

# Weber School District Child Nutrition

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/30/2018 8:57:09 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/01/2018			
Junior High Breakfast	Total	700	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
Sausage Link	1 EACH	450	111
Yogurt, strawberry	1 EACH	300	50
Pears: canned,light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
JUICE FRUITABLE	1 EACH	300	20
Milk,1% Lowfat	HALF PINT	100	125
Milk, Chocolate Fat Free	HALF PINT	300	180
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average % of Calories			432
Nutrient Guideline			600

Wed - 05/02/2018			
Junior High Breakfast	Total	700	
Menu #3	1	0	0
Eggo Waffle	1.00	175	210
POPTART, BROWN SUGAR CINN	PACKAGE	87	170
POPTART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Applesauce, canned: Sweet	1/2 CUP	250	23
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average % of Calories			509
Nutrient Guideline			600

\*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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Junior High Breakfast

Portion Values - Detailed

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Generated on: 4/30/2018 8:57:09 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/03/2018			
Junior High Breakfast	Total	700	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
Sausage Link	1 EACH	300	111
Yogurt, strawberry	1 EACH	300	50
Mandarin Oranges	1/2 CUP	300	21
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average % of Calories			413
Nutrient Guideline			600

Fri - 05/04/2018			
Junior High Breakfast	Total	700	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	175	310
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average % of Calories			531
Nutrient Guideline			600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/30/2018 8:57:09 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 05/07/2018			
Junior High Breakfast	Total	700	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	175	260
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Peaches: canned, ex light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples, Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP, PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			518
% of Calories			
Nutrient Guideline			600

Tue - 05/08/2018			
Junior High Breakfast	Total	700	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
Sausage Link	1 EACH	450	111
Yogurt, strawberry	1 EACH	300	50
Pears: canned, light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples, Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
JUICE FRUITABLE	1 EACH	300	20
Milk, 1% Lowfat	HALF PINT	100	125
Milk, Chocolate Fat Free	HALF PINT	300	180
SYRUP, PANCAKE	1 EACH	175	3
Weighted Daily Average			432
% of Calories			
Nutrient Guideline			600

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May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/09/2018			
Junior High Breakfast	Total	700	
Menu #3	1	0	0
Eggo Waffle	1.00	175	210
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Applesauce, canned: Sweet	1/2 CUP	250	23
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			509
% of Calories			
Nutrient Guideline			600

Thu - 05/10/2018			
Junior High Breakfast	Total	700	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
Sausage Link	1 EACH	300	111
Yogurt, strawberry	1 EACH	300	50
Mandarin Oranges	1/2 CUP	300	21
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average			413
% of Calories			
Nutrient Guideline			600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/11/2018			
Junior High Breakfast	Total	700	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	175	310
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			531
% of Calories			
Nutrient Guideline			600

Mon - 05/14/2018			
Junior High Breakfast	Total	700	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	175	260
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Peaches: canned,ex light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			518
% of Calories			
Nutrient Guideline			600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/15/2018			
Junior High Breakfast	Total	700	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
Sausage Link	1 EACH	450	111
Yogurt, strawberry	1 EACH	300	50
Pears: canned,light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
JUICE FRUITABLE	1 EACH	300	20
Milk,1% Lowfat	HALF PINT	100	125
Milk, Chocolate Fat Free	HALF PINT	300	180
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average % of Calories			432
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/16/2018			
Junior High Breakfast	Total	700	
Menu #3	1	0	0
Eggo Waffle	1.00	175	210
POPTART, BROWN SUGAR CINN	PACKAGE	87	170
POPTART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Applesauce, canned: Sweet	1/2 CUP	250	23
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average % of Calories			509
Nutrient Guideline			600

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May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/17/2018			
Junior High Breakfast	Total	700	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
Sausage Link	1 EACH	300	111
Yogurt, strawberry	1 EACH	300	50
Mandarin Oranges	1/2 CUP	300	21
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average % of Calories			413
Nutrient Guideline			600

Fri - 05/18/2018			
Junior High Breakfast	Total	700	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	175	310
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmellow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average % of Calories			531
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 05/21/2018			
Junior High Breakfast	Total	700	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	175	260
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Peaches: canned, ex light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples, Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP, PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			518
% of Calories			
Nutrient Guideline			600

Tue - 05/22/2018			
Junior High Breakfast	Total	700	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
Sausage Link	1 EACH	450	111
Yogurt, strawberry	1 EACH	300	50
Pears: canned, light syrup	1/2 CUP	300	10
Craisins, Strawberry	packet	300	0
Apples, Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
JUICE FRUITABLE	1 EACH	300	20
Milk, 1% Lowfat	HALF PINT	100	125
Milk, Chocolate Fat Free	HALF PINT	300	180
SYRUP, PANCAKE	1 EACH	175	3
Weighted Daily Average			432
% of Calories			
Nutrient Guideline			600

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/23/2018			
Junior High Breakfast	Total	700	
Menu #3	1	0	0
Eggo Waffle	1.00	175	210
POPART, BROWN SUGAR CINN	PACKAGE	87	170
POPART, STRAWBERRY	PACKAGE	88	170
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
SCRAMBLED EGGS	1/4 cup	300	120
Yogurt, strawberry	1 EACH	300	50
Applesauce, canned: Sweet	1/2 CUP	250	23
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Orange Fresh	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Ketchup	1 OZ	425	267
Weighted Daily Average			509
% of Calories			
Nutrient Guideline			600

Thu - 05/24/2018			
Junior High Breakfast	Total	700	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	175	370
NUTRI-GRAIN BARS Blueberry	2 Each	87	269
NUTRI-GRAIN BARS Strawberry	2 EACH	88	299
Muffin Blueberry	1 EACH	87	135
Muffin Chocolate Choc Chip	1 EACH	88	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	87	10
Cereal, Marshmallow Mateys	1 Each	88	280
Sausage Link	1 EACH	300	111
Yogurt, strawberry	1 EACH	300	50
Mandarin Oranges	1/2 CUP	300	21
Craisins, Strawberry	packet	300	0
Apples,Fresh	1 EACH	250	1
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	300	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	300	20
SYRUP,PANCAKE	1 EACH	175	3
Weighted Daily Average			413
% of Calories			
Nutrient Guideline			600

Weighted Average			476
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\*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

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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Generated on: 4/30/2018 8:57:10 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Sodm (mg) Shortfall	Overage	Error Messages (if any)
Sodium (mg)	476		600					

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

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