

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/01/2017						
LUNCH 6-8	Total	100				
EGG ROLL 2 EACH	ROLL	80	320	6	40.01	2.00
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	20	150	4	6.0	3.50
RICE FRIED VEG.	SERVING (3/4C)	50	270	3	54.0	0.50
ROLL DINNER WG BAKER BOY	ROLL	20	110	*N/A*	19.0	0.50
BROCCOLI RAW 3/4 C	.75 C	60	15	*N/A*	2.79	0.03
APPLESAUCE, UNSWEETENED	.5 CUP	65	52	0	13.79	0.02
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	73	*N/A*	19.15	0.01
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	110	1	12.0	1.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			697	*24	111.69	3.37
% of Calories				*13.8%	64.1%	4.3%
Nutrient Guideline			600-700			<10.00

Thu - 02/02/2017						
LUNCH 6-8	Total	100				
Vegetarian Chili 1 c	1 CUP	25	89	*0	13.47	0.31
PRETZEL WG SOFT 2.2 OZ	1 EACH	25	123	1	26.4	0.00
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	25	80	0	0.57	3.29
CHICKEN, POPCORN	serv 3.36 oz	70	253	1	16.21	2.53
SALAD DRESSING, RANCH	1.5 OZ	90	101	*N/A*	2.73	0.89
SALAD, ROMAINE 2016	1.5 CUP	90	84	*2	19.02	0.07
BANANAS,RAW FRESH	1 EACH	90	90	12	23.07	0.11
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
Weighted Daily Average			624	*31	82.79	3.94
% of Calories				*19.6%	53.1%	5.7%
Nutrient Guideline			600-700			<10.00

Fri - 02/03/2017						
LUNCH 6-8	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	80	250	6	30.0	3.50
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	203	0	12.0	2.00
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	99	0	22.87	0.20
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	17.88	0.03
CARROTS, RAW BABY EL 4 oz	4 OZ	45	40	*N/A*	9.34	0.03
SALAD DRESSING, RANCH	1.5 OZ	45	101	*N/A*	2.73	0.89
CRACKER WAFFLE GRAHAM	serving	65	111	*N/A*	20.25	*N/A*
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
Weighted Daily Average			640	*22	99.34	*4.12
% of Calories				*14.0%	62.0%	*5.8%
Nutrient Guideline			600-700			<10.00

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/06/2017						
LUNCH 6-8	Total	100				
CHICKEN NUGGETS,(5 EACH)	1 EACH	80	260	1	16.0	2.50
EGG ROLL 2 EACH	ROLL	20	320	6	40.01	2.00
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	65	39	0	7.4	0.03
RICE, BROWN LONG, 1/2 C	1/2 CUP	80	108	0	22.39	0.18
APPLESAUCE, UNSWEETENED	.5 CUP	95	52	0	13.79	0.02
JUICE/FRUITABLES/TROPICAL	6.75 OZ	90	90	*N/A*	22.0	*N/A*
MILK 1% SMITH BROTHERS	HALF PINT	10	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.00
Weighted Daily Average			636	*21	97.27	*2.73
% of Calories				*13.0%	61.2%	*3.9%
Nutrient Guideline			600-700			<10.00

Tue - 02/07/2017						
LUNCH 6-8	Total	100				
BBQ PORK HOAGIE	1 EACH	50	400	*3	39.0	6.00
CORN DOG CHICKEN	1 EACH	50	240	5	30.0	2.50
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	70	250	13	32.29	2.20
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	0	17.88	0.03
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			669	*30	91.26	6.11
% of Calories				*17.8%	54.6%	8.2%
Nutrient Guideline			600-700			<10.00

Wed - 02/08/2017						
LUNCH 6-8	Total	100				
CHICKEN TAQUITOS 3 ea	3 EACH	60	330	*N/A*	39.0	3.00
CHICKEN FAJITA QUES W/BEAN K-8	1 EACH	40	356	*N/A*	46.47	4.07
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	45	120	1	18.0	0.00
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	45	80	0	0.57	3.29
APPLES,FRESH,W/SKIN	1 EACH	75	77	15	20.58	0.04
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	9.34	0.03
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73	0.89
SALSA , GREEN CHILI TOMATO, CH	2 oz	60	13	*N/A*	2.77	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			694	*29	93.88	5.72
% of Calories				*16.5%	54.1%	7.4%
Nutrient Guideline			600-700			<10.00

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Thu - 02/09/2017						
LUNCH 6-8	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	45	302	*N/A*	18.32	5.39
CHEESE, AMERICAN RF 1 slice	SLICE	50	35	*N/A*	1.0	1.25
HAMBURGER ELE	1 EACH	50	268	*0	31.0	3.30
POTATOES, MASHED INSTANT:3/4 c	3/4 c	80	135	0	25.5	0.00
GRAVY BROWN	2 OZ	80	25	*N/A*	0.0	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	53	0	13.39	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			577	*16	75.90	4.92
% of Calories				*11.4%	52.6%	7.7%
Nutrient Guideline			600-700			<10.00

