

# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

MHS Transport 9-12

Generated on: 5/1/2018 7:12:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 05/01/2018</b>						
MHS Transport 9-12	Total					
Chicken Nugget 106/3oz (5 pc)	Serving	180	420	12.0	12.0	9.0
Bread Breadstick Garlic 1G	Breadstick	100	150	3.0	15.0	3.5
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Jicama Sticks 1/2c	1/2 cup	34	4	0.73	8.04	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Apricot Frozen 96/4.5OZ.	4.5 OZ	110	0	1.0	25.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		789	1112	34.61	134.65	14.17
% of Calories				17.5%	68.3%	16.2%
Nutrient Guideline		750-850	1420			

<b>Wed - 05/02/2018</b>						
MHS Transport 9-12	Total					
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		809	1531	33.27	134.33	21.57
% of Calories				16.4%	66.4%	24.0%
Nutrient Guideline		750-850	1420			

<b>Thu - 05/03/2018</b>						
MHS Transport 9-12	Total					
Chicken Teriyaki Schwans	#10scp	175	363	18.75	10.0	5.62
Rice Brown 1/2c Cook	1/2 CUP	29	3	0.67	5.97	0.24
Cookie Gingerbread 325/1oz	One	90	60	2.0	18.99	1.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Kiwi 2 fruit	2 ea	93	5	1.73	22.28	0.79
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		648	643	33.88	106.67	11.78
% of Calories				20.9%	65.8%	16.4%
Nutrient Guideline		750-850	1420			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Fri - 05/04/2018</b>						
MHS Transport 9-12	Total					
Sand Turkey Breast w/Chz noveg	1 Sandwich	320	865	27.5	30.5	11.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	51	2	0.0	14.0	0.1
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Weighted Daily Average		625	1893	37.75	95.52	13.90
% of Calories				24.2%	61.2%	20.0%
Nutrient Guideline		750-850	1420			

<b>Mon - 05/07/2018</b>						
MHS Transport 9-12	Total					
Chicken Popcorn WG Tyson	11 piece	465	688	27.31	29.33	26.3
Break Dutch Waffle	Tray	293	342	3.9	41.96	12.69
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1067	1219	42.91	129.57	43.40
% of Calories				16.1%	48.6%	36.6%
Nutrient Guideline		750-850	1420			

<b>Tue - 05/08/2018</b>						
MHS Transport 9-12	Total					
Quesadilla Chicken8"TortillaLT	quesadilla	336	687	25.17	18.9	17.92
Bread Tortilla Chips 1oz	1.0 oz	135	55	2.0	19.0	5.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Veg Salsa Primo homemade1/2c	1/2 CUP	6	7	0.2	1.3	0.07
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Peach Cup National	1/2 CUP	70	10	1.0	18.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		906	1400	46.42	121.48	25.56
% of Calories				20.5%	53.6%	25.4%
Nutrient Guideline		750-850	1420			

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/09/2018						
MHS Transport 9-12	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		954	1591	36.20	137.97	29.63
% of Calories				15.2%	57.8%	27.9%
Nutrient Guideline		750-850	1420			

Thu - 05/10/2018						
MHS Transport 9-12	Total					
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Pear Cup National	1/2 CUP	70	10	0.0	16.0	0.0
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		634	1202	33.08	104.33	13.36
% of Calories				20.9%	65.8%	19.0%
Nutrient Guideline		750-850	1420			

Fri - 05/11/2018						
MHS Transport 9-12	Total					
Sand Pig in a Blanket - 1G	Sandwich	210	400	11.0	15.0	12.0
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	30	0	0.0	7.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		672	842	24.68	92.90	24.00
% of Calories				14.7%	55.3%	32.2%
Nutrient Guideline		750-850	1420			

Mon - 05/14/2018						
MHS Transport 9-12	Total					
Sand Sloppy Joe on Bun Tombase	SERVINGS	397	418	24.77	40.81	16.56
Veg Potato Rounds - Simplot	1/2 cup	143	214	2.38	16.67	8.33
Veg Celery & Cucumber Sticks	1/2 CUP	12	30	0.47	2.53	0.13
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Fruit Mixed Fruit Cup Wawona	1 Each	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		809	830	37.07 18.3%	118.87 58.8%	25.45 28.3%
Nutrient Guideline		750-850	1420			

Tue - 05/15/2018						
MHS Transport 9-12	Total					
Sand Chicken Filet w/ Bun	Sandwich	350	530	26.0	47.0	8.8
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Strawberry Fruit Pop	Serving	81	2	0.5	20.91	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Weighted Daily Average % of Calories		890	1309	44.32 19.9%	154.37 69.4%	16.40 16.6%
Nutrient Guideline		750-850	1420			

