

	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 ¹ (g)
Thu - 12/01/2022															
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 - 12/02/2022															
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 - 12/05/2022															
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
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		499	20	470	7.24	2.65	406.8	1394	87.98	*42	13.18	92.42	5.45	2.29	*0.00
% of Calories										*33.4%	10.6%	74.0%	9.8%	4.1%	*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 ¹ (g)
Tue - 12/06/2022															
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 - 12/07/2022															
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 - 12/08/2022															
GRAB N GO BRKFAST	Total														
Muffin, Apple Cinnamon WG	1 Each	250	25	270	2.00	*N/A*	20.0	0	0.0	17	4.0	44.0	7.0	0.50	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		472	30	425	3.88	*0.18	366.8	1194	87.98	*53	13.18	89.82	7.63	0.79	*0.00
% of Calories										*44.6%	11.2%	76.1%	14.5%	1.5%	*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 ¹ (g)
Fri - 12/09/2022															
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 - 12/12/2022															
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 - 12/13/2022															
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 ¹ (g)
Wed - 12/14/2022															
GRAB N GO BRKFAST	Total														
Muffin Top, Chocolate Chip	1 Each	235	29	108	3.10	1.20	4.0	820	1.4	17	3.9	41.0	6.0	0.90	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		457	34	263	4.98	1.38	350.8	2014	89.38	*53	13.08	86.82	6.63	1.19	*0.00
% of Calories										*46.1%	11.4%	75.9%	13.0%	2.3%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Thu - 12/15/2022															
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 - 12/16/2022															
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 ¹ (g)
Mon - 12/19/2022															
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
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		499	20	470	7.24	2.65	406.8	1394	87.98	*42	13.18	92.42	5.45	2.29	*0.00
% of Calories										*33.4%	10.6%	74.0%	9.8%	4.1%	*0.0%
Nutrient Guideline		450-500		540											<10.00

Tue - 12/20/2022															
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 - 12/21/2022															
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 ¹ (g)
Thu - 12/22/2022															
GRAB N GO BRKFAST	Total														
Muffin, Apple Cinnamon WG	1 Each	250	25	270	2.00	*N/A*	20.0	0	0.0	17	4.0	44.0	7.0	0.50	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		472	30	425	3.88	*0.18	366.8	1194	87.98	*53	13.18	89.82	7.63	0.79	*0.00
% of Calories										*44.6%	11.2%	76.1%	14.5%	1.5%	*0.0%
Nutrient Guideline		450-500		540										<10.00	

Fri - 12/23/2022															
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 - 12/26/2022															
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 ¹ (g)
Tue - 12/27/2022															
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 - 12/28/2022															
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 - 12/29/2022															
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 ¹ (g)
Fri - 12/30/2022															
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	

Weighted Average		457	15	413	5.70	*2.15	432.2	1378	88.29	*48	14.31	83.35	7.28	2.42	*0.00
										*95.3%	12.5%	73.0%	14.3%	4.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	457		450 - 500	100%				
Cholesterol (mg)	15							
Sodium (mg)	413		540					
Fiber (g)	5.70							
Iron (mg)	2.15				Missing			
Calcium (mg)	432.2							
Vitamin A (IU)	1378							
Sugars (g)	48	42.36%			Missing			
Vitamin C (mg)	88.29							
Protein (g)	14.31	12.53%						
Carbohydrate (g)	83.35	72.99%						
Total Fat (g)	7.28	14.33%						
Saturated Fat (g)	2.42	4.76%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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