

Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/01/2021										
Lunch K-8	Total	4000								
Pizza, Stuffed Crust M2040	1 slice	4000	340	20	890	15.0	36.0	15.0	4.50	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	4000	35	0	230	2.36	6.09	0.55	0.01	0.00
Glazed Carrots	1/2 cup	4000	129	0	148	1.04	15.76	7.19	2.92	0.00
Fresh Apple M6510	1 each	4000	95	0	2	0.47	25.13	0.31	0.05	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1400	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			649	26	1327	22.68	89.70	23.92	8.01	0.00
% of Calories						14.0%	55.2%	33.2%	11.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Tue - 11/02/2021										
Lunch K-8	Total	4000								
Turkey & Cheese on Bun M4220	1 each	4000	307	42	1158	16.08	31.61	13.51	6.41	0.00
Sweet Potato Fry USBkd M5925.1	1/2 cup	4000	179	0	149	1.19	22.64	9.53	2.38	0.00
Baked Beans Legumes M5535	1/2 cup	4000	169	1	193	7.49	38.29	0.73	0.13	0.00
Fresh Oranges M6775	1 each	4000	77	0	0	1.53	19.19	0.2	0.03	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			794	51	1569	30.89	119.54	25.10	9.63	0.00
% of Calories						15.6%	60.2%	28.5%	10.9%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Wed - 11/03/2021										
Lunch K-8	Total	4000								
Cheesy Chicken Over Rice M3120	1 serving	4000	348	66	474	27.77	31.15	13.16	7.75	0.00
Toast, Garlic WW M7115	1 slice	4000	90	0	110	3.0	15.0	2.5	0.00	0.00
Mixed Vegetables M5795	1/2 cup	4000	92	0	158	3.79	15.2	1.79	0.73	0.00
Yam Patties M5935	1/2 Cup	4000	120	0	160	1.8	28.0	0.0	0.00	0.00
Peaches, FRZ, PC US MS6825.1	1/2 cup	2500	80	0	0	1.0	19.0	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00

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

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			766	74	977	41.99	109.60	18.70	9.23	0.00
% of Calories						21.9%	57.2%	22.0%	10.8%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Thu - 11/04/2021										
Lunch K-8	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Green Beans, Canned, MS1036	1/2 cup	2500	41	0	91	1.3	4.45	1.79	0.21	0.00
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	2000	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			724	85	1060	33.96	88.42	25.81	6.52	0.00
% of Calories						18.8%	48.8%	32.1%	8.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Fri - 11/05/2021										
Lunch K-8	Total	2500								
John Wayne Cass w/Chips NoSalt	1 serving	2500	475	67	732	16.15	23.31	34.91	14.71	0.00
Whole Kernel Corn, CND M6010	1/2 cup	2500	85	0	101	1.73	14.68	3.5	0.73	0.00
Black-Eyed Peas Dry M5515	1/2 cup	2500	152	0	179	10.2	23.77	2.37	0.74	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			875	79	1126	36.02	90.76	42.75	17.30	0.00
% of Calories						16.5%	41.5%	44.0%	17.8%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/08/2021										
Lunch K-8	Total	2500								
Mexican Pizza M2010	1 slice	2500	320	35	540	20.0	30.0	14.0	7.00	0.00
Glazed Carrots M5865	1/2 cup	2500	54	0	90	0.98	8.91	1.87	0.75	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			578	48	984	31.92	74.88	18.59	9.00	0.00
% of Calories						22.1%	51.8%	28.9%	14.0%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/09/2021										
Lunch K-8	Total	2500								
Pulled Pork Nachos	1 serving	2500	367	54	1099	18.16	32.23	18.42	6.17	0.00
Sweet Potato Fries, Bkd M5925	1/2 cup	2500	179	0	229	1.0	22.92	8.97	1.50	0.00
Veg Juice, 4 oz. Asst. M6190	1/2 cup	2500	60	0	7	0.0	14.5	0.0	0.00	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			768	66	1449	27.10	98.66	29.36	8.78	0.00
% of Calories						14.1%	51.4%	34.4%	10.3%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/10/2021										
Lunch K-8	Total	2500								
Chicken Baked BBQ US M3000.1	1 serving	2500	138	50	172	15.6	3.07	6.6	1.81	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	2500	170	0	310	5.0	31.0	3.0	1.00	0.00
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Black-Eyed Peas Dry M5515	1/2 cup	2500	152	0	179	10.2	23.77	2.37	0.74	0.00
Mandarin Fruit Cup M6790	1/2 cup	2500	49	0	5	0.41	12.78	0.08	0.01	0.00
Sauce, BBQ, PC M8170	1 packet	100	17	0	89	0.11	4.23	0.01	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			726	68	924	42.36	99.50	17.84	6.74	0.00
% of Calories						23.3%	54.8%	22.1%	8.4%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Thu - 11/11/2021										
Lunch K-8	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Green Beans w/ US Ham	3/4 cup	2500	46	4	178	2.91	7.29	0.8	0.28	0.00
Yam Patties M5935	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	100	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			698	77	1009	34.01	97.42	19.27	4.31	0.00
% of Calories						19.5%	55.8%	24.9%	5.6%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Fri - 11/12/2021										
Lunch K-8	Total	2500								
Ham & Cheese on Bun US M4185.1	1 each	2500	314	53	1181	21.89	36.42	11.31	5.14	0.00
Whole Kernel Corn, FRZ M6015	1/2 cup	2500	84	0	90	2.03	16.24	2.8	0.73	0.00
Potato Rounds, Baked M6095	1/2 cup	2500	132	0	315	1.02	16.25	6.1	1.02	0.00
Fresh Bananas M6590	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			733	65	1697	33.59	108.38	22.39	8.10	0.00
% of Calories						18.3%	59.1%	27.5%	9.9%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/15/2021										
Lunch K-8	Total	2500								
Pizza, Stuffed Crust M2040	1 slice	2500	340	20	890	15.0	36.0	15.0	4.50	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Glazed Carrots	1/2 cup	2500	129	0	148	1.04	15.76	7.19	2.92	0.00
Fresh Apple M6510	1 each	2500	95	0	2	0.47	25.13	0.31	0.05	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			704	33	1390	26.88	96.38	25.05	8.69	0.00
% of Calories						15.3%	54.7%	32.0%	11.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Tue - 11/16/2021										
Lunch K-8	Total	2500								
Cheeseburger 2 oz Patty M4100	1 each	2500	368	52	795	21.5	33.68	17.53	7.27	0.00
Sweet Potato Fries, Bkd M5925	1/2 cup	2500	179	0	229	1.0	22.92	8.97	1.50	0.00
Baked Beans w/ Bacon	1/2 cup	2500	209	3	289	9.51	43.78	1.82	0.50	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			932	67	1423	40.90	132.09	30.31	10.38	0.00
% of Calories						17.6%	56.7%	29.3%	10.0%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Wed - 11/17/2021										
Lunch K-8	Total	2500								
Corn Dog M4075	1 each	2500	271	40	647	8.79	29.18	12.9	3.47	0.02
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Mixed Vegetables M5795	1/2 cup	2500	92	0	158	3.79	15.2	1.79	0.73	0.00
Chilled Peach Slices M6815	1/2 cup	2500	65	0	6	0.54	17.49	0.04	0.00	0.00
Ketchup PC M8000	1 packet	2500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	2500	4	0	66	0.19	0.29	0.22	0.01	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00

