

Rankin County School District

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/01/2019		
Lunch K-8	Total	
Spaghetti & MeatSauce MS178	1 serving	38.53
Toast, Garlic WW MS1351	1 slice	15.0
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Turnip Greens, Southern MS1046	1/2 cup	3.43
Tossed Salad w/Drsg	1/2 cup	21.32
Fresh Bananas MS1220	1 each	26.95
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
Weighted Daily Average		103.05
% of Calories		60.3%
Nutrient Guideline		

Wed - 10/02/2019		
Lunch K-8	Total	
Chicken and Waffle	3 tenders	26.0
Tri Salad w/ Tuna Salad	salad	45.28
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Potato Rounds, Baked, MS1095	1/2 cup	18.29
Raw Veggies w/Dip	1/2 cup	21.34
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	16.3
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
Syrup, Pancake, PC RCSD	1 packet	30.21
Weighted Daily Average		111.19
% of Calories		62.8%
Nutrient Guideline		

Thu - 10/03/2019		
Lunch K-8	Total	
Vegetable Beef Soup MS816	1 cup	12.27
Grill Cheese Sand 1 oz MS762	sandwich	28.46
Ranch Club Wrap Mer MS772	2 halves	30.11
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Green Beans, Canned, MS1036	1/2 cup	4.45
Banana Berry Blend MS1224	1/2 cup	24.27
Chilled Pears MS1282	1/2 cup	18.23
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

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	Portion Size	Carb (g)
Weighted Daily Average		96.14
% of Calories		58.4%
Nutrient Guideline		

Fri - 10/04/2019		
Lunch K-8	Total	
Bacon Cheeseburger 2 oz MS706	1 each	33.68
Hot Ham and Cheese Croissant	1 each	29.89
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Glazed Carrots MS1018	1/2 cup	9.28
Applesauce, MS1204	1/2 cup	15.62
Mandarin Oranges	1/2 cup	21.45
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
Cinnamon Rolls 2gr WG FRZ-OVN	1 roll	45.15
Weighted Daily Average		116.20
% of Calories		54.6%
Nutrient Guideline		

Mon - 10/07/2019		
Lunch K-8	Total	
BBQ Chicken Sandwich MS714	1 each	37.19
Ranch Club Wrap Mer MS772	2 halves	30.11
Cheez-It	Bag	14.0
Baked Beans MS1000	1/2 cup	36.85
Lima Beans, Frozen MS1004	1/2 cup	16.32
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Weighted Daily Average		96.44
% of Calories		60.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/08/2019		
Lunch K-8	Total	
Steak Fingers, Baked MS180	4 each	17.8
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Chef Salad, Elementary, MS601	1 salad	15.7
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Squash, Summer: MS1127	1/2 cup	6.26
Brown Gravy, Package MS1506	2 ounces	5.18
Mashed Potatoes MS1078	1/2 cup	15.12
Apple and Orange Wedges MS1240	1/2 cup	13.45
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
Weighted Daily Average		92.91
% of Calories		56.8%
Nutrient Guideline		

Wed - 10/09/2019		
Lunch K-8	Total	
Chicken Quesadillas MUMS541.1	1 each	27.13
Chips and Cheese Dip	1 serving	25.73
Pimento Cheese Croissant	sandwich	28.83
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Raw Veggies w/Dip MS1124	1/2 cup	22.05
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Bananas MS1220	1 each	26.95
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
Sour Cream PC MS1564	1 each	0.82
Weighted Daily Average		102.20
% of Calories		56.7%
Nutrient Guideline		

Thu - 10/10/2019		
Lunch K-8	Total	
Taco Soup w/ Chips MS812	1 cup	40.2
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Yogurt/Cereal Bowl	plate	62.0
Baked Sweet Potato/Marg.MS1076	1 each	26.16
Field Peas, Frozen MS1068	1/2 cup	21.17
Blueberries w/Whipd Top,MS1221	1/2 cup	15.47
Orange Smiles MS1270	1/2 cup	19.19
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

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		118.81 59.7%
Nutrient Guideline		

Fri - 10/11/2019		
Lunch K-8	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Mozzarella Cheese Sticks #1300	5 Sticks	43.4
Broccoli w/Cheese Sauce MS1012	1/2 cup	7.67
Crinkle Cut Fries Baked MS1088	1/2 cup	12.15
Chilled Peach Slices MS1274	1/2 cup	17.49
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
Weighted Daily Average % of Calories		84.15 53.8%
Nutrient Guideline		

Mon - 10/14/2019		
Lunch K-8 HOLIDAY	Total 1	*N/A*
Weighted Daily Average % of Calories		*N/A* *N/A%*
Nutrient Guideline		

Tue - 10/15/2019		
Lunch K-8	Total	
Pizza, Stuffed Crust MS304	1 slice	36.0
Lunch Bites Ham 2 GR Saltine	serving	52.6
Lima Beans, Frozen MS1004	1/2 cup	16.32
Squash, Summer: MS1127	1/2 cup	6.26
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
Weighted Daily Average % of Calories		85.74 57.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/16/2019		
Lunch K-8	Total	
Nachos Grande MS168	1 serving	26.73
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Yogurt/Cereal Bowl	plate	61.0
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Pinto Beans MS912	1/2 cup	26.17
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Weighted Daily Average		119.30
% of Calories		62.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/17/2019		
Lunch K-8	Total	
Chili Con Carne w/ Beans MS130	1 cup	8.05
Cinnamon Rolls 2gr WG FRZ-OVN	1 roll	45.15
Rankin Spud Max	1 potato	32.02
Broccoli Florets, Stm, MS1150	1/2 cup	8.55
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Orange Smiles MS1270	1/2 cup	19.19
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
Weighted Daily Average		85.34
% of Calories		53.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/18/2019		
Lunch K-8	Total	
Cheeseburger 2.5 oz PattyMS728	1 each	33.82
Hot Dog WG MS778	1 each	2.0
Spicy Fries, Baked MS1100	1/2 cup	20.76
Green Peas, Canned MS1071	1/2 cup	14.26
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Ketchup PC MS1528	1 packet	3.0

