

Lakeville Schools

Base Menu Spreadsheet Portion Values - Detailed

Page 1

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Wed - 03/01/2017															
HIGH SCHOOL LUNCH 16-CHICKEN BITES- SECONDARY	Total														
FRIED RICE	6 PIECES	250	50	655	2.40	1.20	24.0	214	0.0	1	22.8	18.0	9.6	1.20	0.00
VEGETABLES, ASIAN	3/4 CUP	184	108	409	1.40	1.82	29.0	1873	1.49	*N/A*	6.72	29.37	3.95	1.01	*N/A*
SALAD MIXED GREENS: W/ DRS NG	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
TEST ASST FRUIT & JUICE	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
ROLL - FRESH BAKED	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
MILK - ISD MILK	1 ROLL	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
BURRITO BAR	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
PIZZA, CHEESE RED BARON 68 712	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
ALTERNATE - PIZZA	1/8 PIE	320	30	440	5.00	1.80	300.0	60	0.0	12	14.0	40.0	14.0	7.00	0.00
SALAD MEAL SEC. ASIAN CHIX	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
CROUTONS, WG MARZETTI 853	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
BOX LUNCH - (WEDNESDAY)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
Weighted Daily Average	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
% of Calories		712	106	1582	10.59	*4.52	*528.6	6084	*33.16	*28	40.34	93.79	20.62	6.49	*0.04
Nutrient Guideline		750-850		1420						*15.7%	22.7%	52.7%	26.0%	8.2%	*0.1%

Thu - 03/02/2017															
HIGH SCHOOL LUNCH 16-CORN DOG - FOSTER FARMS - SEC	Total														
POTATOES, ROASTED ROSEMARY	8 PIECE	361	50	562	6.02	2.89	200.7	40	0.0	8	14.05	40.15	16.06	5.02	0.00
CARROT STICKS with HUMMUS	1/2 CUP	111	0	331	3.03	1.17	19.7	9	26.37	*1	2.81	23.58	0.74	0.11	*0.00
TEST ASST FRUIT (K-8)	1/2 C Carr	162	0	428	5.18	1.25	52.7	11042	5.05	*3	4.99	15.84	9.46	1.36	*0.00
FRUIT, FROZ JUICE CUP (POLIS)	1/2 CUP	65	0	4	1.73	*0.24	*9.1	298	*17.09	*13	0.55	16.6	0.14	0.02	*0.00
MILK - ISD MILK	4.4 OZ CU	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
ALTERNATE - ETHNIC	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE THURS	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SALAD MEAL CRISPY CHICKEN-SEC	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
CROUTONS, WG MARZETTI 853	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
BOX LUNCH - (THURS)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*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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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

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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)
Weighted Daily Average		808	54	1387	12.97	*4.58	*529.6	*5713	*54.43	*52	30.68	117.49	25.05	6.87	*0.01
% of Calories										*25.6%	15.2%	58.2%	27.9%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 03/03/2017															
HIGH SCHOOL LUNCH 16-CHEESE BREAD, GARLIC, TONY'S 7	Total	330	20	680	3.00	1.80	300.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
SPAGHETTI MARINARA SAUCE _201	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
VEGETABLES, ITALIAN BLEND	1/2 CUP	30	0	35	2.00	0.36	20.0	400	15.0	*N/A*	1.0	5.0	0.0	0.00	0.00
SALAD MIXED GREENS: W/ DRESSING	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
BOSCO STICK W.G. 6" 1 GRAIN 1	2 EACH	280	30	420	2.00	2.16	400.0	400	0.0	2	18.0	30.0	10.0	5.00	0.00
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		650	49	1318	9.71	*3.65	*575.5	7832	*53.81	*40	28.78	83.91	22.49	6.43	*0.01
% of Calories										*24.6%	17.7%	51.7%	31.2%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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HIGH SCHOOL LUNCH 16-17 (North)

