

Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/03/2019								
SECONDARY LUNCH 9-12	Total	1						
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	1	17.01	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	2	0.95	2.86
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0	3.04	0.51
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	249	10	489	*3	6.64	20.07
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO								
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1262	77	2934	*79	53.70	177.43
% of Calories						*25.0%	17.0%	56.3%
Nutrient Guideline			846				16.70	

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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/04/2019								
SECONDARY LUNCH 9-12	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	0	3.0	33.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO								
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1101	87	2268	*60	40.07	147.37
% of Calories						*21.7%	14.6%	53.5%
Nutrient Guideline			846				16.70	

Thu - 09/05/2019								
SECONDARY LUNCH 9-12	Total	1						
LEMON CHICKEN - ASIAN FOOD	SERVING	1	190	45	350	10	11.0	21.0
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	*0	5.05	40.42
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	3	1.35	9.46
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	*1	5.67	18.35
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	*N/A*	0.0	6.97
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1049	71	1852	*54	46.85	154.39
% of Calories						*20.7%	17.9%	58.9%
Nutrient Guideline			846				16.70	

Fri - 09/06/2019								
SECONDARY LUNCH 9-12	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	*N/A*	19.0	39.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT STICKS:SEC	1 CUP	1	142	10	216	9	2.63	18.84
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Weighted Daily Average			922	60	1684	*71	41.32	133.41
% of Calories						*30.7%	17.9%	57.9%
Nutrient Guideline			846				16.70	

Mon - 09/09/2019								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	3	18.0	38.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
BAKED BEANS	3/4 CUP	1	150	0	613	*21	4.83	36.04
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1155	60	1886	*82	49.26	175.22
% of Calories						*28.4%	17.1%	60.7%
Nutrient Guideline			846				16.70	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/10/2019								
SECONDARY LUNCH 9-12	Total	1						
ENCHILADA	BURRITO	1	384	13	1202	*4	20.05	53.68
CORN, SEC	1 CUP	1	130	0	30	6	4.0	30.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	249	10	489	*3	6.64	20.07
CREAMIES JR.	CREAMIE	1	93	16	39	*N/A*	2.0	14.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1261	61	2457	*78	51.12	190.79
% of Calories						*24.9%	16.2%	60.5%
Nutrient Guideline			846				16.70	

Wed - 09/11/2019								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI BEEF NUGGETS	5 NUGGETS	1	201	50	552	5	17.56	7.53
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	*0	0.0	4.0
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	*N/A*	0.0	7.47
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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ALT SEC WEEKLY 1st CHO	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			983	80	1879	*58	38.72	127.81
% of Calories						*23.5%	15.8%	52.0%
Nutrient Guideline			846				16.70	

Thu - 09/12/2019								
SECONDARY LUNCH 9-12	Total	1						
ORANGE CHICKEN	3.6 OZ SERVIN	1	150	40	280	10	11.0	19.0
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	*0	4.0	32.96
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	*1	5.67	18.35
COOKIE, COWBOY	1 oz.	1	202	15	164	*15	3.31	29.34
SOY SAUCE: PC	PC	1	10	0	500	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1081	76	1713	*62	47.67	157.99
% of Calories						*22.8%	17.6%	58.5%
Nutrient Guideline			846				16.70	

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Fri - 09/13/2019								
SECONDARY LUNCH 9-12	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
GARLIC TWIST	2 OZ	1	141	11	384	*1	4.18	27.29
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT STICKS:SEC	1 CUP	1	142	10	216	9	2.63	18.84
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1030	217	2185	*77	43.11	151.67
% of Calories						*29.8%	16.7%	58.9%
Nutrient Guideline			846				16.70	

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/16/2019								
SECONDARY LUNCH 9-12	Total	1						
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	420	1	10.0	30.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
JELL-O	GEL CUP	1	100	0	45	22	0.0	25.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1098	73	1685	*84	42.99	170.38
% of Calories						*30.5%	15.7%	62.1%
Nutrient Guideline			846				16.70	

Tue - 09/17/2019								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN CARNITA BURRITO	SERVING	1	238	76	673	*0	20.52	20.25
LETTUCE & TOMATO:1/4 CUP-TACOS	1/4 CUP	1	7	0	3	1	0.48	1.43
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	*N/A*	2.0	19.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	249	10	489	*3	6.64	20.07
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	*10	1.89	22.26
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1296	89	2577	*79	54.65	185.22
% of Calories						*24.4%	16.9%	57.2%
Nutrient Guideline			846				16.70	

