

Rankin County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:45 PM

| | Portion Size | Carb (g) |
|---|-----------------|-----------------|
| Mon - 04/01/2024 | | |
| Lunch 7-12 HOLIDAY | Total 1 | *N/A* |
| Weighted Daily Average % of Calories | | *N/A* *N/A%* |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 04/02/2024 | | |
| Lunch 7-12 | Total | |
| Pizza, Stuffed Crust M2040 | 1 slice | 35.0 |
| Corn Dog | 1 each | 28.2 |
| Veg Juice, 4 oz Fruit FI M6190 | 1/2 cup | 15.0 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Applesauce, M6555 | 1/2 cup | 15.62 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Cookies Red Velvet WG IW #1424 | 1 Cookie | 24.98 |
| Ketchup PC | 1 packet | 3.0 |
| Mustard, PC M8015 | 1 pouch | 0.29 |
| Weighted Daily Average | | 65.35 |
| % of Calories | | 50.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|------------|-------|
| Wed - 04/03/2024 | | |
| Lunch 7-12 | Total | |
| Beef Taco w/Soft Shell M1155.1 | 1 taco | 20.85 |
| Rice Spanish RCSD | 1/2 cup | 25.05 |
| Turkey & Cheese Croissant | 1 sandwich | 32.99 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Chilled Peach Slices M6815 | 1/2 cup | 17.49 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Waffles, Dutch, 2 WGR M8860 | servings | 45.39 |
| Weighted Daily Average | | 34.70 |
| % of Calories | | 45.9% |
| Nutrient Guideline | | |

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Page 2

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Thu - 04/04/2024 | | |
| Lunch 7-12 | Total | |
| Chicken Tenders Cooked M3200 | 3 tenders | 14.0 |
| Manager Choice | 1 | *N/A* |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Green Beans, Cut, CND M5750 | 1/2 cup | 4.86 |
| Mashed Potatoes M6070 | 1/2 cup | 15.12 |
| Brown Gravy, Package BRG M8130 | 2 ounces | 4.05 |
| Mandarin Oranges | 1/2 cup | 21.45 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Cookie Brookee #1428 | 1 Brookee | 23.01 |
| Weighted Daily Average | | 39.38 |
| % of Calories | | 45.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 04/05/2024 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 32.68 |
| Grill Cheese Sand 1oz | portions | 31.46 |
| Season BKD Potato Wedges M6145 | 1/2 cup | 17.0 |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Pineapple Tidbits M6890 | 1/2 cup | 18.87 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Ketchup PC M8000 | 1 packet | 3.0 |
| Assorted Gelatin w/ Top M7580 | 1/2 cup | 19.38 |
| Weighted Daily Average | | 90.77 |
| % of Calories | | 49.6% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|------------|-------|
| Mon - 04/08/2024 | | |
| Lunch 7-12 | Total | |
| Turkey & Cheese Croissant | 1 sandwich | 32.99 |
| Manager Choice | 1 | *N/A* |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Applesauce, M6555 | 1/2 cup | 15.62 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Cookies Red Velvet WG IW #1424 | 1 Cookie | 24.98 |
| Weighted Daily Average | | 84.85 |
| % of Calories | | 56.5% |
| Nutrient Guideline | | |

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Page 3

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Tue - 04/09/2024 | | |
| Lunch 7-12 | Total | |
| Pancakes, 2 WGR M8825 | 2 pancakes | 30.0 |
| Cheesy Ham & Egg Scramble | 2 ounces | 3.37 |
| Potatoes, Hashbrown M6065 | 2 patties | 31.0 |
| Carrots, Baby with Dip M5850 | 1/2 cup | 9.95 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Mandarin Oranges | 1/2 cup | 21.45 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Syrup, Pancake, PC M8025 | 1 packet | 30.2 |
| Ketchup PC | 1 packet | 3.0 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 180.70 |
| % of Calories | | 65.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|--------------|--------|
| Wed - 04/10/2024 | | |
| Lunch 7-12 | Total | |
| Brded Beef Steak W/Gravy M1005 | 1 serving | 22.58 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Mashed Potatoes M6070 | 1/2 cup | 15.12 |
| Brown Gravy, Package BRG M8130 | 2 ounces | 4.05 |
| Field Peas, Frozen M6025 | 1/2 cup | 24.78 |
| Fruit Cocktail M6735 | 1/2 cup | 14.91 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Ketchup PC | 1 packet | 3.0 |
| Southern Mud M7620 | 1 square | 45.09 |
| Weighted Daily Average | | 212.26 |
| % of Calories | | 63.0% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Thu - 04/11/2024 | | |
| Lunch 7-12 | Total | |
| Korean BBQ Chicken | 4 chunks | 28.0 |
| Egg Roll, 1, Chicken M3270 | 1 each | 22.0 |
| Lunch Bites Ham 2 GR graham | serving | 37.0 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| California Vegetables M5785 | 1/2 cup | 5.15 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Strawberries, Frozen M6945 | 1/2 cup | 21.05 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Sauce, Sweet & Sour PC M8200 | 1 packet | 10.73 |
| Vanilla Pudding M7645 | 1/2 cup | 26.61 |
| Weighted Daily Average | | 53.06 |
| % of Calories | | 50.2% |
| Nutrient Guideline | | |