Wed - 05/16/2018						
MHS Transport 9-12	Total					
Turkey & Gravy Whit 112/4.16oz	4.16 oz	120	500	18.0	2.0	5.0
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	65	245	1.46	13.75	0.63
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories		630	1512	35.11 22.3%	99.38 63.1%	13.53 19.3%
Nutrient Guideline		750-850	1420			

Thu - 05/17/2018						
MHS Transport 9-12	Total					
Corndog Turkey WG 72/4oz	Corndog	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Kiwi 2 fruit	2 ea	93	5	1.73	22.28	0.79
Fruit Apple Slices IW 200/2oz	1 EACH	30	0	0.0	7.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Weighted Daily Average % of Calories		689	1405	27.56 16.0%	110.80 64.3%	17.75 23.2%
Nutrient Guideline		750-850	1420			

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/18/2018						
MHS Transport 9-12	Total					
LASAGNA, BEEF High	1 Piece	336	1096	22.28	25.24	17.74
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Weighted Daily Average		838	1717	39.16	118.04	27.88
% of Calories				18.7%	56.3%	29.9%
Nutrient Guideline		750-850	1420			

Mon - 05/21/2018						
MHS Transport 9-12	Total					
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Marinara Sauce 1/4c	1/4 CUP	40	63	0.5	5.01	2.0
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Veg Celery & Cucumber Sticks	1/2 CUP	12	30	0.47	2.53	0.13
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Fruit Strawberry Fruit Pop	Serving	81	2	0.5	20.91	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		707	976	36.45	110.06	15.70
% of Calories				20.6%	62.3%	20.0%
Nutrient Guideline		750-850	1420			

Tue - 05/22/2018						
MHS Transport 9-12	Total					
Chicken Bowl w/Pot&Corn	Bowl	326	657	23.73	33.91	12.29
Bread Breadstick Garlic 1G	Breadstick	100	150	3.0	15.0	3.5
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Jicama Sticks 1/2c	1/2 cup	34	4	0.73	8.04	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Apricot Frozen 96/4.5OZ.	4.5 OZ	110	0	1.0	25.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		934	1349	46.29	156.91	17.32
% of Calories				19.8%	67.2%	16.7%
Nutrient Guideline		750-850	1420			

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### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Wed - 05/23/2018</b>						
MHS Transport 9-12	Total					
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Applesauce Cup Peach 4.5	4.5 oz	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		783	1544	32.83	128.64	21.18
% of Calories				16.8%	65.7%	24.3%
Nutrient Guideline		750-850	1420			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Thu - 05/24/2018</b>						
MHS Transport 9-12	Total					
Meatloaf 100/2.90oz AdvP#69190	Slice	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		778	1208	29.55	116.60	23.52
% of Calories				15.2%	59.9%	27.2%
Nutrient Guideline		750-850	1420			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Fri - 05/25/2018</b>						
MHS Transport 9-12	Total					
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Weighted Daily Average		797	1328	39.27	97.15	29.93
% of Calories				19.7%	48.7%	33.8%
Nutrient Guideline		750-850	1420			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 05/28/2018</b>						
MHS Transport 9-12	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0

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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

MHS Transport 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		801	1107	29.57 14.8%	123.56 61.7%	24.41 27.4%
Nutrient Guideline		750-850	1420			

Tue - 05/29/2018						
MHS Transport 9-12	Total					
Quesadilla Chicken8"TortillaLT	quesadilla	336	687	25.17	18.9	17.92
Bread Tortilla Chips 1oz	1.0 oz	135	55	2.0	19.0	5.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Veg Salsa Primo homemade1/2c	1/2 CUP	6	7	0.2	1.3	0.07
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Peach Cup National	1/2 CUP	70	10	1.0	18.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories		906	1400	46.42 20.5%	121.48 53.6%	25.56 25.4%
Nutrient Guideline		750-850	1420			

Wed - 05/30/2018						
MHS Transport 9-12	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories		954	1591	36.20 15.2%	137.97 57.8%	29.63 27.9%
Nutrient Guideline		750-850	1420			

Thu - 05/31/2018						
MHS Transport 9-12	Total					
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Pear Cup National	1/2 CUP	70	10	0.0	16.0	0.0
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories		634	1202	33.08 20.9%	104.33 65.8%	13.36 19.0%
Nutrient Guideline		750-850	1420			

Weighted Average		794	1301	36.33 18.3%	119.81 60.4%	21.70 24.6%
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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

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

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)
Calories	794		750 - 850	100%				
Sodium (mg)	1301		1420					
Protein (g)	36.33	18.31%						
Carbohydrate (g)	119.81	60.38%						
Total Fat (g)	21.70	24.60%						

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