

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Breakfast (6-8)

Generated on: 12/11/2018 12:09:51 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Sausage & Cheese Sandwich	1 Each	1	159	312	9.7	16.0	6.4
Break Coffee Cake WG 4.OZ	4.OZ.	1	401	351	6.02	53.19	13.05
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1423	1534	49.48	211.55	38.21
% of Calories					13.9%	59.5%	24.2%
Nutrient Guideline			400-550	600			

Tue - 01/08/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Strawberry Pancake 72/3.8	1 Each	1	219	339	4.99	38.9	4.99
Break Egg Patty & Chz Biscuit	SANDWICH	1	264	619	9.48	28.36	12.97
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 Variety MJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1396	1724	48.09	212.69	43.51
% of Calories					13.8%	60.9%	28.1%
Nutrient Guideline			400-550	600			

Wed - 01/09/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Pizza Saus Sq 128/3.31	Serving	1	210	480	9.0	26.0	7.0
Break FrToast CinGl WG Cargill	Slice	1	210	320	8.0	28.0	7.0
Break Cinn Sq WG Shannon's	Square	1	280	320	7.0	41.0	10.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1359	1657	50.96	195.26	42.96
% of Calories					15.0%	57.5%	28.5%
Nutrient Guideline			400-550	600			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Breakfast (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/10/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Burrito w/ Egg & Chorizo	burrito	1	130	102	6.4	14.57	4.77
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Break Sausage Link-1 Jennie-O	One Link	1	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1351	1350	50.17	210.73	36.68
% of Calories					14.8%	62.4%	24.4%
Nutrient Guideline			400-550	600			

Fri - 01/11/2019							
Intermediate Breakfast (6-8)	Total	1					
Yogurt Danimal Strawberry 48/4	ONE	1	80	65	4.0	15.0	0.0
Bread Muffin Variety72/2ozOtis	Muffin	1	177	123	3.0	29.67	5.33
Chicken Crispito 72/1 only	Crispito	1	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Break Muff Bat WG App Cinn 2gr	Square	1	369	200	4.89	63.37	11.78
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1503	1411	47.52	246.49	38.67
% of Calories					12.6%	65.6%	23.2%
Nutrient Guideline			400-550	600			

Mon - 01/14/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Pizza Saus Gravy Schwan	3 oz.	1	210	330	10.01	25.01	7.0
Break Coffee Cake WG 4.OZ	4.0Z.	1	401	351	6.02	53.19	13.05
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1474	1552	49.79	220.57	38.81
% of Calories					13.5%	59.9%	23.7%
Nutrient Guideline			400-550	600			

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Breakfast (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/15/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Bagel & Cream Cheese	servings	1	229	373	8.95	33.74	5.49
Break Egg Patty & Chz Biscuit	SANDWICH	1	264	619	9.48	28.36	12.97
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1405	1757	52.05	207.53	44.02
% of Calories					14.8%	59.1%	28.2%
Nutrient Guideline			400-550	600			

Wed - 01/16/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Sausage Pancake WrapMini	3 pcs	1	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	1	120	260	1.0	15.0	6.0
Break FrToast CinGl WG Cargill	Slice	1	210	320	8.0	28.0	7.0
Break Cinn Sq WG Shannon's	Square	1	280	320	7.0	41.0	10.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1451	1720	49.03	199.44	51.07
% of Calories					13.5%	55.0%	31.7%
Nutrient Guideline			400-550	600			

Thu - 01/17/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Smoothie Berry Patch	8 oz.	1	159	60	3.62	35.0	0.78
Bread Muffin Variety72/2ozOtis	Muffin	1	177	123	3.0	29.67	5.33
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Break Sausage Link-1 Jennie-O	One Link	1	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1557	1432	50.38	260.82	38.03
% of Calories					12.9%	67.0%	22.0%
Nutrient Guideline			400-550	600			

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Breakfast (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/18/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Pancake & Saus on Stick	One	1	176	463	8.7	21.8	5.9
Chicken Crispito 72/1 only	Crispito	1	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Break Muff Bat WG Blueberry 2G	Square	1	185	118	2.45	31.24	6.11
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1239	1604	46.77	191.49	33.57
% of Calories					15.1%	61.8%	24.4%
Nutrient Guideline			400-550	600			

