

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019																
LONG RIVER MIDDLE SCH	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
	MA/2B															
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			461	35	811	5.69	*3.66	*542.8	*6227	27.28	*10	*21.15	63.25	14.96	6.02	*0.04
% of Calories											*8.3%	*18.3%	54.9%	29.2%	11.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Portion Values - Detailed

Page 2

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/04/2019																
LONG RIVER MIDDLE SCH	Total	284														
GRILL CHEESE 2SL=1MA/2B	SANDWIC	144	254	20	614	4.00	2.70	451.4	468	0.01	*N/A*	12.04	32.04	10.28	4.16	*0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	93.1	*4	19.26	37.69	22.72	4.44	*0.00
Potato Sweet Potato Bites	6 EACH	144	120	0	100	3.00	0.00	20.0	3500	1.2	*N/A*	1.0	19.0	4.0	0.50	0.00
Salad Bar	1 EACH	19	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Croutons	.5 CUP	19	61	0	105	0.77	0.61	11.4	0	0.0	*N/A*	1.79	11.03	0.99	0.23	0.00
Roll Dinner	ROLL	19	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	121	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads	1 EACH	121	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Condiments Salad Bar MS/HS	SERVINGS	50	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Fruit Canned Variety	.5 CUP	168	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apple, Orange, Pear	1 EACH	1	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	186	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			485	46	994	5.98	2.76	536.9	4132	9.64	*7	25.41	64.01	14.83	4.91	*0.00
% of Calories											*6.1%	21.0%	52.8%	27.5%	9.1%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/05/2019																
LONG RIVER MIDDLE SCH	Total	275														
Chicken Fajita	SERVING	125	426	46	331	5.37	1.96	117.5	420	93.1	*4	19.26	37.69	22.72	4.44	*0.00
Taco Filling Black Bean	SERVINGS	25	234	0	163	4.51	2.56	72.5	389	13.15	*1	5.39	26.63	7.45	1.08	*0.00
Tortilla 8" WW	2 EACH	150	260	0	700	4.00	2.16	40.0	0	0.0	*N/A*	8.0	42.0	7.0	0.00	0.00
Cheese Cheddar Shred -Comm	.5 oz	125	53	13	147	0.00	0.09	148.0	134	0.0	*N/A*	2.8	0.65	4.3	2.50	0.00
Lettuce & Tomato For Nachos	1 EACH	75	6	0	3	0.44	0.12	4.7	256	3.47	1	0.32	1.28	0.06	0.01	0.00
Rice Brown	1/2 CUP	150	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Corn : frozen, yellow	.5 CUP	100	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa	4 OZ	75	82	0	254	3.08	5.06	27.2	1245	9.07	*N/A*	3.4	15.83	0.45	0.07	0.00
Sour Cream Low Fat	.5 OZ.	50	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Salad Bar	1 EACH	25	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Croutons	.25 CUP	25	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Dressing Salad Bar LRMS	SERVINGS	25	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Roll Dinner	ROLL	25	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	125	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads	1 EACH	125	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Condiments MS	SERVINGS	100	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Juice, fruit 100%	1 EACH	100	61	0	4	1.96	0.17	11.5	132	14.56	*6	0.58	15.7	0.16	0.04	0.00
Veg Red/Green/Other	1/2 CUP	30	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	100	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			769	65	1350	9.59	5.38	374.6	1898	58.60	*8	35.31	95.38	27.69	6.55	*0.00
% of Calories											*4.0%	18.4%	49.6%	32.4%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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LONG RIVER MIDDLE SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/06/2019																
LONG RIVER MIDDLE SCH	Total	293														
Mozzarella Sticks	SERVING	156	62	3	87	0.50	0.24	93.8	106	0.16	*N/A*	3.33	4.5	3.33	0.83	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	156	80	0	530	3.00	1.44	20.0	1500	9.0	*N/A*	2.0	8.0	4.0	0.50	0.00
Pasta Penne WG	3/4C=1.5B	1	240	0	0	7.20	1.73	0.0	0	0.0	*N/A*	8.4	49.2	2.4	0.00	0.00
Carrots : frozen, boiled	1 CUP	1	54	0	86	4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	0.18	0.00
Salad Bar	1 EACH	13	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing Salad Bar LRMS	SERVINGS	13	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Croutons	.25 CUP	13	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Roll Dinner	ROLL	13	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar Breads	1 EACH	124	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI CHES	124	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Condiments Salad Bar MS/HS	SERVINGS	124	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	34	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Veg Red/Green/Other	1/2 CUP	47	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Apples, Orange, Pear	PORTION	195	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			472	39	984	9.52	2.65	364.3	3950	51.69	*25	21.70	65.93	14.43	3.82	*0.00
% of Calories											*20.9%	18.4%	55.8%	27.5%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 02/07/2019																
LONG RIVER MIDDLE SCH	Total	222														
Chicken Patty Tyson	EACH=2	112	130	50	330	0.00	0.72	0.0	0	0.0	*N/A*	15.0	2.0	7.0	2.00	0.00
	M/OB															
Bun WW Hamburger 1.75Z	1 EACH	1	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Potato Fries Oven Baked	1/2 CUP	112	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Veg Mixed : frozen,boiled	1/2 CUP	40	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Roll Dinner	ROLL	110	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Condiments MS	SERVINGS	75	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese String	1 oz	40	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
