

Preferred Meal Systems

May 2011

LN - K-6 Traditional

BCC0048501

Beach Park

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
	2		3		4		5		6		
CALORIES(KCAL)	565.5	CALORIES(KCAL)	673.1	CALORIES(KCAL)	759.1	CALORIES(KCAL)	679.2	CALORIES(KCAL)	642.0	CALORIES(KCAL)	663.8
PROTEIN(GM)	25.9	PROTEIN(GM)	35.7	PROTEIN(GM)	36.2	PROTEIN(GM)	29.4	PROTEIN(GM)	26.0	PROTEIN(GM)	30.6
CALCIUM(MG)	328.4	CALCIUM(MG)	477.6	CALCIUM(MG)	431.9	CALCIUM(MG)	577.3	CALCIUM(MG)	620.0	CALCIUM(MG)	487.0
IRON(MG)	3.3	IRON(MG)	4.2	IRON(MG)	4.9	IRON(MG)	3.7	IRON(MG)	3.4	IRON(MG)	3.9
VITAMIN A(RE)	228.2	VITAMIN A(RE)	362.2	VITAMIN A(RE)	288.5	VITAMIN A(RE)	350.9	VITAMIN A(RE)	508.6	VITAMIN A(RE)	347.7
VITAMIN C(MG)	24.7	VITAMIN C(MG)	66.0	VITAMIN C(MG)	19.2	VITAMIN C(MG)	96.9	VITAMIN C(MG)	18.6	VITAMIN C(MG)	45.1
SAT FAT(GM)	4.9	SAT FAT(GM)	4.3	SAT FAT(GM)	5.4	SAT FAT(GM)	6.2	SAT FAT(GM)	7.1	SAT FAT OF CAL %	7.6
TOTAL FAT(GM)	17.1	TOTAL FAT(GM)	20.4	TOTAL FAT(GM)	18.9	TOTAL FAT(GM)	19.9	TOTAL FAT(GM)	23.3	TOTAL FAT OF CAL %	27.0
	9		10		11		12		13		
CALORIES(KCAL)	632.7	CALORIES(KCAL)	783.3	CALORIES(KCAL)	615.0	CALORIES(KCAL)	824.9	CALORIES(KCAL)	616.4	CALORIES(KCAL)	694.5
PROTEIN(GM)	24.9	PROTEIN(GM)	37.6	PROTEIN(GM)	21.4	PROTEIN(GM)	32.3	PROTEIN(GM)	34.1	PROTEIN(GM)	30.1
CALCIUM(MG)	335.1	CALCIUM(MG)	388.9	CALCIUM(MG)	486.8	CALCIUM(MG)	614.8	CALCIUM(MG)	477.7	CALCIUM(MG)	460.7
IRON(MG)	3.7	IRON(MG)	4.4	IRON(MG)	3.4	IRON(MG)	4.9	IRON(MG)	4.9	IRON(MG)	4.3
VITAMIN A(RE)	255.3	VITAMIN A(RE)	381.2	VITAMIN A(RE)	151.8	VITAMIN A(RE)	741.7	VITAMIN A(RE)	202.4	VITAMIN A(RE)	346.5
VITAMIN C(MG)	45.6	VITAMIN C(MG)	23.5	VITAMIN C(MG)	54.0	VITAMIN C(MG)	17.7	VITAMIN C(MG)	8.8	VITAMIN C(MG)	29.9
SAT FAT(GM)	7.2	SAT FAT(GM)	4.0	SAT FAT(GM)	8.7	SAT FAT(GM)	7.4	SAT FAT(GM)	5.7	SAT FAT OF CAL %	8.6
TOTAL FAT(GM)	20.4	TOTAL FAT(GM)	19.2	TOTAL FAT(GM)	25.0	TOTAL FAT(GM)	23.9	TOTAL FAT(GM)	15.0	TOTAL FAT OF CAL %	26.8
	16		17		18		19		20		
CALORIES(KCAL)	776.3	CALORIES(KCAL)	746.7	CALORIES(KCAL)	790.1	CALORIES(KCAL)	780.1	CALORIES(KCAL)	609.0	CALORIES(KCAL)	740.4
