






February 2012



Preferred Meal Systems, Inc.
preferredmealsystems.com

CANTON CHARTER ACADEMY

LNJ2 + LNV

Monday	Tuesday	Wednesday	Thursday	Friday
		PENNE PASTA W/MEAT SAUCE(WHOLE WHEAT) MINI RAVIOLI WITH SAUCE Cut Green Beans Fresh Orange Garlic Bread	CHARBROILED HAMBURGER HOMESTYLE VEGETARIAN CHILI French Fries Fresh Banana Hamburger Bun Tortilla Rounds (Whole Grain) Oatmeal Cookie	ENTRÉE SALAD CHEESE PISA PIZZA (WHOLE WHEAT) Fresh Baby Carrots Peach Cup Cheddar Goldfish Crackers
MINI CORN DOGS TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Pineapple Cup PopCorners	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE MINI RAVIOLI WITH SAUCE Garden Vegetables Mixed Fruit Cup Mini Pretzels	HOMESTYLE SALISBURY STEAK W/GRAVY BREADED VEGGIE NUGGETS Mashed Potatoes Fresh Orange Hamburger Bun	ENTRÉE SALAD CHEESE PISA PIZZA Fresh Baby Carrots Grape Juice Vanilla Cookie	CRISPY CHICKEN FILLET (WHOLE GRAIN) BEAN & CHEESE BURRITO Green Garden Peas Fresh Banana Hamburger Bun Lemon Cookie
SWEET & SOUR BROWN RICE BOWL W/CHICKEN MINI RAVIOLI WITH SAUCE Orange Juice Corn Muffin	BAKED CHICKEN NUGGETS(WHOLE GRAIN) BREADED VEGGIE NUGGETS Maple Baked Beans Bonzi Blueberry Applesauce (All Natural) Valentine's Day Cookie	HOT DOG BEAN & CHEESE BURRITO French Fries Fresh Banana Hot Dog Bun Honey Wheat Pretzels	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Pineapple Cup Mini Wafer	<h1>NO SCHOOL</h1>
 President's Day	HOMESTYLE CHILI W/BEANS HOMESTYLE VEGETARIAN CHILI Whole Kernel Corn Orange Juice Bar WG Tortilla Rounds	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Peach Cup	CHICKEN TENDERS (Whole Grain) BREADED VEGGIE NUGGETS Potato Wedges Fresh Orange Fritos	ENTRÉE SALAD CHEESE PISA PIZZA Fresh Carrots Pear Cup
POPCORN CHICKEN TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Applesauce Cup Vanilla Cookie	<h1>Chefs Choice</h1>	BAGEL DOG BREADED VEGGIE NUGGETS Potato Wedges Pear Cup		

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
30	31	1	2	3	
Preferred Meal Systems February 2012 LNJ2 - 4-12 Traditional					
