

MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted 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)
Mon - 12/03/2018																
Breakfast Menu: K-12	Total	13043														
Egg & Cheese Wrap	1 EACH	7293	101	95	229	1.12	0.40	55.9	168	0.0	1	5.59	7.83	5.59	2.24	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	5000	138	30	89	1.76	0.95	113.4	491	5.03	13	3.73	23.09	3.76	1.28	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8750	46	0	0	1.91	0.11	14.4	94	18.58	13	0.55	11.7	0.15	0.04	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	0.00
SALSA CUP	PORTIO	7000	8	0	54	0.54	0.00	0.0	0	0.0	1	0.54	1.61	0.0	0.00	0.00
	N CUP															
Weighted Daily Average			442	129	480	5.56	1.80	385.2	1174	41.60	53	16.40	73.05	10.14	3.90	*0.00
% of Calories											48.1%	14.9%	66.2%	20.7%	7.9%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Tue - 12/04/2018																
Breakfast Menu: K-12	Total	13043														
Mini Maple Waffles	1 EACH	8043	123	0	136	2.47	1.66	61.7	308	0.0	6	2.47	21.58	3.08	0.92	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4500	124	27	80	1.58	0.86	102.0	442	4.53	12	3.36	20.78	3.38	1.15	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8250	68	4	88	0.00	0.28	189.8	316	1.14	9	5.22	10.28	0.4	0.24	0.00
SYRUP CUP	PORTIO	7500	46	0	17	0.00	0.00	0.0	0	0.0	6	0.0	11.5	0.0	0.00	0.00
	N CUP															
Weighted Daily Average			476	31	340	5.79	2.94	377.0	1221	37.74	60	12.25	91.26	7.16	2.42	*0.00
% of Calories											50.3%	10.3%	76.8%	13.5%	4.6%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Wed - 12/05/2018																
Breakfast Menu: K-12	Total	13043														
Chicken Biscuit	1 EACH	8243	157	9	227	1.89	1.36	62.7	0	1.5	3	7.56	20.1	5.35	2.20	0.00
Fruit & Granola Parfait: K-12	1 EACH	300	8	0	4	0.10	0.02	7.0	46	0.25	1	0.21	1.72	0.1	0.05	0.00
Bento Box: Breakfast	1 EACH	4500	124	27	80	1.58	0.86	102.0	442	4.53	12	3.36	20.78	3.38	1.15	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7500	62	4	80	0.00	0.26	172.5	288	1.03	9	4.74	9.34	0.36	0.22	0.00