PROTEIN(GM)	36.2	PROTEIN(GM)	30.7	PROTEIN(GM)	29.0	PROTEIN(GM)	33.7	PROTEIN(GM)	25.8	PROTEIN(GM)	31.1
CALCIUM(MG)	829.8	CALCIUM(MG)	397.5	CALCIUM(MG)	453.1	CALCIUM(MG)	420.3	CALCIUM(MG)	631.0	CALCIUM(MG)	546.3
IRON(MG)	3.6	IRON(MG)	3.8	IRON(MG)	4.3	IRON(MG)	5.9	IRON(MG)	3.7	IRON(MG)	4.3
VITAMIN A(RE)	338.1	VITAMIN A(RE)	340.1	VITAMIN A(RE)	289.3	VITAMIN A(RE)	226.6	VITAMIN A(RE)	722.6	VITAMIN A(RE)	383.3
VITAMIN C(MG)	91.0	VITAMIN C(MG)	7.1	VITAMIN C(MG)	95.2	VITAMIN C(MG)	11.5	VITAMIN C(MG)	11.1	VITAMIN C(MG)	43.2
SAT FAT(GM)	13.7	SAT FAT(GM)	6.8	SAT FAT(GM)	9.0	SAT FAT(GM)	5.9	SAT FAT(GM)	6.1	SAT FAT OF CAL %	10.1
TOTAL FAT(GM)	24.1	TOTAL FAT(GM)	28.1	TOTAL FAT(GM)	25.8	TOTAL FAT(GM)	24.5	TOTAL FAT(GM)	18.3	TOTAL FAT OF CAL %	29.4
	23		24		25		26		27		
CALORIES(KCAL)	619.3	CALORIES(KCAL)	591.1	CALORIES(KCAL)	616.4	CALORIES(KCAL)	670.3	CALORIES(KCAL)	835.9	CALORIES(KCAL)	666.6
PROTEIN(GM)	17.1	PROTEIN(GM)	26.3	PROTEIN(GM)	29.4	PROTEIN(GM)	41.8	PROTEIN(GM)	29.4	PROTEIN(GM)	28.8
CALCIUM(MG)	386.0	CALCIUM(MG)	370.3	CALCIUM(MG)	389.4	CALCIUM(MG)	684.7	CALCIUM(MG)	475.2	CALCIUM(MG)	461.1
IRON(MG)	2.9	IRON(MG)	4.2	IRON(MG)	4.4	IRON(MG)	4.3	IRON(MG)	5.6	IRON(MG)	4.3
VITAMIN A(RE)	150.9	VITAMIN A(RE)	277.2	VITAMIN A(RE)	276.3	VITAMIN A(RE)	408.2	VITAMIN A(RE)	401.0	VITAMIN A(RE)	302.7
VITAMIN C(MG)	32.7	VITAMIN C(MG)	34.1	VITAMIN C(MG)	20.6	VITAMIN C(MG)	14.6	VITAMIN C(MG)	24.0	VITAMIN C(MG)	25.2
SAT FAT(GM)	7.4	SAT FAT(GM)	5.6	SAT FAT(GM)	3.4	SAT FAT(GM)	7.5	SAT FAT(GM)	9.2	SAT FAT OF CAL %	8.9
TOTAL FAT(GM)	18.8	TOTAL FAT(GM)	18.3	TOTAL FAT(GM)	17.7	TOTAL FAT(GM)	18.8	TOTAL FAT(GM)	23.6	TOTAL FAT OF CAL %	26.2
	30		31		1		2		3		
		CALORIES(KCAL)	628.8	CALORIES(KCAL)	604.6						
		PROTEIN(GM)	23.1	PROTEIN(GM)	22.0						
		CALCIUM(MG)	306.6	CALCIUM(MG)	351.4						
		IRON(MG)	3.3	IRON(MG)	3.4						
		VITAMIN A(RE)	279.3	VITAMIN A(RE)	156.6						
		VITAMIN C(MG)	65.1	VITAMIN C(MG)	13.7						
		SAT FAT(GM)	5.3	SAT FAT(GM)	8.7						
		TOTAL FAT(GM)	22.3	TOTAL FAT(GM)	24.9						