Tue - 01/22/2019							
Intermediate Breakfast (6-8)	Total	1					
Bread Cinnamon Roll 2.25oz 2G	Roll	1	189	229	4.98	31.89	3.49
Break Egg Patty & Chz Biscuit	SANDWICH	1	264	619	9.48	28.36	12.97
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1366	1614	48.09	205.68	42.01
% of Calories					14.1%	60.2%	27.7%
Nutrient Guideline			400-550	600			

Wed - 01/23/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Cheese Omelet Colby	Each Serving	1	110	210	8.0	1.0	8.0
Bread Biscuit Maple 100/2.5oz	Biscuit	1	200	280	3.99	32.94	4.99
Break FrToast CinGl WG Cargill	Slice	1	210	320	8.0	28.0	7.0
Break Cinn Sq WG Shannon's	Square	1	280	320	7.0	41.0	10.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1459	1666	53.95	203.21	48.96
% of Calories					14.8%	55.7%	30.2%
Nutrient Guideline			400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
Intermediate Breakfast (6-8)	Total	1					
Break FrToastSticks WG Cargill	3 Each	1	210	320	8.0	28.0	7.0
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Break Sausage Link-1 Jennie-O	One Link	1	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1432	1568	51.76	224.16	38.91
% of Calories					14.5%	62.6%	24.5%
Nutrient Guideline			400-550	600			

Fri - 01/25/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	1	163	314	9.76	20.41	5.45
Chicken Crispito 72/1 only	Crispito	1	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Break Muff Bat WG Pumpkin 2gr	Square	1	344	200	4.89	59.78	10.67
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1385	1536	50.28	218.64	37.67
% of Calories					14.5%	63.2%	24.5%
Nutrient Guideline			400-550	600			

Mon - 01/28/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Sausage & Cheese Sandwich	1 Each	1	159	312	9.7	16.0	6.4
Break Coffee Cake WG 4.OZ	4.OZ.	1	401	351	6.02	53.19	13.05
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1423	1534	49.48	211.55	38.21
% of Calories					13.9%	59.5%	24.2%
Nutrient Guideline			400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/29/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Strawberry Pancake	72/3.8	1	219	339	4.99	38.9	4.99
Break Egg Patty & Chz Biscuit	SANDWICH	1	264	619	9.48	28.36	12.97
PB&J Wafer NoHFCS	160/2.3	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19	Sug6	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 Variety	MJM	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var	4.23oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1396	1724	48.09	212.69	43.51
% of Calories					13.8%	60.9%	28.1%
Nutrient Guideline			400-550	600			

Wed - 01/30/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Pizza Saus Sq	128/3.31	1	210	480	9.0	26.0	7.0
Break FrToast CinGl	WG Cargill	1	210	320	8.0	28.0	7.0
Break Cinn Sq	WG Shannon's	1	280	320	7.0	41.0	10.0
Break Cereal Assort 18/19	Sug6	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var	4.23oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1359	1657	50.96	195.26	42.96
% of Calories					15.0%	57.5%	28.5%
Nutrient Guideline			400-550	600			

Thu - 01/31/2019							
Intermediate Breakfast (6-8)	Total	1					
Break Burrito w/ Egg & Chorizo	burrito	1	130	102	6.4	14.57	4.77
Break Pancake	WG Buttermil 2ea	1	159	189	3.98	29.88	2.99
Break Sausage Link-1	Jennie-O	1	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake	1oz	1	80	0	0.0	21.0	0.0
Break Banana Bread	WG	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19	Sug6	1	108	129	2.21	22.76	1.44
Cheese Stix Var	1 oz	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var	4.23oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			1351	1350	50.17	210.73	36.68
% of Calories					14.8%	62.4%	24.4%
Nutrient Guideline			400-550	600			

Weighted Average			1407	1577	49.83	213.25	40.80
					14.2%	60.6%	26.1%

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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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Breakfast (6-8)

Generated on: 12/11/2018 12:09:51 PM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1407		400 - 550	256%				857	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1577		600				977		
Protein (g)	49.83	14.17%							
Carbohydrate (g)	213.25	60.62%							
Total Fat (g)	40.80	26.10%							

**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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