

San Juan Unified School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		498	457	15.50	95.61	6.59	1.58
% of Calories				12.4%	76.8%	11.9%	2.9%
Nutrient Guideline		400-500	540				<10.00

Wed - 09/04/2019							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	100	5.0	29.0	2.5	0.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		422	338	14.57	85.50	2.67	0.30
% of Calories				13.8%	81.0%	5.7%	0.6%
Nutrient Guideline		400-500	540				<10.00

Thu - 09/05/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		518	451	15.24	107.15	5.37	0.84
% of Calories				11.8%	82.8%	9.3%	1.5%
Nutrient Guideline		400-500	540				<10.00

Fri - 09/06/2019							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	197	227	4.54	28.76	7.57	1.14
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	220	4.0	0.0	3.0	1.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	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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San Juan Unified School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		531	633	18.34	100.38	8.20	1.87
% of Calories				13.8%	75.6%	13.9%	3.2%
Nutrient Guideline		400-500	540				<10.00

Mon - 09/09/2019							
K-8 ELEMENTARY BREAKF	Total						
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
MUFFIN VARIETY K-8 (DAVE'S)	1 EACH	118	74	2.4	19.5	3.25	0.45
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		401	325	13.27	81.75	3.04	0.52
% of Calories				13.2%	81.6%	6.8%	1.2%
Nutrient Guideline		400-500	540				<10.00

Tue - 09/10/2019							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	100	5.0	29.0	2.5	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		433	338	15.18	90.78	2.95	0.34
% of Calories				14.0%	83.9%	6.1%	0.7%
Nutrient Guideline		400-500	540				<10.00

Wed - 09/11/2019							
K-8 ELEMENTARY BREAKF	Total						
SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		486	377	15.01	98.61	5.55	1.84
% of Calories				12.3%	81.1%	10.3%	3.4%
Nutrient Guideline		400-500	540				<10.00

Thu - 09/12/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00

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

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Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		471	388	13.51 11.5%	95.69 81.3%	4.75 9.1%	0.84 1.6%
Nutrient Guideline		400-500	540				<10.00

Fri - 09/13/2019							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	197	227	4.54	28.76	7.57	1.14
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	220	4.0	0.0	3.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average % of Calories		542	633	18.95 14.0%	103.66 76.5%	8.49 14.1%	1.90 3.2%
Nutrient Guideline		400-500	540				<10.00

Mon - 09/16/2019							
K-8 ELEMENTARY BREAKF	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average % of Calories		537	533	17.07 12.7%	106.00 79.0%	6.17 10.3%	1.80 3.0%
Nutrient Guideline		400-500	540				<10.00

Tue - 09/17/2019							
K-8 ELEMENTARY BREAKF	Total						
CORN STAR & YOGURT	(1 STR & 1 YGT	218	151	6.8	37.0	5.0	0.90
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average % of Calories		462	363	16.08 13.9%	93.78 81.3%	4.20 8.2%	0.79 1.5%
Nutrient Guideline		400-500	540				<10.00

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Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/18/2019							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		454	459	17.51	87.61	5.20	1.34
% of Calories				15.4%	77.1%	10.3%	2.6%
Nutrient Guideline		400-500	540				<10.00

Thu - 09/19/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		574	465	14.68	122.27	5.20	0.84
% of Calories				10.2%	85.3%	8.2%	1.3%
Nutrient Guideline		400-500	540				<10.00

Fri - 09/20/2019							
K-8 ELEMENTARY BREAKF	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		468	458	15.68	93.78	5.20	1.34
% of Calories				13.4%	80.2%	10.0%	2.6%
Nutrient Guideline		400-500	540				<10.00

Mon - 09/23/2019							
K-8 ELEMENTARY BREAKF	Total						
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
MUFFIN VARIETY K-8 (DAVE'S)	1 EACH	118	74	2.4	19.5	3.25	0.45
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		408	321	14.21	83.86	3.33	0.56
% of Calories				13.9%	82.2%	7.3%	1.2%
Nutrient Guideline		400-500	540				<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		513	458	16.18	98.78	6.70	1.59
% of Calories				12.6%	77.1%	11.8%	2.8%
Nutrient Guideline		400-500	540				<10.00

Wed - 09/25/2019							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	100	5.0	29.0	2.5	0.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		422	338	14.57	85.50	2.67	0.30
% of Calories				13.8%	81.0%	5.7%	0.6%
Nutrient Guideline		400-500	540				<10.00

Thu - 09/26/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		514	450	14.68	107.27	5.20	0.84
% of Calories				11.4%	83.6%	9.1%	1.5%
Nutrient Guideline		400-500	540				<10.00

Fri - 09/27/2019							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	197	227	4.54	28.76	7.57	1.14
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	220	4.0	0.0	3.0	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	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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San Juan Unified School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		551	636	18.95	105.66	8.49	1.90
% of Calories				13.8%	76.7%	13.9%	3.1%
Nutrient Guideline		400-500	540				<10.00

Mon - 09/30/2019							
K-8 ELEMENTARY BREAKF							
Total							
WAFFLES, MINI MAPLE (KELLOGGS)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		528	530	17.07	104.00	6.17	1.80
% of Calories				12.9%	78.8%	10.5%	3.1%
Nutrient Guideline		400-500	540				<10.00

Weighted Average		487	448	15.81	97.38	5.31	1.15
				13.0%	80.1%	9.8%	2.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	487		400 - 500	100%				
Sodium 1 (mg)	448		540					
Sodium 2 (mg)	448		485					
Protein (g)	15.81	13.00%						
Carbohydrate (g)	97.38	80.06%						
Total Fat (g)	5.31	9.82%						
Saturated Fat (g)	1.15	2.14%	<10.00%					

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