

Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 1

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	Portion Size	Reimb 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)
Fri - 12/01/2017													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Burrito beef/bean gre chile WG	1 EACH	900	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Spaghetti sauce low sodium	1/4 CUP	700	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Peas, frozen, green	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	480	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	420	392	38	470	9.69	13.18	409.4	632	77.29	21.22	28.12	20.89
Weighted Daily Average			777	35	957	15.83	6.25	605.2	1265	72.25	35.94	112.59	18.16
% of Calories											18.5%	58.0%	21.0%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb 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)
Mon - 12/04/2017													
Lunch 9-12	Total	2500											
Chicken Mandarin orange- Asian	2.50 oz	1200	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Bread stick mozzarella	2 STIXS	400	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Spaghetti sauce low sodium	1/4 CUP	400	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1 CUP	1200	160	0	0	1.00	0.00	0.0	0	0.0	4.0	35.0	1.5
Peas, frozen, green	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			828	43	848	16.23	4.01	529.1	1679	77.79	36.48	143.38	12.43
% of Calories											17.6%	69.3%	13.5%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/05/2017													
Lunch 9-12	Total	2500											
Chili White	1 CUP	600	256	54	395	6.22	2.75	136.9	154	5.8	20.99	28.53	6.33
Hot pocket - pepperoni	1 EACH	400	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	2 EACH	600	192	0	486	1.00	33.48	1120.0	0	0.0	5.0	30.6	4.8
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, canned	1 CUP	2000	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2000	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1200	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			859	54	1005	12.97	17.07	1348.4	4997	88.00	35.13	129.86	22.41
Nutrient Guideline			750-850		1420						16.3%	60.4%	23.5%

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/06/2017													
Lunch 9-12	Total	2500											
Chicken & gravy	SERVINGS	900	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	600	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce: canned,swtnd	1/3 CUP	200	139	0	26	0.66	0.24	0.0	0	1.98	0.0	35.64	0.0
Corn: canned yellow cup	1 CUP	1500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Carrots, baby cup	1 CUP	1500	48	0	61	2.72	0.00	27.2	6807	1.63	1.36	8.17	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Biscuit whole grain 2	1 EACH	850	360	0	660	4.00	2.88	160.0	2000	0.0	8.0	52.0	14.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	300	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			776	47	1207	15.14	14.47	722.6	8710	88.63	35.00	112.24	20.30
Nutrient Guideline			750-850		1420						18.0%	57.9%	23.6%

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Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/07/2017													
Lunch 9-12	Total	2500											
Nachos with ground beef sec	SERVINGS	1000	291	59	253	0.31	0.13	476.1	1038	2.4	26.5	19.47	11.9
Burrito beef/bean gre chile WG	1 EACH	450	380	25	460	5.00	1.44	100.0	400	1.2	16.0	40.0	15.0
Cheese sauce 2007 1/4 cup	1/4 CUP	1000	60	0	470	0.00	0.00	40.0	0	0.0	2.0	6.0	3.5
Refried beans	1/2 CUP	1000	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Tomatoes, diced sec	2 OZ	2500	12	0	7	0.47	0.00	0.0	47	8.43	0.47	2.34	0.0
Cauliflower, raw: fresh cup	1 CUP	2500	25	0	30	2.00	7.56	220.0	0	289.2	1.92	4.97	0.28
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar potato high	SERVINGS	250	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			809	48	1105	13.75	11.38	954.3	2131	379.65	39.04	123.98	18.50
% of Calories											19.3%	61.3%	20.6%
Nutrient Guideline			750-850		1420								

Fri - 12/08/2017													
Lunch 9-12	Total	2500											
Tomato Soup	1 cup	1150	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Sandwich, Grilled Cheese - sec	1 EACH	1150	310	30	856	4.00	2.00	445.0	447	0.0	20.17	32.05	15.07
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Corn: canned yellow cup	1 CUP	1500	120	0	280	4.00	0.72	0.0	0	7.2	4.0	18.0	3.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	150	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			835	40	1343	14.31	4.68	679.0	5758	93.91	30.42	127.03	24.74
% of Calories											14.6%	60.8%	26.6%
Nutrient Guideline			750-850		1420								