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	Portion Size	Carb (g)
Weighted Daily Average		91.21
% of Calories		50.9%
Nutrient Guideline		

Mon - 10/21/2019		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Corn Dog MS744	1 each	0.0
Field Peas, Frozen MS1068	1/2 cup	21.17
Squash, Summer: MS1127	1/2 cup	6.26
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Apple MS1206	1 each	19.06
Strawberries, Frozen MS1294	1/2 cup	12.12
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
Weighted Daily Average		67.06
% of Calories		64.7%
Nutrient Guideline		

Tue - 10/22/2019		
Lunch K-8	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
Croutons, PC, .5 Gram,PC,#1318	1 packet	9.0
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
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
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
Syrup, Pancake, PC RCSD	1 packet	30.21
Weighted Daily Average		119.18
% of Calories		58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/23/2019		
Lunch K-8	Total	
Southwestern Dip/Chips	1 serving	28.11
Tri Salad w/ Pimento Cheese	salad	37.08
Saltine Crackers, ENR,M MS1369	2 4-count packs	18.0
Vegetable Juice, Assort,MS1156	1/2 cup	14.0
Pinto Beans MS912	1/2 cup	26.17
Applesauce, MS1204	1/2 cup	15.62
Fresh Bananas MS1220	1 each	26.95
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
Weighted Daily Average		98.63
% of Calories		49.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/24/2019		
Lunch K-8	Total	
Red BeansCND/Rice/SausageMS416	1 serving	37.58
Toast, Garlic WW MS1351	1 slice	15.0
Lunch Bites Ham 2 GR Saltine	serving	52.6
Green Beans, Canned, MS1036	1/2 cup	4.45
Glazed Carrots MS1018	1/2 cup	9.28
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Weighted Daily Average		99.12
% of Calories		64.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/25/2019		
Lunch K-8	Total	
Southern Chicken Sandwich	1	42.0
Bacon Cheeseburger 2 oz MS706	1 each	33.68
Spicy Fries, Baked MS1100	1/2 cup	20.76
Mixed Vegetables MS1060	1/2 cup	15.08
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

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	Portion Size	Carb (g)
Weighted Daily Average		100.24
% of Calories		54.1%
Nutrient Guideline		

Mon - 10/28/2019		
Lunch K-8	Total	
Chicken Pieces/Honey BBQ Sc MS	1 Serving	31.0
Biscuit, 2 ENR, MS1626	1 biscuit	28.0
Lunch Bites Turkey 2GR graham	serving	36.0
Baked Beans MS1000	1/2 cup	36.85
Glazed Carrots MS1018	1/2 cup	9.28
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Fresh Oranges MS1268	1 each	15.22
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Weighted Daily Average		106.22
% of Calories		57.8%
Nutrient Guideline		

Tue - 10/29/2019		
Lunch K-8	Total	
All American Sub Sandwich	1 sandwich	34.3
Cheez-It	Bag	14.0
Chef Salad, Elementary, MS601	1 salad	15.7
Croutons, PC, .5 Gram, PC, #1318	1 packet	9.0
Saltine Crackers, ENR, M MS1369	2 4-count packs	18.0
Lima Beans, Frozen MS1004	1/2 cup	16.32
Whole Kernel Corn, CND, MS1032	1/2 cup	19.66
Strawberries, Frozen MS1294	1/2 cup	12.12
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	1.0
Mustard, PC, MS1538	1 packet	0.29
Weighted Daily Average		88.44
% of Calories		56.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/30/2019		
Lunch K-8	Total	
Loaded Potato Soup RCSD	1 cup	31.79
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	30.0
Country Fried Steak Sand MS746	1 each	46.38
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25.24
Squash, Summer: MS1127	1/2 cup	6.26
Vegetable Juice, Assort,MS1156	1/2 cup	14.0
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
Weighted Daily Average		115.21
% of Calories		53.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/31/2019		
Lunch K-8	Total	
Chicken Nuggets Bkd MS532	5 nuggets	15.84
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	31.0
Yogurt Candy Corn Parfait 8 oz	1 parfait	98.53
Mashed Potatoes MS1078	1/2 cup	15.12
Brown Gravy, Package MS1506	2 ounces	5.18
Green Peas, Canned MS1071	1/2 cup	14.26
Fresh Fruit Bowl VarietyMS1244	1 each	21.72
Banana Berry Blend MS1224	1/2 cup	24.27
Pineapple Tidbits MS1286	1/2 cup	18.87
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
Ketchup PC	1 packet	3.0
Cookie, Sugar, Pur WGR, MS1436	1 cookie	17.0
Weighted Daily Average		131.63
% of Calories		62.2%
Nutrient Guideline		

Weighted Average		96.84
		57.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	96.84	57.48%						

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.