

Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb 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 ¹ (g)
Mon - 04/03/2017																
Elementary Breakfast	Total	1														
Sausage & Pancake Wrap	1 Each	1	200	25	310	3.00	0.00	0.0	0	0	0.0	7.0	17.0	10.0	2.50	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			440	30	476	4.28	0.25	313.7	559	106	25.66	15.47	70.69	10.17	2.52	*0.00
% of Calories												14.1%	64.2%	20.8%	5.2%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Tue - 04/04/2017																
Elementary Breakfast	Total	1														
French Toast Sticks	Serving	1	280	0	290	3.00	10.08	20.0	0	40	0.0	6.0	35.0	12.0	2.00	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
PEACHES: canned,light syrup	.5 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			538	5	437	4.91	10.78	337.5	1003	190	28.67	15.04	92.95	12.20	2.02	*0.00
% of Calories												11.2%	69.1%	20.4%	3.4%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Wed - 04/05/2017																
Elementary Breakfast	Total	1														
EGG PATTIE W/ CHEESE	1	1	71	106	218	0.00	0.37	72.5	248	68	0.04	5.0	1.45	4.93	2.37	*N/A*
Biscuit, Baked WG	1 Each	1	200	0	440	2.00	*N/A*	20.0	0	0	0.0	4.0	27.0	9.0	7.00	0.00
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			466	111	807	3.28	*0.61	405.6	807	174	25.69	17.47	70.07	14.10	9.40	*0.00
% of Calories												15.0%	60.2%	27.3%	18.2%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

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	Portion Size	Reimb 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 ¹ (g)
Thu - 04/06/2017																
Elementary Breakfast	Total	1														
Donut Mini	Serving	1	150	15	230	2.00	0.00	0.0	0	0	0.0	2.0	19.0	8.0	3.50	0.00
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			351	20	363	3.09	0.82	329.3	802	155	42.68	11.28	60.40	8.17	3.52	*0.00
% of Calories												12.8%	68.8%	20.9%	9.0%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Fri - 04/07/2017																
Elementary Breakfast	Total	1														
Muffin, Doub Choc IW WG 2 oz	1 Each	1	200	40	135	3.00	1.44	0.0	0	0	0.0	4.0	32.0	6.0	2.00	0.00
APPLES,Fresh	.5 EACH	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			430	45	340	4.94	1.77	317.3	894	169	28.83	12.65	69.15	11.24	3.04	*0.00
% of Calories												11.8%	64.3%	23.5%	6.4%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Mon - 04/10/2017																
Elementary Breakfast	Total	1														
Waffle	Serving	1	220	0	300	5.00	0.00	10.0	0	0	0.0	4.0	35.0	8.0	1.00	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
Applesauce cup, Strawberry	1 Each	1	50	0	15	1.00	0.00	0.0	0	0	60.0	0.0	14.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
Weighted Daily Average			510	5	535	6.28	0.25	323.7	856	165	85.66	12.47	88.69	13.13	2.02	*0.00
% of Calories												9.8%	69.6%	23.2%	3.6%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

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Tue - 04/11/2017																
Elementary Breakfast	Total	1														
Breakfast Slider	Serving (2 ea)	1	150	25	280	2.00	0.00	10.0	0	0	0.0	8.0	21.0	4.5	1.50	0.00
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			351	30	413	3.09	0.82	339.3	802	155	42.68	17.28	62.40	4.67	1.52	*0.00
% of Calories												19.7%	71.1%	12.0%	3.9%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Wed - 04/12/2017																
Elementary Breakfast	Total	1														
Egg Omelet	1 Each	1	110	195	210	0.00	0.72	80.0	400	80	0.0	8.0	1.0	8.0	3.00	0.00
Bread & Margarine	1	1	104	0	87	2.00	0.72	41.4	168	38	2.41	3.54	12.54	4.78	0.78	*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*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
JELLY	1 TBSP	1	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			480	200	433	4.48	2.07	442.1	1128	224	29.12	20.28	73.49	12.99	3.81	*0.00
% of Calories												16.9%	61.2%	24.3%	7.1%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Thu - 04/13/2017																
Elementary Breakfast	Total	1														
Rice Krispie WG	1 Each	1	160	0	140	1.00	1.80	0.0	300	60	0.0	2.0	30.0	4.0	1.00	0.00
Pineapple	.5 cup	1	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.1	0.01	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
String Cheese	1 Each	1	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
Weighted Daily Average			459	20	466	2.28	2.39	530.6	1106	211	37.48	16.99	77.17	10.27	4.53	*0.00
% of Calories												14.8%	67.2%	20.1%	8.9%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

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Fri - 04/14/2017																
Elementary Breakfast	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%
Nutrient Guideline			400-50		540											<10.00

Mon - 04/17/2017																
Elementary Breakfast	Total	1														
Pancake, Whole Grain	Serving	1	140	0	220	2.00	1.44	0.0	0	0	0.0	4.0	28.0	4.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
APPLES,Fresh	.5 EACH	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			416	5	441	3.94	1.77	317.9	894	169	28.83	12.65	77.21	9.24	1.04	*0.00
% of Calories												12.2%	74.3%	20.0%	2.2%	*0.0%
Nutrient Guideline			400-50		540											<10.00

