

# ARAMARK - 1 - CPS

Base Menu Spreadsheet  
Portion Values - Detailed

Page 1

Oct 1, 2018 thru Nov 2, 2018

K-8 GNG BREAKFAST

Generated on: 9/17/2018 3:42:10 PM

	Portion Size	Carb (g)
Mon - 10/01/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: PANCAKES, AP WG StrwIW	Pouch	40.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		84.60
% of Calories		73.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/02/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT MUFF, EggPty AM 1.25 WG	Sandwich	25.5
HD: SECOND ENTREE	1 Each	0.0
SDW GRAH, PBJ Grape AP WG 1.0	1 Each	32.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnGldnCrsp	Bowl	22.27
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.82
% of Calories		54.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/03/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	31.5
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Straw Kiwi 2.0WG	1 Each	39.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Oct 1, 2018 thru Nov 2, 2018

K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Weighted Daily Average		85.16
% of Calories		72.0%
Nutrient Guideline		

Thu - 10/04/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, CORN DOG	1 Each	17.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit Oat	1 Each	48.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnVanCrnch Gran	Bowl	21.26
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.11
% of Calories		61.0%
Nutrient Guideline		

Fri - 10/05/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BGL, EggPty AM 1.25 WG	Sandwich	30.5
HD: SECOND ENTREE	1 Each	0.0
BRD: BAGEL, Mini StrwCrCh WGIW	1 Each	41.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		64.24
% of Calories		61.5%
Nutrient Guideline		

Tue - 10/09/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, CORN DOG	1 Each	17.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit Oat	1 Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0

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K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Weighted Daily Average		71.20
% of Calories		66.6%
Nutrient Guideline		

Wed - 10/10/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: PANCAKES, AP WG (2BG)	2 Pancake	27.33
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Mango Ban IW 2.0WG	1 Each	39.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnGldnCrsp	Bowl	22.27
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		83.30
% of Calories		76.0%
Nutrient Guideline		

Thu - 10/11/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG (2BG)	2 Waffle	28.0
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAGEL, Mini CinnCrCh WGIW	1 Each	41.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnVanCrnch Gran	Bowl	21.26
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		75.11
% of Calories		71.4%
Nutrient Guideline		

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K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Fri - 10/12/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BGL, EggPty AM 1.25 WG	Sandwich	30.5
HD: SECOND ENTREE	1 Each	0.0
SDW GRAH, PBJ Grape AP WG 1.0	Each	32.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	15.28
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		61.80
% of Calories		54.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/15/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: PANCAKES, AP WG StrwIW	Pouch	40.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		84.60
% of Calories		73.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/16/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT MUFF, EggPty AM 1.25 WG	Sandwich	25.5
HD: SECOND ENTREE	1 Each	0.0
SDW GRAH, PBJ Grape AP WG 1.0	1 Each	32.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnGldnCrsp	Bowl	22.27
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.82
% of Calories		54.1%
Nutrient Guideline		

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Oct 1, 2018 thru Nov 2, 2018

K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Wed - 10/17/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	31.5
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Straw Kiwi 2.0WG	1 Each	39.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		85.16
% of Calories		72.0%
Nutrient Guideline		

Thu - 10/18/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, CORN DOG <sup>1</sup> kyMplBkfst1.0	1 Each	17.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnVanCrnch Gran	Bowl	21.26
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.11
% of Calories		61.0%
Nutrient Guideline		

Fri - 10/19/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FRUDEL, Apple AP WG IW	Pouch	36.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAGEL, Mini StrwCrCh WGIW	1 Each	41.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0

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Oct 1, 2018 thru Nov 2, 2018

K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Weighted Daily Average		67.54
% of Calories		69.1%
Nutrient Guideline		

Mon - 10/22/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, CORN DOG TkyMplBkfst1.0	1 Each	17.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		71.20
% of Calories		66.6%
Nutrient Guideline		

Tue - 10/23/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	31.5
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnGldnCrsp	Bowl	22.27
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		78.51
% of Calories		68.5%
Nutrient Guideline		

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Oct 1, 2018 thru Nov 2, 2018

K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Wed - 10/24/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: PANCAKES, AP WG (2BG)	2 Pancake	27.33
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Mango Ban IW 2.0WG	1 Each	39.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, Frstd Mini Whts WG	Bowl	24.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		83.48
% of Calories		76.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/25/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG (2BG)	2 Waffle	28.0
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
YOGURT: FRUIT PARFAIT	Serving	37.35
BRD: CRACK SS, Graham 3pk	Serving	16.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnVanCrnch Gran	Bowl	21.26
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		73.51
% of Calories		73.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/26/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BGL, EggPty AM 1.25 WG	Sandwich	30.5
HD: SECOND ENTREE	1 Each	0.0
SDW GRAH, PBJ Grape AP WG 1.0	Each	32.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	15.28
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0

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K-8 GNG BREAKFAST

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	Portion Size	Carb (g)
Weighted Daily Average		61.80
% of Calories		54.8%
Nutrient Guideline		

Mon - 10/29/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: PANCAKES, AP WG StrwIW	Pouch	40.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		84.60
% of Calories		73.0%
Nutrient Guideline		

Tue - 10/30/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
MELT MUFF, EggPty AM 1.25 WG	Sandwich	25.5
HD: SECOND ENTREE	1 Each	0.0
SDW GRAH, PBJ Grape AP WG 1.0	1 Each	32.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnGldnCrsp	Bowl	22.27
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.82
% of Calories		54.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/31/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	31.5
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Straw Kiwi 2.0WG	1 Each	39.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		85.16
% of Calories		72.0%
Nutrient Guideline		

Thu - 11/01/2018		
K-8 GNG BREAKFAST	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, CORN DOG TkMplBkfst1.0	1 Each	17.0
HD: SECOND ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FEATURE CEREAL	1 EACH	0.0
CEREAL BWL, CinnVanCrnch Gran	Bowl	21.26
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
Weighted Daily Average		56.11
% of Calories		61.0%
Nutrient Guideline		

Weighted Average		71.29
		66.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	71.29	66.26%						

\*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.