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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)
Mon - 03/06/2017															
HIGH SCHOOL LUNCH 16-CHICKEN PATTY ON BUN 16-17	Total SANDWIC	402	45	764	4.01	3.62	220.2	121	0.0	4	23.15	44.12	15.12	3.03	0.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	9	0	4	0.60	0.16	6.2	730	6.61	1	0.46	1.89	0.1	0.01	*0.00
POTATOES, OVENABLE TWISTERS	3 OZ	160	0	420	2.00	1.08	0.0	0	4.8	0	2.0	20.0	8.0	2.00	0.00
BAKED BEANS, VEGETARIAN BUSH'S	1/2 CUP	140	0	371	6.02	1.81	40.1	60	0.0	12	5.02	30.09	0.5	0.00	0.00
COLESLAW, K.F.C.	3/4 CUP	188	11	314	4.30	0.89	128.3	245	63.25	10	3.14	15.85	13.42	1.54	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
COOKIE, CARNAVAL, W.G. BONZERS	1 OZ COOKIE	118	5	71	1.01	0.49	0.0	68	0.0	9	2.03	18.93	3.85	1.32	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		922	*66	1582	13.13	*5.56	*576.0	5936	*53.24	*47	37.60	123.92	32.30	7.19	*0.02
% of Calories										*20.3%	16.3%	53.7%	31.5%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 03/07/2017															
HIGH SCHOOL LUNCH 16-OMELET, COLBY CHEESE - SUNNY F	Total 1 EACH	110	195	210	0.00	0.70	85.0	376	0.0	*N/A*	8.0	1.0	8.0	3.00	0.00
FRENCH TOAST STICKS, CINNGLA	4 EACH	277	140	376	3.29	1.97	98.7	329	0.0	14	9.87	33.98	12.06	2.85	0.14
POTATO TRI-PATTY WITH VITAMIN	2 Each	229	0	621	2.70	0.48	0.0	0	36.45	0	2.7	27.0	9.45	3.37	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
TOMATO JUICE	4 OZ	19	0	287	0.45	0.44	11.3	510	79.49	3	0.96	4.0	0.33	0.02	0.00
YOGURT, UPSTATE - 4 OZ	CONTAIN	90	0	52	0.00	0.00	300.0	73	0.0	15	3.0	19.0	0.0	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00

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Page 4

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HIGH SCHOOL LUNCH 16-17 (North)

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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)
Weighted Daily Average		836	198	1330	9.54	*3.82	*627.9	*4543	*55.41	*49	34.52	110.27	28.29	7.82	*0.09
% of Calories										*23.4%	16.5%	52.8%	30.5%	8.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 03/08/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, NUGGET TYSON 7036	Total														
PASTA PLUS - BARILLA PENNE .5C	6 NUGGE	315	30	480	3.00	2.70	30.0	150	0.0	2	19.5	19.5	18.0	3.00	0.00
PEAS: frozen,boiled	1 CUP	227	0	48	4.05	1.82	20.2	1	0.0	*2	10.12	38.47	5.91	0.43	*0.00
SALAD MIXED GREENS: W/ DRS NG	1/2 CUP	59	0	4	4.13	1.07	18.1	555	29.0	4	3.93	10.48	0.29	0.05	0.00
TEST ASST FRUIT (9-12)	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
MILK - ISD MILK	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
ALTERNATE - PIZZA	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
BURRITO BAR	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
SALAD MEAL SEC. ASIAN CHIX	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
CROUTONS, WG MARZETTI 853	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
BOX LUNCH - (WEDNESDAY)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
SAUCE, BARBECUE,SWT BABY RAY'S	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
DRESSING, HONEY MUSTARD-HELLM	2 TB	69	*N/A*	275	0.47	0.12	4.0	99	0.5	14	0.34	16.59	0.15	0.01	0.00
Weighted Daily Average	2 TB	100	5	310	0.00	*N/A*	*N/A*	50	*N/A*	10	0.0	11.0	6.0	1.00	0.00
% of Calories		726	*48	1332	12.13	*5.13	*481.5	6498	*34.78	*31	38.08	92.29	24.72	6.21	*0.04
Nutrient Guideline		750-850		1420						*17.1%	21.0%	50.8%	30.6%	7.7%	*0.0%
														<10.00	

