

Richland 2 Food Service

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																						
Jun - 1 FRENCH TOAST OR CEREAL,VARIETY TOAST, WHITE BREAD JELLY SYRUP,PANCAKE FRUIT JUICE,ASSORTED FRUIT MILK - Variety	Jun - 2 EGG AND CHEESE OMELET TOAST, WHITE BREAD OR CEREAL,VARIETY JELLY FRUIT JUICE,ASSORTED FRUIT MILK - Variety	Jun - 3 GRITS, PLAIN CHEESE, AMERICAN SLICED SCH OR CEREAL,VARIETY TOAST, WHITE BREAD JELLY FRUIT JUICE,ASSORTED FRUIT MILK - Variety	Jun - 4 POPTARTS, STRAWBERRY OR CEREAL,VARIETY TOAST, WHITE BREAD JELLY FRUIT JUICE,ASSORTED FRUIT MILK - Variety	Jun - 5 POPTARTS, STRAWBERRY OR CEREAL,VARIETY TOAST, WHITE BREAD JELLY FRUIT JUICE,ASSORTED FRUIT MILK - Variety																																																																																																																																																						
<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">421</td> <td></td> <td style="text-align: right;">71%</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.1 G</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">76.9G</td> <td style="text-align: right;">73.1%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">7.6G</td> <td style="text-align: right;">16.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	421		71%			Fiber..	2.1 G					Carb	76.9G	73.1%Cal				T.Fat	7.6G	16.2%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">538</td> <td></td> <td style="text-align: right;">91%</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.5 G</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">84.1G</td> <td style="text-align: right;">62.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.2G</td> <td style="text-align: right;">25.5%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	538		91%			Fiber..	2.5 G					Carb	84.1G	62.5%Cal				T.Fat	15.2G	25.5%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">505</td> <td></td> <td style="text-align: right;">86%</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.4 G</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">83.5G</td> <td style="text-align: right;">66.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">12.9G</td> <td style="text-align: right;">23.0%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	505		86%			Fiber..	2.4 G					Carb	83.5G	66.2%Cal				T.Fat	12.9G	23.0%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">519</td> <td></td> <td style="text-align: right;">88%</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.7 G</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">94.7G</td> <td style="text-align: right;">73.1%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">10.8G</td> <td style="text-align: right;">18.7%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	519		88%			Fiber..	2.7 G					Carb	94.7G	73.1%Cal				T.Fat	10.8G	18.7%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">524</td> <td></td> <td style="text-align: right;">89%</td> <td></td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">2.7 G</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">93.2G</td> <td style="text-align: right;">71.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">11.3G</td> <td style="text-align: right;">19.4%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	524		89%			Fiber..	2.7 G					Carb	93.2G	71.2%Cal				T.Fat	11.3G	19.4%Cal			
Nutrients		Target																																																																																																																																																								
Cals...	421		71%																																																																																																																																																							
Fiber..	2.1 G																																																																																																																																																									
Carb	76.9G	73.1%Cal																																																																																																																																																								
T.Fat	7.6G	16.2%Cal																																																																																																																																																								
Nutrients		Target																																																																																																																																																								
Cals...	538		91%																																																																																																																																																							
Fiber..	2.5 G																																																																																																																																																									
Carb	84.1G	62.5%Cal																																																																																																																																																								
T.Fat	15.2G	25.5%Cal																																																																																																																																																								
Nutrients		Target																																																																																																																																																								
Cals...	505		86%																																																																																																																																																							
Fiber..	2.4 G																																																																																																																																																									
Carb	83.5G	66.2%Cal																																																																																																																																																								
T.Fat	12.9G	23.0%Cal																																																																																																																																																								
Nutrients		Target																																																																																																																																																								
Cals...	519		88%																																																																																																																																																							
Fiber..	2.7 G																																																																																																																																																									
Carb	94.7G	73.1%Cal																																																																																																																																																								
T.Fat	10.8G	18.7%Cal																																																																																																																																																								
Nutrients		Target																																																																																																																																																								
Cals...	524		89%																																																																																																																																																							
Fiber..	2.7 G																																																																																																																																																									
Carb	93.2G	71.2%Cal																																																																																																																																																								
T.Fat	11.3G	19.4%Cal																																																																																																																																																								