

**ISD 518**

**Jun 10, 2019 thru Jun 28, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/10/2019																
Sr High Lunch	Total	1														
Cheeseburger on Bun	EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	5	21.96	33.99	13.47	4.98	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			528	44	861	7.33	3.64	474.6	2379	2.68	33	31.10	70.45	14.18	5.39	*0.00
% of Calories											25.2%	23.5%	53.3%	24.1%	9.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 06/11/2019																
Sr High Lunch	Total	1														
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	1	16.0	11.0	13.0	3.00	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Bread & Butter	Sandwiche	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			586	*41	784	*8.33	*2.56	*424.6	*2279	*1.48	*32	*30.14	*60.46	25.84	5.94	*2.53
% of Calories											*22.0%	*20.6%	*41.3%	39.7%	9.1%	*3.9%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 06/12/2019																
Sr High Lunch	Total	1														
Chicken Fajitas	Fajita	1	345	87	961	0.83	1.59	215.1	356	2.4	3	31.15	27.03	10.9	6.32	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	0	9.0	25.0	0.5	0.00	*0.00
Fresh Fruit	1/2 Cup	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			632	93	1282	10.88	3.60	519.7	5341	34.44	25	48.96	77.02	12.25	6.77	*0.00
% of Calories											16.1%	31.0%	48.8%	17.5%	9.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

\*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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Sr High Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/13/2019																
Sr High Lunch	Total	1														
BBQ on Bun	Sandwich	1	351	52	506	3.38	2.12	236.1	246	2.59	*9	20.5	37.85	14.03	3.99	*1.99
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			597	58	687	5.70	2.55	493.2	2990	8.16	*39	30.73	86.23	15.29	4.48	*1.99
% of Calories											*26.1%	20.6%	57.8%	23.0%	6.8%	*3.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 06/14/2019																
Sr High Lunch	Total	1														
Deli Turkey Sandwich - MS & HS	Sandwich	1	301	49	833	3.00	1.80	275.0	150	0.0	4	24.5	34.0	8.5	2.50	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			517	79	1056	6.33	2.20	549.6	2429	13.48	38	33.63	75.46	10.21	2.91	*0.00
% of Calories											29.2%	26.0%	58.4%	17.8%	5.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 06/17/2019																
Sr High Lunch	Total	1														
Grilled Chicken Sandwich	Sandwich	1	300	60	950	3.00	1.80	200.0	0	0.0	6	24.0	35.0	8.0	2.00	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Baked Beans	1/2 cup	1	140	0	370	6.00	1.80	40.0	0	0.0	12	5.0	30.0	0.5	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			610	66	1492	10.33	3.64	494.6	2279	1.48	45	37.13	97.46	9.21	2.41	*0.00
% of Calories											29.7%	24.4%	63.9%	13.6%	3.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

