

# San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2021 thru Apr 30, 2021

HYBRID/CURBSIDE LUNCH

Generated on: 3/31/2021 9:41:04 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/05/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		541	763	*38	*30.85	72.35	*15.56
% of Calories				*27.8%	*22.8%	53.5%	*25.9%
Nutrient Guideline		600-650	1230				

Tue - 04/06/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		600-650	1230				

Wed - 04/07/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
CS TTILLA CHIPS ,CHS,salsa	(CHIP & CHS)	565	1019	*10	22.86	61.66	25.25
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		526	767	*31	*24.38	74.76	*15.15
% of Calories				*23.6%	*18.5%	56.9%	*25.9%
Nutrient Guideline		600-650	1230				

Thu - 04/08/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TURKEY HAM&CHEESE SNDWICH	1 EACH	307	927	6	23.33	34.67	10.33
CS CHEESE SANDWICH	1 SANDWICH	320	900	8	20.0	36.0	12.0
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		509	1092	*32	*35.57	67.68	*13.56
% of Calories				*25.1%	*28.0%	53.2%	*24.0%
Nutrient Guideline		600-650	1230				

\*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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Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2021 thru Apr 30, 2021

HYBRID/CURBSIDE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/09/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM TERIYAKI BF NUGGTS&ROLLS	4 EA & 2 ROLL	320	700	8	18.0	36.0	10.0
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		608	981	*34	*36.23	84.40	*13.75
% of Calories				*22.2%	*23.8%	55.5%	*20.3%
Nutrient Guideline		600-650	1230				

Sat - 04/10/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	PACKAGE	170	110	*N/A*	6.0	4.0	16.0
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		798	803	*31	*36.45	92.87	*33.90
% of Calories				*15.5%	*18.3%	46.5%	*38.2%
Nutrient Guideline		600-650	1230				

Sun - 04/11/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		529	774	*34	*33.00	73.83	*12.81
% of Calories				*25.4%	*25.0%	55.8%	*21.8%
Nutrient Guideline		600-650	1230				

Mon - 04/12/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		560	769	*31	*32.58	64.90	*19.80
% of Calories				*22.0%	*23.3%	46.3%	*31.8%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/13/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		600-650	1230				

Wed - 04/14/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		607	*1209	*29	*37.98	79.67	*15.49
% of Calories				*18.8%	*25.0%	52.5%	*23.0%
Nutrient Guideline		600-650	1230				

Thu - 04/15/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM ENCHILADAS,CHEESE	PORTION	345	544	2	17.04	30.83	12.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		602	882	*31	*36.71	80.42	*15.51
% of Calories				*20.6%	*24.4%	53.4%	*23.2%
Nutrient Guideline		600-650	1230				

Fri - 04/16/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		561	731	*29	*30.51	63.35	*21.69
% of Calories				*20.5%	*21.7%	45.2%	*34.8%
Nutrient Guideline		600-650	1230				

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Apr 1, 2021 thru Apr 30, 2021

HYBRID/CURBSIDE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sat - 04/17/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	PACKAGE	170	110	*N/A*	6.0	4.0	16.0
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		798	803	*31	*36.45	92.87	*33.90
% of Calories				*15.5%	*18.3%	46.5%	*38.2%
Nutrient Guideline		600-650	1230				

Sun - 04/18/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		608	793	*31	*33.45	80.87	*18.90
% of Calories				*20.3%	*22.0%	53.2%	*28.0%
Nutrient Guideline		600-650	1230				

Mon - 04/19/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM TERIYAKI BF NUGGTS&ROLLS	4 EA & 2 ROLL	320	700	8	18.0	36.0	10.0
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		520	981	*33	*30.98	68.90	*13.00
% of Calories				*25.5%	*23.8%	53.0%	*22.5%
Nutrient Guideline		600-650	1230				

Tue - 04/20/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		604	1172	*29	*35.74	81.30	*16.38
% of Calories				*19.2%	*23.7%	53.9%	*24.4%
Nutrient Guideline		600-650	1230				

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HYBRID/CURBSIDE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/21/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	4	20.0	34.0	17.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FR CUP,MIX BERRY FROZEN	1 EACH	70	0	14	1.0	18.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		616	874	35	37.45	84.10	16.25
% of Calories				22.9%	24.3%	54.6%	23.7%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/22/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS CELERY STIX 1/2 CUP	1/2 CUP	12	65	*N/A*	0.56	2.71	0.1
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		563	786	*28	*30.01	64.27	*21.67
% of Calories				*20.1%	*21.3%	45.6%	*34.6%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/23/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHIKN PATTY MELT SANDWH,	1 EACH	440	1060	6	25.0	44.0	19.5
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		624	*1138	*33	*35.56	75.57	*20.85
% of Calories				*21.0%	*22.8%	48.4%	*30.1%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sat - 04/24/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	PACKAGE	170	110	*N/A*	6.0	4.0	16.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		779	781	*36	*33.85	89.95	*33.76
% of Calories				*18.5%	*17.4%	46.2%	*39.0%
Nutrient Guideline		600-650	1230				

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Sun - 04/25/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		501	768	*31	*31.16	69.39	*12.81
% of Calories				*24.5%	*24.9%	55.4%	*23.0%
Nutrient Guideline		600-650	1230				

Mon - 04/26/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CS CELERY STIX 1/2 CUP	1/2 CUP	12	65	*N/A*	0.56	2.71	0.1
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		513	818	*30	*31.41	66.07	*15.67
% of Calories				*23.1%	*24.5%	51.5%	*27.5%
Nutrient Guideline		600-650	1230				

Tue - 04/27/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		567	*823	*32	*33.30	70.38	*17.32
% of Calories				*22.6%	*23.5%	49.6%	*27.5%
Nutrient Guideline		600-650	1230				

Wed - 04/28/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
CS TTILLA CHIPS ,CHS,salsa	(CHIP & CHS)	565	1019	*10	22.86	61.66	25.25
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		526	767	*31	*24.38	74.76	*15.15
% of Calories				*23.6%	*18.5%	56.9%	*25.9%
Nutrient Guideline		600-650	1230				

\*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

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2021 thru Apr 30, 2021

HYBRID/CURBSIDE LUNCH

Generated on: 3/31/2021 9:41:04 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/29/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TURKEY HAM&CHEESE SNDWICH	1 EACH	307	927	6	23.33	34.67	10.33
CS CHEESE SANDWICH	1 SANDWICH	320	900	8	20.0	36.0	12.0
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		509	1092	*32	*35.57	67.68	*13.56
% of Calories				*25.1%	*28.0%	53.2%	*24.0%
Nutrient Guideline		600-650	1230				

Fri - 04/30/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		516	785	*29	*31.26	69.18	*14.07
% of Calories				*22.4%	*24.2%	53.7%	*24.6%
Nutrient Guideline		600-650	1230				

Weighted Average		585	*877	*31	*33.20	75.08	*18.30
				*48.4%	*22.7%	51.3%	*28.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	585		600 - 650	98%		15		Correction Required - Calories are Low
Sodium 1 (mg)	877		1230		Missing			
Sodium 2 (mg)	877		935		Missing			
Sugars (g)	31	21.51%			Missing			
Protein (g)	33.20	22.68%			Missing			
Carbohydrate (g)	75.08	51.31%			Missing			
Total Fat (g)	18.30	28.13%			Missing			

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