		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 Sugar(GH) 47.7 SODIUM(MG) 1505.2 Fiber(GH) 10.2 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 Sugar(GH) 53.0 SODIUM(MG) 978.9 Fiber(GH) 6.6 SAT FAT(GM) 8.4 TOTAL FAT(GM) 24.9	CALORIES(KCAL) 731.1 PROTEIN(GM) 35.3 CALCIUM(MG) 623.3 IRON(MG) 4.4 VITAMIN A(RE) 689.1 VITAMIN C(MG) 9.1 Sugar(GH) 53.0 SODIUM(MG) 1196.9 Fiber(GH) 7.0 SAT FAT(GM) 8.4 TOTAL FAT(GM) 24.4	CALORIES(KCAL) 793.0 PROTEIN(GM) 33.6 CALCIUM(MG) 489.0 IRON(MG) 4.6 VITAMIN A(RE) 413.5 VITAMIN C(MG) 46.0 Sugar(GH) 46.6 SODIUM(MG) 1222.0 Fiber(GH) 7.9 SAT FAT OF CAL % 9.1 TOTAL FAT OF CAL % 27.8
6	7	8	9	10	
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 Sugar(GH) 42.1 SODIUM(MG) 2038.3 Fiber(GH) 5.4 SAT FAT(GM) 8.2 TOTAL FAT(GM) 23.6	CALORIES(KCAL) 723.2 PROTEIN(GM) 35.3 CALCIUM(MG) 372.1 IRON(MG) 5.4 VITAMIN A(RE) 570.1 VITAMIN C(MG) 23.4 Sugar(GH) 45.9 SODIUM(MG) 1913.1 Fiber(GH) 7.8 SAT FAT(GM) 6.0 TOTAL FAT(GM) 15.9	CALORIES(KCAL) 699.9 PROTEIN(GM) 32.2 CALCIUM(MG) 509.1 IRON(MG) 4.3 VITAMIN A(RE) 235.5 VITAMIN C(MG) 153.0 Sugar(GH) 41.7 SODIUM(MG) 1628.9 Fiber(GH) 7.4 SAT FAT(GM) 7.1 TOTAL FAT(GM) 21.3	CALORIES(KCAL) 910.2 PROTEIN(GM) 33.8 CALCIUM(MG) 416.5 IRON(MG) 6.2 VITAMIN A(RE) 230.7 VITAMIN C(MG) 41.4 Sugar(GH) 53.7 SODIUM(MG) 947.5 Fiber(GH) 11.1 SAT FAT(GM) 7.4 TOTAL FAT(GM) 31.6	CALORIES(KCAL) 802.6 PROTEIN(GM) 30.7 CALCIUM(MG) 623.4 IRON(MG) 4.3 VITAMIN A(RE) 676.5 VITAMIN C(MG) 27.6 Sugar(GH) 36.7 SODIUM(MG) 1051.6 Fiber(GH) 4.8 SAT FAT(GM) 9.7 TOTAL FAT(GM) 29.1	CALORIES(KCAL) 785.3 PROTEIN(GM) 30.6 CALCIUM(MG) 461.2 IRON(MG) 4.8 VITAMIN A(RE) 377.2 VITAMIN C(MG) 51.4 Sugar(GH) 44.0 SODIUM(MG) 1515.9 Fiber(GH) 7.3 SAT FAT OF CAL % 8.8 TOTAL FAT OF CAL % 27.8
13	14	15	16	17	
CALORIES(KCAL) 867.8 PROTEIN(GM) 32.7 CALCIUM(MG) 403.0 IRON(MG) 5.3 VITAMIN A(RE) 597.8 VITAMIN C(MG) 55.4 Sugar(GH) 58.4 SODIUM(MG) 933.8 Fiber(GH) 6.3 SAT FAT(GM) 4.6 TOTAL FAT(GM) 22.0	CALORIES(KCAL) 693.2 PROTEIN(GM) 35.7 CALCIUM(MG) 499.6 IRON(MG) 5.1 VITAMIN A(RE) 223.0 VITAMIN C(MG) 25.2 Sugar(GH) 51.5 SODIUM(MG) 1227.1 Fiber(GH) 9.3 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 