Wed - 09/18/2019								
SECONDARY LUNCH 9-12	Total	1						
BREADED PORK STEAK	1 EACH	1	293	51	424	1	16.17	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0
CORN, SEC	1 CUP	1	130	0	30	6	4.0	30.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1058	75	1729	*59	40.56	139.32
% of Calories						*22.3%	15.3%	52.7%
Nutrient Guideline			846				16.70	

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/19/2019								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	45	380	*2	10.85	24.34
CORNMEAL SUPER STAR	1 EA	1	148	11	91	12	2.8	23.0
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	98	10	131	*3	1.94	12.03
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	*1	5.67	18.35
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1014	81	1461	*56	45.94	145.15
% of Calories						*22.2%	18.1%	57.2%
Nutrient Guideline			846				16.70	

Fri - 09/20/2019								
SECONDARY LUNCH 9-12	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	*N/A*	19.0	39.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT STICKS:SEC	1 CUP	1	142	10	216	9	2.63	18.84
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			922	60	1684	*71	41.32	133.41
% of Calories						*30.7%	17.9%	57.9%
Nutrient Guideline			846				16.70	

Mon - 09/23/2019								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	0	3.0	33.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
PUDDING,CHOICE	SERVING	1	115	0	133	15	1.0	20.5
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			1201	69	2198	*81	50.35	186.55
% of Calories						*26.9%	16.8%	62.1%
Nutrient Guideline			846				16.70	

Tue - 09/24/2019								
SECONDARY LUNCH 9-12	Total	1						
BEEF TACO STICK	1 EACH	1	345	52	631	1	20.07	31.87
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	249	10	489	*3	6.64	20.07
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	*26	1.56	35.9
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1320	78	2491	*87	53.02	187.64
% of Calories						*26.4%	16.1%	56.8%
Nutrient Guideline			846				16.70	

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/25/2019								
SECONDARY LUNCH 9-12	Total	1						
HAM - COBBLE STREET	SLICE	1	140	45	840	1	13.0	2.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	*4	4.2	33.59
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	*N/A*	0.0	7.47
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			984	75	2094	*58	37.54	130.84
% of Calories						*23.5%	15.3%	53.2%
Nutrient Guideline			846				16.70	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/26/2019								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI CHICKEN	2.8 OZ	1	90	40	320	*N/A*	12.0	6.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	*N/A*	5.05	40.42
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	*1	5.67	18.35
BROWNIE CUP, WG	BROWNIE	1	146	1	72	14	1.5	26.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1047	69	1855	*56	47.80	153.55
% of Calories						*21.4%	18.3%	58.6%
Nutrient Guideline			846				16.70	

Fri - 09/27/2019								
SECONDARY LUNCH 9-12	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT STICKS:SEC	1 CUP	1	142	10	216	9	2.63	18.84
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			960	212	1993	*76	41.02	138.02
% of Calories						*31.7%	17.1%	57.5%
Nutrient Guideline			846				16.70	

Mon - 09/30/2019								
SECONDARY LUNCH 9-12	Total	1						
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	6	17.45	28.74
LIL SMOKIES	5 LINKS	1	140	30	350	1	8.0	1.0
TEXAS TOAST BC	SLICE	1	90	0	100	1	3.0	14.0
GREEN BEANS	1 CUP	1	32	0	280	2	2.0	6.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC WEEKLY 1st CHO	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	*3	8.02	24.56
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1080	78	1660	*73	51.61	151.42
% of Calories						*27.1%	19.1%	56.1%
Nutrient Guideline			846				16.70	

Weighted Average			1091	88	2014	*70	45.93	156.88
						*57.7%	16.8%	57.5%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Sugars (g) Overage	Protn (g) Error Messages (if any)	Carb (g)
Calories	1091		846	129%						
Cholesterol (mg)	88									
Sodium 1 (mg)	2014						2014			
Sodium 2 (mg)	2014						2014			
Sugars (g)	70	25.66%			Missing					
Protein (g)	45.93	16.84%	16.70	275%						
Carbohydrate (g)	156.88	57.51%								

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