

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet  
Portion Values - Detailed

LUNCH K-5

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Wed - 03/01/2017						
LUNCH K-5	Total	100				
EGG ROLL (1 EACH)	ROLL	95	160	3	10.0	20.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	3	6.0	54.0
BROCCOLI RAW EL 1/2	1/2 C	65	39	*N/A*	3.2	7.53
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	*N/A*	0.51	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	1	4.0	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
Weighted Daily Average			614	*25	26.13	108.07
% of Calories				*16.0%	17.0%	70.4%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Thu - 03/02/2017						
LUNCH K-5	Total	100				
Vegetarian Chili 1/2 c	1/2 cup	95	44	*0	1.54	6.61
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0	7.71	0.57
PRETZEL WG SOFT 2.2 oz.( 1/2)	1/2	95	70	0	2.5	15.0
SALAD, ROMAINE 2016	SRV	100	56	*1	1.54	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	0.85	2.73
BANANAS,RAW FRESH	1 EACH	100	90	12	1.1	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			557	*31	22.65	80.55
% of Calories				*22.3%	16.3%	57.9%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Fri - 03/03/2017						
LUNCH K-5	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	100	250	6	16.0	30.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	2.0	12.0
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	0	2.15	15.24
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	68	0	0.52	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	0.73	9.34
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	0.85	2.73
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
Weighted Daily Average			636	*25	29.05	92.93
% of Calories				*15.5%	18.3%	58.5%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Mon - 03/06/2017						
LUNCH K-5	Total	100				
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	0	14.0	12.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	2.52	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	100	39	0	4.28	7.4
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	0.39	20.58
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			554	*34	29.18	83.87
% of Calories				*24.7%	21.1%	60.5%
Nutrient Guideline			550-650			

Tue - 03/07/2017						
LUNCH K-5	Total	100				
BBQ PORK HOAGIE	1 EACH	95	400	*3	*7.0	39.0
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	35	250	13	2.94	32.29
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	95	68	0	0.52	17.88
MILK 1% SMITH BROTHERS	HALF PINT	40	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	22	8.0	23.0
Weighted Daily Average			647	*20	*15.77	83.19
% of Calories				*12.1%	*9.7%	51.4%
Nutrient Guideline			550-650			

Wed - 03/08/2017						
LUNCH K-5	Total	100				
CHICKEN TAQUITOS 2 ea	2 EACH	100	220	*N/A*	8.0	26.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	95	120	1	6.0	18.0
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	0.73	9.34
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	0.85	2.73
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	0.2	13.79
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	0.48	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			610	*17	22.72	85.84
% of Calories				*11.4%	14.9%	56.3%
Nutrient Guideline			550-650			

Thu - 03/09/2017						
LUNCH K-5	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	100	302	*N/A*	17.24	18.32
POTATOES, MASHED INSTANT:3/4 c	3/4 c	100	135	0	3.0	25.5
GRAVY BROWN	2 OZ	100	25	*N/A*	0.0	0.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	80	53	0	0.5	13.39
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			629	*16	28.65	75.04
% of Calories				*10.5%	18.2%	47.7%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Fri - 03/10/2017						
LUNCH K-5	Total	100				
PIZZA 4X6 TONY'S	SLICE	100	300	10	16.0	33.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	1.17	4.56
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	0.38	15.12
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	0.0	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			603	*26	24.76	90.88
% of Calories				*17.6%	16.4%	60.3%
Nutrient Guideline			550-650			

Mon - 03/13/2017						
LUNCH K-5	Total	100				
CORN DOG CHICKEN	1 EACH	100	240	5	9.0	30.0
BEANS BAKED 1/2	1/2 CUP	45	140	*N/A*	7.0	25.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP (8each)	75	170	9	2.0	22.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0	0.2	13.79
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			598	*29	21.81	89.78
% of Calories				*19.6%	14.6%	60.0%
Nutrient Guideline			550-650			