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

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Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted 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)
Weighted Daily Average			452	40	403	5.14	2.59	356.2	853	38.98	48	16.73	76.19	9.32	3.64	*0.00
% of Calories											42.7%	14.8%	67.5%	18.6%	7.3%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Thu - 12/06/2018																
Breakfast Menu: K-12	Total	13043														
Mini Cinnis	1 EACH	9293	171	0	214	1.43	1.03	28.5	0	0.0	11	3.56	28.5	5.7	1.43	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	3250	90	19	58	1.14	0.62	73.7	319	3.27	9	2.43	15.01	2.44	0.83	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7750	41	0	0	1.69	0.10	12.8	83	16.46	11	0.49	10.37	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
Weighted Daily Average			447	24	381	4.41	2.07	322.1	805	37.58	56	12.60	81.88	8.85	2.61	*0.00
% of Calories											49.8%	11.3%	73.2%	17.8%	5.3%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Fri - 12/07/2018																
Breakfast Menu: K-12	Total	13043														
TrkyHam&Cheese on Hawaiian Bun	1 EACH	8293	125	13	358	1.27	1.20	67.1	78	2.28	3	7.32	17.8	2.94	0.95	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7500	62	4	80	0.00	0.26	172.5	288	1.03	9	4.74	9.34	0.36	0.22	0.00
Weighted Daily Average			424	43	532	4.72	2.41	361.2	947	41.79	51	16.51	75.23	6.81	2.36	*0.00
% of Calories											47.8%	15.6%	71.0%	14.5%	5.0%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted 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)
Mon - 12/10/2018																
Breakfast Menu: K-12	Total	13043														
MapleWaffle & Chicken Sandwich	1 EACH	6543	90	0	206	1.00	0.90	30.1	0	0.0	3	4.51	12.04	4.01	0.50	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	5750	159	34	103	2.02	1.10	130.4	565	5.79	15	4.3	26.55	4.32	1.47	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7500	39	0	0	1.63	0.10	12.4	81	15.93	11	0.47	10.03	0.13	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	7750	64	4	82	0.00	0.27	178.3	297	1.07	9	4.9	9.66	0.37	0.22	0.00
Weighted Daily Average			435	38	413	4.90	2.42	368.5	1057	39.67	54	15.11	77.13	9.09	2.34	*0.00
% of Calories											50.0%	13.9%	70.9%	18.8%	4.8%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Tue - 12/11/2018																
Breakfast Menu: K-12	Total	13043														
Breakfast Pizza, IW	1 EACH	8868	151	15	282	1.49	0.91	852.5	24	6.68	2	8.91	17.82	4.9	1.93	0.00
Fruit & Granola Parfait: K-12	1 EACH	250	7	0	4	0.08	0.02	5.8	38	0.21	1	0.18	1.44	0.09	0.04	0.00
Bento Box: Breakfast	1 EACH	3925	108	23	70	1.38	0.75	89.0	385	3.95	11	2.93	18.12	2.95	1.01	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	0.00
Weighted Daily Average			432	42	452	4.52	2.05	1143.3	832	43.61	47	17.93	71.60	8.44	3.23	*0.00
% of Calories											43.3%	16.6%	66.3%	17.6%	6.7%	*0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Wed - 12/12/2018																
Breakfast Menu: K-12	Total	13043														
Egg & Trky Sausage Bkfast Boat	1 EACH	3000	46	10	74	0.46	0.33	34.5	46	0.0	1	2.07	5.98	1.61	0.46	0.00
Egg & Turkey Bacon Bkfast Boat	1 EACH	5043	81	19	139	0.77	0.56	58.0	77	0.0	1	3.48	9.67	3.09	0.97	0.00
Fruit & Granola Parfait: K-12	1 EACH	750	21	0	11	0.24	0.05	17.4	114	0.62	3	0.53	4.31	0.26	0.12	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00