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Weighted Daily Average			659	58	1216	24.46	93.87	20.73	7.40	0.02
% of Calories						14.8%	57.0%	28.3%	10.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Thu - 11/18/2021										
Lunch K-8	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Turnip Greens, Southern M5640	1/2 cup	2500	57	0	85	2.47	3.42	3.33	0.24	0.00
Yam Patties	1/2 Cup	2500	207	0	226	1.81	35.71	6.33	2.59	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	2000	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			824	81	1148	32.84	105.09	29.86	7.16	0.00
% of Calories						15.9%	51.0%	32.6%	7.8%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Fri - 11/19/2021										
Lunch K-8	Total	2500								
Spaghetti & Meat Sauce M1115.2	1 serving	2500	262	45	788	17.18	29.93	8.77	4.08	0.00
Toast, Garlic WW M7115	1 slice	2500	90	0	110	3.0	15.0	2.5	0.00	0.00
Green Beans w/ Ham M5765	1/2 cup	2500	46	2	136	2.17	4.76	2.04	0.81	0.00
Whole Kernel Corn, CND M6010	1/2 cup	2500	85	0	101	1.73	14.68	3.5	0.73	0.00
Fresh Bananas M6590	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			686	58	1247	32.74	103.84	19.00	6.83	0.00
% of Calories						19.1%	60.5%	24.9%	9.0%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/29/2021										
Lunch K-8	Total	2500								
Mexican Pizza M2010	1 slice	2500	320	35	540	20.0	30.0	14.0	7.00	0.00
Sweet Potato Fries HS	1 cup	2500	362	0	463	2.01	46.31	18.12	3.02	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Chilled Peach Slices M6815	1/2 cup	2500	65	0	6	0.54	17.49	0.04	0.00	0.00
Assorted Pudding Cups M7635	1 pudding cup	2500	110	0	123	3.0	23.0	1.5	0.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			998	48	1482	35.91	136.28	36.21	11.74	0.00
% of Calories						14.4%	54.6%	32.7%	10.6%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Tue - 11/30/2021										
Lunch K-8	Total	2500								
Cheeseburger 2 oz Patty M4100	1 each	2500	368	52	795	21.5	33.68	17.53	7.27	0.00
Crinkle Cut Fries Baked M6110	1/2 cup	2500	85	0	20	1.01	13.16	1.46	*N/A*	0.00
Vegetable Juice, 6 oz. M6185	1/2 cup	2500	90	0	10	0.0	23.0	0.0	0.00	0.00
Tropical Fruit M6745	1/2 cup	2500	119	0	3	0.57	30.87	0.14	0.03	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	2000	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	200	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	500	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			782	65	1038	31.11	116.65	21.75	8.59	0.00
% of Calories						15.9%	59.6%	25.0%	9.9%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Weighted Average			759	62	1239	32.90	103.59	25.10	8.73	0.00
						17.3%	54.6%	29.8%	10.4%	0.0%

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	759		600 - 650	117%					109				Correction Required - Calories too High
Cholesterol (mg)	62												
Sodium 1 (mg)	1239		1230						9				Correction Required - Sodium too High
Sodium 2 (mg)	1239		935						304				Correction Required - Sodium too High
Protein (g)	32.90	17.35%											
Carbohydrate (g)	103.59	54.62%											
Total Fat (g)	25.10	29.77%											
Saturated Fat (g)	8.73	10.36%	<10.00%										Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%											

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