

Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 7-8 Grade Lunch

Page 1

Apr 30, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2012														
7-8 Grade Lunch	Total	3												
Integrated 270019, Beef Taco S	4.60 oz. Srv.	3	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78
REFRIED BEANS	.50 CUP	3	110	2	178	5.16	1.53	65.0	90	2.35	7.59	17.3	0.7	0.43
CELERY STICKS	1 Cup	3	8	0	38	0.77	0.10	19.2	216	1.49	0.33	1.43	0.08	0.02
RRay Ranch Sauce	2 OZ	3	80	9	150	0.29	0.42	72.2	314	4.26	2.0	4.68	6.0	1.21
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			781	74	1454	9.99	6.15	791.1	1322	14.13	45.61	98.07	21.39	8.94
% of Calories											23.4%	50.2%	24.6%	10.3%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	74%	107%	167%	137%	198%	88%	85%	300%			
Shortfall			2	26					178	2.57				OVER

Wed - 05/02/2012														
7-8 Grade Lunch	Total	3												
Integrated 363000 SW Chs Veggi	4.63 oz. Srv.	3	359	42	770	1.77	2.14	506.1	441	4.52	18.87	35.74	15.4	8.68
Vegetable, Corn, frozen	.50 Cup	3	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
Cowboy Caviar	.50 CUP	3	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
APRICOTS: canned,light syrup	.50 CUP	3	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	3	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			774	51	1140	8.21	5.20	1018.5	3278	21.73	34.66	116.56	21.00	9.86
% of Calories											17.9%	60.2%	24.4%	11.5%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			99%	51%	84%	137%	115%	255%	219%	130%	228%			
Shortfall			9	49	220									OVER

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

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Kern High School District

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Page 2

Apr 30, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/03/2012														
7-8 Grade Lunch	Total	3												
IntegratedC15250B Burger	Sandwich	3	299	34	821	4.62	2.75	160.5	168	2.22	21.83	31.55	10.57	3.47
Lettuce & Pickles, Vended	SRV	3	4	0	64	0.46	0.16	8.2	104	1.13	0.32	0.76	0.06	0.01
McCain 2226 Tater Rounds	8 Pieces	3	134	0	214	2.00	0.32	0.0	0	1.06	2.0	18.0	6.0	2.00
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi. Ket, Mstrd, Mayo, Taco	Serv	3	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			756	42	1822	12.41	5.97	615.8	1403	68.25	36.32	106.77	22.17	7.01
% of Calories											19.2%	56.5%	26.4%	8.3%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			97%	42%	134%	207%	133%	154%	94%	409%	239%			
Shortfall			27	58					97					

Fri - 05/04/2012														
7-8 Grade Lunch	Total	3												
Turkey & Gravy over Potatoes	SRV	3	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
Sweet Potatoes, Candied	1/2 Cup	3	131	3	47	2.73	0.90	22.0	8158	9.57	1.16	28.71	1.53	0.85
Vegetable, GBeans, Frz	1/2 Cup	3	19	0	1	2.03	0.45	28.4	376	2.77	1.01	4.35	0.11	0.03
Cucumber & Carrot Coins	.50 CUP	3	16	0	11	1.12	0.22	11.9	8635	4.21	0.49	3.81	0.09	0.02
RRay Ranch Sauce	1 OZ	3	40	5	75	0.15	0.21	36.1	157	2.13	1.0	2.34	3.0	0.60
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	3	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			801	*63	1279	*11.54	*7.06	*555.0	*18080	*25.01	*37.63	127.80	15.62	*4.33
% of Calories											*18.8%	63.8%	17.5%	*4.9%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			102%	63%	94%	192%	157%	139%	1205%	150%	248%			
Shortfall				37	81									

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Kern High School District

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Page 3

Apr 30, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/07/2012														
7-8 Grade Lunch	Total	3												
Red Barron 78626Tower Pep Piza	5.3 oz	3	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
Beans, Baked, I-6CK	.50 Cup	3	131	0	459	5.21	1.57	47.0	153	0.43	6.1	29.88	0.47	0.09
Vegetables, Mixed, Frozen	.50 Cup	3	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
Dried Fruit, Golden Blend	.75 oz.	3	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			790	53	1240	10.93	5.53	807.8	6106	95.62	38.84	119.67	20.24	9.78
% of Calories											19.7%	60.6%	23.1%	11.2%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			101%	53%	91%	182%	123%	202%	407%	573%	256%			
Shortfall				47	120									OVER