	CHES															
Deli Bar Elementary	SANDWI	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Parfait w/Fruit	1 EACH	5	336	5	200	3.66	1.38	630.3	11	51.5	*4	6.45	69.22	2.74	0.40	*0.00
GRANOLA	1/4 CUP	5	107	0	49	1.40	0.66	13.8	1	2.08	*13	1.93	21.17	2.1	0.33	*0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			553	49	827	6.78	3.41	486.9	2873	33.56	*14	26.10	78.29	14.93	4.39	*0.05
% of Calories											*10.0%	18.9%	56.6%	24.3%	7.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 02/08/2019																
LONG RIVER MIDDLE SCH	Total	275														
Pizza 10 cut BD	SLICE=2 MA/2B	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI CHES	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Deli Bar Breads MS / HS	1 EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			461	35	811	5.69	*3.66	*542.8	*6227	27.28	*10	*21.15	63.25	14.96	6.02	*0.04
% of Calories											*8.3%	*18.3%	54.9%	29.2%	11.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/11/2019																
LONG RIVER MIDDLE SCH	Total	222														
Rib Q Sandwich	SANDWIC	112	267	45	503	1.22	1.62	41.5	298	3.64	*N/A*	11.55	4.59	22.7	7.80	*N/A*
Roll Kaiser WG	ROLL	1	150	0	280	3.00	1.44	80.0	0	0.0	*N/A*	6.0	27.0	1.5	0.00	0.00
Noodles Barilla WG	6 OZ	112	240	0	0	7.20	9.60	0.0	0	0.0	*N/A*	8.4	49.2	1.8	0.00	0.00
Carrots : frozen, boiled	.75 CUP	40	41	0	65	3.61	0.58	38.3	18536	2.52	4	0.64	8.46	0.74	0.13	0.00
Dinner Roll Richs	1 each	110	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Condiments MS	SERVINGS	75	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese String	1 oz	40	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Croutons	.5 cup	20	61	0	105	0.77	0.61	11.4	0	0.0	*N/A*	1.79	11.03	0.99	0.23	0.00
Deli Bar HS / MS	SANDWI	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	1	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Cereal Bowl Variety 2oz	BOWLS	1	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			589	41	743	8.91	8.21	447.4	5358	25.57	*14	23.85	80.00	20.44	6.65	*0.05
% of Calories											*9.2%	16.2%	54.3%	31.2%	10.2%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/12/2019																
LONG RIVER MIDDLE SCH	Total	310														
French Toast WG - AJ	3 EACH	120	206	9	223	1.71	0.62	34.3	0	0.0	9	5.14	32.57	6.0	0.86	0.00
Pancakes Mini Maple	pack	1	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Pancake Syrup PC	1.50 OZ	1	120	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Sausage, Turkey Patty	1 EACH	120	43	14	113	0.00	0.00	7.9	*N/A*	0.0	0	3.4	0.28	2.83	0.85	0.00
POTATO PUFFS: frozen,cooked	1/2 CUP	20	61	0	148	0.64	0.19	4.5	2	1.28	0	0.68	8.73	2.9	0.53	*N/A*
Salad Bar	1 EACH	1	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Dressing Salad Bar LRMS	SERVINGS	20	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Condiments Salad Bar MS/HS	SERVINGS	125	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Croutons	.25 CUP	20	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Roll Dinner	ROLL	20	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar Breads	1 EACH	170	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI CHES	170	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Cereal Bowl Variety 2oz	BOWLS	1	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Lettuce Romaine	1 CUP	25	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	10	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Fruit Apples, Orange, Pear	PORTION	144	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Fruit canned or fresh	1 EACH	50	50	0	8	1.79	0.20	13.8	145	18.57	*8	0.6	13.06	0.17	0.04	0.00
Milk Variety 8 oz	1 EACH	100	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			474	50	884	7.05	*2.18	*277.3	*4224	36.86	*22	*22.91	64.32	14.65	3.87	*0.00
% of Calories											*18.6%	*19.3%	54.3%	27.8%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/13/2019																
LONG RIVER MIDDLE SCH	Total	210														
HAMBURGER1.5Z/ wCHEESE1/2Z	1.7 Z	100	99	35	29	0.00	1.00	3.6	0	0.0	*N/A*	9.5	0.0	6.7	2.70	0.00
Bun WW Hamburger 1.75Z	1 EACH	1	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Potato Baked Half	1/2 POTA	100	73	0	17	2.56	0.55	9.6	9	9.69	1	1.79	16.73	0.11	0.03	0.00
	TO															
Baked Beans	1/2 CUP	1	72	0	211	2.53	0.83	26.6	66	0.15	8	2.93	16.53	0.23	0.04	*0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI	1	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Lettuce Romaine	1 CUP	35	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Condiments MS	SERVINGS	10	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing Salad Bar LRMS	SERVINGS	1	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Parfait w/Fruit	1 EACH	5	336	5	200	3.66	1.38	630.3	11	51.5	*4	6.45	69.22	2.74	0.40	*0.00
GRANOLA	1/4 CUP	5	107	0	49	1.40	0.66	13.8	1	2.08	*13	1.93	21.17	2.1	0.33	*0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Canned	1/2 CUP	30	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Fruit Apple, Orange, Pear	1 EACH	30	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	125	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			365	35	395	5.73	3.35	424.8	5212	29.27	*11	17.63	54.07	9.69	3.96	*0.05
% of Calories											*11.8%	19.3%	59.2%	23.9%	9.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

