

# Rankin County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/03/2019		
Lunch 9-12	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Yogurt/Cereal Bowl	plate	61.0
Glazed Carrots MS1018	1/2 cup	9.28
Green Peas, Canned MS1071	1/2 cup	14.26
Chilled Peach Slices MS1274	1/2 cup	17.49
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Apple Delicious MS1200	1 each	24.64
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		112.08
% of Calories		61.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/04/2019		
Lunch 9-12	Total	
Nachos Grande MS168	1 serving	26.73
Country Fried Steak Sand MS746	1 each	46.38
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Mandarin Oranges	1/2 cup	21.45
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38
Salsa, Portion, MS1146	1 ounce	1.89
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		105.89
% of Calories		55.6%
Nutrient Guideline		

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Lunch 9-12

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	Portion Size	Carb (g)
Thu - 09/05/2019		
Lunch 9-12	Total	
Spaghetti&MeatSauceRCS	1 serving	27.33
MS178 Rankin Spud Max	1 potato	32.02
Toast, Garlic WW MS1351	1 slice	15.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Turnip Greens, Southern MS1046	1/2 cup	3.43
Squash, Summer: MS1127	1/2 cup	6.26
Chilled Peach Slices MS1274	1/2 cup	17.49
Applesauce, MS1204	1/2 cup	15.62
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Fruit Crisp MS1412	1 serving	45.51
Weighted Daily Average		118.11
% of Calories		59.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/06/2019		
Lunch 9-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Pimento Cheese Sandwich	sandwich	30.83
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Baked Beans MS1000	1/2 cup	36.85
Pineapple Tidbits MS1286	1/2 cup	18.87
Chilled Pears MS1282	1/2 cup	18.23
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		98.99
% of Calories		54.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/09/2019		
Lunch 9-12	Total	
Corn Dog	1 each	29.18
Mozzarella Cheese Sticks Brd	5 Sticks	43.4
Lima Beans, Frozen MS1004	1/2 cup	16.32
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Mandarin Oranges	1/2 cup	21.45
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		105.37
% of Calories		60.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/10/2019		
Lunch 9-12	Total	
Chicken Pieces/Honey BBQ Sc MS	1 Serving	31.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Baked Beans MS1000	1/2 cup	36.85
Creamy Coleslaw, MS 1116	1/2 cup	11.19
Fresh Grapes MS1226	1/2 cup	15.56
Apple and Orange Wedges MS1240	1/2 cup	13.45
Fresh Bananas MS1220	1 each	26.95
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Southern Mud MS1416	1 square	44.64
Weighted Daily Average		132.53
% of Calories		58.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/11/2019		
Lunch 9-12	Total	
Chicken and Waffle	3 tenders	26.0
Tuna Salad Croissant	1 each	29.97
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Glazed Carrots MS1018	1/2 cup	9.28
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Pear and Kiwi Medley MS1256	1/2 cup	22.27
Banana Berry Blend MS1224	1/2 cup	24.27
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Banana Pudding MS1466	1/2 cup	36.62
Syrup, Pancake, PC RCSD	1 packet	30.21
Weighted Daily Average		147.86
% of Calories		66.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/12/2019		
Lunch 9-12	Total	
Stromboli Supreme MS418	1 slice	42.02
Yogurt/Cheese/Cinna Goldfish	plate	53.0
Green Peas, Canned MS1071	1/2 cup	14.26
Tossed Salad w/Drsg MS1126	1/2 cup	21.32
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Chilled Peach Slices MS1274	1/2 cup	17.49
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		104.81
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/13/2019		
Lunch 9-12	Total	
Bacon Cheeseburger2 ozUMS706.1	1 each	34.15
Grilled Chicken Sandwich MS764	1 each	33.21
Green Beans, Canned, MS1036	1/2 cup	4.45
Spicy Fries, Baked MS1100	1/2 cup	20.76
Orange Smiles MS1270	1/2 cup	19.19
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Brownies, Mix, Enriched MS1400	1 piece	26.01

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	Portion Size	Carb (g)
Weighted Daily Average		109.59
% of Calories		56.4%
Nutrient Guideline		

Mon - 09/16/2019		
Lunch 9-12	Total	
Ranch Club Wrap Mer MS772	2 halves	30.11
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Field Peas, Frozen MS1068	1/2 cup	21.17
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Applesauce, MS1204	1/2 cup	15.62
Fresh Bananas MS1220	1 each	26.95
Fresh Fruit Cup MS1250	1/2 cup	16.48
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Rice Krispie Bars	Bars	21.95
Weighted Daily Average		118.72
% of Calories		60.8%
Nutrient Guideline		

