

Base Menu Spreadsheet

Portion Values

Aug 19, 2019 thru Aug 30, 2019

Menu Name: SMALL SCHOOLS K-8

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			655	1.99	1365	50	24.15	0.00	51	86.76	6.80	23.06
% of Calories				2.73%		30.5%	33.2%	0.0%		53.0%		14.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 08/20/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 19, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	45	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00
990200 JUICE, APPLE	4 oz	45	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			552	7.59	1201	43	14.45	0.00	36	78.43	4.52	27.32
% of Calories				12.38%		31.2%	23.6%	0.0%		56.8%		19.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 08/21/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990087 RICE, BROWN,	1/2 Cup, Prepar	100	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	85	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			581	2.61	1047	52	13.32	0.00	69	84.40	8.38	29.24
% of Calories				4.04%		35.8%	20.6%	0.0%		58.1%		20.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 08/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	65	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	45	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			726	8.28	909	41	29.82	0.00	50	90.72	8.89	28.04
% of Calories				10.26%		22.6%	37.0%	0.0%		50.0%		15.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 08/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	75	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			653	3.78	1132	36	19.29	0.00	32	93.10	9.39	29.68
% of Calories				5.21%		22.1%	26.6%	0.0%		57.0%		18.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 08/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00

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990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	65	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			642	5.29	845	41	21.73	0.00	47	90.41	9.47	20.12
% of Calories				7.42%		25.5%	30.5%	0.0%		56.3%		12.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 08/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

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Aug 19, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			641	4.79	1228	56	13.70	0.00	54	99.44	8.96	34.38
% of Calories				6.73%		34.9%	19.2%	0.0%		62.1%		21.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 08/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	75	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990405 CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			611	3.14	1038	42	18.32	0.00	32	84.09	6.11	26.56
% of Calories				4.63%		27.5%	27.0%	0.0%		55.1%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 08/29/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	259	2.68	654	10	7.37	0.00	30	38.34	6.01	14.89
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			575	4.36	1332	45	18.17	0.00	47	81.73	10.37	25.29
% of Calories				6.82%		31.3%	28.4%	0.0%		56.9%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 08/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 19, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			627	6.30	877	55	18.76	0.00	39	86.16	7.37	25.69
% of Calories				9.04%		35.1%	26.9%	0.0%		55.0%		16.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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 - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.