LONG RIVER MIDDLE SCHOOL

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/14/2019																
LONG RIVER MIDDLE SCH	Total	300														
Chicken Brake Heart 3 EACH	3 EACH	147	250	35	350	2.00	1.44	20.0	0	0.0	*N/A*	14.0	15.0	14.0	3.50	0.00
Potato Fries Oven Baked	1/2 CUP	147	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Veg Corn : frozen, yellow	1 CUP	1	134	0	2	3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
GARDEN SALAD	1/2 CUP	75	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Roll Dinner	ROLL	147	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Condiment Heinz Ketchup	2 TBLS	147	10	0	80	0.00	0.00	0.0	50	0.6	*N/A*	0.0	2.5	0.0	0.00	0.00
Salad Bar	1 EACH	34	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing Salad Bar LRMS	SERVINGS	34	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Croutons	.5 CUP	34	61	0	105	0.77	0.61	11.4	0	0.0	*N/A*	1.79	11.03	0.99	0.23	0.00
Roll Dinner	ROLL	34	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar Breads	1 EACH	158	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI CHES	158	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
CONDIMENTS DELI BAR MS/H S 2012	SERVINGS	110	120	11	214	0.22	0.64	38.7	4346	0.5	*0	0.73	8.1	9.53	1.94	*0.00
Cereal Bowl Variety 2oz	BOWLS	1	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	1	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Apples, Orange, Pear	PORTION	1	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Fruit Canned	1/2 CUP	100	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Milk Variety 8 oz	1 EACH	125	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			572	61	1169	5.35	3.25	296.0	4140	13.71	*5	29.97	64.58	20.07	4.95	*0.00
% of Calories											*3.7%	21.0%	45.2%	31.6%	7.8%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 02/15/2019																
LONG RIVER MIDDLE SCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 02/18/2019																
LONG RIVER MIDDLE SCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420											<10.00

Tue - 02/19/2019																
LONG RIVER MIDDLE SCH NO SCHOOL TODAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420											<10.00

