

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017										
LUNCH K-5	Total	100								
HOT DOT W/ BUN	1 EACH	100	290	0	4	10.0	21.0	18.5	8.00	0.00
BEANS BAKED 1/2	1/2 CUP	70	140	300	*N/A*	7.0	25.0	1.0	0.00	0.00
POTATO JO-JO 1/2 (1-2 EA)	1/2 C	80	100	0	0	2.0	15.0	4.0	1.00	0.00
PEACHES, SLICED LIGHT S: 1/2 C	4 OZ	85	70	300	*N/A*	0.0	17.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			646	940	*19	24.10	84.30	23.02	9.17	0.62
% of Calories					*12.0%	14.9%	52.2%	32.1%	12.8%	0.9%
Nutrient Guideline			550-650						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/04/2017										
LUNCH K-5	Total	100								
CHICKEN NUGGETS,(5 EACH)	SERVING	100	202	101	0	16.16	12.12	11.11	2.02	0.00
RICE, BROWN LONG, 1/2 C	1/2 CUP	95	108	0	0	2.52	22.39	0.88	0.18	0.00
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	95	21	441	0	1.17	4.56	0.1	0.03	0.00
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	95	73	46	*N/A*	0.51	19.15	0.1	0.01	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	75	110	0	22	1.0	25.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			596	1039	*33	28.51	94.52	12.64	2.53	0.50
% of Calories					*22.1%	19.1%	63.4%	19.1%	3.8%	0.8%
Nutrient Guideline			550-650						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017										
LUNCH K-5	Total	100								
BOSCO CHEESE STICK WG ELM	Bread Stick	100	150	200	1	10.0	17.0	5.0	2.50	0.00
DIPPING SAUCE K-5 2 oz	2 OZ	100	22	255	*N/A*	0.72	5.88	0.08	0.02	0.00
CARROTS, RAW BABY EL 4 oz	4 OZ	100	40	15638	*N/A*	0.73	9.34	0.15	0.03	0.00
SALAD DRESSING, RANCH 2 OZ	2.0 OZ	95	136	63	*N/A*	1.14	3.68	12.51	1.21	0.00
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	100	58	0	0	0.38	15.12	0.12	0.00	0.00
JUICE APPLE JUICE CUP	1 EACH	100	60	0	13	0.0	14.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	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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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			584	16653	*30	20.92	85.34	17.86	4.06	0.62
% of Calories					*20.9%	14.3%	58.4%	27.5%	6.3%	1.0%
Nutrient Guideline			550-650						<10.00	

Wed - 12/06/2017										
LUNCH K-5	Total	100								
MEATLOAF /CHEESEBURGER	PATTY	100	190	200	5	11.0	8.0	12.0	6.00	0.50
ROLL DINNER WG BAKER BOY	ROLL	100	100	0	0	3.0	17.0	2.0	0.50	0.00
POTATOES, MASHED INSTANT:1/2C	1/2 cup	100	90	0	0	2.0	17.0	1.0	0.00	0.00
GRAVY BROWN	2 OZ	100	25	0	*N/A*	0.0	0.0	0.0	0.00	0.00
BROCCOLI, FLOR, FROZ 1/2 COM	1/2 C	100	26	930	0	2.85	4.93	0.1	0.02	0.00
ORANGES,FRESH	1 EACH	100	45	216	9	0.9	11.28	0.12	0.02	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			601	1846	*30	27.75	78.71	15.84	6.91	1.12
% of Calories					*20.3%	18.5%	52.4%	23.7%	10.3%	1.7%
Nutrient Guideline			550-650						<10.00	

Thu - 12/07/2017										
LUNCH K-5	Total	100								
TACO BOAT	SERVG	100	174	1497	*1	8.94	23.61	6.54	1.65	0.00
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	275	*N/A*	0.31	1.32	0.07	0.01	0.00
REFRIED BEANS, ELEM 1/2	1/2 CUP	100	120	5	1	6.0	18.0	2.5	0.00	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	66	0	2.15	15.24	0.82	0.13	0.00
STRAWBERRY CUP	1 EACH	100	90	0	18	1.0	21.93	0.0	0.00	0.00
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	0	*N/A*	0.48	2.77	0.24	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			594	2343	*37	26.87	103.38	10.79	2.16	0.62
% of Calories					*24.7%	18.1%	69.6%	16.4%	3.3%	0.9%
Nutrient Guideline			550-650						<10.00	

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Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017										
LUNCH K-5	Total	100								
BBQ PORK SAND	1 EA	85	390	300	*8	19.0	39.0	19.0	6.00	0.00
POTATO, TATER TOTS: 6-12 (12)	12 EACH	55	179	*N/A*	0	2.98	20.84	10.42	1.49	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	12	0	0.52	17.88	0.1	0.03	0.00
GRAPES,FRESH	1/2 C SERVING	50	76	113	*N/A*	0.71	19.45	0.4	0.13	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			644	*797	*22	26.18	88.88	22.79	6.38	0.62
% of Calories					*13.8%	16.3%	55.2%	31.8%	8.9%	0.9%
Nutrient Guideline			550-650						<10.00	