Tue - 09/17/2019		
Lunch 9-12	Total	
Pancakes, 2WGR, MS1639	2 pancakes	28.0
Sausage Patty, 1 Oz.,MS1665	1 patty	0.0
Eggs, Scrambled,FRZ Mix,MS1661	2 ounces	0.82
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, 2 grain	4-count packs	9.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Potatoes, Hashbrown, MS1103	1/2 cup	31.0
Sweet Potato Fries,Bkd MS1099	1/2 cup	17.98
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
Orange Smiles MS1270	1/2 cup	19.19
Kiwi Wedges MS1228	3 halves	16.71
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Syrup, Pancake, PC RCSD	1 packet	30.21
Assorted Gelatin, No TopMS1454	1/2 cup	18.26
Weighted Daily Average		128.45
% of Calories		66.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/18/2019		
Lunch 9-12	Total	
Beef Taco w/SoftTaco, UMS109.1	1 taco	20.79
Chips and Cheese Dip	1 serving	25.73
Mozzarella Cheese Sticks Brd	5 Sticks	43.4
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Grapes MS1226	1/2 cup	15.56
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		117.92
% of Calories		55.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/19/2019		
Lunch 9-12	Total	
Steak Fingers, Baked MS180	4 each	17.8
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt/Cereal Bowl	plate	61.0
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Glazed Carrots MS1018	1/2 cup	9.28
Chilled Peach Slices MS1274	1/2 cup	17.49
Apple and Orange Wedges MS1240	1/2 cup	13.45
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Chocolate Pudding MS1474	1/2 cup	23.78
Weighted Daily Average		119.71
% of Calories		58.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/20/2019		
Lunch 9-12	Total	
Cheeseburger 2 oz., US MS728.1	1 each	34.23
Lunch Bites Turkey 2GR graham	serving	36.0
Straight Fries, Baked, MS1091	1/2 cup	15.2
Green Beans, Canned, MS1036	1/2 cup	4.45
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Chilled Pears MS1282	1/2 cup	18.23
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC	1 packet	3.0
Cookie,Chocolate ChipPurMS1428	1 cookie	16.0
Weighted Daily Average		107.29
% of Calories		57.2%
Nutrient Guideline		

Mon - 09/23/2019		
Lunch 9-12	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Hot Dog WG MS778	1 each	2.0
Tater Tots	1/2 cup	16.0
Glazed Carrots MS1018	1/2 cup	9.28
Applesauce, MS1204	1/2 cup	15.62
Chilled Peach Slices MS1274	1/2 cup	17.49
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie,Oatmeal RaisinPurMS1432	1 cookie	16.0
Weighted Daily Average		102.44
% of Calories		52.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/24/2019		
Lunch 9-12	Total	
Rankin Spud Max	1 potato	32.02
Chicken Tender Chef Salad	1 salad	23.98
Croutons, PC, .5 Gram, PC, #1318	1 packet	9.0
Saltine Crackers, 2 grain	4-count packs	9.0
Field Peas, Frozen MS1068	1/2 cup	21.17
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Applesauce, MS1204	1/2 cup	15.62
Fresh Bananas MS1220	1 each	26.95
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	11.0
Brownies, Mix, Enriched MS1400	1 piece	26.01
Weighted Daily Average		116.62
% of Calories		61.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/25/2019		
Lunch 9-12	Total	
Southwestern Dip/Chips	1 serving	28.11
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	15.0
Country Fried Steak Sand MS746	1 each	46.38
Pinto Beans MS912	1/2 cup	26.17
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	11.0
Vanilla Pudding MS1486	1/2 cup	27.43
Weighted Daily Average		117.37
% of Calories		46.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/26/2019		
Lunch 9-12	Total	
Cheesy Chicken Over/Rice MS516	1 serving	29.37
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Tuna Salad Croissant	1 each	29.97
Green Peas, Canned MS1071	1/2 cup	14.26
Squash, Summer: MS1127	1/2 cup	6.26
Fresh Fruit Bowl Variety MS1244	1 each	21.72
Mandarin Oranges	1/2 cup	21.45
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	19.0
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	22.0
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	11.0
Assorted Gelatin w/ Top MS1450	1/2 cup	19.38

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	Portion Size	Carb (g)
Weighted Daily Average		100.50
% of Calories		55.6%
Nutrient Guideline		

Fri - 09/27/2019		
Lunch 9-12	Total	
Bacon Cheeseburger2 ozUMS706.1	1 each	34.15
Yogurt/Brfst Bread Plate	plate	58.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Baked Beans MS1000	1/2 cup	36.85
Fruit Cocktail MS1248	1/2 cup	14.91
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		131.54
% of Calories		58.2%
Nutrient Guideline		

Mon - 09/30/2019		
Lunch 9-12	Total	
Chicken Mandarin	1 Serving	25.0
Turkey & Cheese Wrap Mer MS798	1 wrap	27.58
Egg Roll, 1, Chicken, MS563	1 each	21.0
Rice, Asian Stir Fried, MS1348	1/2 cup	25.28
California Vegetables MS1054	1/2 cup	5.67
Vegetable Juice, 6 oz., CRU,MS	3/4 cup	23.0
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Pear and Kiwi Medley MS1256	1/2 cup	22.27
Applesauce, MS1204	1/2 cup	15.62
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	19.0
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	22.0
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	32.0
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	11.0
Banana Pudding MS1466	1/2 cup	36.62
Sauce, Sweet & Sour PC MS1556	1 packet	10.16
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		147.51
% of Calories		73.6%
Nutrient Guideline		

Weighted Average		117.17
		58.5%

\*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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# Rankin County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	117.17	58.54%						

*\*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*

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