

Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/02/2020							
Elementary Breakfast	Total	2					
Tornado, Maple, Egg and Sausag	1 Each	1	180	260	24.0	7.0	1.50
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	1	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average			524	566	96.05	10.53	3.48
% of Calories					73.4%	18.1%	6.0%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2020							
Elementary Breakfast	Total	2					
Yogurt Parfait - SR	1 Each	1	238	134	51.12	1.66	0.26
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average			503	377	97.61	7.61	2.86
% of Calories					77.7%	13.6%	5.1%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/04/2020							
Elementary Breakfast	Total	2					
Sausage Biscuit SR	1 Each	1	245	796	24.0	12.0	6.30
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			506	709	84.05 66.4%	12.78 22.7%	5.88 10.5%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Thu - 03/05/2020							
Elementary Breakfast	Total	2					
Breakfast Pizza	1 each	1	220	480	27.0	8.0	2.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average % of Calories			472	562	85.32 72.2%	8.47 16.1%	2.40 4.6%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Mon - 03/09/2020							
Elementary Breakfast	Total	2					
Waffle Stix - WGR Belgian Chef	3 Each	1	180	247	28.5	5.25	0.75
Sausage C	serving	1	75	216	1.0	5.0	1.80
Cereal, Cinnamon Toast Crunch	Bowl	0	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	1	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
SYRUP,PANCAKE	Serving	1	46	16	12.06	0.0	0.00
Weighted Daily Average % of Calories			529	575	93.83 70.9%	10.65 18.1%	3.76 6.4%
Nutrient Guideline			350-500	540		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/10/2020							
Elementary Breakfast	Total	2					
Donut Mini Chocolate WGR	Package	1	320	270	41.0	15.0	7.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average			544	446	92.55	14.28	6.23
% of Calories					68.1%	23.6%	10.3%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/11/2020							
Elementary Breakfast	Total	2					
Pancakes, Mini Maple Pouch WG	Serving	1	220	130	39.0	6.0	0.50
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average			494	376	91.55	9.78	2.98
% of Calories					74.2%	17.8%	5.4%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/12/2020							
Elementary Breakfast	Total	2					
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	0.65	12.87	5.59
Potato, Tri Tater	1 Each	1	114	320	16.0	4.57	0.57
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			537	600	80.37 59.9%	15.50 26.0%	5.81 9.7%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Fri - 03/13/2020							
Elementary Breakfast	Total	2					
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	41.63	5.02	2.01
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average % of Calories			494	456	92.87 75.2%	9.28 16.9%	3.74 6.8%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Mon - 03/16/2020							
Elementary Breakfast	Total	2					
French Toast Sticks Sunny Fres	3 each	1	210	310	28.01	7.0	2.00
Cereal, Cinnamon Toast Crunch	Bowl	0	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	1	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	12.06	0.0	0.00
Weighted Daily Average % of Calories			485	510	92.86 76.5%	6.72 12.5%	2.15 4.0%
Nutrient Guideline			350-500	540		<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/17/2020							
Elementary Breakfast	Total	2					
Ham & Cheese Pinwheel SR	1 Each	1	259	751	30.7	10.35	4.03
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			492	697	87.17	9.64	3.41
% of Calories					70.9%	17.6%	6.2%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/18/2020							
Elementary Breakfast	Total	2					
Omelet, Cheese	1 Each	1	110	210	1.0	8.0	3.00
Potato, Tri Tater	1 Each	1	114	320	16.0	4.57	0.57
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average			475	587	80.32	10.75	3.19
% of Calories					67.7%	20.4%	6.0%
Nutrient Guideline			350-500	540		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/19/2020							
Elementary Breakfast	Total	2					
Breakfast Burrito SR	1 Each	1	359	571	31.19	15.87	5.59
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			542	607	87.41 64.5%	12.40 20.6%	4.19 7.0%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Fri - 03/20/2020							
Elementary Breakfast	Total	2					
Churros Apple 51% WGR J&J	1 Each	1	150	60	27.0	4.0	1.00
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	21.15	0.47	0.28
Weighted Daily Average % of Calories			437	352	85.32 78.0%	6.47 13.3%	1.90 3.9%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Mon - 03/30/2020							
Elementary Breakfast	Total	2					
Oatmeal - SR	1 cup	1	202	200	34.46	3.59	0.63
Cereal, Cheerios Bowl GM	Bowl	1	100	250	24.0	0.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cinnamon Toast Crunch	Bowl	0	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average % of Calories			480	435	90.28 75.3%	7.32 13.7%	2.80 5.3%
Nutrient Guideline			350-500	540		<=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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Kearney Public Schools

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/31/2020							
Elementary Breakfast	Total	2					
Sausage Gravy w/Biscuit SR	Serving	1	294	1057	29.4	13.62	6.30
Cereal, Cinnamon Toast Crunch	Bowl	1	110	200	22.0	3.0	0.50
Cereal, Honey Nut Cheerios	Bowl	0	110	160	22.0	1.5	0.00
Cereal, Lucky Charms GM	Bowl	0	110	180	23.0	1.0	0.00
Cereal, Cocoa Puffs LS GM	Bowl	0	110	160	25.0	1.5	0.00
Cereal, Cheerios Bowl GM	Bowl	0	100	250	24.0	0.5	0.00
Toast - SR	1 each	1	113	123	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	1	76	1	19.7	0.25	0.06
Apple Juice Hiland	1/2 Cup	1	60	0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	144	146	21.38	2.78	1.62
Weighted Daily Average			531	839	86.75	13.59	5.88
% of Calories					65.4%	23.0%	10.0%
Nutrient Guideline			350-500	540		<=30.0	<10.00

Weighted Average			503	543	89.02	10.36	3.79
					70.8%	18.5%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	503		350 - 500	101%			3	Correction Required -
Sodium 1 (mg)	543		540				3	Calories too High
Sodium 2 (mg)	543		485				58	Correction Required -
Carbohydrate (g)	89.02	70.83%						Sodium too High
Total Fat (g)	10.36	18.54%	<=30.00%					Correction Required -
Saturated Fat (g)	3.79	6.79%	<10.00%					Sodium too High

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