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/08/2012														
7-8 Grade Lunch	Total	3												
AZGold 2120700W Bean Burrito	7 oz.	3	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
MEXICALI CORN	.50 CUP	3	119	0	28	2.71	0.67	9.8	528	18.47	3.56	23.98	2.75	0.51
CELERY STICKS	.50 Cup	3	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
Naturally Fresh FF Italian	1.5 OZ.	3	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			792	28	1502	13.08	6.68	770.9	1795	79.67	28.95	134.54	15.95	6.58
% of Calories											14.6%	67.9%	18.1%	7.5%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			101%	28%	110%	218%	149%	193%	120%	477%	190%			
Shortfall				72										

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/09/2012														
7-8 Grade Lunch	Total	3												
Tyson 2154 BrdWGPlainChix&Bun	1 Each	3	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Lettuce,Tomato,Pickle Cup	1/2 Cup	1	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Vegetable Pasta Salad	3/4 Cup	3	78	0	100	1.99	0.74	17.6	465	22.84	2.47	10.3	2.98	0.43
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Condi. Ket, Mstrd. Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average			790	33	1730	13.84	7.08	568.0	1872	35.93	35.69	115.55	22.89	3.79
% of Calories											18.1%	58.5%	26.1%	4.3%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			101%	33%	127%	231%	157%	142%	125%	215%	235%			
Shortfall				67										

Thu - 05/10/2012														
7-8 Grade Lunch	Total	3												
Asian Solution Tangerine Chix	2/3 Cup	3	144	32	259	0.00	0.52	0.0	0	0.0	9.36	19.43	2.88	0.72
Chef's Corner Vegetable Brown	1 Cup	3	260	0	660	4.00	2.16	40.0	5000	18.0	6.0	48.0	4.0	0.00
Vegetable, Carrots & Peas	.50 Cup	3	46	0	68	2.83	0.91	22.5	7913	9.32	2.83	9.28	0.59	0.12
Broccoli Raisin Salad	.50 CUP	3	55	2	64	1.07	0.35	17.3	462	30.46	1.06	7.74	2.38	0.27
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
MJM551150 Tropical Cracker	1 oz. Pkg	3	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			774	43	1306	11.20	6.20	564.5	14125	108.48	30.40	131.88	14.30	1.62
% of Calories											15.7%	68.2%	16.6%	1.9%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			99%	43%	96%	187%	138%	141%	942%	650%	200%			
Shortfall			9	57	54									

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May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 30, 2012

Page 5

7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/11/2012														
7-8 Grade Lunch	Total	3												
Beef Nachos Beans w/Cheese	Servings	3	312	24	1040	5.24	2.46	106.5	3149	2.36	13.2	39.03	11.1	3.44
Vegetable, Corn, frozen	.50 Cup	3	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
CARROT-RAISIN SALAD	2/3 CUP	3	144	10	345	3.25	0.78	61.9	15144	8.06	1.98	25.05	4.76	0.78
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Dried Fruit, Apricot Blend	1 oz.	3	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			778	42	1555	14.53	4.38	574.7	19229	88.37	28.22	129.73	17.94	4.89
% of Calories											14.5%	66.7%	20.8%	5.7%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			99%	42%	114%	242%	97%	144%	1282%	529%	186%			
Shortfall			5	58			0.12							

Mon - 05/14/2012														
7-8 Grade Lunch	Total	3												
USDA Chicken, BBQ Glazed	SRVG	3	149	51	357	0.00	1.00	7.0	70	0.0	11.27	10.46	6.06	2.00
Baked Beans (Vegetarian)	.50 CUP	3	122	0	342	4.45	1.55	50.2	208	3.11	5.03	27.86	0.49	0.08
Celery & Carrot Sticks	.50 CUP	3	15	0	20	1.09	0.17	12.8	8427	3.14	0.39	3.37	0.08	0.01
Peanut Butter PC	1 Each	3	195	0	147	1.77	0.67	16.8	0	0.0	6.78	7.42	15.33	2.95
Crisp Apple, Zero Trans Fat	.50 Cup	3	149	0	12	3.38	0.71	17.8	41	0.8	1.95	33.77	1.85	0.07
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	3	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			866	59	1226	12.69	5.60	494.3	9246	8.65	40.08	122.22	26.04	6.02
% of Calories											18.5%	56.5%	27.1%	6.3%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			111%	59%	90%	211%	124%	124%	616%	52%	264%			
Shortfall				41	134					8.05				