Mon - 12/11/2017										
LUNCH K-5	Total	100								
CORN PUPS, WHOLE GRAIN CHICKEN	6 EA	100	271	0	5	10.05	30.15	12.06	3.52	0.00
POTATO JO-JO 3/4 (2-3 EA)	3/4 C (2-3 EA)	85	150	0	0	3.0	22.5	6.0	1.50	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	100	53	340	0	0.5	13.39	0.13	0.00	0.00
MANDARIN ORANGE FRESH	1 EACH	100	44	500	9	1.0	12.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			621	1340	*31	22.10	95.17	17.91	5.17	0.62
% of Calories					*19.7%	14.2%	61.3%	26.0%	7.5%	0.9%
Nutrient Guideline			550-650						<10.00	

Tue - 12/12/2017										
LUNCH K-5	Total	100								
HAMBURGER ON BUN	1 EACH	85	290	0	*0	18.0	29.0	13.0	4.50	0.50
CHEESE, AMERICAN RF 1 slice	SLICE	85	35	150	*N/A*	3.5	1.0	2.0	1.25	0.00
BEANS BAKED 1/2	1/2 CUP	50	140	300	*N/A*	7.0	25.0	1.0	0.00	0.00
CARROTS, RAW BABY EL 4 oz	4 OZ	50	40	15638	*N/A*	0.73	9.34	0.15	0.03	0.00
SALAD DRESSING, RANCH 2 OZ	2.0 OZ	50	136	63	*N/A*	1.14	3.68	12.51	1.21	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	85	68	12	0	0.52	17.88	0.1	0.03	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	35	110	0	22	1.0	25.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	20	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	70	130	500	22	8.0	23.0	0.0	0.00	0.00

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Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			643	8588	*23	30.70	87.16	20.16	5.82	0.92
% of Calories					*14.4%	19.1%	54.2%	28.2%	8.1%	1.3%
Nutrient Guideline			550-650						<10.00	

Wed - 12/13/2017										
LUNCH K-5	Total	100								
EGG ROLL (1 EACH)	ROLL	100	160	750	3	10.0	20.0	5.0	1.00	0.00
RICE FRIED VEG. 1/2 CUP	1/2 CUP	85	135	0	2	3.0	27.0	1.25	0.00	0.00
SPINACH & FRUIT SALAD 1 1/2	1.5 cup	85	202	7398	*0	2.81	23.26	11.56	0.88	0.04
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	36	0	0.2	13.79	0.06	0.02	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
SWEET & SOUR SAUCE PKT	PACKAGE	85	30	0	*N/A*	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			641	7569	*21	23.11	101.74	16.57	2.14	0.66
% of Calories					*13.0%	14.4%	63.5%	23.3%	3.0%	0.9%
Nutrient Guideline			550-650						<10.00	

Thu - 12/14/2017										
LUNCH K-5	Total	100								
TURKEY ROAST 2 OZ	SERVING 2 O	100	81	0	0	9.11	1.52	4.05	1.01	0.00
ROLL DINNER WG BAKER BOY	ROLL	100	100	0	0	3.0	17.0	2.0	0.50	0.00
POTATOES, MASHED INSTANT: 1/2C	1/2 cup	100	90	0	0	2.0	17.0	1.0	0.00	0.00
GRAVY MIX, CHICKEN INSTANT	2 OZ	100	25	0	1	1.0	4.0	0.5	0.00	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	100	66	66	0	2.15	15.24	0.82	0.13	0.00
ORANGE JUICE CUP	1 EACH	100	50	0	12	0.0	13.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	1	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	99	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			542	566	*35	25.26	90.66	8.40	1.66	0.02
% of Calories					*25.7%	18.6%	66.9%	13.9%	2.8%	0.0%
Nutrient Guideline			550-650						<10.00	

