

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk	1.000	1.000	1.000	1.000	1.000	5	5.000	Yes
Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored	Yes	Yes	Yes	Yes	Yes			
Reduced fat (2% fat) or Whole, Unflavored and Flavored								

Weekly Total	Weekly Subtype Total	Percent of Total	Weekly Requirement	Weekly Requirement Check
15.750 (Total Grain)	9.500 (Whole Grain Rich)	60.317%	80% Whole Grain Rich	Yes
7.000 (Total Fruit)	4.500 (Fruit Juice)	64.286%	No more than 50% Fruit Juice	No

Nutrient	Measure	Required Range	Assessment
Calories	Daily Average 552.00	350-500kcal	Estimated Calories are NOT within the required range.
Saturated Fat	Percent of Calories 7.76%	Less than 10% of total Calories.	Estimated percent of Saturated Fat meets the requirement.
Sodium	Daily Average 463.18	Less than or equal to 540 mg.	Estimated Sodium level meets the requirement.