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Page 4

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Fri - 04/12/2024 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 32.68 |
| Italian Dunkers #1101 | 2 breadsticks | 28.0 |
| Baked Beans Vegetarian M5000 | 1/2 cup | 38.23 |
| Crinkle Cut Fries Baked M6110 | 1/2 cup | 12.12 |
| Chilled Pears Diced M6850 | 1/2 cup | 20.69 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Ketchup PC M8000 | 1 packet | 3.0 |
| Cookie, Confetti Cake IW M7548 | 1 cookie | 29.0 |
| Weighted Daily Average | | 74.56 |
| % of Calories | | 49.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 04/15/2024 | | |
| Lunch 7-12 | Total | |
| Philly Steak on Hoagie RCSD | 1 Each | 37.02 |
| Manager Choice | 1 | *N/A* |
| Glazed Carrots M5865 | 1/2 cup | 8.91 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Fruit Cocktail M6735 | 1/2 cup | 14.91 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Waffles, Dutch, 2 WGR M8860 | servings | 45.39 |
| Weighted Daily Average | | 56.55 |
| % of Calories | | 67.0% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------------|--------|
| Tue - 04/16/2024 | | |
| Lunch 7-12 | Total | |
| Fajita Happy Plate RCSD | 1 fajita | 51.87 |
| Rice Spanish RCSD | 1/2 cup | 25.05 |
| Chef Salad, Elementary C M3505 | 1 salad | 16.25 |
| Croutons,.5 GR CR Packet M7110 | 1 packet | 9.0 |
| Saltine Crackers, 2 grain | 4-count packs | 9.0 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Chilled Peach Slices M6815 | 1/2 cup | 17.49 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 119.44 |
| % of Calories | | 55.9% |
| Nutrient Guideline | | |

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Page 5

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Wed - 04/17/2024 | | |
| Lunch 7-12 | Total | |
| Mexican Pizza M2010 | 1 slice | 30.0 |
| Corn Dog | 1 each | 28.2 |
| Tomatoes & Carrots w/Dip M5955 | 1/2 cup serving | 8.2 |
| Mixed Vegetables M5795 | 1/2 cup | 15.2 |
| Fresh Apple M6510 | 1 each | 25.13 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Brownies, Mix, Enriched MS1400 | 1 piece | 26.01 |
| Weighted Daily Average | | 54.96 |
| % of Calories | | 46.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-------------|-------|
| Thu - 04/18/2024 | | |
| Lunch 7-12 | Total | |
| Lasagna M1200 | 1 serving | 26.5 |
| Toast, Garlic WW M7115 | 1 slice | 15.0 |
| Yogurt and Uncrustable Plate | 4 ounce cup | 62.13 |
| Green Beans, Cut, CND M5750 | 1/2 cup | 4.86 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| Orange Smiles M6770 | 1/2 cup | 19.19 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Cereal Rice Treat Bar M8765 | 1 bar | 30.0 |
| Weighted Daily Average | | 87.73 |
| % of Calories | | 53.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 04/19/2024 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 32.68 |
| Season FRY Potato Wedges M6148 | 1/2 cup | 16.65 |
| Manager Choice Vegetable | 1 | *N/A* |
| Pineapple Tidbits M6890 | 1/2 cup | 18.87 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Ketchup PC M8000 | 1 packet | 3.0 |
| Chocolate Pudding M7640 | 1/2 cup | 24.95 |
| Weighted Daily Average | | 89.24 |
| % of Calories | | 47.8% |
| Nutrient Guideline | | |