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Thu - 03/09/2017															
HIGH SCHOOL LUNCH 16-COUNTRY FRIED STEAK PORK 68040	Total PIECE	320	50	430	2.00	1.80	20.0	5	1.2	1	14.0	17.0	22.0	6.00	0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY - BROWN - PREP W/ H2O	1/4 cup	19	1	269	0.26	0.06	16.8	0	0.0	*N/A*	0.6	3.26	0.43	0.21	*N/A*
CORN: frozen, yellow	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
ROLL - FRESH BAKED	1 ROLL	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average		750	54	1353	10.29	*3.91	*417.6	*2598	*37.96	*35	31.50	99.48	27.25	7.01	*0.02
% of Calories										*18.9%	16.8%	53.0%	32.7%	8.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 03/10/2017															
HIGH SCHOOL LUNCH 16-SOUP, TOMATO CAMPB HEALTHY REQ	Total 1 CUP	76	0	391	0.94	0.34	3.4	378	5.67	9	0.94	15.12	0.94	0.47	0.00
GRILLED CHEESE	SANDWIC	336	30	708	4.00	1.44	485.0	628	0.0	*8	22.17	36.05	13.99	5.49	*0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
CARROT STICKS with HUMMUS	1/2 C Carr	162	0	428	5.18	1.25	52.7	11042	5.05	*3	4.99	15.84	9.46	1.36	*0.00
CRACKER, CHEDDAR GOLDFISH WG	POUCH	100	0	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Weighted Daily Average		830	*61	1655	12.00	*4.00	*730.2	11596	*44.89	*45	38.00	109.02	29.31	8.24	*0.01
% of Calories										*21.6%	18.3%	52.5%	31.8%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 03/13/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, MANDARIN ORANGE - SEC	Total 3.9 OZ	195	47	330	0.25	0.93	4.4	12	4.4	16	13.07	27.29	3.55	0.59	0.00
RICE,Cooked Brown	1 cup	176	0	192	1.67	0.71	13.1	2	0.0	*0	3.78	36.79	1.39	0.28	*0.00
EGG ROLL, VEGETABLE 1.5 OZ MIN	EGG ROLL	83	2	217	0.67	0.60	6.7	417	2.0	1	2.0	11.67	3.33	0.83	3.33
VEGETABLES, ASIAN	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		746	*65	1189	8.30	*3.51	*442.9	7890	*49.59	*44	32.31	111.04	20.09	4.54	*1.54
% of Calories										*23.8%	17.3%	59.5%	24.2%	5.5%	*1.9%
Nutrient Guideline		750-850		1420										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Tue - 03/14/2017															
HIGH SCHOOL LUNCH 16-MOZZARELLA CHEESE STICKS, HIGH	Total 5 EACH	383	30	474	2.02	1.45	403.4	403	0.0	*N/A*	19.16	29.24	20.17	5.04	0.00
SPAGHETTI MARINARA SAUCE _201	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
PASTA PLUS - BARILLA PENNE .5C	1 CUP	227	0	48	4.05	1.82	20.2	1	0.0	*2	10.12	38.47	5.91	0.43	*0.00
VEGETABLES, PROVENCE BLEND	1/2 CUP	15	0	13	1.00	0.00	10.0	500	9.0	*N/A*	0.5	2.5	0.0	0.00	0.00
SALAD MIXED GREENS: W/ DRESSING	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
Weighted Daily Average		873	56	1369	12.03	*4.93	*681.5	*7692	*46.84	*39	39.61	112.10	31.08	6.84	*0.02
% of Calories										*18.1%	18.2%	51.4%	32.1%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 03/15/2017															
HIGH SCHOOL LUNCH 16-PORK CARNITA SANDWICH	Total SANDWIC	261	46	827	3.00	2.53	200.0	20	0.0	*4	22.2	31.0	6.05	2.03	0.00
POTATO, SIDEWINDER 2168	3 OZ	120	0	350	2.00	0.36	0.0	0	2.4	0	2.0	21.0	3.5	0.50	0.00
VEGETABLE RELISHES W/RANCH DIP	SERVING	46	1	413	1.04	0.21	119.5	2775	10.65	*7	1.62	9.8	0.12	0.02	*0.00
COLESLAW, K.F.C.	1/2 CUP	125	7	209	2.87	0.60	85.6	163	42.17	7	2.09	10.57	8.95	1.03	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
JONNY POP	BAR	51	3	33	0.50	0.00	20.0	50	1.2	10	1.0	11.0	0.7	0.40	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
BURRITO BAR	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Weighted Daily Average		631	55	1574	9.84	*3.61	*584.8	4223	*36.71	*33	34.18	88.51	17.07	5.87	*0.04
% of Calories										*20.9%	21.7%	56.1%	24.4%	8.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 03/16/2017															
HIGH SCHOOL LUNCH 16-NACHOS - SECOND W/ CRUMBLE	Total SERVING	425	31	478	3.25	3.27	114.5	409	1.47	*1	18.84	42.84	21.27	4.68	*0.00
NACHO FIXINGS	OPTIONS	93	15	383	2.21	1.91	127.5	5459	9.94	*0	5.27	7.45	5.03	3.04	*0.00
BEANS, CHEESY REFRIED	#8 SCOOP	138	2	986	6.60	*1.86	*53.7	*127	*1.34	*1	7.81	21.33	2.37	0.89	*0.00
CORN: frozen, yellow	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
COWBOY BREAD	8X10 Cut	219	27	144	0.51	1.09	57.1	65	0.13	*1	3.1	32.72	8.55	2.52	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average		956	67	1804	14.29	*6.50	*576.9	*5631	*44.14	*37	39.89	130.30	33.34	9.52	*0.02
% of Calories										*15.4%	16.7%	54.5%	31.4%	9.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