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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted 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)
Weighted Daily Average % of Calories			441	59	402	4.76	2.15	415.4	1070	39.86	51 46.6%	15.55 14.1%	75.75 68.7%	8.70 17.8%	2.91 5.9%	*0.00 *0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Thu - 12/13/2018																
Breakfast Menu: K-12	Total	13043														
CinnamonGlazed French Toast: WG	1 EACH	8368	128	71	180	1.28	0.92	51.3	128	0.0	7	5.13	16.04	5.13	1.28	0.00
Fruit & Granola Parfait: K-12	1 EACH	425	12	0	6	0.14	0.03	9.9	65	0.35	2	0.3	2.44	0.15	0.07	0.00
Bento Box: Breakfast	1 EACH	4250	117	25	76	1.49	0.81	96.4	417	4.28	11	3.17	19.62	3.19	1.09	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	8250	43	0	0	1.80	0.11	13.6	89	17.52	12	0.52	11.03	0.14	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8500	70	4	90	0.00	0.29	195.5	326	1.17	10	5.38	10.59	0.41	0.24	0.00
SYRUP CUP	PORTIO N CUP	8000	49	0	18	0.00	0.00	0.0	0	0.0	7	0.0	12.27	0.0	0.00	0.00
Weighted Daily Average % of Calories			482	100	382	4.71	2.16	366.7	1025	39.59	62 51.4%	14.90 12.4%	86.55 71.8%	9.02 16.8%	2.72 5.1%	*0.00 *0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Fri - 12/14/2018																
Breakfast Menu: K-12	Total	13043														
Bkfst Burrito, Cheese & Egg	1 EACH	7793	146	42	186	1.63	0.65	59.7	239	2.15	0	5.83	16.78	6.02	2.32	0.00
Fruit & Granola Parfait: K-12	1 EACH	500	14	0	7	0.16	0.03	11.6	76	0.41	2	0.35	2.87	0.17	0.08	0.00
Bento Box: Breakfast	1 EACH	4750	131	28	85	1.67	0.91	107.7	466	4.78	13	3.55	21.93	3.57	1.22	*0.00
Assorted Fresh Fruit: Bfast	1 EACH	7250	38	0	0	1.58	0.09	12.0	78	15.4	11	0.46	9.7	0.12	0.03	*0.00
Assorted Fruit Juices	CARTON	13000	62	0	11	0.00	0.00	0.0	0	16.27	13	0.4	14.55	0.0	0.00	0.00
Assorted Milk	CARTON	8000	66	4	85	0.00	0.28	184.0	307	1.1	9	5.06	9.97	0.38	0.23	0.00
Weighted Daily Average % of Calories			457	75	375	5.03	1.96	375.0	1166	40.11	48 42.1%	15.64 13.7%	75.80 66.3%	10.26 20.2%	3.87 7.6%	*0.00 *0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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Breakfast Menu: K-12

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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)
Mon - 12/17/2018																
Breakfast Menu: K-12 Manager's Choice Breakfast	Total SERVING	1 1	500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 12.6%	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Tue - 12/18/2018																
Breakfast Menu: K-12 Manager's Choice Breakfast	Total SERVING	1 1	500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 12.6%	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Wed - 12/19/2018																
Breakfast Menu: K-12 Manager's Choice Breakfast	Total SERVING	1 1	500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 12.6%	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Thu - 12/20/2018																
Breakfast Menu: K-12 Manager's Choice Breakfast	Total SERVING	1 1	500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	450	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00 12.6%	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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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 - 12/21/2018																
Breakfast Menu: K-12 BRUNCH DAY	Total SERVING	1	500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.0	*N/A*	*N/A*
Weighted Daily Average % of Calories			500	*N/A*	650	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	7.00	*N/A%*	*N/A%*
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Mon - 12/24/2018																
Breakfast Menu: K-12 NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Tue - 12/25/2018																
Breakfast Menu: K-12 NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Wed - 12/26/2018																
Breakfast Menu: K-12 NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Thu - 12/27/2018																
Breakfast Menu: K-12 NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-500		540									<=35.0	<10.00	

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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MNPS Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Breakfast Menu: K-12

Weighted 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)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Fri - 12/28/2018																
	Total SERVING	1														
Breakfast Menu: K-12	1															
NO SCHOOL TODAY	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-500		540									<=35.0	<10.00	

Weighted Average			466	*38	441	*2.97	*1.17	*297.7	*676	*26.37	*35	*9.91	*51.96	8.19	*1.67	*N/A*
											*67.6%	*8.5%	*44.6%	15.8%	*3.2%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		450 - 500	100%				
Cholesterol (mg)	38				Missing			
Sodium 1 (mg)	441		540					
Sodium 2 (mg)	441		485					
Fiber (g)	2.97				Missing			
Iron (mg)	1.17				Missing			
Calcium (mg)	297.7				Missing			
Vitamin A (IU)	676				Missing			
Sugars (g)	35	30.06%			Missing			
Vitamin C (mg)	26.37				Missing			
Protein (g)	9.91	8.51%			Missing			
Carbohydrate (g)	51.96	44.62%			Missing			
Total Fat (g)	8.19	15.82%	<=35.00%					
Saturated Fat (g)	1.67	3.22%	<10.00%		Missing			
Trans Fat ¹ (g)	*N/A*				Missing			

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

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