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Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/11/2017													
Lunch 9-12	Total	2500											
Chicken nuggets	SERVING	1095	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	300	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
POTATO PEARLS LOW SODIUM	2/3 CUP	1095	213	0	293	2.67	0.96	53.3	0	79.99	5.33	45.33	2.67
Gravy, chicken dehydr & WA.50c	1/2 CUP	1095	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN CUP	1 CUP	2500	118	0	64	8.00	27.00	460.0	7784	34.8	5.2	23.82	0.28
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Bread stick whole wheat 2	2 OZ	1095	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	925	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	180	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			933	37	1177	20.12	30.50	1063.2	9091	125.07	39.71	157.45	18.19
% of Calories											17.0%	67.5%	17.6%
Nutrient Guideline			750-850		1420								

Tue - 12/12/2017													
Lunch 9-12	Total	2500											
Macaroni & cheese whole grain	CUP	1200	378	40	1314	1.80	1.62	540.0	900	0.0	21.6	41.4	14.4
Chicken patty/whole grain bun	1 EACH	500	370	20	680	6.00	2.16	350.0	0	0.0	20.0	42.0	14.5
Broccoli,raw: fresh cup	1 CUP	2500	50	0	40	4.00	0.72	40.0	2000	60.0	4.0	8.0	0.0
Bread stick whole wheat	EACH	1200	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	300	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			733	42	1259	9.58	3.30	768.3	3554	78.33	34.78	109.67	17.33
% of Calories											19.0%	59.8%	21.3%
Nutrient Guideline			750-850		1420								

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/13/2017													
Lunch 9-12	Total	2500											
Dug out sec	SERVING	900	607	39	905	8.08	1.73	115.1	196	7.26	21.83	58.79	31.64
Joe Cheeser - ham L	1 EACH	500	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Salad, chopped Romaine	2 CUP	1540	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Peas, frozen, green	1 CUP	2500	124	0	116	8.00	0.00	0.0	0	0.0	8.0	22.0	0.0
Fruit, fresh	1 EACH	1540	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	880	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	220	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			918	51	1055	17.14	3.16	526.5	3793	53.63	39.23	131.52	26.03
% of Calories											17.1%	57.3%	25.5%
Nutrient Guideline			750-850		1420								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/14/2017													
Lunch 9-12	Total	2500											
Bread stick mozzarella	2 STIXS	900	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	225	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Spaghetti sauce low sodium	1/4 CUP	900	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1 cup	2500	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Bar breakfast	SERVING	500	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Alternate, Pizza Hut Pizza	SLICES	875	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Weighted Daily Average			929	44	1053	14.11	7.34	655.6	10954	82.34	29.14	139.14	28.65
% of Calories											12.5%	59.9%	27.7%
Nutrient Guideline			750-850		1420								

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Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb 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)
Fri - 12/15/2017													
Lunch 9-12	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	775	310	44	757	5.00	0.54	680.0	18550	3.0	24.0	40.0	7.5
Cheeseburger/wheat bun 1.60oz	1 EACH	775	298	48	435	3.00	3.06	1745.0	2250	0.0	20.0	28.0	11.75
Carrot and celery sticks	1 CUP	2500	27	0	67	1.92	1.98	230.2	3160	10.81	0.89	4.71	0.1
Fruit, canned	1 cup	1800	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit, fresh	1 EACH	2500	73	0	0	2.87	0.25	18.4	112	36.68	0.82	18.17	0.39
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	500	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	500	520	55	661	2.80	2.28	85.0	214	5.14	11.36	63.68	24.48
Weighted Daily Average			676	52	880	9.98	4.47	1401.9	10720	62.22	31.01	106.10	14.72
% of Calories											18.3%	62.7%	19.6%
Nutrient Guideline			750-850		1420								

Mon - 12/18/2017													
Lunch 9-12	Total	2500											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420								

Tue - 12/19/2017													
Lunch 9-12	Total	1											
MANAGER'S SPECIAL	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420								

Weighted Average			825	45	1081	14.47	9.69	841.3	5696	109.26	35.08	126.63	20.13
											17.0%	61.4%	22.0%

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Natrona County School District

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	825		750 - 850	100%										
Cholesterol (mg)	45													
Sodium 1 (mg)	1081		1420											
Sodium 2 (mg)	1081		1080						1	Correction Required - Sodium too High				
Fiber (g)	14.47													
Iron (mg)	9.69													
Calcium (mg)	841.3													
Vitamin A (IU)	5696													
Vitamin C (mg)	109.26													
Protein (g)	35.08	17.01%												
Carbohydrate (g)	126.63	61.40%												
Total Fat (g)	20.13	21.96%												

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