Sugar(GH) 51.5 SODIUM(MG) 1799.5 Fiber(GH) 7.5 SAT FAT(GM) 5.7 TOTAL FAT(GM) 21.6	CALORIES(KCAL) 786.4 PROTEIN(GM) 30.2 CALCIUM(MG) 656.4 IRON(MG) 4.4 VITAMIN A(RE) 719.5 VITAMIN C(MG) 15.3 Sugar(GH) 40.0 SODIUM(MG) 1874.4 Fiber(GH) 8.8 SAT FAT(GM) 7.6 TOTAL FAT(GM) 29.3	CALORIES(KCAL) 788.4 PROTEIN(GM) 31.1 CALCIUM(MG) 485.4 IRON(MG) 5.0 VITAMIN A(RE) 423.8 VITAMIN C(MG) 29.4 Sugar(GH) 50.4 SODIUM(MG) 1458.7 Fiber(GH) 8.0 SAT FAT OF CAL % 6.7 TOTAL FAT OF CAL % 26.1	
20	21	22	23	24	
CALORIES(KCAL) 743.2 PROTEIN(GM) 27.6 CALCIUM(MG) 310.5 IRON(MG) 3.9 VITAMIN A(RE) 200.3 VITAMIN C(MG) 23.6 Sugar(GH) 44.7 SODIUM(MG) 1186.8 Fiber(GH) 4.0 SAT FAT(GM) 8.2 TOTAL FAT(GM) 25.9	CALORIES(KCAL) 580.4 PROTEIN(GM) 22.8 CALCIUM(MG) 362.7 IRON(MG) 4.0 VITAMIN A(RE) 513.3 VITAMIN C(MG) 69.7 Sugar(GH) 41.8 SODIUM(MG) 974.0 Fiber(GH) 8.7 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 Sugar(GH) 44.7 SODIUM(MG) 2098.2 Fiber(GH) 5.0 SAT FAT(GM) 13.3 TOTAL FAT(GM) 32.7	CALORIES(KCAL) 689.4 PROTEIN(GM) 28.6 CALCIUM(MG) 409.5 IRON(MG) 3.2 VITAMIN A(RE) 225.4 VITAMIN C(MG) 97.6 Sugar(GH) 39.7 SODIUM(MG) 846.4 Fiber(GH) 8.5 SAT FAT(GM) 4.5 TOTAL FAT(GM) 25.6	CALORIES(KCAL) 592.8 PROTEIN(GM) 30.9 CALCIUM(MG) 617.5 IRON(MG) 3.3 VITAMIN A(RE) 676.3 VITAMIN C(MG) 7.8 Sugar(GH) 37.4 SODIUM(MG) 931.6 Fiber(GH) 6.0 SAT FAT(GM) 7.5 TOTAL FAT(GM) 19.3	CALORIES(KCAL) 654.6 PROTEIN(GM) 27.8 CALCIUM(MG) 540.8 IRON(MG) 3.4 VITAMIN A(RE) 498.6 VITAMIN C(MG) 45.9 Sugar(GH) 40.9 SODIUM(MG) 1212.6 Fiber(GH) 7.1 SAT FAT OF CAL % 10.1 TOTAL FAT OF CAL % 32.4
27	28	29	1	2	
CALORIES(KCAL) 743.2 PROTEIN(GM) 25.2 CALCIUM(MG) 310.5 IRON(MG) 3.9 VITAMIN A(RE) 200.3 VITAMIN C(MG) 23.6 Sugar(GH) 44.7 SODIUM(MG) 1186.8 Fiber(GH) 4.0 SAT FAT(GM) 8.2 TOTAL FAT(GM) 25.9	CALORIES(KCAL) 806.4 PROTEIN(GM) 36.1 CALCIUM(MG) 373.9 IRON(MG) 5.0 VITAMIN A(RE) 361.0 VITAMIN C(MG) 39.1 Sugar(GH) 45.8 SODIUM(MG) 1446.3 Fiber(GH) 9.0 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 Sugar(GH) 41.4 SODIUM(MG) 1113.8 Fiber(GH) 6.2 SAT FAT(GM) 5.7 TOTAL FAT(GM) 20.7	CALORIES(KCAL) 661.9 PROTEIN(GM) 22.4 CALCIUM(MG) 