

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

LUNCH K-12

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 03/01/2017						
LUNCH K-5	Total	100				
EGG ROLL (1 EACH)	ROLL	95	160	3	20.0	5.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	3	54.0	3.5
BROCCOLI RAW EL 1/2	1/2 C	65	39	*N/A*	7.53	0.42
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	*N/A*	19.15	0.1
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	1	12.0	5.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
Weighted Daily Average			614	*25	108.07	9.52
% of Calories				*16.0%	70.4%	14.0%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Thu - 03/02/2017						
LUNCH K-5	Total	100				
Vegetarian Chili 1/2 c	1/2 cup	95	44	*0	6.61	1.73
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0	0.57	5.19
PRETZEL WG SOFT 2.2 oz.( 1/2)	1/2	95	70	0	15.0	0.25
SALAD, ROMAINE 2016	SRV	100	56	*1	12.68	0.35
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73	9.27
BANANAS,RAW FRESH	1 EACH	100	90	12	23.07	0.33
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			557	*31	80.55	17.26
% of Calories				*22.3%	57.9%	27.9%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 03/03/2017						
LUNCH K-5	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	100	250	6	30.0	8.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	12.0	2.5
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	0	15.24	0.82
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	68	0	17.88	0.1
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	9.34	0.15
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73	9.27
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
Weighted Daily Average			636	*25	92.93	18.60
% of Calories				*15.5%	58.5%	26.3%
Nutrient Guideline			550-650			

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 03/06/2017						
LUNCH K-5	Total	100				
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	100	203	0	12.0	11.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39	0.88
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	100	39	0	7.4	0.15
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	20.58	0.25
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0

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Mar 1, 2017 thru Mar 31, 2017

LUNCH K-12

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			554	*34	83.87	12.66
% of Calories				*24.7%	60.5%	20.6%
Nutrient Guideline			550-650			

Tue - 03/07/2017						
LUNCH K-5	Total	100				
BBQ PORK HOAGIE	1 EACH	95	400	*3	39.0	18.5
SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	35	250	13	32.29	11.74
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	95	68	0	17.88	0.1
MILK 1% SMITH BROTHERS	HALF PINT	40	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	55	130	22	23.0	0.0
Weighted Daily Average			647	*20	83.19	22.78
% of Calories				*12.1%	51.4%	31.7%
Nutrient Guideline			550-650			

Wed - 03/08/2017						
LUNCH K-5	Total	100				
CHICKEN TAQUITOS 2 ea	2 EACH	100	220	*N/A*	26.0	10.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	95	120	1	18.0	2.5
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	9.34	0.15
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73	9.27
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	13.79	0.06
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77	0.24
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			610	*17	85.84	20.10
% of Calories				*11.4%	56.3%	29.6%
Nutrient Guideline			550-650			

Thu - 03/09/2017						
LUNCH K-5	Total	100				
BEEF FINGERS CNTRY FRD (4)	3.88	100	302	*N/A*	18.32	17.24
POTATOES, MASHED INSTANT:3/4 c	3/4 c	100	135	0	25.5	1.5
GRAVY BROWN	2 OZ	100	25	*N/A*	0.0	0.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	80	53	0	13.39	0.13
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			629	*16	75.04	19.47
% of Calories				*10.5%	47.7%	27.9%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 03/10/2017						
LUNCH K-5	Total	100				
PIZZA 4X6 TONY'S	SLICE	100	300	10	33.0	11.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56	0.1
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	15.12	0.12
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	19.0	3.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			603	*26	90.88	14.60
% of Calories				*17.6%	60.3%	21.8%
Nutrient Guideline			550-650			

Mon - 03/13/2017						
LUNCH K-5	Total	100				
CORN DOG CHICKEN	1 EACH	100	240	5	30.0	8.0
BEANS BAKED 1/2	1/2 CUP	45	140	*N/A*	25.0	1.0
SWEET POTATO LATTICE CUT FRIES	1/2 CUP (8each)	75	170	9	22.0	8.0
APPLESAUCE, UNSWEETENED	.5 CUP	80	52	0	13.79	0.06
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			598	*29	89.78	15.00
% of Calories				*19.6%	60.0%	22.6%
Nutrient Guideline			550-650			