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/15/2012														
7-8 Grade Lunch	Total	3												
Tyson 2155 WG Chick Nuggets	7 Each	3	280	35	336	4.20	2.52	56.0	0	0.0	23.8	21.0	11.2	2.10
Lamb WestonH30 Tater Tots(8)	Container (8	3	107	0	220	1.33	0.48	0.0	0	6.0	1.33	12.67	5.33	1.33
Vegetables, Raw Bro/califlower	.50 CUP	3	28	1	225	1.01	0.38	13.9	392	23.03	1.01	3.39	1.42	0.12
Naturally Fresh FF Italian	1.5 OZ.	3	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Pineapple, Tidbits Canned	.50 CUP	3	75	0	1	1.00	0.35	17.0	47	11.8	0.52	19.55	0.1	0.00
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
MJM551150 Tropical Cracker	1 oz. Pkg	3	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment, Ketchup	2 Each	3	20	0	190	0.00	0.36	20.0	100	2.4	0.0	4.0	0.0	0.00
Weighted Daily Average			795	45	1700	8.54	5.53	593.6	1239	126.43	38.33	111.19	22.38	4.05
% of Calories											19.3%	56.0%	25.3%	4.6%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			102%	45%	125%	142%	123%	148%	83%	757%	252%			
Shortfall				55					261					

Wed - 05/16/2012														
7-8 Grade Lunch	Total	3												
Lasagna, beef & cheese	cut 6x4	3	227	39	283	*1.58	2.52	161.3	892	4.01	12.71	24.31	8.38	4.31
Vegetables, Mixed, Frozen	2/3 Cup	3	84	0	64	4.95	1.20	32.1	6271	12.79	4.1	16.6	1.24	0.26
Romaine Lettuce Salad #2	1.75 Cup	3	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
RRay Ranch Sauce	2 OZ	3	80	9	150	0.29	0.42	72.2	314	4.26	2.0	4.68	6.0	1.21
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Green Bellies Cornbread Puffin	2 Each	3	110	32	258	2.00	0.36	60.0	100	1.2	4.0	20.0	2.0	2.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			783	91	1222	*15.72	6.46	812.4	11929	99.63	38.83	113.69	21.17	9.02
% of Calories											19.8%	58.1%	24.3%	10.4%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	91%	90%	262%	144%	203%	795%	597%	255%			
Shortfall			0	9	138									OVER

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 30, 2012

Page 7

7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/17/2012														
7-8 Grade Lunch	Total	3												
Asian Solutions 73002GMR New O	2/3 Cup	3	163	54	491	1.07	1.85	17.0	547	33.09	14.97	17.91	2.8	0.55
Chef's Corner Vegetable Brown	1 Cup	3	260	0	660	4.00	2.16	40.0	5000	18.0	6.0	48.0	4.0	0.00
BROCCOLI SALAD	.50 CUP	3	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
Carrots, bagged, 1/4 cup	1/4 Cup	3	15	0	28	0.87	0.16	8.7	2612	2.61	0.44	3.48	0.0	0.00
Wawona, Berry Frz. Fruit Blend	.50 CUP	3	70	0	4	2.00	0.41	12.0	461	61.0	0.88	17.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			782	69	1514	9.93	5.40	473.4	9623	146.60	33.71	135.78	11.30	1.66
% of Calories											17.2%	69.5%	13.0%	1.9%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	69%	111%	165%	120%	118%	642%	878%	222%			
Shortfall			1	31										

Fri - 05/18/2012														
7-8 Grade Lunch	Total	3												
Turkey & Gravy over Potatoes	SRV	3	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
YAM, Orange Bites, BAKED	1 EACH	3	146	5	58	4.05	1.13	46.6	23828	19.35	2.11	30.54	2.14	1.26
Cucumber & Carrot Coins	.50 CUP	3	16	0	11	1.12	0.22	11.9	8635	4.21	0.49	3.81	0.09	0.02
RRay Ranch Sauce	1.5 OZ	3	60	7	113	0.22	0.32	54.1	236	3.2	1.5	3.51	4.5	0.90
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	3	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			818	*67	1327	*10.90	*6.95	*569.2	*33453	*33.09	*38.07	126.45	17.62	*5.02
% of Calories											*18.6%	61.9%	19.4%	*5.5%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			104%	67%	98%	182%	155%	142%	2230%	198%	250%			
Shortfall				33	33									