Tue - 04/18/2017																
Elementary Breakfast	Total	1														
Cereal - Variety	1 cup	1	109	0	145	0.58	5.75	56.9	657	131	*6.22	1.68	24.39	0.7	0.00	0.00
Bread & Margarine	1	1	104	0	87	2.00	0.72	41.4	168	38	2.41	3.54	12.54	4.78	0.78	*0.00
JELLY	1 TBSP	1	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
APPLES,Fresh	.5 EACH	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			444	5	362	4.71	6.83	416.9	1422	279	*37.63	13.90	87.37	5.77	0.83	*0.00
% of Calories												12.5%	78.8%	11.7%	1.7%	*0.0%
Nutrient Guideline			400-50		540											<10.00

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Wed - 04/19/2017																
Elementary Breakfast	Total	1														
Breakfast Sandwich	1 Each	1	260	35	520	2.00	1.80	100.0	100	20	2.4	14.0	27.0	11.0	4.00	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*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			476	40	651	4.29	2.40	419.4	659	126	28.94	22.71	73.66	11.20	4.02	*0.00
% of Calories												19.1%	61.9%	21.2%	7.6%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Thu - 04/20/2017																
Elementary Breakfast	Total	1														
Poptart - Variety	Serving	1	363	0	377	6.00	3.60	200.0	1000	200	0.0	4.67	74.67	5.67	1.83	0.00
Yogurt	1/4 c	1	12	1	17	0.00	0.03	40.5	2	0	0.31	1.09	2.13	0.05	0.03	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			610	6	519	8.91	4.14	558.7	1625	314	34.76	15.33	127.48	6.22	2.00	*0.00
% of Calories												10.1%	83.6%	9.2%	3.0%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Fri - 04/21/2017																
Elementary Breakfast	Total	1														
Breakfast Wrap	1 Each	1	180	190	480	0.48	*N/A*	100.0	400	80	0.0	9.0	14.0	10.0	4.00	0.00
Salsa	1 TBSP	1	9	0	35	0.39	0.20	9.2	209	42	3.28	0.35	1.94	0.1	0.01	*0.00
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			390	195	648	1.96	*1.02	438.5	1411	276	45.96	18.62	57.34	10.26	4.03	*0.00
% of Calories												19.1%	58.8%	23.7%	9.3%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

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Mon - 04/24/2017																
Elementary Breakfast	Total	1														
Blueberry Muffin	1 Each	1	171	26	230	0.78	1.11	76.5	61	12	0.3	3.1	26.47	5.98	1.78	*0.00
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	1	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			385	31	362	2.27	1.70	396.9	868	144	28.26	12.05	72.16	6.23	1.82	*0.00
% of Calories												12.5%	75.0%	14.6%	4.2%	*0.0%
Nutrient Guideline			400-50		540											<10.00

Tue - 04/25/2017																
Elementary Breakfast	Total	1														
Biscuit, Baked WG	1 Each	1	200	0	440	2.00	*N/A*	20.0	0	0	0.0	4.0	27.0	9.0	7.00	0.00
Sausage Patty	serving	1	130	30	330	0.00	0.36	20.0	0	0	0.0	6.0	1.0	11.0	4.00	0.00
Pineapple	.5 cup	1	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.1	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			549	35	896	3.28	*0.95	370.6	606	111	37.48	18.99	75.17	20.26	11.03	*0.00
% of Calories												13.8%	54.8%	33.2%	18.1%	*0.0%
Nutrient Guideline			400-50		540											<10.00

Wed - 04/26/2017																
Elementary Breakfast	Total	1														
Sausage & Pancake Wrap	1 Each	1	200	25	310	3.00	0.00	0.0	0	0	0.0	7.0	17.0	10.0	2.50	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			480	30	452	5.91	0.51	318.8	623	114	34.44	16.57	79.75	10.50	2.64	*0.00
% of Calories												13.8%	66.4%	19.7%	4.9%	*0.0%
Nutrient Guideline			400-50		540											<10.00

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	97	0	96	1.08	3.67	13.4	643	192	9.64	1.29	22.46	0.65	0.32	*0.03
Yogurt Trix Variety	Serving	1	100	5	150	0.00	0.00	100.0	500	100	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			392	10	395	2.36	3.92	426.5	1701	398	*35.30	12.76	84.08	1.32	0.84	*0.03
% of Calories												13.0%	85.9%	3.0%	1.9%	*0.1%
Nutrient Guideline			400-50		540										<10.00	

Fri - 04/28/2017																
Elementary Breakfast	Total	1														
EGG PATTIE W/ CHEESE	1	1	71	106	218	0.00	0.37	72.5	248	68	0.04	5.0	1.45	4.93	2.37	*N/A*
Bread & Margarine	1	1	104	0	87	2.00	0.72	41.4	168	38	2.41	3.54	12.54	4.78	0.78	*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*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			391	111	435	4.29	1.69	433.3	975	212	28.98	17.25	60.65	9.92	3.18	*0.00
% of Calories												17.7%	62.1%	22.8%	7.3%	*0.0%
Nutrient Guideline			400-50		540										<10.00	

Weighted Average			450	49	496	4.13	*2.35	391.4	986	194	*36.16	15.78	76.84	9.89	3.36	*0.00
												14.0%	68.2%	19.8%	6.7%	*0.0%

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Elementary Breakfast

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	450		400 - 500	100%														
Cholesterol (mg)	49																	
Sodium (mg)	496		540															
Fiber (g)	4.13																	
Iron (mg)	2.35				Missing													
Calcium (mg)	391.4																	
Vitamin A (IU)	986																	
Vitamin A (RE)	194																	
Vitamin C (mg)	36.16				Missing													
Protein (g)	15.78	14.01%																
Carbohydrate (g)	76.84	68.24%																
Total Fat (g)	9.89	19.75%																
Saturated Fat (g)	3.36	6.71%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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