	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 - 03/17/2017															
HIGH SCHOOL LUNCH 16-CHICKEN BRST STRIP BARREL BRD	Total 3 PIECES	283	61	476	2.02	1.82	0.0	5	0.0	1	25.31	16.2	13.16	2.53	0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY MIX, CHICKEN MINORS	1/4 CUP	15	0	211	0.00	0.00	1.0	0	0.0	*N/A*	0.0	2.0	0.5	0.00	*0.00
CALIFORNIA BLEND VEGETABL	1/2 CUP	15	0	10	1.52	0.73	0.0	2274	15.16	*N/A*	0.51	3.03	0.0	0.00	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
COOKIE, HOLIDAY SUGAR CUT OUT	Cookie	170	10	70	0.00	0.00	0.0	0	0.0	10	2.0	21.0	8.0	4.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H. CROUTONS, WG MARZETTI 853	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
BOX LUNCH - (M/F)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average % of Calories		716	*78	1243	7.46	*3.22	*427.4	5293	*36.13	*37 *20.6%	35.61 19.9%	88.48 49.4%	25.07 31.5%	6.72 8.4%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Mon - 03/20/2017															
HIGH SCHOOL LUNCH 16-CHICKEN SMACKER - LARGE P OPCOR	Total 10 EACH	269	60	590	3.00	0.36	170.0	8400	0.6	0	18.0	20.0	13.0	3.00	0.00
NOODLES, SESAME ASIAN 1C SERV	1 CUP	210	0	632	4.99	2.91	*53.9	2319	*1.76	*11	7.51	33.41	7.0	0.86	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	26	0	239	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
BAKER'S CHOICE	1 EACH	173	15	161	1.04	1.07	*5.6	194	1.46	*10	2.43	27.84	6.22	1.95	*0.02
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
SAUCE, GENERAL TSO	2 TB	160	0	960	0.00	0.00	0.0	0	0.0	*N/A*	0.0	42.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		905	*78	2010	12.08	*4.68	*552.9	12977	*51.34	*43 *19.1%	37.07 16.4%	128.53 56.8%	29.71 29.5%	6.78 6.7%	*0.02 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 03/21/2017															
HIGH SCHOOL LUNCH 16-SPAGHETTI SC W/ CRUMBLE IS D194	Total 2/3 CUP	169	28	622	3.08	2.52	51.7	271	8.1	7	14.89	10.97	7.14	2.41	0.00
PASTA PLUS, ROTINI _ BARILLA	1 CUP	190	0	25	4.00	1.80	20.0	0	0.0	2	10.0	38.0	2.0	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
SALAD,TOSSED: W/ DRESSING	1 CUP	105	5	443	2.17	0.55	43.1	6710	17.83	*2	2.29	8.03	6.81	0.97	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
BREADSTICK, GARLIC BAKECF 1638	BREADSTICK	100	0	135	2.00	1.08	0.0	100	0.0	1	3.0	16.0	3.5	1.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Weighted Daily Average		741	54	1168	11.96	*5.30	*481.7	*6729	*40.95	*33	37.65	99.41	23.96	6.25	*0.08
% of Calories										*17.7%	20.3%	53.6%	29.1%	7.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 03/22/2017															
HIGH SCHOOL LUNCH 16-	Total														
BOSCO STICK W.G. 6" 1 GRAIN 1	2 EACH	280	30	420	2.00	2.16	400.0	400	0.0	2	18.0	30.0	10.0	5.00	0.00
SPAGHETTI MARINARA SAUCE	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
_201															
EDAMAME, PARMESEAN CRUS	1/2 CUP	140	4	213	4.00	1.76	87.4	49	2.67	*0	9.89	8.43	8.11	1.65	*0.04
TED															
SALAD, SPINACH BLUEBERRY	1 CUP	63	0	29	1.71	1.10	41.6	3588	16.18	*7	1.31	14.06	0.79	0.07	*0.01
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
RICE KRISPIE BAR, MINI WG KEL	BAR	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
BURRITO BAR	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
Weighted Daily Average		628	46	1368	10.42	*4.56	*658.5	4880	*27.44	*30	34.09	83.99	18.34	6.97	*0.05
% of Calories										*19.3%	21.7%	53.5%	26.3%	10.0%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

