

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 1

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019							
IV Breakfast K-5	Total						
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cereal Bar, Apple Fruit Filled	1 EACH	140	100	24.0	3.5	1.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		470	432	79.00	9.32	4.60	*0.00
% of Calories				67.2%	17.8%	8.8%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 02/04/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		482	549	64.68	16.59	5.91	0.00
% of Calories				53.7%	31.0%	11.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/05/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		505	465	77.75	14.57	4.33	*0.00
% of Calories				61.6%	26.0%	7.7%	*0.0%
Nutrient Guideline		350-500	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

¹ - 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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 2

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/06/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		456	374	89.53	6.45	1.59	*0.00
% of Calories				78.6%	12.7%	3.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 02/07/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 02/08/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		334	297	67.94	2.11	0.42	*0.00
% of Calories				81.3%	5.7%	1.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 02/11/2019							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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.

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 3

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		420	467	55.81 53.1%	14.19 30.4%	4.25 9.1%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/12/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Weighted Daily Average % of Calories		462	449	73.24 63.4%	11.71 22.8%	3.95 7.7%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 02/13/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Breakfast Wrap	Wrap	200	290	17.0	10.0	4.00	0.00
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		553	562	89.56 64.8%	12.47 20.3%	6.00 9.8%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 02/14/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		633	708	93.88 59.3%	20.84 29.6%	5.17 7.4%	*0.00 *0.0%
Nutrient Guideline		350-500	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

¹ - 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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 4

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/15/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		334	297	67.94	2.11	0.42	*0.00
% of Calories				81.3%	5.7%	1.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/19/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		482	549	64.68	16.59	5.91	0.00
% of Calories				53.7%	31.0%	11.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 02/20/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		456	374	89.53	6.45	1.59	*0.00
% of Calories				78.6%	12.7%	3.1%	*0.0%
Nutrient Guideline		350-500	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

¹ - 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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 5

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/21/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 02/22/2019							
IV Breakfast K-5	Total						
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cereal Bar, Apple Fruit Filled	1 EACH	140	100	24.0	3.5	1.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		470	432	79.00	9.32	4.60	*0.00
% of Calories				67.2%	17.8%	8.8%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 02/25/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		482	549	64.68	16.59	5.91	0.00
% of Calories				53.7%	31.0%	11.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/26/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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.

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 6

Generated on: 1/17/2019 10:06:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		505	465	77.75 61.6%	14.57 26.0%	4.33 7.7%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 02/27/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		401	581	66.53 66.4%	6.35 14.3%	2.06 4.6%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 02/28/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		574	706	81.77 57.0%	20.09 31.5%	5.02 7.9%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		482	509	76.15 63.1%	12.66 23.6%	4.01 7.5%	*0.00 *0.0%
------------------	--	-----	-----	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		350 - 500	100%				
Sodium (mg)	509		540					
Carbohydrate (g)	76.15	63.14%						
Total Fat (g)	12.66	23.61%						
Saturated Fat (g)	4.01	7.47%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			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

¹ - 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.