

David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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 - 09/09/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 09/10/2019															
CTP Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 09/11/2019															
CTP Lunch	Total														
Parfait w/ granola	1 each	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories										51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<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

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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)
Thu - 09/12/2019															
CTP Lunch	Total														
Alfredo Chicken	3/4 cup	304	60	760	2.53	1.42	344.9	126	0.0	2	20.54	25.09	13.08	6.88	0.00
Bread Stick	1 each	112	7	158	0.48	0.82	52.5	67	4.61	2	4.36	16.74	2.9	0.89	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		701	75	1145	8.32	3.91	741.0	1165	75.24	57	36.40	104.34	16.74	8.16	0.00
% of Calories										32.3%	20.8%	59.5%	21.5%	10.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 09/13/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 09/16/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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

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Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 09/17/2019															
	Total														
CTP Lunch															
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 09/18/2019															
	Total														
CTP Lunch															
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Rolls	1 each	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		636	39	1111	7.18	3.92	723.8	5999	53.06	59	28.23	93.83	15.64	5.78	0.00
% of Calories										36.8%	17.7%	59.0%	22.1%	8.2%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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)
Thu - 09/19/2019															
CTP Lunch	Total														
Spaghetti 3/4 cup	3/4 cup	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
French Bread	1 each	94	0	81	0.47	0.96	5.8	6	3.26	1	3.06	17.35	0.96	0.11	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		663	51	806	12.17	5.67	507.3	1708	88.19	59	32.09	111.67	11.75	5.59	0.00
% of Calories										35.3%	19.4%	67.4%	16.0%	7.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 09/20/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 09/23/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 09/24/2019															
CTP Lunch															
Bean & Cheese Burrito	Total														
1 each	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 09/25/2019															
CTP Lunch															
Parfait w/ granola	Total														
1 each	1 each	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories										51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Portion Values - Detailed

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	Portion Size	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)
Thu - 09/26/2019															
CTP Lunch	Total														
Cheeseburger Macaroni	3/4 cup	323	57	750	3.62	2.48	363.1	262	0.0	1	18.9	28.45	15.04	8.80	0.00
Bread Stick Garlic	1 each	136	6	160	0.70	1.16	31.7	63	6.35	3	4.33	22.0	3.04	0.57	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		743	70	1136	9.63	5.31	738.4	1296	76.98	56	34.72	112.96	18.85	9.75	0.00
% of Calories										30.3%	18.7%	60.8%	22.8%	11.8%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 09/27/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 09/30/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Weighted Average		823	31	1054	13.84	4.49	588.9	4996	34.87	78	31.54	138.64	18.58	5.77	0.00
										85.7%	15.3%	67.4%	20.3%	6.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	823		750 - 850	100%				
Cholesterol (mg)	31							
Sodium 1 (mg)	1054		1420					
Sodium 2 (mg)	1054		1080					
Fiber (g)	13.84							
Iron (mg)	4.49							
Calcium (mg)	588.9							
Vitamin A (IU)	4996							
Sugars (g)	78	38.07%						
Vitamin C (mg)	34.87							
Protein (g)	31.54	15.34%						
Carbohydrate (g)	138.64	67.42%						
Total Fat (g)	18.58	20.33%	<=30.00%					
Saturated Fat (g)	5.77	6.32%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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

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