

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 01/03/2023															
GRAB N GO BRKFAST	Total														
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
Weighted Daily Average		397	15	520	7.91	4.89	623.3	1643	82.94	51	16.25	72.85	5.11	2.50	0.00
% of Calories										51.0%	16.4%	73.3%	11.6%	5.7%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/04/2023															
GRAB N GO BRKFAST	Total														
*Mini Breakfast Bites, Apple	4 Each	270	0	160	3.00	1.50	20.0	0	0.0	2	4.0	41.0	10.0	4.50	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		492	5	315	4.88	1.68	366.8	1194	87.98	*38	13.18	86.82	10.63	4.79	*0.00
% of Calories										*30.6%	10.7%	70.5%	19.4%	8.8%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 01/05/2023															
GRAB N GO BRKFAST	Total														
*Muffin, Blueberry WG, 3 oz.*	1 Each	223	30	115	3.30	0.18	80.0	52	1.2	17	3.9	38.5	6.0	0.90	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		445	35	270	5.18	0.36	426.8	1246	89.18	*52	13.08	84.32	6.63	1.19	*0.00
% of Calories										*46.9%	11.7%	75.7%	13.4%	2.4%	*0.0%
Nutrient Guideline		450-500		540										<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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Fri - 01/06/2023															
GRAB N GO BRKFAST	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		482	25	335	2.88	0.90	406.8	1194	87.98	*56	14.18	81.82	7.63	2.29	*0.00
% of Calories										*46.2%	11.8%	67.8%	14.2%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Mon - 01/09/2023															
GRAB N GO BRKFAST	Total														
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		387	15	518	8.66	5.06	641.8	1837	95.43	*44	16.93	69.12	5.33	2.54	*0.00
% of Calories										*45.8%	17.5%	71.4%	12.4%	5.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/10/2023															
GRAB N GO BRKFAST	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		462	5	455	3.88	1.62	386.8	1194	87.98	*51	14.18	85.82	8.63	2.29	*0.00
% of Calories										*43.9%	12.3%	74.2%	16.8%	4.5%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Wed - 01/11/2023															
GRAB N GO BRKFAST	Total														
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		340	23	229	3.58	0.88	350.5	1224	88.48	*43	11.58	65.62	3.83	0.29	*0.00
% of Calories										*50.8%	13.6%	77.1%	10.1%	0.8%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 01/12/2023															
GRAB N GO BRKFAST	Total														
*Ultimate Brkfst Bar	1 Each	280	5	190	6.00	0.68	29.0	8	0.0	19	5.0	44.0	8.0	3.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		502	10	345	7.88	0.86	375.8	1202	87.98	*55	14.18	89.82	8.63	3.29	*0.00
% of Calories										*43.6%	11.3%	71.5%	15.5%	5.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/13/2023															
GRAB N GO BRKFAST	Total														
*Bun, Oatmeal Breakfast	1 Each	230	0	340	3.00	2.70	80.0	200	0.0	10	6.0	39.0	7.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		452	5	495	4.88	2.88	426.8	1394	87.98	*46	15.18	84.82	7.63	2.29	*0.00
% of Calories										*40.4%	13.4%	75.0%	15.2%	4.5%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 01/16/2023															
GRAB N GO BRKFAST	Total														
*Bagel, Cinnamon Raisin	1 Each	230	0	280	3.00	2.70	20.0	0	0.0	0	8.0	47.0	1.0	0.00	0.00
*Cheese, Cream*	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		512	20	520	5.88	2.88	426.8	1394	87.98	*38	21.18	94.82	5.63	2.29	*0.00
% of Calories										*29.4%	16.5%	74.0%	9.9%	4.0%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/17/2023															
GRAB N GO BRKFAST	Total														
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
Weighted Daily Average		397	15	520	7.91	4.89	623.3	1643	82.94	51	16.25	72.85	5.11	2.50	0.00
% of Calories										51.0%	16.4%	73.3%	11.6%	5.7%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/18/2023															
GRAB N GO BRKFAST	Total														
*Mini Breakfast Bites, Apple	4 Each	270	0	160	3.00	1.50	20.0	0	0.0	2	4.0	41.0	10.0	4.50	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		492	5	315	4.88	1.68	366.8	1194	87.98	*38	13.18	86.82	10.63	4.79	*0.00
