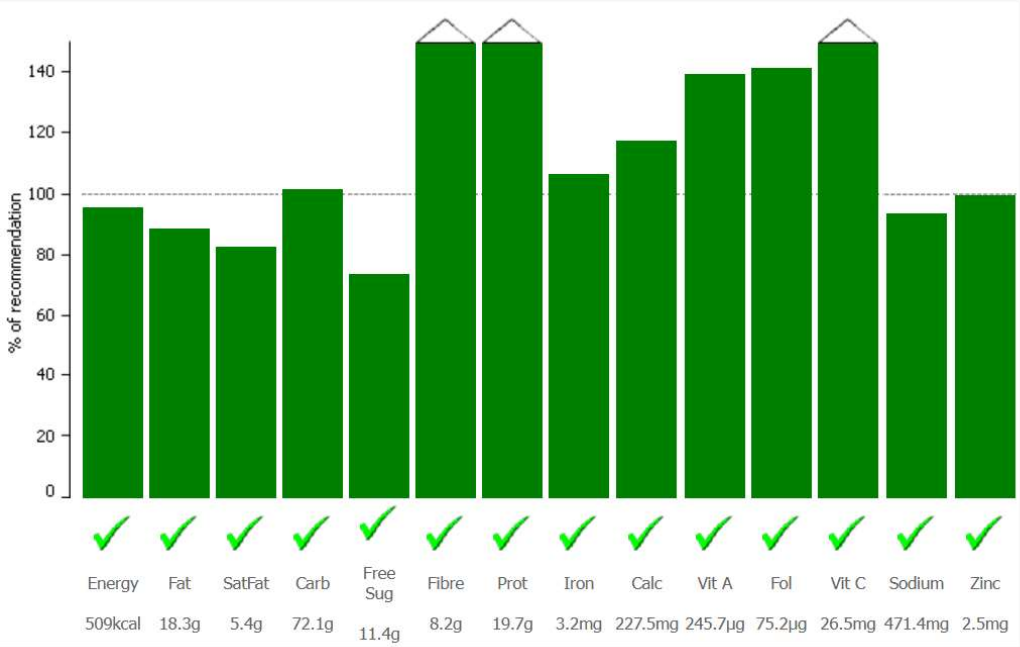
GINA GORVETT NUTRITION

Barnwell Academy September 2025

Menu Cycle Nutritional Analysis



Note- Energy levels should be at 100%; fat, saturated fat, free sugars and sodium below 100% with all other nutrients above 100%