

ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values

Apr 29, 2016

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ALC LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/02/2016																
ALC LUNCH	Total	1000														
Chili Crisпитos	1crisp/1 cheese	850	292	29	426	3.00	1.80	240.0	950	190	0.0	14.24	23.28	15.4	3.84	0.00
Peas, Frozen	1/2 Cup	800	62	0	58	4.00	1.26	20.0	1700	340	7.8	4.0	11.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Applesauce, Unsweetened	1/2 cup	850	51	0	2	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Orange	1/2 cup	750	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Peanut Butter Sandwich HS	Sandwich	950	297	*0	364	5.77	2.08	*40.0	*0	*0	*0.0	12.2	29.32	15.17	2.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			785	*35	915	*14.71	*4.70	*611.3	*7005	*1245	*51.04	36.26	93.17	30.28	7.38	*0.00
% of Calories												18.5%	47.5%	34.7%	8.5%	*0.0%

Tue - 05/03/2016																
ALC LUNCH	Total	1000														
Chicken Nuggets	4 Pieces	800	240	35	340	2.00	1.44	20.0	0	0	0.0	14.0	15.0	14.0	3.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	900	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	850	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Pears Diced	1/2 cup	900	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
Kiwi	1/2 cup	800	69	0	0	3.20	0.35	38.4	96	19	0.0	1.28	16.66	0.64	0.00	0.00
Bread & Butter	slice	900	70	*0	131	*2.00	*0.72	*40.0	*0	*0	*0.0	*3.0	*12.0	2.11	0.25	0.25
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			532	*38	561	*11.09	*3.01	*433.9	*5359	*930	*40.56	*26.16	*74.77	16.39	4.62	*0.23
% of Calories												*19.7%	*56.2%	27.7%	7.8%	*0.4%

Wed - 05/04/2016																
ALC LUNCH	Total	1000														
CHEESEBURGER ON A BUN	1 EACH	800	317	42	741	3.71	3.31	323.7	134	41	0.0	18.5	32.94	13.6	5.11	*0.43
Baked Beans	1/2 CUP	800	167	0	507	6.99	4.51	46.5	439	84	1.32	6.6	28.97	2.35	0.00	*N/A*
Veggie Sticks	1/2 Cup	850	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
Apple	1 APPLE	900	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Mixed Fruit	1/2 cup	850	245	0	8	4.75	0.70	17.5	805	80	187.5	3.55	60.58	0.45	0.06	*N/A*
Peanut Butter Sandwich HS	Sandwich	950	297	*0	364	5.77	2.08	*40.0	*0	*0	*0.0	12.2	29.32	15.17	2.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			1032	*44	1502	*20.13	*8.97	*672.6	*4313	*711	*168.31	43.40	152.76	30.31	8.26	*0.34
% of Calories												16.8%	59.2%	26.4%	7.2%	*0.3%

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 optional nutrient values

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/05/2016																
ALC LUNCH	Total	1														
Chicken and Noodles	1 cup	1	170	58	501	0.33	0.69	10.9	86	18	0.01	16.33	8.04	7.32	1.88	*0.01
Mashed Potatoes, Idahoan	1/2 cup	1	80	0	113	1.00	0.37	21.9	0	0	30.0	2.0	17.0	1.0	0.00	*0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Dinner Roll	1 Roll	1	120	0	210	2.00	1.80	40.0	0	0	0.0	5.0	19.0	2.0	1.00	*N/A*
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			654	69	980	*6.96	*3.48	410.0	971	190	62.30	33.75	100.64	13.26	4.55	*0.01
% of Calories												20.6%	61.5%	18.2%	6.3%	*0.0%

Fri - 05/06/2016																
ALC LUNCH	Total	1														
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	60	0.0	16.0	40.0	12.0	3.50	0.00
CARROTS:frozen, boiled	1 CUP	1	54	0	86	4.82	0.77	51.1	24715	2584	3.36	0.85	11.29	0.99	0.18	*N/A*
Veggie Sticks	1/2 Cup	1	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
Peaches	1/2 cup	1	46	*N/A*	9	*N/A*	*N/A*	*N/A*	274	55	*N/A*	*N/A*	10.97	*N/A*	*N/A*	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Peanut Butter Sandwich	Sandwich	1	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			807	*20	1288	*14.95	*4.77	*612.9	28953	3324	*17.61	*34.08	115.84	*24.90	*7.10	*0.23
% of Calories												*16.9%	57.4%	*27.8%	*7.9%	*0.3%

