

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
K-8 Breakfast	Total	1					
Break Pizza Saus Sq 128/3.31	Serving	1	210	480	9.0	26.0	7.0
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1133	1454	42.73	170.96	32.38
% of Calories					15.1%	60.3%	25.7%
Nutrient Guideline			400-500	540			

Tue - 03/03/2020							
K-8 Breakfast	Total	1					
Break FrToastSticks WG Cargill	3 Each	1	210	310	8.0	29.0	7.0
Break Muff Bat WG Blueberry 2G	Square	1	352	183	4.6	54.63	13.81
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1186	1045	36.87	203.50	28.62
% of Calories					12.4%	68.7%	21.7%
Nutrient Guideline			400-500	540			

Wed - 03/04/2020							
K-8 Breakfast	Total	1					
Break Smoothie Orange Juice	8 oz.	1	159	57	3.45	35.92	0.7
Bread Muffin Variety72/2ozOtis	Muffin	1	183	125	3.25	30.25	5.5
Break Coffee Cake WG 4.OZ	4.0Z.	1	341	351	6.02	53.19	13.05
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1343	1069	39.63	219.31	38.42
% of Calories					11.8%	65.3%	25.8%
Nutrient Guideline			400-500	540			

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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
K-8 Breakfast	Total	1					
Break Beef Sausag/Chz Bagel WG	1 EACH	1	235	437	15.2	26.27	7.35
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1140	1293	54.80	157.47	35.83
% of Calories					19.2%	55.3%	28.3%
Nutrient Guideline			400-500	540			

Fri - 03/06/2020							
K-8 Breakfast	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Turkey Sausage Link Precooked	Link	1	60	90	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1191	1051	38.36	212.60	23.54
% of Calories					12.9%	71.4%	17.8%
Nutrient Guideline			400-500	540			

Mon - 03/09/2020							
K-8 Breakfast	Total	1					
Break Pancake & Saus on Stick	One	1	180	418	8.4	21.5	7.1
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1103	1392	42.13	166.46	32.48
% of Calories					15.3%	60.4%	26.5%
Nutrient Guideline			400-500	540			

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

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Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
K-8 Breakfast	Total	1					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	1	152	303	8.74	17.28	4.94
Break Muff Bat WG Ban Choc 2gr	Square	1	352	182	4.58	59.88	11.54
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1128	1037	37.59	197.02	24.28
% of Calories					13.3%	69.9%	19.4%
Nutrient Guideline			400-500	540			

Wed - 03/11/2020							
K-8 Breakfast	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.OZ.	1	341	351	6.02	53.19	13.05
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1211	1218	42.93	178.15	39.22
% of Calories					14.2%	58.8%	29.1%
Nutrient Guideline			400-500	540			

Thu - 03/12/2020							
K-8 Breakfast	Total	1					
Yogurt Danimal Variety 48/4	ONE	1	80	62	4.0	15.5	0.0
Break Soft Bar Variety 1.3 oz	Bar	1	150	49	2.0	24.0	5.0
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1135	967	45.60	170.70	33.47
% of Calories					16.1%	60.2%	26.5%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
K-8 Breakfast	Total	1					
Break Egg Patty & Chz Biscuit	Sandwich	1	274	629	9.98	27.86	12.97
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1166	1400	38.35	189.57	29.53
% of Calories					13.2%	65.1%	22.8%
Nutrient Guideline			400-500	540			

Tue - 03/17/2020							
K-8 Breakfast	Total	1					
Break FrToastSticks WG Cargill	3 Each	1	210	310	8.0	29.0	7.0
Break Muff Bat WG Blueberry 2G	Square	1	352	183	4.6	54.63	13.81
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1186	1045	36.87	203.50	28.62
% of Calories					12.4%	68.7%	21.7%
Nutrient Guideline			400-500	540			

Wed - 03/18/2020							
K-8 Breakfast	Total	1					
Break Smoothie Orange Juice	8 oz.	1	159	57	3.45	35.92	0.7
Bread Muffin Variety72/2ozOtis	Muffin	1	183	125	3.25	30.25	5.5
Break Coffee Cake WG 4.OZ	4.0Z.	1	341	351	6.02	53.19	13.05
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1343	1069	39.63	219.31	38.42
% of Calories					11.8%	65.3%	25.8%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
K-8 Breakfast	Total	1					
Break Beef Sausag/Chz Bagel WG	1 EACH	1	235	437	15.2	26.27	7.35
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1140	1293	54.80	157.47	35.83
% of Calories					19.2%	55.3%	28.3%
Nutrient Guideline			400-500	540			

Fri - 03/20/2020							
K-8 Breakfast	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Turkey Sausage Link Precooked	Link	1	60	90	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			1191	1051	38.36	212.60	23.54
% of Calories					12.9%	71.4%	17.8%
Nutrient Guideline			400-500	540			

Mon - 03/23/2020							
K-8 Breakfast	Total	1					
Break Pancake & Saus on Stick	One	1	180	418	8.4	21.5	7.1
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1103	1392	42.13	166.46	32.48
% of Calories					15.3%	60.4%	26.5%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/24/2020							
K-8 Breakfast	Total	1					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	1	152	303	8.74	17.28	4.94
Break Muff Bat WG Ban Choc 2gr	Square	1	352	182	4.58	59.88	11.54
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1128	1037	37.59	197.02	24.28
% of Calories					13.3%	69.9%	19.4%
Nutrient Guideline			400-500	540			

Wed - 03/25/2020							
K-8 Breakfast	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.OZ.	1	341	351	6.02	53.19	13.05
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1211	1218	42.93	178.15	39.22
% of Calories					14.2%	58.8%	29.1%
Nutrient Guideline			400-500	540			

Thu - 03/26/2020							
K-8 Breakfast	Total	1					
Yogurt Danimal Variety 48/4	ONE	1	80	62	4.0	15.5	0.0
Break Soft Bar Variety 1.3 oz	Bar	1	150	49	2.0	24.0	5.0
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1135	967	45.60	170.70	33.47
% of Calories					16.1%	60.2%	26.5%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
K-8 Breakfast	Total	1					
Break Egg Patty & Chz Biscuit	Sandwich	1	274	629	9.98	27.86	12.97
Break Benefit Bar Variety	Bar	1	288	216	4.8	47.6	8.8
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1166	1400	38.35	189.57	29.53
% of Calories					13.2%	65.1%	22.8%
Nutrient Guideline			400-500	540			

Mon - 03/30/2020							
K-8 Breakfast	Total	1					
Break Pizza Saus Sq 128/3.31	Serving	1	210	480	9.0	26.0	7.0
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cheese Stix Var 1 oz	1 oz.	1	85	200	7.0	1.0	6.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			1133	1454	42.73	170.96	32.38
% of Calories					15.1%	60.3%	25.7%
Nutrient Guideline			400-500	540			

Tue - 03/31/2020							
K-8 Breakfast	Total	1					
Break FrToastSticks WG Cargill	3 Each	1	210	310	8.0	29.0	7.0
Break Muff Bat WG Blueberry 2G	Square	1	352	183	4.6	54.63	13.81
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			1186	1045	36.87	203.50	28.62
% of Calories					12.4%	68.7%	21.7%
Nutrient Guideline			400-500	540			

Weighted Average			1174	1185	41.66	187.38	31.63
					14.2%	63.8%	24.2%

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

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Generated on: 2/14/2020 9:31:07 AM

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	1174		400 - 500	235%				674	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1185		540				645		
Protein (g)	41.66	14.19%							
Carbohydrate (g)	187.38	63.84%							
Total Fat (g)	31.63	24.24%							

**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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