% of Calories										*30.6%	10.7%	70.5%	19.4%	8.8%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 01/19/2023															
GRAB N GO BRKFAST	Total														
*Muffin, Blueberry WG, 3 oz.*	1 Each	223	30	115	3.30	0.18	80.0	52	1.2	17	3.9	38.5	6.0	0.90	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		445	35	270	5.18	0.36	426.8	1246	89.18	*52	13.08	84.32	6.63	1.19	*0.00
% of Calories										*46.9%	11.7%	75.7%	13.4%	2.4%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 01/20/2023															
GRAB N GO BRKFAST	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		482	25	335	2.88	0.90	406.8	1194	87.98	*56	14.18	81.82	7.63	2.29	*0.00
% of Calories										*46.2%	11.8%	67.8%	14.2%	4.3%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Mon - 01/23/2023															
GRAB N GO BRKFAST	Total														
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		387	15	518	8.66	5.06	641.8	1837	95.43	*44	16.93	69.12	5.33	2.54	*0.00
% of Calories										*45.8%	17.5%	71.4%	12.4%	5.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 01/24/2023															
GRAB N GO BRKFAST	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		462	5	455	3.88	1.62	386.8	1194	87.98	*51	14.18	85.82	8.63	2.29	*0.00
% of Calories										*43.9%	12.3%	74.2%	16.8%	4.5%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Wed - 01/25/2023															
GRAB N GO BRKFAST	Total														
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		340	23	229	3.58	0.88	350.5	1224	88.48	*43	11.58	65.62	3.83	0.29	*0.00
% of Calories										*50.8%	13.6%	77.1%	10.1%	0.8%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 01/26/2023															
GRAB N GO BRKFAST	Total														
*Ultimate Brkfst Bar	1 Each	280	5	190	6.00	0.68	29.0	8	0.0	19	5.0	44.0	8.0	3.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		502	10	345	7.88	0.86	375.8	1202	87.98	*55	14.18	89.82	8.63	3.29	*0.00
% of Calories										*43.6%	11.3%	71.5%	15.5%	5.9%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Fri - 01/27/2023															
GRAB N GO BRKFAST	Total														
*Bun, Oatmeal Breakfast	1 Each	230	0	340	3.00	2.70	80.0	200	0.0	10	6.0	39.0	7.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		452	5	495	4.88	2.88	426.8	1394	87.98	*46	15.18	84.82	7.63	2.29	*0.00
% of Calories										*40.4%	13.4%	75.0%	15.2%	4.5%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Mon - 01/30/2023															
GRAB N GO BRKFAST	Total														
*Bagel, Cinnamon Raisin	1 Each	230	0	280	3.00	2.70	20.0	0	0.0	0	8.0	47.0	1.0	0.00	0.00
*Cheese, Cream*	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		512	20	520	5.88	2.88	426.8	1394	87.98	*38	21.18	94.82	5.63	2.29	*0.00
% of Calories										*29.4%	16.5%	74.0%	9.9%	4.0%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Tue - 01/31/2023															
GRAB N GO BRKFAST	Total														
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, Variety*	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
*Applesauce, Unsweetened Cups*	1 each	57	0	2	1.13	0.00	0.0	0	13.5	12	0.0	15.75	0.0	0.00	0.00
Weighted Daily Average		397	15	520	7.91	4.89	623.3	1643	82.94	51	16.25	72.85	5.11	2.50	0.00
% of Calories										51.0%	16.4%	73.3%	11.6%	5.7%	0.0%
Nutrient Guideline		450-500		540										<10.00	

Weighted Average		445	16	406	5.67	2.33	451.8	1366	88.13	*47	15.05	81.16	6.88	2.38	*0.00
										*95.9%	13.5%	72.9%	13.9%	4.8%	*0.0%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Calories	445		450 - 500		99%			5			Correction Required - Calories are Low					
Cholesterol (mg)	16															
Sodium (mg)	406		540													
Fiber (g)	5.67															
Iron (mg)	2.33															
Calcium (mg)	451.8															
Vitamin A (IU)	1366															
Sugars (g)	47	42.63%				Missing										
Vitamin C (mg)	88.13															
Protein (g)	15.05	13.52%														
Carbohydrate (g)	81.16	72.94%														
Total Fat (g)	6.88	13.91%														
Saturated Fat (g)	2.38	4.81%			<10.00%											
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing										

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