

Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/03/2021															
SECONDARY BREAKFAST	Total	1													
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	0.0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	15	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			232	6	139	3.98	0.39	318.1	*68.57	*31	7.60	48.18	1.59	0.72	0.00
% of Calories										*53.9%	13.1%	83.2%	6.2%	2.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 05/04/2021															
SECONDARY BREAKFAST	Total	1													
PANCAKE CORNDOGS	SERVINGS	1	241	25	361	2.00	1.44	20.1	0.0	4	7.02	18.04	15.04	4.51	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	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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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	11	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			247	7	218	1.81	0.59	350.2	*62.68	*30	8.35	44.80	3.80	1.62	0.00
% of Calories										*49.3%	13.5%	72.4%	13.8%	5.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Wed - 05/05/2021															
SECONDARY BREAKFAST	Total	1													
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	0.0	1	10.0	14.0	9.0	3.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	127	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			253	8	238	2.12	0.47	384.6	*55.32	*32	9.61	46.35	3.01	1.28	0.00
% of Calories										*50.3%	15.2%	73.4%	10.7%	4.6%	0.0%
Nutrient Guideline			450-600		640										<10.00

Thu - 05/06/2021															
SECONDARY BREAKFAST	Total	1													
MIXED BERRY SMOOTHIE: SEC	SERVING: 10oz	1	259	5	117	5.60	0.00	354.1	1.65	*33	7.56	54.58	1.31	0.79	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	94	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			310	6	324	2.68	0.84	409.5	*59.47	*34	11.01	55.16	5.01	1.98	0.00
% of Calories										*43.3%	14.2%	71.2%	14.5%	5.8%	0.0%
Nutrient Guideline			450-600		640										<10.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/07/2021															
SECONDARY BREAKFAST	Total	1													
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0.0	10	5.5	36.0	7.0	1.25	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	54													
TOAST	SLICE	20	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	PC	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	70	0	5	1.00	0.00	0.0	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT F REE	BOX	48	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	45	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			356	6	413	3.73	5.23	568.9	*62.36	*42	10.57	70.53	3.85	1.07	0.00
% of Calories										*46.8%	11.9%	79.3%	9.7%	2.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 05/10/2021															
SECONDARY BREAKFAST	Total	2295													
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	0.72	40.0	0.0	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	2250	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1600	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	685	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	15	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			465	16	502	2.89	0.71	410.1	*94.54	*50	13.85	85.90	7.64	1.43	0.00
% of Calories										*42.8%	11.9%	73.9%	14.8%	2.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 05/11/2021															
SECONDARY BREAKFAST	Total	2109													
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0.72	100.0	0.0	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1640	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	459	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	11	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			366	178	459	0.96	0.72	*475.6	*102.35	*46	15.81	52.22	9.44	3.79	0.00
% of Calories										*50.4%	17.3%	57.1%	23.2%	9.3%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Wed - 05/12/2021															
SECONDARY BREAKFAST	Total	1													
MAPLE SANDWICH	SERVINGS	1	240	0	320	3.00	1.80	40.0	1.2	19	5.0	45.0	5.0	2.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	127	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			253	7	237	2.12	0.47	384.3	*55.33	*32	9.59	46.48	2.99	1.28	0.00
% of Calories										*50.4%	15.2%	73.6%	10.7%	4.5%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/13/2021															
SECONDARY BREAKFAST	Total	1													
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHI	1 EACH	1	260	5	190	6.00	0.00	0.0	0.0	17	5.0	43.0	7.0	2.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	Total	157													
TOAST	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	SLICE	153	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
CINNAMON APPLESAUCE CUPS	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT F	BOX	138	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
REE	CARTON	94	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			311	6	318	2.68	0.84	408.8	*59.47	*33	11.02	55.23	5.05	1.99	0.00
% of Calories										*43.1%	14.2%	71.1%	14.6%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 05/14/2021															
SECONDARY BREAKFAST	Total	1													
CINNAMON ROLL W. W.W. BRID	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00
GFOR															
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
ALT SEC BREAKFAST ME	Total	54														
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	60.0	15	0.0	19.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00	
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	45	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	8	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			356	6	413	3.77	5.23	568.9	*62.38	*42	10.58	70.51	3.82	1.07	0.00	
% of Calories										*46.8%	11.9%	79.3%	9.7%	2.7%	0.0%	
Nutrient Guideline			450-600		640									<10.00		

Mon - 05/17/2021																
SECONDARY BREAKFAST	Total	1														
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	2	2.0	12.0	3.0	0.00	0.00	
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00	
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	15	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	16	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			232	6	142	3.95	0.41	319.0	*68.60	*31	7.63	48.09	1.61	0.74	0.00
% of Calories										*53.4%	13.2%	83.0%	6.3%	2.9%	0.0%
Nutrient Guideline			450-600		640										<10.00

Tue - 05/18/2021															
SECONDARY BREAKFAST	Total	1													
APPLE CINNAMON TOAST, WG	SERVINGS	1	260	0	290	2.00	2.70	40.0	1.2	17	8.0	45.0	6.0	1.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	11	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	20	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			244	6	211	1.78	0.60	349.4	*61.94	*31	8.27	44.77	3.48	1.50	0.00
% of Calories										*50.4%	13.6%	73.4%	12.8%	5.5%	0.0%
Nutrient Guideline			450-600		640										<10.00

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May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/19/2021															
SECONDARY BREAKFAST	Total	1													
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	180	30	280	2.00	1.44	40.0	1.2	1	7.0	22.0	7.0	1.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			253	7	238	2.12	0.47	384.3	*55.33	*32	9.60	46.38	3.00	1.27	0.00
% of Calories										*50.3%	15.2%	73.5%	10.7%	4.5%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 05/20/2021															
SECONDARY BREAKFAST	Total	1													
Cooks Choice Entree	1 each	1	0	0	0	0.00	0.00	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	0.00	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			450-600		640									<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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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/21/2021															
SECONDARY BREAKFAST	Total	1													
Cooks Choice Entree	1 each	1	0	0	0	0.00	0.00	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	0.00	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			450-600		640									<10.00	
Mon - 05/24/2021															
SECONDARY BREAKFAST	Total	1													
Cooks Choice Entree	1 each	1	0	0	0	0.00	0.00	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	0.00	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			450-600		640									<10.00	
Tue - 05/25/2021															
SECONDARY BREAKFAST	Total	1													
Cooks Choice Entree	1 each	1	0	0	0	0.00	0.00	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	0.00	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			450-600		640									<10.00	
Wed - 05/26/2021															
SECONDARY BREAKFAST	Total	1													
Cooks Choice Entree	1 each	1	0	0	0	0.00	0.00	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	0.00	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			450-600		640									<10.00	
Weighted Average			298	20	296	2.66	1.30	*410.2	*66.80	*36 *107.9	10.27 13.8%	54.97 73.7%	4.18 12.6%	1.52 4.6%	0.00 0.0%

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	298		450 - 600	66%		152		Correction Required - Calories are Low							
Cholesterol (mg)	20														
Sodium 1 (mg)	296		640												
Sodium 2 (mg)	296		570												
Fiber (g)	2.66														
Iron (mg)	1.30														
Calcium (mg)	410.2				Missing										
Sugars (g)	36	47.97%			Missing										
Vitamin C (mg)	66.80				Missing										
Protein (g)	10.27	13.77%													
Carbohydrate (g)	54.97	73.74%													
Total Fat (g)	4.18	12.61%													
Saturated Fat (g)	1.52	4.59%	<10.00%												
Trans Fat ¹ (g)	0.00	0.00%													

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