

# Kearney Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Feb 1, 2019 thru Feb 28, 2019

Elementary Breakfast

Generated on: 1/31/2019 8:27:03 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019								
Elementary Breakfast	Total	2						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average % of Calories			514	482	16.20 12.6%	90.51 70.4%	11.55 20.2%	4.49 7.9%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/04/2019								
Elementary Breakfast	Total	2						
French Toast Sticks Sunny Fres	3 each	1	210	310	8.0	28.01	7.0	2.00
Cereal Cinnamon Toasters	1 each	0	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Oat Blenders	1 each	0	110	140	2.0	24.0	1.0	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average % of Calories			397	384	14.66 14.8%	71.00 71.5%	6.34 14.4%	2.12 4.8%
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

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Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

Elementary Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/05/2019								
Elementary Breakfast	Total	2						
Ham & Cheese Pinwheel SR	1 Each	1	259	751	14.43	30.7	10.35	4.03
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			516	723	20.37	85.32	12.10	4.22
% of Calories					15.8%	66.2%	21.1%	7.4%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/06/2019								
Elementary Breakfast	Total	2						
Omelet, Cheese	1 Each	1	110	210	8.0	1.0	8.0	3.00
Potato, Tri Tater	1 Each	1	114	320	1.14	16.0	4.57	0.57
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			442	551	15.73	70.47	10.88	3.16
% of Calories					14.2%	63.8%	22.2%	6.4%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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Elementary Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/07/2019								
Elementary Breakfast	Total	2						
Breakfast Burrito SR	1 Each	1	359	571	20.51	31.19	15.87	5.59
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			566	633	23.41	85.56	14.86	5.00
% of Calories					16.6%	60.5%	23.6%	7.9%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019								
Elementary Breakfast	Total	2						
Churros Apple 51% WGR J&J	1 Each	1	150	60	3.0	27.0	4.0	1.00
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			461	378	14.66	83.47	8.92	2.70
% of Calories					12.7%	72.4%	17.4%	5.3%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2019								
Elementary Breakfast	Total	2						
Oatmeal - SR	1 cup	1	202	200	8.78	34.46	3.59	0.63
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			432	381	16.56	76.40	7.60	2.81
% of Calories					15.3%	70.7%	15.8%	5.9%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Tue - 02/12/2019								
Elementary Breakfast	Total	2						
Sausage Gravy w/Biscuit SR	Serving	1	334	817	11.0	33.4	15.62	6.30
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			514	683	17.17	78.39	14.52	5.80
% of Calories					13.4%	61.0%	25.4%	10.1%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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Feb 1, 2019 thru Feb 28, 2019

Elementary Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/13/2019								
Elementary Breakfast	Total	2						
Pancakes- Whole Wheat- C	2 each	1	160	260	3.4	27.4	4.0	0.66
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			488	521	16.37	81.92	11.21	3.88
% of Calories					13.4%	67.2%	20.7%	7.2%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/18/2019								
Elementary Breakfast	Total	2						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			439	526	16.16	75.47	8.59	2.37
% of Calories					14.7%	68.7%	17.6%	4.9%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/19/2019								
Elementary Breakfast	Total	2						
Scrambled Eggs with Cheese SR	3 OZ	1	192	259	16.51	0.65	12.87	5.59
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			425	416	19.41	62.29	11.02	4.16
% of Calories					18.3%	58.6%	23.3%	8.8%
Nutrient Guideline			350-500	540			<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/20/2019								
Elementary Breakfast	Total	2						
Pancake & Sausage on Stick WG	1 Each	1	200	310	7.0	17.0	10.0	2.50
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	cup	2	122	157	8.0	21.15	0.47	0.28
SYRUP,PANCAKE	Serving	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			452	449	14.66	76.50	9.59	2.62
% of Calories					13.0%	67.6%	19.1%	5.2%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/21/2019								
Elementary Breakfast	Total	2						
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Juice	1/2 cup	1	60	0	0.5	14.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			389	346	12.41	69.97	7.09	2.37
% of Calories					12.7%	71.9%	16.4%	5.5%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Fri - 02/22/2019								
Elementary Breakfast	Total	2						
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
Milk, Variety SR	1 cup	2	122	157	8.0	21.15	0.47	0.28
Weighted Daily Average			466	391	14.03	83.84	9.34	2.24
% of Calories					12.1%	72.0%	18.1%	4.3%
Nutrient Guideline			350-500	540			<=30.0	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/25/2019								
Elementary Breakfast	Total	2						
Pop Tarts Kellogs	1 each	1	204	195	2.41	36.46	5.55	1.80
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			449	373	12.88	79.92	9.48	3.55
% of Calories					11.5%	71.1%	19.0%	7.1%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Tue - 02/26/2019								
Elementary Breakfast	Total	2						
Breakfast Burrito SR	1 Each	1	359	571	20.51	31.19	15.87	5.59
Cereal Cinnamon Toasters	1 each	1	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	0	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	1	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			527	561	21.93	77.29	14.64	5.44
% of Calories					16.6%	58.7%	25.0%	9.3%
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

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/28/2019								
Elementary Breakfast	Total	2						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Potato, Tri Tater	1 Each	1	114	320	1.14	16.0	4.57	0.57
Cereal Cinnamon Toasters	1 each	0	120	130	1.0	22.0	3.5	0.50
Cereal Marshmallow Matey's	1 each	0	109	267	2.96	20.74	1.48	0.00
Cereal Honey Nut Toasty O's	1 each	0	0	0	0.0	0.0	0.0	0.00
Cereal Toasty O's	1 each	1	80	90	2.0	14.0	1.5	0.00
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Fruit Canned Assorted	1 each	1	61	4	0.32	15.64	0.06	0.00
Apple Juice Hiland	1/2 Cup	1	60	0	0.0	15.0	0.0	0.00
Orange Juice Hiland	1/2 cup	1	60	0	1.0	13.0	0.0	0.00
MILK - Variety	HALF PINT	2	140	146	8.52	20.87	2.59	1.56
Weighted Daily Average			496	582	18.74	74.19	14.33	5.02
% of Calories					15.1%	59.8%	26.0%	9.1%
Nutrient Guideline			350-500	540			<=30.0	<10.00

Weighted Average			469	493	16.79	77.79	10.71	3.64
					14.3%	66.3%	20.5%	7.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	469		350 - 500	100%				
Sodium 1 (mg)	493		540					
Sodium 2 (mg)	493		485				8	Correction Required - Sodium too High
Protein (g)	16.79	14.31%						
Carbohydrate (g)	77.79	66.33%						
Total Fat (g)	10.71	20.55%	<=30.00%					
Saturated Fat (g)	3.64	6.99%	<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  
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