\*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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Sr High Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 06/18/2019																
Sr High Lunch	Total	1														
Garlic Cheese Bread	Slices	1	262	21	475	0.00	2.16	200.0	400	4.2	3	14.8	24.6	12.3	4.90	0.00
Spaghetti Sauce	1/2 cup	1	185	46	103	0.64	0.13	3.7	8	0.09	*3	13.02	5.13	12.55	4.03	*1.78
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			645	73	760	2.97	2.34	458.3	2988	6.97	*34	36.96	66.19	25.55	9.34	*1.78
% of Calories											*20.8%	22.9%	41.0%	35.6%	13.0%	*2.5%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 06/19/2019																
Sr High Lunch	Total	1														
Pork Nachos	Serving	1	763	177	1484	2.02	1.22	355.3	274	0.0	0	43.91	42.59	38.78	14.20	0.00
Nachos with Beef	Servings	1	537	71	681	2.25	1.12	184.9	233	0.59	*1	23.22	42.42	31.77	8.87	*2.39
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Fresh Fruit	1/2 Cup	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1472	255	2370	8.33	2.55	802.0	5493	31.43	*25	78.94	115.00	71.41	23.51	*2.39
% of Calories											*6.7%	21.4%	31.2%	43.7%	14.4%	*1.5%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 06/20/2019																
Sr High Lunch	Total	1														
Chicken Nuggets - Tyson	5 pieces	1	225	44	475	1.25	1.80	30.0	150	0.0	0	16.25	12.5	12.5	2.50	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			632	*50	867	*7.56	*3.31	*437.0	*2594	*4.37	*33	*29.49	*73.88	25.90	5.53	*2.53
% of Calories											*20.8%	*18.7%	*46.8%	36.9%	7.9%	*3.6%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 06/21/2019</b>																
Sr High Lunch	Total	1														
Ham Sandwich	Sandwich	1	205	30	780	0.00	3.61	40.0	0	0.0	*N/A*	13.33	30.65	3.67	0.65	*N/A*
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			421	60	1003	3.33	4.01	314.6	2279	13.48	*33	22.47	72.11	5.37	1.06	*0.00
% of Calories											*31.6%	21.3%	68.5%	11.5%	2.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Mon - 06/24/2019</b>																
Sr High Lunch	Total	1														
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	0.0	15	15.0	34.0	11.0	4.00	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			479	21	713	7.33	2.74	554.6	2779	1.48	43	24.13	70.46	11.71	4.41	*0.00
% of Calories											36.2%	20.2%	58.8%	22.0%	8.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Tue - 06/25/2019</b>																
Sr High Lunch	Total	1														
Egg Roll/String Cheese	1 Roll/1 S tick	1	270	50	540	3.00	1.80	60.0	1050	6.0	3	16.0	20.0	14.0	2.00	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			476	80	763	5.33	1.84	314.6	3629	8.68	33	24.13	58.46	15.71	2.41	*0.00
% of Calories											28.0%	20.3%	49.1%	29.7%	4.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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Wed - 06/26/2019																
Sr High Lunch	Total	1														
Chicken Sandwich, Breaded	Sandwich	1	420	50	800	4.00	3.60	220.0	0	0.0	4	24.0	44.0	17.0	3.50	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Baked Beans	1/2 cup	1	140	0	370	6.00	1.80	40.0	0	0.0	12	5.0	30.0	0.5	0.00	0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	21.0	*N/A*	0.99	20.01	0.0	0.00	*N/A*
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			920	*56	1577	*13.33	*6.52	*684.6	*2579	*22.48	*34	*41.13	*123.47	30.35	6.44	*2.53
% of Calories											*14.9%	*17.9%	*53.7%	29.7%	6.3%	*2.5%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 06/27/2019																
Sr High Lunch	Total	1														
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	0.0	3	16.0	40.0	12.0	3.50	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			586	16	1011	7.31	3.49	477.0	2744	16.37	36	27.24	91.38	13.26	4.00	*0.00
% of Calories											24.5%	18.6%	62.4%	20.4%	6.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 06/28/2019																
Sr High Lunch	Total	1														
Club Sandwich	Sandwich	1	273	43	799	3.00	2.16	200.0	0	0.0	5	21.52	33.49	6.74	1.99	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			478	49	1001	6.33	2.21	454.6	2579	2.68	34	32.65	70.96	7.44	2.40	*0.00
% of Calories											28.3%	27.3%	59.4%	14.0%	4.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

\*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.

**ISD 518**

**Jun 10, 2019 thru Jun 28, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			639	*70	1082	*7.38	*3.15	*496.9	*3024	*11.31	*35 *48.6%	*35.26 *22.1%	*80.60 *50.5%	19.58 27.6%	5.80 8.2%	*0.92 *1.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		846	75%		207		Correction Required - Calories are Low
Cholesterol (mg)	70				Missing			
Sodium (mg)	1082						1082	
Fiber (g)	7.38				Missing			
Iron (mg)	3.15		4.50	70%	Missing	1.35		Correction Required - Iron is Low
Calcium (mg)	496.9		400.00	124%	Missing			
Vitamin A (IU)	3024		1500	202%	Missing			
Sugars (g)	35	21.62%			Missing			
Vitamin C (mg)	11.31		19.18	59%	Missing	7.86		Correction Required - Vitamin C is Low
Protein (g)	35.26	22.08%	16.70	211%	Missing			
Carbohydrate (g)	80.60	50.48%			Missing			
Total Fat (g)	19.58	27.59%	<=30.00%					
Saturated Fat (g)	5.80	8.17%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.92	1.29%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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