Tue - 03/14/2017						
LUNCH K-5	Total	100				
MANWICH SLOPPY JOE	SERVINGS	100	303	*3	17.5	35.68
POTATO, KK OVENABLE 3 OZ	3 OZ	70	120	0	3.0	21.0
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0	0.78	3.04
BANANAS,RAW FRESH	1 EACH	75	90	12	1.1	23.07
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			585	*29	28.61	90.31
% of Calories				*20.1%	19.6%	61.7%
Nutrient Guideline			550-650			

Wed - 03/15/2017						
LUNCH K-5	Total	100				
Sweet N Sour Chicken	3.9 oz	100	190	13	14.0	25.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	2.52	22.39
BROCCOLI RAW 3/4 C	.75 C	75	15	*N/A*	1.59	2.79
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	0.85	2.73
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	90	*N/A*	0.5	21.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			596	*31	26.82	92.48
% of Calories				*20.5%	18.0%	62.0%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
<b>Thu - 03/16/2017</b>						
LUNCH K-5	Total	100				
TACO BEEF & BEAN K-8 GRADE:2	2 EACH	100	255	*0	14.56	24.14
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	0.31	1.32
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	0	2.15	15.24
PEARS,FRESH	1 EACH	100	101	17	0.64	27.11
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	0.48	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			555	*34	25.33	89.79
% of Calories				*24.6%	18.3%	64.7%
Nutrient Guideline			550-650			
<b>Fri - 03/17/2017</b>						
LUNCH K-5	Total	100				
CHICKEN SAND BREAD K-6	SANDWICH	100	383	*1	20.19	44.21
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	25	6	*N/A*	0.31	1.32
SALAD, ROMAINE 2016	SRV	50	56	*1	1.54	12.68
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	0.85	2.73
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	0.5	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			609	*18	28.96	79.48
% of Calories				*11.8%	19.0%	52.2%
Nutrient Guideline			550-650			
<b>Mon - 03/20/2017</b>						
LUNCH K-5	Total	100				
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	100	150	4	12.0	6.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	2.52	22.39
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	1.17	4.56
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	0.39	20.58
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	0.0	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			580	*36	23.28	91.73
% of Calories				*24.8%	16.0%	63.2%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Tue - 03/21/2017						
LUNCH K-5	Total	100				
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	*N/A*	3.5	1.0
HAMBURGER ELE	1 EACH	100	268	*0	18.0	31.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	0	2.0	15.0
BEANS BAKED 1/2	1/2 CUP	40	140	*N/A*	7.0	25.0
PEARS,FRESH	1 EACH	65	101	17	0.64	27.11
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	0.31	1.32
Weighted Daily Average			625	*28	33.83	92.14
% of Calories				*17.8%	21.6%	59.0%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Wed - 03/22/2017						
LUNCH K-5	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	90	208	*N/A*	7.65	25.64
SAUSAGE LINKS lower sod (2)	1 EACH	80	200	0	14.0	2.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	45	225	0	1.5	25.5
ORANGES,FRESH	1 EACH	45	45	9	0.9	11.28
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
SYRUP CUP, REDUCED CALORIE	1 EACH	90	50	*N/A*	0.0	13.0
Weighted Daily Average			628	*21	26.37	72.13
% of Calories				*13.1%	16.8%	46.0%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Thu - 03/23/2017						
LUNCH K-5	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	95	266	*1	14.61	40.98
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	70	*N/A*	2.0	12.0
SPINACH SALAD	1.5 CUP	50	159	*0	12.48	10.23
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	0.85	2.73
JUICE APPLE JUICE CUP	1 EACH	50	60	13	0.0	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	22	8.0	23.0
Weighted Daily Average			592	*23	29.64	82.51
% of Calories				*15.7%	20.0%	55.7%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Fri - 03/24/2017						
LUNCH K-5	Total	100				
BAJA FISH WG STICKS, 4 ea	4 PIECES	100	220	0	15.0	18.0
BROCCOLI RAW EL 1/2	1/2 C	90	39	*N/A*	3.2	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	0.73	9.34
HUMMAS RANCH DIP V.94	SERVING	45	90	1	3.0	11.0
PEACH CUBES 1/2 CUP	1/2 CUP	75	35	7	0.5	8.5
PRETZEL GOLDFISH CRACKERS	BAG	90	90	*N/A*	2.0	16.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
TARTAR SAUCE: scratch	1 OZ	80	77	*N/A*	0.29	6.52
Weighted Daily Average			620	*24	30.47	83.47
% of Calories				*15.5%	19.6%	53.8%
Nutrient Guideline			550-650			