	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)
Thu - 03/23/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, PARMESAN GARLIC - SEC	Total Piece	165	78	509	0.13	0.09	131.0	2	0.13	*0	28.34	1.11	5.21	1.60	*0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY MIX, CHICKEN MINORS	1/4 CUP	15	0	211	0.00	0.00	1.0	0	0.0	*N/A*	0.0	2.0	0.5	0.00	*0.00
CARROT, STEAMED BABY	1/2 CUP	29	0	64	2.43	0.74	26.2	11373	2.13	4	0.52	6.79	0.11	0.00	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
ROLL - FRESH BAKED	1 ROLL	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ITALIAN BEEF SANDWICH	SANDWIC	331	67	749	4.05	*3.61	*121.1	*11	*0.06	*2	27.54	40.52	7.33	2.61	*0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average % of Calories		651	69	1455	9.47	*3.38	*494.1	*7614	*39.86	*35 *21.2%	38.94 23.9%	85.41 52.4%	18.50 25.6%	4.68 6.5%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		770	*71	1454	10.95	*4.40	*551.0	*6690	*43.57	*39 *45.3%	35.81 18.6%	103.41 53.7%	25.13 29.4%	6.73 7.9%	*0.12 *0.1%
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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Mar 1, 2017 thru Mar 23, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 2/21/2017 2:45:08 PM

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	770		750 - 850	100%													
Cholesterol (mg)	71				Missing												Correction Required - Sodium too High
Sodium (mg)	1454		1420						34								
Fiber (g)	10.95																
Iron (mg)	4.40				Missing												
Calcium (mg)	551.0				Missing												
Vitamin A (IU)	6690				Missing												
Sugars (g)	39	20.12%			Missing												
Vitamin C (mg)	43.57				Missing												
Protein (g)	35.81	18.61%															
Carbohydrate (g)	103.41	53.75%															
Total Fat (g)	25.13	29.39%															
Saturated Fat (g)	6.73	7.87%		<10.00%													
Trans Fat ¹ (g)	0.12	0.14%			Missing												

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