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Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2017										
LUNCH K-5	Total	100								
PIZZA 4X6 TONY'S	SLICE	100	300	300	10	16.0	33.0	11.0	5.00	0.00
GREEN BEANS, CUT;K-51/2 C	.50 CUP	100	14	294	0	0.78	3.04	0.07	0.02	0.00
GOLD RUSH FRUITABLE	BOX	100	40	5000	8	0.0	10.0	0.0	0.00	0.00
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	100	73	46	*N/A*	0.51	19.15	0.1	0.01	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			552	6140	*34	25.29	85.69	11.79	5.41	0.62
% of Calories					*25.0%	18.3%	62.1%	19.2%	8.8%	1.0%
Nutrient Guideline			550-650						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/18/2017										
LUNCH K-5	Total	100								
CHICKEN BREAD K-6 san new BUN	SANDWICH	85	393	5	4	20.19	42.21	15.68	3.03	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	275	*N/A*	0.31	1.32	0.07	0.01	0.00
CARROTS, RAW BABY EL 6 OZ	6 OZ	85	60	23456	*N/A*	1.09	14.02	0.22	0.04	0.00
HUMMAS DIP TRADITIONAL .25 V	1 EACH	50	110	0	1	4.0	12.0	5.0	1.00	0.00
PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	85	58	0	0	0.38	15.12	0.12	0.00	0.00
JUICE APPLE JUICE CUP	1 EACH	65	60	0	13	0.0	14.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			659	20717	*29	28.72	97.56	16.81	3.50	0.62
% of Calories					*17.5%	17.4%	59.2%	22.9%	4.8%	0.9%
Nutrient Guideline			550-650						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017										
LUNCH K-5	Total	100								
MEATLOAF /CHEESEBURGER	PATTY	100	190	200	5	11.0	8.0	12.0	6.00	0.50
ROLL DINNER WG BAKER BOY	ROLL	75	100	0	0	3.0	17.0	2.0	0.50	0.00
POTATOES, MASHED INSTANT:1/2C	1/2 cup	85	90	0	0	2.0	17.0	1.0	0.00	0.00
GRAVY BROWN	2 OZ	85	25	0	*N/A*	0.0	0.0	0.0	0.00	0.00
GREEN BEANS, CUT;K-51/2 C	.50 CUP	85	14	294	0	0.78	3.04	0.07	0.02	0.00
STRAWBERRY CUP	1 EACH	85	90	0	18	1.0	21.93	0.0	0.00	0.00
AMAZIN' RAISIN STRAWBERRY	PACKAGE	50	110	0	22	1.0	25.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00

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LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			631	950	*48	24.96	89.42	15.03	6.77	1.12
% of Calories					*30.3%	15.8%	56.7%	21.4%	9.7%	1.6%
Nutrient Guideline			550-650						<10.00	

Wed - 12/20/2017										
LUNCH K-5	Total	100								
MACARONI N CHEESE	2/3 CUP	100	280	750	6	17.01	29.02	11.01	5.00	0.00
ROLL DINNER WG BAKER BOY	ROLL	85	100	0	0	3.0	17.0	2.0	0.50	0.00
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	85	39	1395	0	4.28	7.4	0.15	0.03	0.00
APPLES,FRESH,W/SKIN	1 EACH	85	77	80	15	0.39	20.58	0.25	0.04	0.00
JELLO / CHERRY	1/2 CUP	85	70	0	16	1.0	17.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	25	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	500	22	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			649	2505	*49	32.37	102.19	13.68	5.86	0.62
% of Calories					*30.4%	20.0%	63.0%	19.0%	8.1%	0.9%
Nutrient Guideline			550-650						<10.00	

Thu - 12/21/2017										
LUNCH K-5	Total	100								
FRENCH TOAST STICKS, WG :3 EA	3 EA	95	208	2	*N/A*	7.65	25.64	8.78	2.10	0.10
SAUSAGE LINKS lower sod (2)	ser -2	95	200	0	0	14.0	2.0	14.0	6.00	0.00
POTATO, TATER TOTS: 6-12 (12)	12 EACH	55	179	*N/A*	0	2.98	20.84	10.42	1.49	0.00
PEACHES, DICED LIGHT S: 1/2 C	4 oz	35	53	340	0	0.5	13.39	0.13	0.00	0.00
ORANGE JUICE CUP	1 EACH	35	50	0	12	0.0	13.0	0.0	0.00	0.00
MILK 1% SMITH BROTHERS	HALF PINT	35	110	500	*N/A*	8.0	13.0	2.5	1.50	2.50
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	45	130	500	22	8.0	23.0	0.0	0.00	0.00
SYRUP CUP, REDUCED CALORIE	1 EACH	60	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			649	*520	*14	28.78	69.66	28.29	9.04	0.97
% of Calories					*8.7%	17.7%	42.9%	39.2%	12.5%	1.3%
Nutrient Guideline			550-650						<10.00	

Weighted Average			617	*4834	*30	26.38	90.29	16.77	5.11	0.69
					*44.3%	17.1%	58.6%	24.5%	7.4%	1.0%

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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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Vit-A (IU)	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	617		550 - 650	100%						
Vitamin A (IU)	4834				Missing					
Sugars (g)	30	19.71%			Missing					
Protein (g)	26.38	17.10%								
Carbohydrate (g)	90.29	58.56%								
Total Fat (g)	16.77	24.47%								
Saturated Fat (g)	5.11	7.45%	<10.00%							
Trans Fat ¹ (g)	0.69	1.00%								

**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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