Mon - 03/27/2017						
LUNCH K-5	Total	100				
CHICKEN, POPCORN	serv 3.36 oz	100	253	1	15.2	16.21
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	4.0	19.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	1.17	4.56
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	0.39	20.58
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	8.0	23.0
Weighted Daily Average			587	*33	28.76	80.85
% of Calories				*22.5%	19.6%	55.1%
Nutrient Guideline			550-650			

Tue - 03/28/2017						
LUNCH K-5	Total	100				
Cindys Fiesta Bowl ea 1/2 rice	serving	95	333	*0	22.85	36.35
TORTILLA WHEAT 10"1/2 tortilla	1/2	40	100	*N/A*	3.0	18.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	90	13	*N/A*	0.48	2.77
REFRIED BEANS, ELEM 1/2	1/2 CUP	35	120	1	6.0	18.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	35	80	0	7.71	0.57
JUICE APPLE JUICE CUP	1 EACH	75	60	13	0.0	14.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
Weighted Daily Average			610	*29	36.13	82.72
% of Calories				*18.9%	23.7%	54.2%
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LUNCH K-5

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Wed - 03/29/2017						
LUNCH K-5	Total	100				
EGG ROLL (1 EACH)	ROLL	95	160	3	10.0	20.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	3	6.0	54.0
BROCCOLI RAW EL 1/2	1/2 C	65	39	*N/A*	3.2	7.53
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	1	4.0	12.0
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	*N/A*	0.51	19.15
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
Weighted Daily Average			614	*25	26.13	108.07
% of Calories				*16.0%	17.0%	70.4%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Thu - 03/30/2017						
LUNCH K-5	Total	100				
Vegetarian Chili 1/2 c	1/2 cup	95	44	*0	1.54	6.61
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0	7.71	0.57
PRETZEL WG SOFT 2.2 oz.( 1/2)	1/2	95	70	0	2.5	15.0
SALAD, ROMAINE 2016	SRV	100	56	*1	1.54	12.68
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	0.85	2.73
BANANAS,RAW FRESH	1 EACH	100	90	12	1.1	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	8.0	23.0
Weighted Daily Average			557	*31	22.65	80.55
% of Calories				*22.3%	16.3%	57.9%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Protn (g)	Carb (g)
Fri - 03/31/2017						
LUNCH K-5	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	100	250	6	16.0	30.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	2.0	12.0
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	0	2.15	15.24
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	0.73	9.34
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	0.85	2.73
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	68	0	0.52	17.88
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	8.0	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	8.0	23.0
Weighted Daily Average			636	*25	29.05	92.93
% of Calories				*15.5%	18.3%	58.5%
Nutrient Guideline			550-650			

Weighted Average			602	*27 *39.6%	*26.82 *17.8%	87.36 58.1%
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\*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  
 † - 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.**

**KENAI PENINSULA BOROUGH  
SCHOOL DISTRICT**

**Mar 1, 2017 thru Mar 31, 2017**

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	602		550 - 650	100%				
Sugars (g)	27	17.62%			Missing			
Protein (g)	26.82	17.82%			Missing			
Carbohydrate (g)	87.36	58.06%						

*\*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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