

# Medford Foodservice

**Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values**  
2007 - Elementary

**Feb 1, 2012**

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/01/2012</b>																
2007 - Elementary	Total	1														
Beef and Cheese Quesadilla	2 pieces	1	360	40	760	3.99	1.44	300.0	400	80	7.19	21.99	41.99	11.99	5.99	*N/A*
CORN: frozen, yellow	.5 CUP	1	66	0	1	1.97	0.39	2.5	163	18	2.87	2.09	15.83	0.55	0.08	*N/A*
brown rice, long grain, cooked	.5 cup	1	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
PEARS: canned,light syrup	.5 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			708	52	879	9.76	2.66	623.7	1041	242	10.94	35.06	111.42	15.83	7.79	*0.00
% of Calories												19.8%	62.9%	20.1%	9.9%	*0.0%

<b>Thu - 02/02/2012</b>																
2007 - Elementary	Total	1														
Pasta w/ Meatballs - Elem	serving	1	437	18	979	7.25	*2.60	*44.7	*1528	*306	*13.94	17.39	66.54	11.74	2.84	*0.00
Bread, Breadstick, Whole-wheat	1.5 oz	1	98	0	212	2.89	0.94	26.4	3	1	1.5	4.0	19.4	1.2	0.20	0.00
SPINACH: frozen,boiled	.5 CUP	1	32	0	92	3.52	1.86	145.4	11458	739	2.09	3.81	4.56	0.83	0.15	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			743	30	1392	16.58	*5.72	*538.1	*13641	*1212	*35.19	34.30	121.54	16.40	4.79	*0.00
% of Calories												18.5%	65.4%	19.9%	5.8%	*0.0%

<b>Fri - 02/03/2012</b>																
2007 - Elementary	Total	1														
FRENCH TOAST STICKS	1 SERVIN	1	377	145	876	1.95	3.91	189.4	331	96	0.53	13.1	56.82	10.8	2.71	*N/A*
HASH BROWN POTATOES	1/2 CUP	1	170	0	27	1.56	1.18	11.7	0	0	4.91	2.46	21.92	8.97	3.50	*N/A*
CARROTS: canned, cooked	.5 CUP	1	18	0	177	1.10	0.47	18.3	8154	1005	1.97	0.47	4.04	0.14	0.03	*N/A*
STRAWBERRIES: frozen	.5 CUP	1	122	0	4	2.42	0.75	14.0	31	3	52.79	0.68	33.05	0.17	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			790	157	1191	7.02	6.38	538.4	8994	1247	60.20	24.93	128.00	22.44	7.80	*N/A*
% of Calories												12.6%	64.8%	25.6%	8.9%	*N/A*

\*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

<sup>1</sup> - denotes optional nutrient values

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/06/2012																
2007 - Elementary	Total	1														
CHEESEBURGER w/ wholewheat bun	1 EACH	1	449	97	713	1.94	3.98	223.4	268	82	0.0	31.0	23.2	25.64	11.49	*0.95
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
BROCCOLI: frozen, boiled	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
RAISINS	.5 CUP	1	217	0	8	2.68	1.36	36.3	0	1	1.67	2.23	57.41	0.33	0.04	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			936	109	1027	9.65	6.85	600.7	1676	401	45.72	46.55	119.81	33.81	13.99	*0.95
% of Calories												19.9%	51.2%	32.5%	13.5%	*0.9%

Tue - 02/07/2012																
2007 - Elementary	Total	1														
MACARONI AND CHEESE	.5 CUP	1	222	23	672	0.67	0.76	361.5	513	103	0.29	14.73	20.58	9.14	5.12	*N/A*
Bread, Breadstick, Whole-wheat	1.5 oz	1	98	0	212	2.89	0.94	26.4	3	1	1.5	4.0	19.4	1.2	0.20	0.00
GREEN BEANS: frozen,boiled	.5 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			515	35	993	8.51	2.46	737.9	1544	297	22.21	28.84	75.38	13.08	6.94	*0.00
% of Calories												22.4%	58.6%	22.9%	12.1%	*0.0%

Wed - 02/08/2012																
2007 - Elementary	Total	1														
CARROT STICKS	.5 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
ham and cheese wrap	2 oz	1	374	67	1762	6.00	144.76	284.2	675	135	0.0	36.36	31.92	12.24	4.04	*0.03
Weighted Daily Average			562	79	1891	9.78	145.17	616.0	6454	1159	19.46	45.75	65.88	14.95	5.65	*0.03
% of Calories												32.5%	46.9%	23.9%	9.0%	*0.0%