372.4 IRON(MG) 4.2 VITAMIN A(RE) 296.3 VITAMIN C(MG) 24.4 Sugar(GH) 47.4 SODIUM(MG) 1247.4 Fiber(GH) 11.4 SAT FAT(GM) 3.2 TOTAL FAT(GM) 15.5	CALORIES(KCAL) 729.4 PROTEIN(GM) 35.1 CALCIUM(MG) 655.9 IRON(MG) 4.1 VITAMIN A(RE) 689.8 VITAMIN C(MG) 9.1 Sugar(GH) 39.0 SODIUM(MG) 1181.5 Fiber(GH) 6.8 SAT FAT(GM) 8.5 TOTAL FAT(GM) 24.3	CALORIES(KCAL) 759.3 PROTEIN(GM) 29.6 CALCIUM(MG) 524.6 IRON(MG) 4.7 VITAMIN A(RE) 453.4 VITAMIN C(MG) 46.0 Sugar(GH) 43.0 SODIUM(MG) 1258.6 Fiber(GH) 9.2 SAT FAT OF CAL % 8.0 TOTAL FAT OF CAL % 25.6
6	7	8	9	10	
CALORIES(KCAL) 810.7 PROTEIN(GM) 27.6 CALCIUM(MG) 724.5 IRON(MG) 3.5 VITAMIN A(RE) 293.3 VITAMIN C(MG) 11.4 Sugar(GH) 41.1 SODIUM(MG) 1798.2 Fiber(GH) 6.0 SAT FAT(GM) 13.9 TOTAL FAT(GM) 28.2	CALORIES(KCAL) 811.6 PROTEIN(GM) 33.4 CALCIUM(MG) 476.7 IRON(MG) 6.7 VITAMIN A(RE) 582.3 VITAMIN C(MG) 21.9 Sugar(GH) 42.1 SODIUM(MG) 1816.7 Fiber(GM) 7.8 SAT FAT(GM) 7.2 TOTAL FAT(GM) 16.8	CALORIES(KCAL) 653.6 PROTEIN(GM) 29.9 CALCIUM(MG) 531.9 IRON(MG) 5.7 VITAMIN A(RE) 247.6 VITAMIN C(MG) 151.8 Sugar(GH) 41.0 SODIUM(MG) 976.1 Fiber(GM) 11.7 SAT FAT(GM) 2.4 TOTAL FAT(GM) 18.3	CALORIES(KCAL) 819.2 PROTEIN(GM) 28.4 CALCIUM(MG) 612.5 IRON(MG) 7.0 VITAMIN A(RE) 407.8 VITAMIN C(MG) 45.0 Sugar(GH) 53.5 SODIUM(MG) 984.5 Fiber(GM) 18.0 SAT FAT(GM) 4.3 TOTAL FAT(GM) 17.9	CALORIES(KCAL) 798.1 PROTEIN(GM) 30.7 CALCIUM(MG) 623.7 IRON(MG) 4.3 VITAMIN A(RE) 676.5 VITAMIN C(MG) 27.6 Sugar(GH) 36.4 SODIUM(MG) 1084.0 Fiber(GM) 4.8 SAT FAT(GM) 9.7 TOTAL FAT(GM) 28.8	CALORIES(KCAL) 778.6 PROTEIN(GM) 30.0 CALCIUM(MG) 593.9 IRON(MG) 5.4 VITAMIN A(RE) 441.5 VITAMIN C(MG) 51.5 Sugar(GH) 42.8 SODIUM(MG) 1331.9 Fiber(GH) 8.7 SAT FAT OF CAL % 9.7 TOTAL FAT OF CAL % 25.4
13	14	15	16	17	
CALORIES(KCAL) 913.8 PROTEIN(GM) 30.0 CALCIUM(MG) 505.7 IRON(MG) 6.5 VITAMIN A(RE) 511.2 VITAMIN C(MG) 47.5 Sugar(GH) 43.7 SODIUM(MG) 1320.0 Fiber(GH) 5.6 SAT FAT(GM) 8.6 TOTAL FAT(GM) 27.4	CALORIES(KCAL) 704.2 PROTEIN(GM) 31.5 CALCIUM(MG) 565.6 IRON(MG) 6.7 VITAMIN A(RE) 179.9 VITAMIN C(MG) 25.2 Sugar(GH) 51.5 SODIUM(MG) 1163.1 Fiber(GM) 11.8 SAT FAT(GM) 3.0 TOTAL FAT(GM) 16.0	