

Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/28/2018															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 08/29/2018															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 08/30/2018															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 08/31/2018															
Aferschool Snacks - Second	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00

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

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 09/04/2018															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/05/2018															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 09/06/2018															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/07/2018															
Aferschool Snacks - Second	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/10/2018															
Aferschool Snacks - Second	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 09/11/2018															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/12/2018															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 09/13/2018															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 09/14/2018															
Aferschool Snacks - Second	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/17/2018															
Aferschool Snacks - Second	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/18/2018															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/19/2018															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 09/20/2018															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 09/21/2018															
Aferschool Snacks - Second	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00

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Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/24/2018															
Aferschool Snacks - Second	Total														
BRKF UBR Round, IW	1 Each	280	5	190	6.00	1.91	32.5	15	0.01	18	5.0	44.0	8.0	3.00	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		510	20	500	6.00	1.91	632.5	1015	3.61	48	21.00	77.00	10.50	4.50	0.00
% of Calories										37.6%	16.5%	60.4%	18.5%	7.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 09/25/2018															
Aferschool Snacks - Second	Total														
BRKF Bagel, 16-17	Ea	120	0	210	2.00	0.72	0.0	0	0.0	3	4.0	26.0	0.5	0.00	0.00
COND Cream Cheese	Packet	46	15	96	0.00	0.00	20.2	202	0.0	1	2.03	1.01	4.05	2.53	0.00
FRT Apples, Whole w Skin	1 Each	95	0	2	4.37	0.22	10.9	98	8.37	*N/A*	0.47	25.13	0.31	0.05	0.00
Weighted Daily Average		260	15	308	6.37	0.94	31.2	301	8.37	*4	6.50	52.15	4.86	2.59	0.00
% of Calories										*6.2%	10.0%	80.2%	16.8%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/26/2018															
Aferschool Snacks - Second	Total														
BRKF LRG BENEFIT BAR-ChocCh	1 Each	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		371	35	432	3.00	1.80	222.5	202	0.00	23	12.09	48.01	14.06	6.04	0.00
% of Calories										24.8%	13.0%	51.8%	34.1%	14.6%	0.0%
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Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/27/2018															
Aferschool Snacks - Second	Total														
ENT Sand, PBJ Variety	1 Each	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		550	15	630	3.00	1.08	620.0	1000	3.60	43	26.00	65.00	19.50	5.00	0.00
% of Calories										31.3%	18.9%	47.3%	31.9%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	
Fri - 09/28/2018															
Aferschool Snacks - Second	Total														
GRAIN Tortilla Chips 2.0 oz	2 oz	283	0	30	2.02	0.73	40.5	0	0.0	0	4.05	34.42	14.17	6.07	0.00
COND Salsa, Picante Mild 1/4 c	1/4 Cup	19	0	359	0.00	0.00	0.0	189	6.8	2	0.0	3.78	0.0	0.00	0.00
SNK Cheese, Mozzarella String	1 Each	81	15	192	0.00	0.00	202.5	202	0.0	1	7.09	1.01	5.06	3.04	0.00
Weighted Daily Average		383	15	582	2.02	0.73	243.0	391	6.80	3	11.14	39.22	19.24	9.11	0.00
% of Calories										3.0%	11.6%	40.9%	45.2%	21.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		407	20	490	3.91	1.24	325.3	544	4.55	*22 *48.9%	14.85 14.6%	54.47 53.6%	13.90 30.8%	5.53 12.2%	0.00 0.0%

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.

Laramie County School District 1

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Aferschool Snacks - Secondary

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
Calories	407		600 - 700		68%			193									Correction Required - Calories are Low	
Cholesterol (mg)	20																	
Sodium 1 (mg)	490			1360														
Sodium 2 (mg)	490			1035														
Fiber (g)	3.91																	
Iron (mg)	1.24																	
Calcium (mg)	325.3																	
Vitamin A (IU)	544																	
Sugars (g)	22	21.75%				Missing												
Vitamin C (mg)	4.55																	
Protein (g)	14.85	14.61%																
Carbohydrate (g)	54.47	53.58%																
Total Fat (g)	13.90	30.77%																
Saturated Fat (g)	5.53	12.24%		<10.00%														Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%																

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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