Mon - 05/09/2016																
ALC LUNCH	Total	1														
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	60	0.0	15.0	34.0	11.0	4.00	0.00
Peas, Frozen	1/2 Cup	1	62	0	58	4.00	1.26	20.0	1700	340	7.8	4.0	11.0	0.0	0.00	0.00
Veggie Sticks	1/2 Cup	1	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Apple	1 APPLE	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
PB & Jelly Sand.	1 SAND.	1	230	0	203	3.25	0.72	18.9	1	1	0.26	7.09	34.98	8.63	1.66	*0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			807	25	955	*14.58	*5.33	682.0	5885	1022	26.14	35.32	122.09	22.56	7.26	*0.00
% of Calories												17.5%	60.5%	25.2%	8.1%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/10/2016																
ALC LUNCH	Total	1000														
Popcorn Chicken	12 pc	850	240	35	340	2.00	1.44	20.0	0	0	0.0	14.0	15.0	14.0	3.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	700	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	850	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Mandarin Oranges	1/2 cup	900	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
Banana	1/2 cup	700	72	*N/A*	1	2.00	0.18	*N/A*	50	10	7.2	1.0	19.0	*N/A*	*N/A*	*N/A*
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			618	*40	660	*9.34	*3.03	*412.0	5402	941	56.04	30.95	77.11	*22.68	*6.13	*0.21
% of Calories												20.0%	49.9%	*33.0%	*8.9%	*0.3%

Wed - 05/11/2016																
ALC LUNCH	Total	1000														
Pork Pattie on Bun	3.75OZ.	600	440	35	620	6.00	3.60	190.0	0	40	0.0	21.0	50.0	18.0	4.50	0.00
CORN: frozen, yellow	1/2 CUP	850	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Apple	1 APPLE	850	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Pears Diced	1/2 cup	800	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
Peanut Butter Sandwich	Sandwich	850	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			681	31	713	*11.60	*3.77	474.2	4847	839	12.61	29.64	96.65	21.63	5.85	*0.20
% of Calories												17.4%	56.8%	28.6%	7.7%	*0.3%

Thu - 05/12/2016																
ALC LUNCH	Total	1000														
Nachos with Beef	4 oz	850	260	*25	354	2.62	*1.17	52.5	*165	*27	*1.23	9.71	22.04	13.72	3.64	*N/A*
Refried Beans	1/2 cup	850	140	0	320	8.00	1.80	40.0	0	0	1.2	8.0	24.0	0.5	0.00	0.00
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	850	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Orange	1/2 cup	900	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			713	*32	926	*15.58	*3.88	475.7	*5222	*859	*56.49	31.76	94.40	22.97	6.27	*0.21
% of Calories												17.8%	52.9%	29.0%	7.9%	*0.3%

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Fri - 05/13/2016																
ALC LUNCH	Total	1000														
Corn Dog	1 Serv	800	280	50	570	1.00	1.80	880.0	0	0	1.2	10.0	32.0	14.0	4.50	*N/A*
California Blend	.50 cup	700	21	0	17	0.75	13.50	1.3	469	94	1.35	0.75	3.75	0.2	0.00	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Applesauce	.50 CUP	850	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*N/A*
APRICOTS: canned,light syrup	1/2 CUP	800	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
Peanut Butter Sandwich HS	Sandwich	800	297	*0	364	5.77	2.08	*40.0	*0	*0	*0.0	12.2	29.32	15.17	2.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			738	*50	924	*9.71	*13.19	*1075.7	*6348	*997	*12.92	27.68	103.02	26.39	7.34	*0.00
% of Calories												15.0%	55.8%	32.2%	8.9%	*0.0%

Mon - 05/16/2016																
ALC LUNCH	Total	1000														
Hamburger on a Bun	Sandwich	800	280	35	480	4.00	3.60	170.0	100	20	1.2	20.0	33.0	9.0	2.50	*0.00
CORN: frozen, yellow	1/2 CUP	900	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	750	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Apple	1 APPLE	800	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Peanut Butter Sandwich HS	Sandwich	900	297	*0	364	5.77	2.08	*40.0	*0	*0	*0.0	12.2	29.32	15.17	2.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			759	*38	877	*13.30	*5.54	*507.5	*5119	*850	*14.32	38.07	104.66	24.20	6.07	*0.00
% of Calories												20.1%	55.2%	28.7%	7.2%	*0.0%