CALORIES(KCAL) 871.2 PROTEIN(GM) 29.2 CALCIUM(MG) 596.6 IRON(MG) 7.3 VITAMIN A(RE) 374.7 VITAMIN C(MG) 25.1 Sugar(GH) 48.7 SODIUM(MG) 1766.5 Fiber(GM) 16.4 SAT FAT(GM) 3.2 TOTAL FAT(GM) 15.4	CALORIES(KCAL) 786.4 PROTEIN(GM) 30.2 CALCIUM(MG) 656.4 IRON(MG) 4.4 VITAMIN A(RE) 719.5 VITAMIN C(MG) 15.3 Sugar(GH) 40.0 SODIUM(MG) 1874.4 Fiber(GM) 8.8 SAT FAT(GM) 7.6 TOTAL FAT(GM) 29.3	CALORIES(KCAL) 818.9 PROTEIN(GM) 30.2 CALCIUM(MG) 581.1 IRON(MG) 6.2 VITAMIN A(RE) 446.3 VITAMIN C(MG) 28.3 Sugar(GH) 46.0 SODIUM(MG) 1531.0 Fiber(GH) 10.7 SAT FAT OF CAL % 6.2 TOTAL FAT OF CAL % 24.2	
20	21	22	23	24	
CALORIES(KCAL) 810.7 PROTEIN(GM) 24.8 CALCIUM(MG) 713.6 IRON(MG) 3.0 VITAMIN A(RE) 268.7 VITAMIN C(MG) 23.6 Sugar(GH) 45.8 SODIUM(MG) 1505.0 Fiber(GH) 5.6 SAT FAT(GM) 15.4 TOTAL FAT(GM) 30.6	CALORIES(KCAL) 894.8 PROTEIN(GM) 34.2 CALCIUM(MG) 478.6 IRON(MG) 4.2 VITAMIN A(RE) 504.5 VITAMIN C(MG) 68.8 Sugar(GH) 43.4 SODIUM(MG) 1072.7 Fiber(GM) 9.4 SAT FAT(GM) 2.7 TOTAL FAT(GM) 12.8	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 Sugar(GH) 44.7 SODIUM(MG) 2098.2 Fiber(GM) 5.0 SAT FAT(GM) 13.3 TOTAL FAT(GM) 32.7	CALORIES(KCAL) 667.4 PROTEIN(GM) 26.9 CALCIUM(MG) 475.6 IRON(MG) 4.7 VITAMIN A(RE) 182.5 VITAMIN C(MG) 96.4 Sugar(GH) 39.7 SODIUM(MG) 779.7 Fiber(GM) 11.8 SAT FAT(GM) 3.2 TOTAL FAT(GM) 23.6	CALORIES(KCAL) 592.8 PROTEIN(GM) 30.9 CALCIUM(MG) 617.5 IRON(MG) 3.3 VITAMIN A(RE) 676.3 VITAMIN C(MG) 7.8 Sugar(GH) 37.4 SODIUM(MG) 931.6 Fiber(GM) 6.0 SAT FAT(GM) 7.5 TOTAL FAT(GM) 19.3	CALORIES(KCAL) 642.7 PROTEIN(GM) 27.0 CALCIUM(MG) 558.4 IRON(MG) 3.9 VITAMIN A(RE) 485.7 VITAMIN C(MG) 45.3 Sugar(GH) 41.3 SODIUM(MG) 1220.6 Fiber(GH) 9.1 SAT FAT OF CAL % 8.3 TOTAL FAT OF CAL % 30.9
27	28	29	1	2	
CALORIES(KCAL) 810.7 PROTEIN(GM) 24.8 CALCIUM(MG) 713.6 IRON(MG) 3.0 VITAMIN A(RE) 268.7 VITAMIN C(MG) 23.6 Sugar(GH) 45.8 SODIUM(MG) 1505.0 Fiber(GH) 5.6 SAT FAT(GM) 15.4 TOTAL FAT(GM) 30.6	CALORIES(KCAL) 894.8 PROTEIN(GM) 34.2 CALCIUM(MG) 478.6 IRON(MG) 4.2 VITAMIN A(RE) 504.5 VITAMIN C(MG) 68.8 Sugar(GH) 43.4 SODIUM(MG) 1072.7 Fiber(GM) 9.4 SAT FAT(GM) 2.7 TOTAL FAT(GM) 12.8	CALORIES(KCAL) 529.1 