Tue - 03/14/2017						
LUNCH K-5	Total	100				
MANWICH SLOPPY JOE	SERVINGS	100	303	*3	35.68	9.79
POTATO, KK OVENABLE 3 OZ	3 OZ	70	120	0	21.0	2.5
GREEN BEANS, CUT;K-51/2 C	.50 CUP	75	14	0	3.04	0.07
BANANAS,RAW FRESH	1 EACH	75	90	12	23.07	0.33
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			585	*29	90.31	12.21
% of Calories				*20.1%	61.7%	18.8%
Nutrient Guideline			550-650			

Wed - 03/15/2017						
LUNCH K-5	Total	100				
Sweet N Sour Chicken	3.9 oz	100	190	13	25.0	4.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39	0.88
BROCCOLI RAW 3/4 C	.75 C	75	15	*N/A*	2.79	0.19
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73	9.27
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	95	90	*N/A*	21.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			596	*31	92.48	12.47
% of Calories				*20.5%	62.0%	18.8%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Thu - 03/16/2017						
LUNCH K-5	Total	100				
TACO BEEF & BEAN K-8 GRADE:2	2 EACH	100	255	*0	24.14	11.11
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	100	6	*N/A*	1.32	0.07
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	0	15.24	0.82
PEARS, FRESH	1 EACH	100	101	17	27.11	0.25
SALSA, GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77	0.24
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			555	*34	89.79	12.86
% of Calories				*24.6%	64.7%	20.9%
Nutrient Guideline			550-650			

Fri - 03/17/2017						
LUNCH K-5	Total	100				
CHICKEN SAND BREAD K-6	SANDWICH	100	383	*1	44.21	15.18
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32	0.07
SALAD, ROMAINE 2016	SRV	50	56	*1	12.68	0.35
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73	9.27
PEACHES, DICED LIGHT S: 1/2 C	4 oz	60	53	0	13.39	0.13
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			609	*18	79.48	20.46
% of Calories				*11.8%	52.2%	30.2%
Nutrient Guideline			550-650			

Mon - 03/20/2017						
LUNCH K-5	Total	100				
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	100	150	4	6.0	8.0
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39	0.88
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56	0.1
APPLES, FRESH, W/SKIN	1 EACH	100	77	15	20.58	0.25
CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	100	110	*N/A*	19.0	3.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			580	*36	91.73	12.61
% of Calories				*24.8%	63.2%	19.6%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 03/21/2017						
LUNCH K-5	Total	100				
CHEESE, AMERICAN RF 1 slice	SLICE	100	35	*N/A*	1.0	2.0
HAMBURGER ELE	1 EACH	100	268	*0	31.0	10.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	100	0	15.0	4.0
BEANS BAKED 1/2	1/2 CUP	40	140	*N/A*	25.0	1.0
PEARS,FRESH	1 EACH	65	101	17	27.11	0.25
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	1.32	0.07
Weighted Daily Average			625	*28	92.14	16.20
% of Calories				*17.8%	59.0%	23.3%
Nutrient Guideline			550-650			

Wed - 03/22/2017						
LUNCH K-5	Total	100				
FRENCH TOAST STICKS, WG :3 EA	3 EA	90	208	*N/A*	25.64	8.78
SAUSAGE LINKS lower sod (2)	1 EACH	80	200	0	2.0	14.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	45	225	0	25.5	13.5
ORANGES,FRESH	1 EACH	45	45	9	11.28	0.12
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
SYRUP CUP, REDUCED CALORIE	1 EACH	90	50	*N/A*	13.0	0.0
Weighted Daily Average			628	*21	72.13	25.60
% of Calories				*13.1%	46.0%	36.7%
Nutrient Guideline			550-650			

Thu - 03/23/2017						
LUNCH K-5	Total	100				
SPAGHETTI AND MEAT SAUCE	1 CUP	95	266	*1	40.98	7.54
BREAD, TOAST GARLIC MINI	1 oz SLICE	95	70	*N/A*	12.0	2.5
SPINACH SALAD	1.5 CUP	50	159	*0	10.23	6.75
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73	9.27
JUICE APPLE JUICE CUP	1 EACH	50	60	13	14.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	22	23.0	0.0
Weighted Daily Average			592	*23	82.51	18.05
% of Calories				*15.7%	55.7%	27.4%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 03/24/2017						
LUNCH K-5	Total	100				
BAJA FISH WG STICKS, 4 ea	4 PIECES	100	220	0	18.0	10.0
BROCCOLI RAW EL 1/2	1/2 C	90	39	*N/A*	7.53	0.42
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	9.34	0.15
HUMMAS RANCH DIP V.94	SERVING	45	90	1	11.0	3.0
PEACH CUBES 1/2 CUP	1/2 CUP	75	35	7	8.5	0.0
PRETZEL GOLDFISH CRACKERS	BAG	90	90	*N/A*	16.0	1.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
TARTAR SAUCE: scratch	1 OZ	80	77	*N/A*	6.52	6.22
Weighted Daily Average			620	*24	83.47	18.64
% of Calories				*15.5%	53.8%	27.0%
Nutrient Guideline			550-650			