Wed - 02/20/2019																
LONG RIVER MIDDLE SCH	Total	220														
Pizza Crunchers	4 EACH	110	400	30	800	4.00	1.70	428.0	498	2.38	*N/A*	20.0	40.0	18.0	8.00	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	100	80	0	530	3.00	1.44	20.0	1500	9.0	*N/A*	2.0	8.0	4.0	0.50	0.00
Pasta, Penne	1/2 CUP	110	100	0	5	3.00	0.90	0.0	0	0.0	*N/A*	3.5	20.5	0.75	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI CHES	20	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	10	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Apple, Orange, Pear	1 EACH	1	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Fruit Canned	1/2 CUP	100	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	*1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average % of Calories			574	38	1150	7.58	*4.36	*648.4	*3829	23.96	*9	*26.97	77.63	17.95	7.08	*0.05
Nutrient Guideline			750-850		1420						*6.0%	*18.8%	54.1%	28.1%	11.1%	*0.1%
																<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/21/2019																
LONG RIVER MIDDLE SCH	Total	210														
HAMBURGER1.5Z/ wCHEESE1/2Z	1.7 Z	100	99	35	29	0.00	1.00	3.6	0	0.0	*N/A*	9.5	0.0	6.7	2.70	0.00
Bun WW Hamburger 1.75Z	1 EACH	1	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Onion Rings	5 EACH	100	200	0	230	3.00	1.08	100.0	0	2.4	*N/A*	3.0	28.0	8.0	1.50	0.00
Baked Beans	1/2 CUP	1	72	0	211	2.53	0.83	26.6	66	0.15	8	2.93	16.53	0.23	0.04	*0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI CHES	1	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Lettuce Romaine	1 CUP	35	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Condiments MS	SERVINGS	10	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing Salad Bar LRMS	SERVINGS	1	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Canned	1/2 CUP	30	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Fruit Apple, Orange, Pear	1 EACH	30	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	125	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			415	35	490	5.82	3.55	452.5	5207	24.52	*10	18.01	57.28	13.33	4.64	*0.05
% of Calories											*9.4%	17.4%	55.2%	28.9%	10.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/22/2019																
LONG RIVER MIDDLE SCH	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
	MA/2B															
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Deli Bar Breads MS / HS	1 EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Salad Bar	1 EACH	15	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			461	35	811	5.69	*3.66	*542.8	*6227	27.28	*10	*21.15	63.25	14.96	6.02	*0.04
% of Calories											*8.3%	*18.3%	54.9%	29.2%	11.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/25/2019																
LONG RIVER MIDDLE SCH	Total	310														
Chicken Popcorn Tyson	12 EACH	120	251	22	371	2.20	1.98	40.0	100	0.0	*N/A*	15.2	15.2	14.1	2.72	0.00
ORANGE GLAZE	2 TSP	1	33	0	0	0.03	0.01	0.8	4	2.06	*8	0.03	8.41	0.0	0.00	*0.00
Potato Fries Oven Baked	1/2 CUP	120	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Roll Dinner	ROLL	20	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Veg Mixed : frozen,boiled	1/2 CUP	1	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
GARDEN SALAD	1 CUP	1	36	0	48	2.72	1.12	51.1	8042	15.16	4	1.95	7.54	0.36	0.05	0.00
Salad Bar	1 EACH	20	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Croutons	.25 CUP	20	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Dressing Salad Bar LRMS	SERVINGS	20	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Deli Bar Breads	1 EACH	170	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI CHES	170	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Condiments Salad Bar MS/HS	SERVINGS	125	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	10	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Juice Fruit 4oz	4 oz.	144	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Fruit Apple, Orange, Pear	1 EACH	1	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Fruit canned or fresh	1 EACH	50	50	0	8	1.79	0.20	13.8	145	18.57	*8	0.6	13.06	0.17	0.04	0.00
Milk Variety 8 oz	1 EACH	100	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			479	52	921	3.94	2.59	254.3	2923	18.99	*4	26.19	51.05	17.87	4.40	*0.00
% of Calories											*3.1%	21.9%	42.7%	33.6%	8.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/26/2019																
LONG RIVER MIDDLE SCH	Total	220														
Pasta Penne WG	3/4C=1.5B	110	240	0	0	7.20	1.73	0.0	0	0.0	*N/A*	8.4	49.2	2.4	0.00	0.00
Beef, Ground	4 OZ	110	359	122	85	0.00	3.39	13.6	0	0.0	*N/A*	32.66	0.0	24.35	9.56	*N/A*
Marinara Sauce	1 OZ	50	12	*N/A*	127	0.34	0.33	6.0	90	5.03	*N/A*	0.76	2.6	0.09	0.01	*N/A*
Cheese Cheddar Shred -Comm	1/2 oz	1	53	13	147	0.00	0.09	148.0	134	0.0	*N/A*	2.8	0.65	4.3	2.50	0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	110	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
GARDEN SALAD	1/2 CUP	75	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Bread, Garlic	SLICE	25	91	0	176	0.99	0.90	24.1	42	0.01	*1	2.71	15.32	2.0	0.17	*0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar HS / MS	SANDWI CHES	20	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	10	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Parfait w/Fruit	1 EACH	5	336	5	200	3.66	1.38	630.3	11	51.5	*4	6.45	69.22	2.74	0.40	*0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments Elementary	PORTION	10	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			562	*80	460	8.69	5.44	373.9	3403	23.86	*10	33.67	67.88	18.50	6.72	*0.05
% of Calories											*7.4%	24.0%	48.3%	29.6%	10.8%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/27/2019																
LONG RIVER MIDDLE SCH	Total	220														
Taco Beef JTM 2.71 Z=2M	2.71 OZ	110	125	49	286	0.00	2.00	12.0	413	1.0	*N/A*	14.0	2.0	7.0	2.70	0.00
Nacho Chips 16 chips	16 chips	110	260	0	179	3.06	1.38	30.6	0	0.61	*N/A*	3.06	31.62	14.28	1.02	0.00
Lettuce ,Tomato, Cheese	1 EACH	50	122	30	188	0.51	0.32	209.3	589	4.27	*1	7.37	2.51	9.58	6.01	0.00
Rice Brown	1/2 CUP	110	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa	2 OZ	25	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.03	0.00
Sour Cream Low Fat	1 OZ.	100	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar HS / MS	SANDWI	20	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	10	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments MS	SERVINGS	10	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			555	59	656	5.71	4.36	385.3	2159	19.90	*11	24.00	70.39	21.18	6.92	*0.05
% of Calories											*7.7%	17.3%	50.7%	34.3%	11.2%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