PROTEIN(GM) 26.1 CALCIUM(MG) 395.1 IRON(MG) 4.7 VITAMIN A(RE) 167.7 VITAMIN C(MG) 7.1 Sugar(GH) 37.5 SODIUM(MG) 740.0 Fiber(GH) 8.6 SAT FAT(GM) 2.2 TOTAL FAT(GM) 15.4	CALORIES(KCAL) 661.9 PROTEIN(GM) 22.4 CALCIUM(MG) 372.4 IRON(MG) 4.2 VITAMIN A(RE) 296.3 VITAMIN C(MG) 24.4 Sugar(GH) 47.4 SODIUM(MG) 1247.4 Fiber(GM) 11.4 SAT FAT(GM) 3.2 TOTAL FAT(GM) 15.5	CALORIES(KCAL) 729.4 PROTEIN(GM) 35.1 CALCIUM(MG) 655.9 IRON(MG) 4.1 VITAMIN A(RE) 689.8 VITAMIN C(MG) 9.1 Sugar(GH) 39.0 SODIUM(MG) 1181.5 Fiber(GH) 6.8 SAT FAT(GM) 8.5 TOTAL FAT(GM) 24.3	CALORIES(KCAL) 744.9 PROTEIN(GM) 28.4 CALCIUM(MG) 529.0 IRON(MG) 4.7 VITAMIN A(RE) 269.9 VITAMIN C(MG) 22.8 Sugar(GH) 41.8 SODIUM(MG) 1198.3 Fiber(GH) 7.7 SAT FAT OF CAL % 10.6 TOTAL FAT OF CAL % 28.5

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
30	31	1	2	3	
Preferred Meal Systems February 2012 LNV - Vegetarian Lunch					
		CALORIES(KCAL) 886.7 PROTEIN(GM) 31.2 CALCIUM(MG) 545.6 IRON(MG) 5.8 VITAMIN A(RE) 374.1 VITAMIN C(MG) 104.6 Sugar(GH) 42.5 SODIUM(MG) 1346.8 Fiber(GH) 9.4 SAT FAT(GM) 8.6 TOTAL FAT(GM) 24.9	CALORIES(KCAL) 661.9 PROTEIN(GM) 22.4 CALCIUM(MG) 372.4 IRON(MG) 4.2 VITAMIN A(RE) 296.3 VITAMIN C(MG) 24.4 Sugar(GH) 47.4 SODIUM(MG) 1247.4 Fiber(GM) 11.4 SAT FAT(GM) 3.2 TOTAL FAT(GM) 15.5	CALORIES(KCAL) 729.4 PROTEIN(GM) 35.1 CALCIUM(MG) 655.9 IRON(MG) 4.1 VITAMIN A(RE) 689.8 VITAMIN C(MG) 9.1 Sugar(GH) 39.0 SODIUM(MG) 1181.5 Fiber(GH) 6.8 SAT FAT(GM) 8.5 TOTAL FAT(GM) 24.3	CALORIES(KCAL) 759.3 PROTEIN(GM) 29.6 CALCIUM(MG) 524.6 IRON(MG) 4.7 VITAMIN A(RE) 453.4 VITAMIN C(MG) 46.0 Sugar(GH) 43.0 SODIUM(MG) 1258.6 Fiber(GH) 9.2 SAT FAT OF CAL % 8.0 TOTAL FAT OF CAL % 25.6
6	7	8	9	10	
CALORIES(KCAL) 810.7 PROTEIN(GM) 27.6 CALCIUM(MG) 724.5 IRON(MG) 3.5 VITAMIN A(RE) 293.3 VITAMIN C(MG) 11.4 Sugar(GH) 41.1 SODIUM(MG) 1798.2 Fiber(GH) 6.0 SAT FAT(GM) 13.9 TOTAL FAT(GM) 28.2	CALORIES(KCAL) 811.6 PROTEIN(GM) 33.4 CALCIUM(MG) 476.7 IRON(MG) 6.7 VITAMIN A(RE) 582.3 VITAMIN C(MG) 21.9 Sugar(GH) 42.1 SODIUM(MG) 1816.7 Fiber(GM) 7.8 SAT FAT(GM) 7.2 TOTAL FAT(GM) 16.8	CALORIES(KCAL) 653.6 PROTEIN(GM) 29.9 CALCIUM(MG) 