Thu - 02/09/2012																
2007 - Elementary	Total	1														
Meatball Sub - Elem	1 EACH	1	241	30	1044	4.04	*1.41	*115.0	*342	*73	*4.49	14.47	25.65	10.12	4.61	*0.00
wheat bun	1.5 ounce	1	189	0	344	2.22	200.00	80.0	0	0	0.0	6.67	37.78	2.22	0.00	*N/A*
Salad, Side	.5 each	1	12	0	7	0.94	0.30	13.2	421	29	3.88	0.71	2.51	0.13	0.02	*N/A*
PEARS: canned,light syrup	.5 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*

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

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<sup>1</sup> - denotes optional nutrient values

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**Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values**  
2007 - Elementary

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Feb 1, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			616	42	1509	9.21	*202.13	*519.4	*1241	*246	*9.25	30.31	97.15	14.88	6.17	*0.00
% of Calories												19.7%	63.1%	21.7%	9.0%	*0.0%

Fri - 02/10/2012																
2007 - Elementary	Total	1														
Turkey Lunch, Hot - Elem	1 EACH	1	74	25	734	0.40	1.01	6.2	20	0	3.23	10.74	3.75	1.61	0.52	*0.00
SWEET POTATO, BAKED	.5 EACH	1	51	0	21	1.88	0.39	21.7	10954	1244	11.17	1.15	11.8	0.09	0.02	*N/A*
wheat bun	1.5 ounce	1	189	0	344	2.22	200.00	80.0	0	0	0.0	6.67	37.78	2.22	0.00	*N/A*
PEAS: frozen,boiled	.5 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	.5 CUP	1	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			532	37	1267	10.36	202.84	435.8	13167	1445	48.19	31.10	90.69	6.56	2.13	*0.00
% of Calories												23.4%	68.2%	11.1%	3.6%	*0.0%

Mon - 02/13/2012																
2007 - Elementary	Total	1														
chicken tenders	3 oz	1	154	21	469	0.00	0.55	0.0	77	15	0.46	12.69	7.69	7.31	1.15	*N/A*
MASHED POTATOES:flakes,mlk+b	.5 CUP	1	102	15	172	0.84	0.17	33.6	181	22	10.19	1.86	11.41	5.39	3.35	0.18
SPINACH: frozen,boiled	.5 CUP	1	32	0	92	3.52	1.86	145.4	11458	739	2.09	3.81	4.56	0.83	0.15	*N/A*
STRAWBERRIES: frozen	.5 CUP	1	122	0	4	2.42	0.75	14.0	31	3	52.79	0.68	33.05	0.17	0.01	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			513	48	845	6.78	3.41	498.0	12224	923	65.52	27.26	68.89	16.05	6.20	*0.18
% of Calories												21.3%	53.7%	28.2%	10.9%	*0.3%

Tue - 02/14/2012																
2007 - Elementary	Total	1														
FRENCH TOAST STICKS	1 SERVIN	1	377	145	876	1.95	3.91	189.4	331	96	0.53	13.1	56.82	10.8	2.71	*N/A*
HASH BROWN POTATOES	1/2 CUP	1	170	0	27	1.56	1.18	11.7	0	0	4.91	2.46	21.92	8.97	3.50	*N/A*
CARROT STICKS	.5 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			735	157	1032	7.28	5.50	532.9	6110	1120	24.90	24.95	112.70	22.47	7.83	*0.00
% of Calories												13.6%	61.3%	27.5%	9.6%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/15/2012</b>																
2007 - Elementary	Total	1														
CHICKEN NOODLE SOUP	1 CUP	1	98	26	207	0.69	0.86	26.0	33	7	1.69	7.31	12.19	2.16	0.53	*N/A*
Grilled Cheese / Wheat	sandwich	1	588	51	1331	7.76	2.65	349.0	*727	*137	11.4	18.88	75.81	24.09	12.11	*1.00
GREEN BEANS: frozen,boiled	.5 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			880	89	1647	13.41	4.27	725.0	*1788	*337	33.52	36.31	123.40	29.00	14.26	*1.00
% of Calories												16.5%	56.1%	29.6%	14.6%	*1.0%