Fri - 02/10/2017						
LUNCH 6-8	Total	100				
PIZZA 4X6 TONY'S	SLICE	85	300	10	33.0	5.00
CHICKEN, POPCORN	serv 3.36 oz	15	253	1	16.21	2.53
PEARS, DICED LIGHT SYRUP 3/4 C	3/4 C	75	87	0	22.67	0.00
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	0	4.56	0.03
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	19.0	1.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.00
Weighted Daily Average			611	*27	91.41	5.88
% of Calories				*17.9%	59.8%	8.7%
Nutrient Guideline			600-700			<10.00

Mon - 02/13/2017						
LUNCH 6-8	Total	100				
CORN DOG CHICKEN	1 EACH	80	240	5	30.0	2.50
BBQ PORK HOAGIE	1 EACH	20	400	*3	39.0	6.00
BEANS BAKED 1/2	1/2 CUP	35	140	*N/A*	25.0	0.00
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	13.79	0.02
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	85	5	11.0	0.75
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.00
CRACKER WAFFLE GRAHAM	serving	60	111	*N/A*	20.25	*N/A*
Weighted Daily Average			614	*26	93.07	*3.93
% of Calories				*17.1%	60.6%	*5.8%
Nutrient Guideline			600-700			<10.00

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Tue - 02/14/2017						
LUNCH 6-8	Total	100				
MANWICH SLOPPY JOE	SERVINGS	20	303	*3	35.68	3.62
CHICKEN, POPCORN	serv 3.36 oz	80	253	1	16.21	2.53
POTATO, CRINKLE CUT: 4 OZ	4 OZ	100	160	*N/A*	25.33	2.00
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	0	4.56	0.03
BANANAS,RAW FRESH	1 EACH	80	90	12	23.07	0.11
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			625	*27	86.51	5.09
% of Calories				*17.5%	55.4%	7.3%
Nutrient Guideline			600-700			<10.00

Wed - 02/15/2017						
LUNCH 6-8	Total	100				
Sweet N Sour Chicken	3.9 oz	80	190	13	25.0	1.00
BEEF FINGERS CNTRY FRD (4)	3.88	20	302	*N/A*	18.32	5.39
RICE, BROWN LONG, 3/4 C	3/4 CUP	100	162	0	33.59	0.26
BROCCOLI RAW 3/4 C	.75 C	65	15	*N/A*	2.79	0.03
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	80	90	*N/A*	21.0	0.00
SALAD DRESSING, RANCH	1.5 OZ	65	101	*N/A*	2.73	0.89
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			635	*27	96.84	2.97
% of Calories				*16.9%	61.0%	4.2%
Nutrient Guideline			600-700			<10.00

Thu - 02/16/2017						
LUNCH 6-8	Total	100				
TACO BEEF & BEAN K-8 GRADE	2 each	1	127	*0	12.07	2.23
PIZZA STICK BOSCO 7 "	STICK	99	240	3	29.0	4.50
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	100	99	0	22.87	0.20
PEARS,FRESH	1 EACH	100	101	17	27.11	0.04
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	1.32	0.01
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.00
Weighted Daily Average			585	*39	104.40	4.95
% of Calories				*26.7%	71.4%	7.6%
Nutrient Guideline			600-700			<10.00

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Fri - 02/17/2017						
LUNCH 6-8	Total	100				
CHICKEN BREAD K-6 san new BUN	PATTY	80	393	4	42.21	3.03
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32	0.01
PIZZA 4X6 TONY'S	SLICE	20	300	10	33.0	5.00
SALAD, ROMAINE 2016	SRV	50	56	*1	12.68	0.05
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73	0.89
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	0	13.39	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			619	*22	80.32	4.12
% of Calories				*14.4%	51.9%	6.0%
Nutrient Guideline			600-700			<10.00

Mon - 02/20/2017						
LUNCH 6-8	Total	100				
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	45	150	4	6.0	3.50
CHICKEN, POPCORN	serv 3.36 oz	55	253	1	16.21	2.53
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39	0.18
APPLES, FRESH, W/SKIN	1 EACH	100	77	15	20.58	0.04
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	85	21	0	4.56	0.03
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	90	110	8	19.0	1.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			623	*42	94.76	4.34
% of Calories				*26.7%	60.8%	6.3%
Nutrient Guideline			600-700			<10.00

