

Central Consolidated Schools

May 1, 2019 thru May 17, 2019

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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 - 05/01/2019																
Elementary Lunch	Total	2														
Chicken Fajita-S**1059	1 Each	1	189	48	534	1.03	0.64	41.5	413	19.19	1	14.14	16.86	7.04	2.53	0.00
Pinto Beans**1365	1/2 Cup	1	27	0	37	1.47	0.47	13.9	0	0.29	*N/A*	1.56	4.88	0.26	0.05	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			702	77	1258	7.71	3.70	800.2	8404	90.27	*30	34.61	96.67	19.47	6.30	*0.00
% of Calories											*17.4%	19.7%	55.1%	25.0%	8.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/02/2019																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	177	20	369	1.64	1.24	19.9	50	0.66	*2	8.37	15.84	8.33	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			584	41	1055	9.24	3.75	421.4	6671	22.72	*14	26.41	74.24	20.14	6.77	*0.00
% of Calories											*9.4%	18.1%	50.8%	31.0%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Central Consolidated Schools

May 1, 2019 thru May 17, 2019

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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)
Fri - 05/03/2019																
Elementary Lunch	Total	2														
Nardone WW PeppPizza 4x6**2005	piece	1	175	20	290	1.50	1.35	175.0	200	4.5	3	11.0	14.5	8.5	3.50	0.00
Italian Veggies**1112	1/2 Cup	1	12	0	14	0.00	0.00	8.1	303	3.64	*N/A*	0.4	2.02	0.0	0.00	0.00
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Hope'sCChipCookie**1836	1 Each	2	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			704	136	1130	6.52	7.70	620.8	4747	26.00	*18	31.49	87.04	27.34	9.43	*0.00
% of Calories											*10.2%	17.9%	49.5%	35.0%	12.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/06/2019																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 pc	1	128	13	194	1.53	0.92	0.0	51	0.0	1	7.66	8.17	7.66	1.28	0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	25	0.0	5	3.04	12.65	0.0	0.00	0.00
Cucumber Slices**5047	1/2 Cup	1	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Watermelon Wedges**1226	1/2 Cup	1	22	0	1	0.30	0.18	5.2	426	6.06	5	0.46	5.65	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch**1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			579	34	1176	10.38	4.31	432.3	4462	21.37	*17	29.19	75.99	18.10	4.40	*0.00
% of Calories											*12.0%	20.2%	52.5%	28.1%	6.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)
Tue - 05/07/2019																
Elementary Lunch	Total	2														
Mac & Cheese-HMD**0285	2/3 CUP	1	178	28	462	0.42	0.45	196.1	413	0.29	*0	8.73	10.64	11.2	6.08	*0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			649	52	1591	7.18	3.43	590.2	4807	39.70	*9	33.38	70.17	25.39	10.32	*0.00
% of Calories											*5.6%	20.6%	43.2%	35.2%	14.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/08/2019																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	112	15	150	0.50	0.72	10.0	3	0.0	0	5.5	1.5	2.5	1.00	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			698	44	1057	6.54	3.55	741.9	5746	71.05	*32	26.93	96.54	16.04	4.89	*0.00
% of Calories											*18.1%	15.4%	55.3%	20.7%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Weighted Values - Detailed

	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)
Thu - 05/09/2019																
Elementary Lunch	Total	2														
LosCaboBn&CheeBurrito**2000	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch**1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			534	30	991	12.49	3.87	512.7	6927	21.69	*14	25.64	78.21	14.30	5.06	0.00
% of Calories											*10.5%	19.2%	58.6%	24.1%	8.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/10/2019																
Elementary Lunch	Total	2														
AFS Tangerine Chicken**2001	3.9 oz	1	95	23	190	1.00	0.72	0.0	33	0.0	7	7.0	12.5	2.0	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	0.00
Mandarin Oranges**1163	1/2 Cup	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			574	*134	*866	*8.25	*6.76	*454.5	*5936	*52.72	*14	*28.08	*73.42	16.74	*4.95	*0.00
% of Calories											*10.0%	*19.6%	*51.2%	26.2%	*7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)
Mon - 05/13/2019																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	208	12	322	2.98	1.43	29.7	49	0.0	*2	10.89	20.89	8.4	1.23	*0.00
Simplot Swt Pot CC Fries**1958	4 oz	1	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Pickles**1229	3 Each	1	1	0	85	0.11	0.03	6.0	13	0.24	0	0.05	0.25	0.03	0.01	0.00
Applesauce**0356	1/2 Cup	1	43	0	1	0.77	0.08	1.9	4	1.08	9	0.1	11.16	0.11	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			680	33	1210	10.93	4.15	448.1	9142	20.26	*18	28.73	88.43	23.05	5.39	*0.00
% of Calories											*10.4%	16.9%	52.1%	30.5%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 05/14/2019																
Elementary Lunch	Total	2														
Taco- 2 w GB***1974	2 Tacos	1	191	30	254	2.60	1.72	166.2	825	5.4	*0	12.01	14.6	9.67	4.18	*0.02
Spanish Rice Elem**8189	1/2 Cup	1	57	0	178	0.94	0.48	7.6	187	5.93	*0	0.44	10.73	1.02	0.08	*0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			678	54	1571	9.13	4.92	565.5	8002	38.65	*10	35.61	77.47	23.94	8.38	*0.02
% of Calories											*6.1%	21.0%	45.7%	31.8%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

May 1, 2019 thru May 17, 2019

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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 - 05/15/2019																
Elementary Lunch	Total	2														
Corndog, Chicken, **0937	1 EACH	1	120	20	195	2.50	0.90	40.0	12	0.0	2	4.5	15.0	4.0	1.25	0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			626	49	800	7.72	3.44	727.7	4530	41.92	*26	24.14	90.52	18.40	5.74	*0.00
% of Calories											*16.7%	15.4%	57.8%	26.5%	8.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/16/2019																
Elementary Lunch	Total	1														
Manager's Choice	Mgr. Choic	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			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			600-650		1230											<10.00

Fri - 05/17/2019																
Elementary Lunch	Total	1														
Manager's Choice	Mgr. Choic	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			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			600-650		1230											<10.00

Weighted Average			637	*62	*1155	*8.73	*4.51	*574.1	*6307	*40.58	*18	*29.48	*82.61	20.26	*6.51	*0.00
											*26.0%	*18.5%	*51.9%	28.6%	*9.2%	*0.0%

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Central Consolidated Schools

May 1, 2019 thru May 17, 2019

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	637		600 - 650	100%													
Cholesterol (mg)	62				Missing												
Sodium 1 (mg)	1155		1230		Missing												
Sodium 2 (mg)	1155		935		Missing		220			Correction Required - Sodium too High							
Fiber (g)	8.73				Missing												
Iron (mg)	4.51				Missing												
Calcium (mg)	574.1				Missing												
Vitamin A (IU)	6307				Missing												
Sugars (g)	18	11.56%			Missing												
Vitamin C (mg)	40.58				Missing												
Protein (g)	29.48	18.51%			Missing												
Carbohydrate (g)	82.61	51.87%			Missing												
Total Fat (g)	20.26	28.63%															
Saturated Fat (g)	6.51	9.20%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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