Generated on: 2/1/2019 8:29:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/28/2019																
LONG RIVER MIDDLE SCH	Total	210														
HAMBURGER COMM ADP 11223	1 EACH	100	150	55	190	0.00	1.44	0.0	0	0.0	*N/A*	14.0	0.0	10.0	4.00	0.50
Mashed Potatoes	1 CUP	1	204	29	344	1.68	0.34	67.2	361	20.37	3	3.72	22.83	10.77	6.70	0.37
Gravy, Canned	2 OZ	100	30	2	318	0.23	0.40	3.4	2	0.0	*N/A*	2.13	2.73	1.34	0.65	*N/A*
GREEN BEANS FRZ & STEAMED	4 OZ.	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Dinner Roll Richs	1 each	20	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar HS / MS	SANDWI CHES	20	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	10	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments MS	SERVINGS	10	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Canned	1/2 CUP	30	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Fruit Apple, Orange, Pear	1 EACH	30	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	125	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			343	49	652	3.38	3.04	396.5	1938	21.90	*9	20.75	40.29	11.44	4.97	*0.29
% of Calories											*10.8%	24.2%	47.0%	30.0%	13.0%	*0.8%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			505	*47	830	6.54	*3.85	*432.2	*4113	27.87	*11	*24.47	65.93	16.58	5.41	*0.04
											*19.5%	*19.4%	52.2%	29.5%	9.6%	*0.1%

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

LONG RIVER MIDDLE SCHOOL

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	505		Weekly Target	750 - 850	67%	Miss Data	Shortfall	245	Overage	Error Messages (if any)							
Cholesterol (mg)	47					Missing				Correction Required - Calories are Low							
Sodium 1 (mg)	830			1420													
Sodium 2 (mg)	830			1080													
Fiber (g)	6.54																
Iron (mg)	3.85					Missing											
Calcium (mg)	432.2					Missing											
Vitamin A (IU)	4113					Missing											
Sugars (g)	11	8.69%				Missing											
Vitamin C (mg)	27.87																
Protein (g)	24.47	19.37%				Missing											
Carbohydrate (g)	65.93	52.19%															
Total Fat (g)	16.58	29.53%															
Saturated Fat (g)	5.41	9.63%		<10.00%													
Trans Fat ¹ (g)	0.04	0.08%				Missing											

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