<b>Thu - 02/16/2012</b>																
2007 - Elementary	Total	1														
Beef Taco Plate - Elementary	1 Each	1	192	33	291	1.85	*0.63	*123.7	*1114	*62	*1.05	12.11	*8.88	11.33	5.45	*0.02
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
THREE BEAN SALAD	.5 CUP	1	94	0	220	2.00	0.89	26.0	184	37	3.19	1.85	9.11	5.98	0.83	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			472	45	742	7.17	*2.48	*474.8	*2105	*281	*23.03	23.49	*51.02	20.00	7.89	*0.02
% of Calories												19.9%	*43.2%	38.1%	15.0%	*0.0%

<b>Fri - 02/17/2012</b>																
2007 - Elementary	Total	1														
Chef's Choice	1	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			102	12	107	0.00	0.07	305.0	478	144	0.00	8.22	12.18	2.37	1.54	*0.00
% of Calories												32.1%	47.5%	20.8%	13.6%	*0.0%

<b>Mon - 02/20/2012</b>																
2007 - Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

<b>Tue - 02/21/2012</b>																
2007 - Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00

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Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 02/22/2012																
2007 - Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 02/23/2012																
2007 - Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 02/24/2012																
2007 - Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 02/27/2012																
2007 - Elementary	Total	1														
BEEF TACO	2 EACH	1	299	46	253	2.99	2.43	200.0	600	120	8.2	18.25	20.35	16.36	5.80	*N/A*
Lettuce	3oz	1	106	0	50	13.15	6.07	206.6	54525	1628	150.24	7.7	20.6	1.88	0.24	*N/A*
Cheese	1 oz	1	96	14	463	0.00	0.14	174.6	765	153	0.03	6.48	0.57	7.57	3.40	*N/A*
Tomato	1 oz	1	4	0	1	0.24	0.05	2.0	167	12	2.54	0.18	0.78	0.04	0.01	*N/A*
GREEN BEANS: frozen,boiled	.5 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			699	72	876	21.72	9.38	924.8	56985	2091	170.12	42.20	77.89	28.57	11.06	*N/A*
% of Calories												24.2%	44.6%	36.8%	14.3%	*N/A%*

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# Medford Foodservice

**Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values**  
2007 - Elementary

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/28/2012</b>																
2007 - Elementary	Total	1														
CHICKEN FAJITAS	1 EACH	1	241	51	284	1.80	2.10	54.0	240	48	6.7	21.99	23.37	6.28	1.40	*N/A*
brown rice, long grain, cooked	.5 cup	1	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
BROCCOLI: frozen, boiled	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			550	63	407	9.29	3.39	416.1	1822	388	61.24	36.47	81.73	9.90	3.19	*0.00
% of Calories												26.5%	59.4%	16.2%	5.2%	*0.0%

<b>Wed - 02/29/2012</b>																
2007 - Elementary	Total	1														
Beef and Cheese Quesadilla	2 pieces	1	360	40	760	3.99	1.44	300.0	400	80	7.19	21.99	41.99	11.99	5.99	*N/A*
VEGETARIAN BEANS	.5 CUP	1	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
CORN: frozen, yellow	.5 CUP	1	66	0	1	1.97	0.39	2.5	163	18	2.87	2.09	15.83	0.55	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			722	52	1329	15.25	3.95	680.2	1384	298	31.16	39.56	114.48	15.94	7.87	*N/A*
% of Calories												21.9%	63.4%	19.9%	9.8%	*N/A%*

Weighted Average			630	68	1071	10.11	*37.92	*572.9	*8166	*740	*41.29	32.21	*90.76	17.64	7.19	*N/A*
												20.5%	*57.7%	25.2%	10.3%	

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

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# Medford Foodservice

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values  
2007 - Elementary

Feb 1, 2012

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	630		664	95%		35	Correction Required - Calories are Low										
Cholesterol (mg)	68																
Sodium (mg)	1071																
Fiber (g)	10.11																
Iron (mg)	37.92		3.47	1092%	Missing												
Calcium (mg)	572.9		286.00	200%	Missing												
Vitamin A (IU)	8166		1119	730%	Missing												
Vitamin A (RE)	740		224	331%	Missing												
Vitamin C (mg)	41.29		15.24	271%	Missing												
Protein (g)	32.21	20.46%	9.77	330%													
Carbohydrate (g)	90.76	57.65%			Missing												
Total Fat (g)	17.64	25.21%	<=30.00%														
Saturated Fat (g)	7.19	10.28%	<10.00%														
Trans Fat (g)	*N/A*				Missing												

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