Mon - 03/27/2017						
LUNCH K-5	Total	100				
CHICKEN, POPCORN	serv 3.36 oz	100	253	1	16.21	15.2
ROLL DINNER WG BAKER BOY	ROLL	100	110	*N/A*	19.0	2.0
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56	0.1
APPLES,FRESH,W/SKIN	1 EACH	100	77	15	20.58	0.25
MILK 1% SMITH BROTHERS	HALF PINT	25	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0	0.0
Weighted Daily Average			587	*33	80.85	18.18
% of Calories				*22.5%	55.1%	27.9%
Nutrient Guideline			550-650			

Tue - 03/28/2017						
LUNCH K-5	Total	100				
Cindys Fiesta Bowl ea 1/2 rice	serv	95	333	*0	36.35	11.46
TORTILLA WHEAT 10"1/2 tortilla	1/2	40	100	*N/A*	18.0	2.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	90	13	*N/A*	2.77	0.24
REFRIED BEANS, ELEM 1/2	1/2 CUP	35	120	1	18.0	2.5
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	35	80	0	0.57	5.19
JUICE APPLE JUICE CUP	1 EACH	75	60	13	14.0	0.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
Weighted Daily Average			610	*29	82.72	14.97
% of Calories				*18.9%	54.2%	22.1%
Nutrient Guideline			550-650			

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 03/29/2017						
LUNCH K-5	Total	100				
EGG ROLL (1 EACH)	ROLL	95	160	3	20.0	5.0
RICE FRIED VEG.	SERVING (3/4C)	95	270	3	54.0	3.5
BROCCOLI RAW EL 1/2	1/2 C	65	39	*N/A*	7.53	0.42
HUMMAS DIP TRADITIONAL .85 V	1 EACH	15	110	1	12.0	5.0
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	50	73	*N/A*	19.15	0.1
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
Weighted Daily Average			614	*25	108.07	9.52
% of Calories				*16.0%	70.4%	14.0%
Nutrient Guideline			550-650			

Thu - 03/30/2017						
LUNCH K-5	Total	100				
Vegetarian Chili 1/2 c	1/2 cup	95	44	*0	6.61	1.73
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	95	80	0	0.57	5.19
PRETZEL WG SOFT 2.2 oz.( 1/2)	1/2	95	70	0	15.0	0.25
SALAD, ROMAINE 2016	SRV	100	56	*1	12.68	0.35
SALAD DRESSING, RANCH	1.5 OZ	100	101	*N/A*	2.73	9.27
BANANAS,RAW FRESH	1 EACH	100	90	12	23.07	0.33
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0	0.0
Weighted Daily Average			557	*31	80.55	17.26
% of Calories				*22.3%	57.9%	27.9%
Nutrient Guideline			550-650			

Fri - 03/31/2017						
LUNCH K-5	Total	100				
RAVIOLI, BEEF about 8	EA 1 cup	100	250	6	30.0	8.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	100	70	*N/A*	12.0	2.5
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	75	66	0	15.24	0.82
CARROTS, RAW BABY EL 4 oz	4 OZ	75	40	*N/A*	9.34	0.15
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73	9.27
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	50	68	0	17.88	0.1
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0	2.5
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0	0.0
Weighted Daily Average			636	*25	92.93	18.60
% of Calories				*15.5%	58.5%	26.3%
Nutrient Guideline			550-650			

Weighted Average			602	*27	87.36	16.42
				*39.6%	58.1%	24.6%

\*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**

LUNCH K-12

Base Menu Spreadsheet

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sugars (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)
Calories	602		550 - 650	100%				
Sugars (g)	27	17.62%			Missing			
Carbohydrate (g)	87.36	58.06%						
Total Fat (g)	16.42	24.55%						

*\*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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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