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2012														
7-8 Grade Lunch	Total	3												
SW Chicken Rice Bowl	Bowl	3	379	80	744	5.49	2.27	247.0	402	2.4	23.94	40.46	14.02	7.10
MEXICALI CORN	.50 CUP	3	119	0	28	2.71	0.67	9.8	528	18.47	3.56	23.98	2.75	0.51
Celery & Carrot Sticks	.50 CUP	3	15	0	20	1.09	0.17	12.8	8427	3.14	0.39	3.37	0.08	0.01
RRay Ranch Sauce	1.5 OZ	3	60	7	113	0.22	0.32	54.1	236	3.2	1.5	3.51	4.5	0.90
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
RAISINS	Small Box	3	112	0	11	2.56	0.98	10.6	0	2.04	0.95	29.59	0.2	0.07
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			837	95	1074	13.61	4.51	705.0	10123	34.07	40.11	127.89	22.59	9.13
% of Calories											19.2%	61.1%	24.3%	9.8%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			107%	95%	79%	227%	100%	176%	675%	204%	264%			
Shortfall				5	286									

Tue - 05/22/2012														
7-8 Grade Lunch	Total	3												
Integrated 270019, Beef Taco S	4.60 oz. Srv.	3	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78
Vegetable, Corn, frozen	.50 Cup	3	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
Broccoli Raisin Salad	.50 CUP	3	55	2	64	1.07	0.35	17.3	462	30.46	1.06	7.74	2.38	0.27
Fruit, Grapes, Fresh	1/2 Cup	3	58	0	2	0.78	0.25	12.1	86	3.46	0.54	14.82	0.3	0.10
Dried Fruit, Apricot Blend	1 oz.	3	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			779	65	1157	7.36	5.26	671.5	1621	44.97	39.56	114.29	18.10	7.79
% of Calories											20.3%	58.7%	20.9%	9.0%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	65%	85%	123%	117%	168%	108%	269%	260%			
Shortfall			4	35	203									

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 30, 2012

7-8 Grade Lunch

Page 9

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/23/2012														
7-8 Grade Lunch	Total	3												
Red Barron 78626Tower Pep Piza	5.3 oz	3	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
Romaine Lettuce Salad #2	1.75 Cup	3	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
RRay Ranch Sauce	1.5 OZ	3	60	7	113	0.22	0.32	54.1	236	3.2	1.5	3.51	4.5	0.90
Carrots, bagged, 1/4 cup	1/4 Cup	3	15	0	28	0.87	0.16	8.7	2612	2.61	0.44	3.48	0.0	0.00
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			786	63	1189	8.17	5.49	882.7	8165	115.93	37.56	103.36	25.97	11.13
% of Calories											19.1%	52.6%	29.7%	12.7%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	63%	87%	136%	122%	221%	544%	694%	247%			
Shortfall				37	171									OVER

Thu - 05/24/2012														
7-8 Grade Lunch	Total	3												
Pierre 3770 Cheeseburger	Sandwich	3	366	54	802	4.00	2.96	126.7	41	0.0	27.54	30.9	15.75	6.33
Lettuce, Tomato, Pickle Cup	1/2 Cup	3	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Lamb WestonH30 Tater Tots(8)	Container (8	3	107	0	220	1.33	0.48	0.0	0	6.0	1.33	12.67	5.33	1.33
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi, Ket, Mstrd, Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average			781	63	1937	11.55	6.36	585.7	1455	73.45	41.85	99.96	25.66	9.06
% of Calories											21.4%	51.2%	29.6%	10.4%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			100%	63%	142%	193%	141%	146%	97%	440%	275%			
Shortfall				37					45					OVER

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/25/2012														
7-8 Grade Lunch	Total	3												
Beef Nachos Beans w/Cheese	Servings	3	312	24	1040	5.24	2.46	106.5	3149	2.36	13.2	39.03	11.1	3.44
MEXICALI CORN	.50 CUP	3	119	0	28	2.71	0.67	9.8	528	18.47	3.56	23.98	2.75	0.51
CARROT-RAISIN SALAD	.50 CUP	3	108	7	259	2.44	0.58	46.4	11358	6.04	1.49	18.79	3.57	0.58
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Dried Fruit, Tropical Island M	.75 oz.	3	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			775	40	1493	13.67	4.31	565.3	15602	98.92	28.77	127.28	19.15	5.56
% of Calories											14.8%	65.7%	22.2%	6.5%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			99%	40%	110%	228%	96%	141%	1040%	592%	189%			
Shortfall			8	60			0.19							

