

Central Unified Food Services

Jun 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/01/2018																
CUSD Breakfast 7-12	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	25	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	125	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			560	23	586	5.69	3.53	541.8	1609	40.60	*23	18.78	91.28	13.83	5.36	0.00
% of Calories											*16.7%	13.4%	65.2%	22.2%	8.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Central Unified Food Services

Jun 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/04/2018																
CUSD Breakfast 7-12	Total	200														
UBR Chocolate	1 each	13	270	5	180	6.24	0.93	24.2	11	0.0	19	5.0	44.0	8.0	3.00	0.00
UBR Cinnamon	1 each	12	270	5	190	6.09	1.35	30.2	8	0.01	18	5.0	44.0	8.0	3.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 Cup	100	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			557	19	531	4.96	3.56	526.6	1770	37.55	*25	17.99	90.48	14.05	5.52	0.00
% of Calories											*17.6%	12.9%	65.0%	22.7%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Jun 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/05/2018																
CUSD Breakfast 7-12	Total	200														
Bear Paw, Apple Cinnamon WG	1 each	25	250	10	320	0.00	1.80	20.0	0	0.0	14	5.0	41.0	6.0	1.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	100	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			555	19	548	3.98	3.59	527.5	1672	37.19	*24	17.95	90.01	13.82	5.33	0.00
% of Calories											*17.4%	12.9%	64.9%	22.4%	8.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jun 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/06/2018																
CUSD Breakfast 7-12	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	25	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
STRAWBERRIES,FRESH	1/2 CUP	125	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			532	19	558	4.77	3.60	553.6	1564	62.80	*16	18.51	82.81	14.29	5.59	0.00
% of Calories											*12.3%	13.9%	62.2%	24.2%	9.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/07/2018																
CUSD Breakfast 7-12	Total	200														
Donut WG Powdered	1 each	25	340	30	320	2.00	1.80	150.0	500	0.0	23	5.0	50.0	13.0	6.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
CANTALOUPE	1/2 CUP	100	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			545	22	551	3.98	3.50	543.7	2962	50.72	*20	18.04	85.36	14.73	5.91	0.00
% of Calories											*14.6%	13.2%	62.6%	24.3%	9.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			550	20	555	4.67	3.56	538.6	1915	45.77	*22	18.25	87.99	14.14	5.54	0.00
											*35.5%	13.3%	64.0%	23.1%	9.1%	0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Central Unified Food Services

Jun 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

Page 6

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	550		450 - 600	100%													
Cholesterol (mg)	20																
Sodium (mg)	555		640														
Fiber (g)	4.67																
Iron (mg)	3.56																
Calcium (mg)	538.6																
Vitamin A (IU)	1915																
Sugars (g)	22	15.77%			Missing												
Vitamin C (mg)	45.77																
Protein (g)	18.25	13.28%															
Carbohydrate (g)	87.99	63.99%															
Total Fat (g)	14.14	23.14%															
Saturated Fat (g)	5.54	9.07%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%														

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