

# Washington County School District

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/02/2022</b>			
SECONDARY LUNCH 9-12	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	20.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
DINNER SALAD	1 CUP	1	0.33
TWIN BAR, WG	SERVINGS	1	43.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			179.10
% of Calories			58.7%
Nutrient Guideline			

<b>Tue - 05/03/2022</b>			
SECONDARY LUNCH 9-12	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.06
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
BREADED PORK SANDWICH	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			151.69
% of Calories			53.7%
Nutrient Guideline			

Wed - 05/04/2022			
SECONDARY LUNCH 9-12	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.39
% of Calories			55.2%
Nutrient Guideline			

Thu - 05/05/2022			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	19.09
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			163.97
% of Calories			65.4%
Nutrient Guideline			

Fri - 05/06/2022			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.34
% of Calories			50.9%
Nutrient Guideline			

Mon - 05/09/2022			
SECONDARY LUNCH 9-12	Total	1	
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	30.0
TATER GEMS	SERVING	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
SWEET CAKE	SERVING	1	44.83
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			177.23
% of Calories			57.6%
Nutrient Guideline			

Tue - 05/10/2022			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN LIME BURRITO	SERVINGS	1	51.81
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.06
MAPLE BITES, WG (2)	2 MAPLE BITES	1	26.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
BREADED PORK SANDWICH	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			166.91
% of Calories			55.9%
Nutrient Guideline			

Wed - 05/11/2022			
SECONDARY LUNCH 9-12	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.63
% of Calories			54.3%
Nutrient Guideline			

Thu - 05/12/2022			
SECONDARY LUNCH 9-12	Total	1	
MAC & CHEESE - JTM	6oz SERVINGS	1	28.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	19.09
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			151.94
% of Calories			61.0%
Nutrient Guideline			

Fri - 05/13/2022			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PUDDING,CHOICE	SERVING	1	20.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			119.84
% of Calories			54.4%
Nutrient Guideline			

Mon - 05/16/2022			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BREAST SANDWICH GK7516	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
DINNER SALAD	1 CUP	1	0.33
PICKLE:, CHIPS	1 OZ.	1	1.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			178.43
% of Calories			58.6%
Nutrient Guideline			

Tue - 05/17/2022			
SECONDARY LUNCH 9-12	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.06
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
BREADED PORK SANDWICH	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			158.29 53.9%
Nutrient Guideline			

Wed - 05/18/2022			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN POTATO BOWL -S-DICED	SERVINGS	1	27.6
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			143.19 54.5%
Nutrient Guideline			

Thu - 05/19/2022			
SECONDARY LUNCH 9-12	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	19.09
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			169.28
% of Calories			66.3%
Nutrient Guideline			

Fri - 05/20/2022			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR : SECONDARY	1 CUP	1	22.62
CHAT SNAX VANILLA CRUNCH GRAHA	SERVINGS	1	20.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			113.33
% of Calories			54.2%
Nutrient Guideline			

Mon - 05/23/2022			
SECONDARY LUNCH 9-12	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 05/24/2022			
SECONDARY LUNCH 9-12	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Wed - 05/25/2022			
SECONDARY LUNCH 9-12	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

\*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.



# Washington County School District

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC  
WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/26/2022			
SECONDARY LUNCH 9-12	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Weighted Average			150.90 57.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	150.90	57.06%						

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

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