

# Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 04/08/2019</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			105.04
% of Calories			75.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 04/09/2019</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	225	0.75
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			101.07
% of Calories			73.1%
Nutrient Guideline			

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/10/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
Eggo Waffle-2	2	100	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	100	8.34
Weighted Daily Average			106.17
% of Calories			77.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/11/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	200	0.75
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			104.86
% of Calories			75.0%
Nutrient Guideline			

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

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Base Menu Spreadsheet

Portion Values - Detailed

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High School Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/12/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	100	35.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP,PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			109.29
% of Calories			78.2%
Nutrient Guideline			

Mon - 04/15/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned,ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP,PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			105.04
% of Calories			75.0%
Nutrient Guideline			

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

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Base Menu Spreadsheet

High School Breakfast

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 04/16/2019</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	225	0.75
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			101.07
% of Calories			73.1%
Nutrient Guideline			

<b>Wed - 04/17/2019</b>			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
Eggo Waffle-2	2	100	34.96
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	100	8.34
Weighted Daily Average			106.17
% of Calories			77.5%
Nutrient Guideline			

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/18/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	200	0.75
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			104.86
% of Calories			75.0%
Nutrient Guideline			

Mon - 04/22/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			105.04
% of Calories			75.0%
Nutrient Guideline			

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 04/23/2019</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	225	0.75
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			101.07
% of Calories			73.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 04/24/2019</b>			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
Eggo Waffle-2	2	100	34.96
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	100	8.34
Weighted Daily Average			106.17
% of Calories			77.5%
Nutrient Guideline			

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/25/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	200	0.75
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			104.86
% of Calories			75.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/26/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	100	35.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			109.29
% of Calories			78.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 04/29/2019</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			105.04
% of Calories			75.0%
Nutrient Guideline			

<b>Tue - 04/30/2019</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	100	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	225	0.75
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	22.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			101.07
% of Calories			73.1%
Nutrient Guideline			

Weighted Average			104.76
			75.4%

\*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.



# Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 2/26/2019 3:42:28 PM

Portion Size Reimb Qty Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	104.76	75.40%						

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

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