

Lee's Summit R-7 School District

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Secondary Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017															
Secondary Grab N' Go Brea	Total														
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		469	5	456	3.69	2.05	478.6	1195	36.56	59	12.09	95.99	3.71	1.53	*0.00
% of Calories										50.4%	10.3%	81.8%	7.1%	2.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 12/04/2017															
Secondary Grab N' Go Brea	Total														
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-550		600										<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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Lee's Summit R-7 School District

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Secondary Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017															
Secondary Grab N' Go Brea	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Cinnamon Crunchmania	bag	220	0	230	1.00	750.00	100.0	10	0.0	2	1.0	36.0	7.0	2.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	317	4.24	375.37	383.9	608	11.73	41	10.54	79.80	6.63	1.25	0.00
% of Calories										39.4%	10.1%	76.5%	14.3%	2.7%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 12/06/2017															
Secondary Grab N' Go Brea	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*0.0%
Nutrient Guideline		400-550		600										<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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Lee's Summit R-7 School District

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Secondary Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017															
Secondary Grab N' Go Brea	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017															
Secondary Grab N' Go Brea	Total														
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		469	5	456	3.69	2.05	478.6	1195	36.56	59	12.09	95.99	3.71	1.53	*0.00
% of Calories										50.4%	10.3%	81.8%	7.1%	2.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017															
Secondary Grab N' Go Brea	Total														
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00

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Base Menu Spreadsheet

Secondary Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 12/12/2017															
Secondary Grab N' Go Brea	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Cinnamon Crunchmania	bag	220	0	230	1.00	750.00	100.0	10	0.0	2	1.0	36.0	7.0	2.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	317	4.24	375.37	383.9	608	11.73	41	10.54	79.80	6.63	1.25	0.00
% of Calories										39.4%	10.1%	76.5%	14.3%	2.7%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 12/13/2017															
Secondary Grab N' Go Brea	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017															
Secondary Grab N' Go Brea	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 12/15/2017															
Secondary Grab N' Go Brea	Total														
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		469	5	456	3.69	2.05	478.6	1195	36.56	59	12.09	95.99	3.71	1.53	*0.00
% of Calories										50.4%	10.3%	81.8%	7.1%	2.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 12/18/2017															
Secondary Grab N' Go Brea	Total														
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00

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Lee's Summit R-7 School District

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Secondary Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 12/19/2017															
Secondary Grab N' Go Brea	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Cinnamon Crunchmania	bag	220	0	230	1.00	750.00	100.0	10	0.0	2	1.0	36.0	7.0	2.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	317	4.24	375.37	383.9	608	11.73	41	10.54	79.80	6.63	1.25	0.00
% of Calories										39.4%	10.1%	76.5%	14.3%	2.7%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 12/20/2017															
Secondary Grab N' Go Brea	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		466	6	419	4.45	82.27	451.9	1061	30.99	54	11.82	90.00	6.63	2.21	*0.00
										104.4%	10.1%	77.2%	12.8%	4.3%	*0.0%

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	466		400 - 550	100%											
Cholesterol (mg)	6														
Sodium (mg)	419		600												
Fiber (g)	4.45														
Iron (mg)	82.27														
Calcium (mg)	451.9														
Vitamin A (IU)	1061														
Sugars (g)	54	46.40%													
Vitamin C (mg)	30.99														
Protein (g)	11.82	10.14%													
Carbohydrate (g)	90.00	77.19%													
Total Fat (g)	6.63	12.79%													
Saturated Fat (g)	2.21	4.26%	<10.00%												
Trans Fat ¹ (g)	0.00	0.00%			Missing										

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