Tue - 05/17/2016																
ALC LUNCH	Total	1000														
Mini Corn Dogs	serving (6)	900	360	38	720	1.50	1.08	20.0	0	0	2.4	9.0	33.0	21.0	6.78	0.00
BROCCOLI: frozen, boiled	1/2 CUP	650	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Peaches, Diced	1/2 cup	800	60	0	10	0.00	0.00	0.0	300	60	1.2	0.0	14.0	0.0	0.00	0.00
Orange	1/2 cup	800	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			699	44	1009	*8.44	*2.38	424.8	5694	973	74.46	26.15	82.88	29.77	9.27	*0.21
% of Calories												15.0%	47.4%	38.3%	11.9%	*0.3%

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Wed - 05/18/2016																
ALC LUNCH	Total	1000														
Chicken Sandwich	Sandwich	850	400	45	700	4.00	3.60	170.0	100	20	0.0	23.0	44.0	15.0	3.00	0.00
CARROTS:frozen, boiled	1/2 CUP	800	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Mandarin Oranges	1/2 cup	800	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
BANANAS	1 EACH	850	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Peanut Butter Sandwich HS	Sandwich	900	297	*0	364	5.77	2.08	*40.0	*0	*0	*0.0	12.2	29.32	15.17	2.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			896	*49	1133	*14.45	*5.87	*545.8	*14941	*1902	*32.11	41.29	120.28	29.77	6.68	*0.00
% of Calories												18.4%	53.7%	29.9%	6.7%	*0.0%

Thu - 05/19/2016																
ALC LUNCH	Total	1000														
Pizza (Smart) Pepp	4x6 Servin	900	314	20	735	1.96	2.65	343.2	294	90	0.0	15.69	35.3	12.75	4.41	*N/A*
GREEN BEANS: frozen,boiled	1/2 CUP	800	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Pears Diced	1/2 cup	850	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
Kiwi	1/2 cup	800	69	0	0	3.20	0.35	38.4	96	19	0.0	1.28	16.66	0.64	0.00	0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			548	28	826	*8.54	*3.44	686.9	5318	915	9.73	24.64	81.95	14.76	5.57	*0.00
% of Calories												18.0%	59.8%	24.2%	9.1%	*0.0%

Fri - 05/20/2016																
ALC LUNCH	Total	1000														
Hot Dog on Bun Turkey Dog	Sandwich	850	430	61	1905	2.69	4.17	197.2	140	15	3.01	16.48	56.77	15.14	4.41	*N/A*
Baked Beans	1/2 CUP	750	167	0	507	6.99	4.51	46.5	439	84	1.32	6.6	28.97	2.35	0.00	*N/A*
Veggie Sticks	1/2 Cup	900	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	850	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
APRICOTS: canned,light syrup	1/2 CUP	700	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
PB & Jelly Sand.	1 SAND.	900	230	0	203	3.25	0.72	18.9	1	1	0.26	7.09	34.98	8.63	1.66	*0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			932	62	2338	*13.32	*8.41	564.7	4951	760	19.37	34.76	145.90	25.22	6.83	*0.00
% of Calories												14.9%	62.6%	24.4%	6.6%	*0.0%

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 optional nutrient values

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			747	*40	1040	*12.45	*5.32	*572.7	*7355	*1097	*43.60	*32.93 *17.6%	*104.41 *55.9%	*23.67 *28.5%	*6.61 *8.0%	*0.11 *0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	747		846	88%		99		Correction Required - Calories are Low
Cholesterol (mg)	40				Missing			
Sodium (mg)	1040							
Fiber (g)	12.45				Missing			
Iron (mg)	5.32		4.50	118%	Missing			
Calcium (mg)	572.7		400.00	143%	Missing			
Vitamin A (IU)	7355		1500	490%	Missing			
Vitamin A (RE)	1097		300	366%	Missing			
Vitamin C (mg)	43.60		19.18	227%	Missing			
Protein (g)	32.93	17.64%	16.70	197%	Missing			
Carbohydrate (g)	104.41	55.93%			Missing			
Total Fat (g)	23.67	28.53%	<=30.00%		Missing			
Saturated Fat (g)	6.61	7.97%	<10.00%		Missing			
Trans Fat (g)	0.11	0.13%			Missing			

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