

MEALS ON WHEELS OF GREELEY SEPTEMBER 2018 DAILY NUTRIENTS

SEPTEMBER 3 CLOSED	SEPTEMBER 4 Calories: 816 Carbohydrate:81 Protein: 49 Fat: 30 Fiber: 9.6 Sodium: 577	SEPTEMBER 5 Calories: 742 Carbohydrate:87 Protein: 31 Fat: 30 Fiber: 10.0 Sodium: 1105	SEPTEMBER 6 Calories: 695 Carbohydrate:104 Protein: 33 Fat: 17 Fiber: 10.9 Sodium: 1159	SEPTEMBER 7 Calories: 673 Carbohydrate:80 Protein: 38 Fat: 22 Fiber: 9.6 Sodium: 758
SEPTEMBER 10 Calories: 873 Carbohydrate:92 Protein: 41 Fat: 41 Fiber: 9.5 Sodium: 1026	SEPTEMBER 11 Calories: 564 Carbohydrate:78 Protein: 40 Fat: 10 Fiber: 10.1 Sodium: 573	SEPTEMBER 12 Calories: 544 Carbohydrate:60 Protein: 35 Fat: 19 Fiber: 10.5 Sodium: 669	SEPTEMBER 13 Calories: 760 Carbohydrate:85 Protein: 42 Fat: 29 Fiber: 9.9 Sodium: 547	SEPTEMBER 14 Calories: 755 Carbohydrate:84 Protein: 35 Fat: 31 Fiber: 9.5 Sodium: 923
SEPTEMBER 17 Calories: 605 Carbohydrate:84 Protein: 28 Fat: 20 Fiber: 12.1 Sodium: 676	SEPTEMBER 18 Calories: 561 Carbohydrate:82 Protein: 23 Fat: 17 Fiber: 11.9 Sodium: 819	SEPTEMBER 19 Calories: 672 Carbohydrate:81 Protein: 34 Fat: 22 Fiber: 9.6 Sodium: 772	SEPTEMBER 20 Calories: 590 Carbohydrate:85 Protein: 26 Fat: 16 Fiber: 11.1 Sodium: 760	SEPTEMBER 21 Calories: 596 Carbohydrate:72 Protein: 36 Fat: 17 Fiber: 10.7 Sodium: 892
SEPTEMBER 24 Calories: 507 Carbohydrate:72 Protein: 25 Fat: 13 Fiber: 11.5 Sodium: 578	SEPTEMBER 25 Calories: 552 Carbohydrate:78 Protein: 34 Fat: 13 Fiber: 9.9 Sodium: 298	SEPTEMBER 26 Calories: 680 Carbohydrate:95 Protein: 28 Fat: 22 Fiber: 15.7 Sodium: 987	SEPTEMBER 27 Calories: 571 Carbohydrate:75 Protein: 28 Fat: 17 Fiber: 11.0 Sodium: 548	SEPTEMBER 28 Calories: 914 Carbohydrate:90 Protein: 33 Fat: 49 Fiber: 9.9 Sodium: 997

Carbohydrates, Protein, Fat, and Fiber are listed in grams (g); Sodium is listed in milligrams (mg)