Mon - 05/28/2012														
7-8 Grade Lunch	Total	1												
Holiday, Memorial Day - May	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		OVER	OVER

Tue - 05/29/2012														
7-8 Grade Lunch	Total	3												
Foster Farms 95150 Corn Dog	1 Each	3	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
Lamb WestonH30 Tater Tots(8)	Container (8	3	107	0	220	1.33	0.48	0.0	0	6.0	1.33	12.67	5.33	1.33
Beans, Baked, I-6CK	.50 Cup	3	131	0	459	5.21	1.57	47.0	153	0.43	6.1	29.88	0.47	0.09
Applesauce, cin, unswtnd	#8 Disher	3	56	0	3	1.88	0.37	13.9	40	27.27	0.25	15.18	0.14	0.01
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi, Ket, Mstrd, Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 7-8 Grade Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			799	28	2093	16.42	7.98	626.4	1095	43.42	28.42	135.36	18.51	4.80
											14.2%	67.8%	20.8%	5.4%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			102%	28%	154%	274%	177%	157%	73%	260%	187%			
Shortfall				72					405					

Wed - 05/30/2012														
7-8 Grade Lunch	Total	3												
Red Barron 78626Tower Pep Piza	5.3 oz	3	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
BROCCOLI SALAD	1/2 CUP	3	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
Celery & Carrot Sticks	.50 CUP	3	15	0	20	1.09	0.17	12.8	8427	3.14	0.39	3.37	0.08	0.01
RRay Ranch Sauce	1.5 OZ	3	60	7	113	0.22	0.32	54.1	236	3.2	1.5	3.51	4.5	0.90
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average % of Calories			792	67	1038	5.83	4.11	836.6	10446	125.47	33.42	106.91	27.28	11.06
											16.9%	54.0%	31.0%	12.6%
Nutrient Guideline			783	100	1360	6.00	4.50	400.00	1500	16.70	15.20		<=30.0	<10.00
% of Guideline Satisfied			101%	67%	76%	97%	91%	209%	696%	751%	220%			
Shortfall				33	322	0.17	0.39						OVER	OVER

Thu - 05/31/2012														
7-8 Grade Lunch	Total	3												
Smucker6673PBJ Crustless/soy	2.5 oz.	3	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
Romaine Lettuce Salad #2	1.75 Cup	3	107	3	307	4.00	1.76	75.7	3313	16.41	5.06	16.33	2.52	0.71
RRay Ranch Sauce	1.5 OZ	3	60	7	113	0.22	0.32	54.1	236	3.2	1.5	3.51	4.5	0.90
Carrots, bagged, 1/4 cup	1/4 Cup	3	15	0	28	0.87	0.16	8.7	2612	2.61	0.44	3.48	0.0	0.00
RAISINS	Small Box	3	112	0	11	2.56	0.98	10.6	0	2.04	0.95	29.59	0.2	0.07
BueVista71120, ChCp1ozcookie	1 Each	3	100	8	120	0.26	0.50	7.0	31	0.07	1.19	17.63	2.7	1.10
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values
7-8 Grade Lunch

Apr 30, 2012

Page 12

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			774	26	1027	9.91	5.51	542.8	6692	25.92	27.80 14.4%	119.87 62.0%	21.76 25.3%	5.29 6.2%
Nutrient Guideline % of Guideline Satisfied			783 99%	100 26%	1360 75%	6.00 165%	4.50 122%	400.00 136%	1500 446%	16.70 155%	15.20 183%		<=30.0	<10.00
Shortfall			9	74	333									

Weighted Average			791	*55	1410	*11.36	*5.81	*664.8	*8541	*68.81	*35.58 *18.0%	119.31 60.3%	20.41 23.2%	*6.65 *7.6%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	791		783	101%			
Cholesterol (mg)	55		100	55%	Missing		
Sodium (mg)	1410		1360	104%			Correction Required - Sodium too High
Fiber (g)	11.36		6.00	189%	Missing		
Iron (mg)	5.81		4.50	129%	Missing		
Calcium (mg)	664.8		400.00	166%	Missing		
Vitamin A (IU)	8541		1500	569%	Missing		
Vitamin C (mg)	68.81		16.70	412%	Missing		
Protein (g)	35.58	17.99%	15.20	234%	Missing		
Carbohydrate (g)	119.31	60.33%					
Total Fat (g)	20.41	23.22%	<=30.00%				
Saturated Fat (g)	6.65	7.57%	<10.00%		Missing		

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