

	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 - 03/01/2023															
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 - 03/02/2023															
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 - 03/03/2023															
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	

\*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)
Mon - 03/06/2023															
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 - 03/07/2023															
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 - 03/08/2023															
GRAB N GO BRKFAST															
	Total														
*Cinnamon Apple Crumble	1 Each	260	35	250	2.00	1.44	60.0	0	0.0	19	5.0	39.0	9.0	1.00	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		482	40	405	3.88	1.62	406.8	1194	87.98	*55	14.18	84.82	9.63	1.29	*0.00
% of Calories										*45.4%	11.8%	70.3%	18.0%	2.4%	*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 - 03/09/2023															
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 - 03/10/2023															
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 - 03/13/2023															
GRAB N GO BRKFAST	Total														
*Bagel, 3 Oz.*	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	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
*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		509	20	471	6.48	2.47	388.3	1200	75.50	48	12.50	96.15	5.24	2.25	0.00
% of Calories										37.7%	9.8%	75.5%	9.3%	4.0%	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 - 03/14/2023															
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
*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
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	

Wed - 03/15/2023															
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 - 03/16/2023															
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	

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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 - 03/17/2023															
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 - 03/20/2023															
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 - 03/21/2023															
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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	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 - 03/22/2023															
GRAB N GO BRKFAST	Total														
*Cinnamon Apple Crumble	1 Each	260	35	250	2.00	1.44	60.0	0	0.0	19	5.0	39.0	9.0	1.00	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		482	40	405	3.88	1.62	406.8	1194	87.98	*55	14.18	84.82	9.63	1.29	*0.00
% of Calories										*45.4%	11.8%	70.3%	18.0%	2.4%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 03/23/2023															
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 - 03/24/2023															
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 - 03/27/2023															
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 - 03/28/2023															
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 - 03/29/2023															
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 - 03/30/2023															
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 - 03/31/2023															
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	

Weighted Average		463	18	401	5.48	2.09	441.7	1331	88.35	*49	14.67	83.50	7.64	2.51	*0.00
										*94.6%	12.7%	72.2%	14.9%	4.9%	*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)	Error Messages (if any)
Calories	463		450 - 500		100%												
Cholesterol (mg)	18																
Sodium (mg)	401		540														
Fiber (g)	5.48																
Iron (mg)	2.09																
Calcium (mg)	441.7																
Vitamin A (IU)	1331																
Sugars (g)	49	42.03%				Missing											
Vitamin C (mg)	88.35																
Protein (g)	14.67	12.68%															
Carbohydrate (g)	83.50	72.20%															
Total Fat (g)	7.64	14.86%															
Saturated Fat (g)	2.51	4.88%			<10.00%												
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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