Tue - 02/21/2017						
LUNCH 6-8	Total	100				
CHEESE, AMERICAN RF 1 slice	SLICE	50	35	*N/A*	1.0	1.25
HAMBURGER ELE	1 EACH	50	268	*0	31.0	3.30
ROLL DINNER WG BAKER BOY	ROLL	50	110	*N/A*	19.0	0.50
CHICKEN NUGGETS, (5 EACH)	SERVING	50	260	1	16.0	2.50
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	100	0	15.0	1.00
PEARS, FRESH	1 EACH	75	101	17	27.11	0.04
BEANS BAKED 1/2	1/2 CUP	60	140	*N/A*	25.0	0.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	6	*N/A*	1.32	0.01
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			689	*30	99.94	4.78
% of Calories				*17.4%	58.1%	6.3%
Nutrient Guideline			600-700			<10.00

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Wed - 02/22/2017						
LUNCH 6-8	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	208	*N/A*	25.64	2.10
SAUSAGE LINKS 2	2 EACH	80	43	*N/A*	1.0	1.17
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	225	*3	31.43	2.60
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	6	*N/A*	1.32	0.01
POTATO, TATER TOTS: 6-12 (15)	15 EACH	95	225	0	25.5	2.25
ORANGES, FRESH	1 EACH	75	45	9	11.28	0.02
SYRUP CUP, REDUCED CALORIE	1 EACH	80	50	*N/A*	13.0	0.00
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.00
Weighted Daily Average			649	*24	90.15	5.51
% of Calories				*14.7%	55.6%	7.6%
Nutrient Guideline			600-700			<10.00

Thu - 02/23/2017						
LUNCH 6-8	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	50	266	*1	41.86	2.23
PIZZA STICK BOSCO 7 "	STICK	50	240	3	29.0	4.50
BREAD, TOAST GARLIC MINI	1 oz SLICE	50	70	*N/A*	12.0	0.00
SPINACH SALAD	1.5 CUP	60	159	*0	10.23	4.56
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73	0.89
JUICE APPLE JUICE CUP	1 EACH	80	60	13	14.0	0.00
STRAWBERRY CUP	serving	80	80	16	20.93	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
Weighted Daily Average			682	*43	98.14	6.94
% of Calories				*25.2%	57.6%	9.2%
Nutrient Guideline			600-700			<10.00

Fri - 02/24/2017						
LUNCH 6-8	Total	100				
BAJA FISH WG STICKS, 4 ea	4 PIECES	25	220	0	18.0	2.00
CORN DOG CHICKEN	1 EACH	75	240	5	30.0	2.50
BROCCOLI RAW EL 1/2	1/2 C	100	39	*N/A*	7.53	0.04
CARROTS, RAW BABY EL 4 oz	4 OZ	100	40	*N/A*	9.34	0.03
HUMMAS DIP TRADITIONAL .85 V	1 EACH	100	110	1	12.0	1.00
PEACH CUBES 1/2 CUP	1/2 cup	100	35	7	8.5	0.00
PRETZEL GOLDFISH CRACKERS	BAG	40	90	*N/A*	16.0	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
TARTAR SAUCE: scratch	1 OZ	25	77	*N/A*	6.52	0.62
Weighted Daily Average			639	*29	93.40	3.90
% of Calories				*18.0%	58.4%	5.5%
Nutrient Guideline			600-700			<10.00

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LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	S-Fat (g)
Mon - 02/27/2017						
LUNCH 6-8	Total	100				
CHICKEN, POPCORN	serv 3.36 oz	75	253	1	16.21	2.53
ROLL DINNER WG BAKER BOY	ROLL	75	110	*N/A*	19.0	0.50
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	302	*1	32.34	2.60
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32	0.01
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56	0.03
APPLES, FRESH, W/SKIN	1 EACH	100	77	15	20.58	0.04
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
Weighted Daily Average			574	*34	80.96	3.30
% of Calories				*23.8%	56.4%	5.2%
Nutrient Guideline			600-700			<10.00

Tue - 02/28/2017						
LUNCH 6-8	Total	100				
Cindys Fiesta Bowl each 3/4 ri	serving	40	387	*0	47.54	5.60
TORTILLA WHEAT 10" 1/2 tortilla	1/2	40	100	*N/A*	18.0	0.50
CHICKEN TAQUITOS 3 ea	3 EACH	60	330	*N/A*	39.0	3.00
SALSA, GREEN CHILI TOMATO, CH	2 oz	85	13	*N/A*	2.77	0.00
REFRIED BEANS, TRADITIO : 1/2 C	1/2 C	40	120	1	18.0	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	65	53	0	13.39	0.00
JUICE APPLE JUICE CUP	1 EACH	75	60	13	14.0	0.00
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0	0.57	3.29
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	1.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.00
Weighted Daily Average			684	*28	98.96	5.78
% of Calories				*16.2%	57.9%	7.6%
Nutrient Guideline			600-700			<10.00

Weighted Average			638	*29	93.05	*4.62
				*40.2%	58.3%	*6.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		600 - 700	100%				
Sugars (g)	29	17.88%			Missing			
Carbohydrate (g)	93.05	58.31%						
Saturated Fat (g)	4.62	6.51%	<10.00%		Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.