531.9 IRON(MG) 5.7 VITAMIN A(RE) 247.6 VITAMIN C(MG) 151.8 Sugar(GH) 41.0 SODIUM(MG) 976.1 Fiber(GM) 11.7 SAT FAT(GM) 2.4 TOTAL FAT(GM) 18.3	CALORIES(KCAL) 819.2 PROTEIN(GM) 28.4 CALCIUM(MG) 612.5 IRON(MG) 7.0 VITAMIN A(RE) 407.8 VITAMIN C(MG) 45.0 Sugar(GH) 53.5 SODIUM(MG) 984.5 Fiber(GM) 18.0 SAT FAT(GM) 4.3 TOTAL FAT(GM) 17.9	CALORIES(KCAL) 798.1 PROTEIN(GM) 30.7 CALCIUM(MG) 623.7 IRON(MG) 4.3 VITAMIN A(RE) 676.5 VITAMIN C(MG) 27.6 Sugar(GH) 36.4 SODIUM(MG) 1084.0 Fiber(GM) 4.8 SAT FAT(GM) 9.7 TOTAL FAT(GM) 28.8	CALORIES(KCAL) 778.6 PROTEIN(GM) 30.0 CALCIUM(MG) 593.9 IRON(MG) 5.4 VITAMIN A(RE) 441.5 VITAMIN C(MG) 51.5 Sugar(GH) 42.8 SODIUM(MG) 1331.9 Fiber(GH) 8.7 SAT FAT OF CAL % 9.7 TOTAL FAT OF CAL % 25.4
13	14	15	16	17	
CALORIES(KCAL) 913.8 PROTEIN(GM) 30.0 CALCIUM(MG) 505.7 IRON(MG) 6.5 VITAMIN A(RE) 511.2 VITAMIN C(MG) 47.5 Sugar(GH) 43.7 SODIUM(MG) 1320.0 Fiber(GH) 5.6 SAT FAT(GM) 8.6 TOTAL FAT(GM) 27.4	CALORIES(KCAL) 704.2 PROTEIN(GM) 31.5 CALCIUM(MG) 565.6 IRON(MG) 6.7 VITAMIN A(RE) 179.9 VITAMIN C(MG) 25.2 Sugar(GH) 51.5 SODIUM(MG) 1163.1 Fiber(GM) 11.8 SAT FAT(GM) 3.0 TOTAL FAT(GM) 16.0	CALORIES(KCAL) 871.2 PROTEIN(GM) 29.2 CALCIUM(MG) 596.6 IRON(MG) 7.3 VITAMIN A(RE) 374.7 VITAMIN C(MG) 25.1 Sugar(GH) 48.7 SODIUM(MG) 1766.5 Fiber(GM) 16.4 SAT FAT(GM) 3.2 TOTAL FAT(GM) 15.4	CALORIES(KCAL) 786.4 PROTEIN(GM) 30.2 CALCIUM(MG) 656.4 IRON(MG) 4.4 VITAMIN A(RE) 719.5 VITAMIN C(MG) 15.3 Sugar(GH) 40.0 SODIUM(MG) 1874.4 Fiber(GM) 8.8 SAT FAT(GM) 7.6 TOTAL FAT(GM) 29.3	CALORIES(KCAL) 818.9 PROTEIN(GM) 30.2 CALCIUM(MG) 581.1 IRON(MG) 6.2 VITAMIN A(RE) 446.3 VITAMIN C(MG) 28.3 Sugar(GH) 46.0 SODIUM(MG) 1531.0 Fiber(GH) 10.7 SAT FAT OF CAL % 6.2 TOTAL FAT OF CAL % 24.2	
20	21	22	23	24	
CALORIES(KCAL) 810.7 PROTEIN(GM) 24.8 CALCIUM(MG) 713.6 IRON(MG) 3.0 VITAMIN A(RE) 268.7 VITAMIN C(MG) 23.6 Sugar(GH) 45.8 SODIUM(MG) 1505.0 Fiber(GH) 5.6 SAT FAT(GM) 15.4 TOTAL FAT(GM) 30.6	CALORIES(KCAL) 894.8 PROTEIN(GM) 34.2 CALCIUM(MG) 478.6 IRON(MG) 4.2 VITAMIN A(RE) 504.5 VITAMIN C(MG) 68.8 Sugar(GH) 43.4 SODIUM(MG) 1072.7 Fiber(GM) 9.4 SAT FAT(GM) 2.7 TOTAL FAT(GM) 12.8 </				