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Page 6

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Mon - 04/22/2024 | | |
| Lunch 7-12 | Total | |
| Southern Chicken Sandwich | 1 | 45.0 |
| All American Sub Sandwich | 1 sandwich | 37.3 |
| Tater Tots | 1/2 cup | 16.0 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.38 |
| Strawberries, Frozen M6945 | 1/2 cup | 21.05 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Ketchup PC | 1 packet | 3.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 pouch | 0.29 |
| Cereal Rice Treat Bar M8765 | 1 bar | 30.0 |
| Weighted Daily Average | | 243.36 |
| % of Calories | | 61.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------------|-------|
| Tue - 04/23/2024 | | |
| Lunch 7-12 | Total | |
| Spaghetti&MeatSauceRCSD MS178 | 1 serving | 27.29 |
| Cornbread 1 ENR M7050 | 1 piece | 18.07 |
| Chicken Tender Chef Salad | 1 salad | 24.88 |
| Croutons,.5 GR CR Packet M7110 | 1 packet | 9.0 |
| Saltine Crackers, 2 grain | 4-count packs | 9.0 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| Turnip Greens, Southern M5640 | 1/2 cup | 3.42 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Chilled Pears Diced M6850 | 1/2 cup | 20.69 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 37.60 |
| % of Calories | | 39.7% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Wed - 04/24/2024 | | |
| Lunch 7-12 | Total | |
| Ham and Cheese Croissant | 1 each | 34.1 |
| Manager Choice | 1 | *N/A* |
| Carrotines in a Bag M5845 | 3 oz. bag | 6.93 |
| Green Peas, Canned M6035 | 1/2 cup | 14.34 |
| Fresh Apple M6510 | 1 each | 25.13 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Ranch Dressing & Dip PC M8075 | 1 ounce | 0.0 |
| Brownies, Mix, Enriched MS1400 | 1 piece | 26.01 |

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Page 7

Apr 1, 2024 thru Apr 30, 2024

Lunch 7-12

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|------------------------|-----------------|-------------|
| Weighted Daily Average | | 72.02 |
| % of Calories | | 60.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|--------------|-------|
| Thu - 04/25/2024 | | |
| Lunch 7-12 | Total | |
| Cheesy Chicken Over Rice M3120 | 1 serving | 30.13 |
| Roll, Enriched Mer 2oz MS13 | Roll - 2 oz. | 31.0 |
| Lunch Bites Turkey 2GR graham | serving | 35.5 |
| Lima Beans, Frozen M5525 | 1/2 cup | 16.36 |
| Baked Sweet Potato/Marg.M5900 | 1 each | 26.16 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Strawberries, Frozen M6945 | 1/2 cup | 21.05 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Cookie Confetti Filled #1408 | 1 Cookie | 29.0 |
| Weighted Daily Average | | 68.65 |
| % of Calories | | 49.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Fri - 04/26/2024 | | |
| Lunch 7-12 | Total | |
| Cheeseburger 2 oz Patty M4100 | 1 each | 32.68 |
| Hot Dog WG M4230 | 1 each | 28.0 |
| Season FRY Potato Wedges M6148 | 1/2 cup | 16.65 |
| Green Beans, Cut, CND M5750 | 1/2 cup | 4.86 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Applesauce, M6555 | 1/2 cup | 15.62 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Mayonnaise PC Reduce Fat M8010 | PC Packet | 0.61 |
| Mustard, PC M8015 | 1 packet | 0.29 |
| Ketchup PC M8000 | 1 packet | 3.0 |
| Sauce, Marinara PC M8195 | 1 packet | 3.71 |
| Dessert | 1 | *N/A* |
| Weighted Daily Average | | 83.76 |
| % of Calories | | 46.2% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Mon - 04/29/2024 | | |
| Lunch 7-12 | Total | |
| Sloppy Joe on WW Bun RCSDMS791 | 1 each | 31.74 |
| Whole Kernel Corn, CND M6010 | 1/2 cup | 14.68 |
| Baked Beans Legumes M5535 | 1/2 cup | 38.38 |
| Chilled Peach Slices M6815 | 1/2 cup | 17.49 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Dessert | 1 | *N/A* |

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Lunch 7-12

Portion Values - Detailed

Page 8

Generated on: 3/4/2024 12:00:46 PM

| | Portion Size | Carb (g) |
|------------------------|-----------------|-------------|
| Weighted Daily Average | | 55.71 |
| % of Calories | | 51.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|-------|
| Tue - 04/30/2024 | | |
| Lunch 7-12 | Total | |
| Nachos Grande Crumbley M1075.2 | 1 serving | 30.91 |
| Pinto Beans Legumes M5550 | 1/2 cup | 26.44 |
| Tossed Salad w/Drsg | 1/2 cup | 3.03 |
| Fresh Fruit Bowl Variety M6715 | 1 each | 21.72 |
| Blueberries w/ WhipTop M6610.1 | 1/2 cup | 15.47 |
| Milk, FF Choc 1/2 pint PF M120 | 1/2 pint | 19.0 |
| Milk, LF White 1/2 pt, PF M110 | 1/2 pint | 11.0 |
| Assorted Gelatin w/ Top M7580 | 1/2 cup | 19.38 |
| Weighted Daily Average | | 64.00 |
| % of Calories | | 51.1% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 84.89 |
| | | 54.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 84.89 | 54.57% | | | | | | |

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