			
Vitamin C	30.57 Mg			

Middle Lunch Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	676	Protein	27.97 G	28.18% 10.08%
Cholesterol	48 Mg	Carbohydrates	94.36 G	
Sodium	800 Mg	Tot. Fat		
Fiber	5.34 G	Sat. Fat		
Iron	4.05 Mg			
Calcium	448.52 Mg			
Vitamin A	1621 IU			
Vitamin C	29.34 Mg			

High School Breakfast Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	416	Protein	12.97 G	22.30% 7.37%
Cholesterol	36 Mg	Carbohydrates	66.37 G	
Sodium	617 Mg	Tot. Fat		
Fiber	1.39 G	Sat. Fat		
Iron	5.18 Mg			
Calcium	329.31 Mg			
Vitamin A	390 IU			
Vitamin C	30.57 Mg			

High School Lunch Nutrient Analysis January 2007				
Nutrients	Average	Nutrients	Average	% of Calories
Calories	681	Protein	28.33 G	27.73% 9.84%
Cholesterol	47 Mg	Carbohydrates	95.57 G	
Sodium	800 Mg	Tot. Fat		
Fiber	5.32 G	Sat. Fat		
Iron	4.15 Mg			
Calcium	448.05 Mg			
Vitamin A	1634 IU			
Vitamin C	28.86 Mg			