

# ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

Generated on: 3/23/2022 7:24:39 PM

	Portion Size	Carb (g)
Mon - 04/04/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BD, CH TkyCrmbI Spcy 2.0	Sandwich	28.37
MELT BD, AM CH Buffalo 2.0	Sandwich	29.37
HD: COLD ENTREE	1 Each	0.0
SDW BD, CHam Turkey AM WG2.0	Sandwich	27.23
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Tater TotsMC 1/2c	1/2 Cup	14.12
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		68.24
% of Calories		47.0%
Nutrient Guideline		

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9-12 Lunch

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	Portion Size	Carb (g)
Tue - 04/05/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: STUDENT PICK ONE	1 each	0.0
BRD: TORTILLA, Chip Rnds 2.0	2 Cups	28.69
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
HD: STUDENT PICK ONE	1 each	0.0
TKY Crmbi Taco Meat 2.0	#8 scp (2 MMA)	1.23
FILLING: Lentils 2 MMA	1/2 cup	24.51
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, CH Shreds 0.5	1oz Spoodle	0.5
COND_Sour Cream Cilantro 1oz	1 oz.	1.76
HD: COLD ENTREE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	29.26
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	24.9
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: CRAISINS, SS RspLmn1.16	Box (1.16oz)	27.67
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		80.62
% of Calories		52.4%
Nutrient Guideline		

Wed - 04/06/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Asian HS	2 Each	14.91
RICE, Asn Seasoned WG 2BG	1 Cup	50.78
HD: COLD ENTREE	1 Each	0.0
SUB AP, AM GarbnzoSalad 2.25/2	1 Each	50.08
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BLEND, 1/2c	1/2 Cup	12.66
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

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	Portion Size	Carb (g)
Weighted Daily Average		95.56
% of Calories		51.6%
Nutrient Guideline		

Thu - 04/07/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
ENT: PASTA, ChiliMac Veg2/2	Serving	85.33
HD: SECOND ENTREE	1 Each	0.0
QUES 6" CH BB 2.0	1 Each	32.99
HD: COLD ENTREE	1 Each	0.0
BEAN DIP, PC 1.25	1 Each	12.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frzn Ssnd1/2c	1/2 Cup	5.1
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		74.37
% of Calories		51.9%
Nutrient Guideline		

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

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	Portion Size	Carb (g)
Mon - 04/18/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
STICKS, BOSCO CheeseAP 2.0 2ea	2 Each	34.0
SAUCE P, Marin/Spag 1/4c	1/4 Cup	6.0
HD: SECOND ENTREE	1 Each	0.0
SDW BD, ChixDcd Salad WG2.0	Sandwich	28.76
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Fzn Ckd LP 1/2c	1/2 Cup	5.17
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		73.35
% of Calories		55.5%
Nutrient Guideline		

Tue - 04/19/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
RICE, Chipotle WG 2BG	1 Cup	43.71
HD: CHOICE OF PROTEIN	1 each	0.0
FILLING: TKYCrmb Enchilada 2.0	#8 Scp	3.71
FILLING, PintoBean Enchlada 2.0	1/2 Cup	29.69
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, CH Shreds 0.5	1oz Spoodle	0.5
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: COLD ENTREE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	27.22
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CORN, Frz FMLGX Cajn 1/2c	1/2 Cup	16.51
VEG: SALAD, Black Bn Corn	3/4 Cup	41.42
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

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	Portion Size	Carb (g)
Weighted Daily Average		92.01
% of Calories		57.4%
Nutrient Guideline		

Wed - 04/20/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BD, T Pastrami SW Hot 2.0	Sandwich	27.72
HD: STUDENT PICK ONE	1 each	0.0
BRD: FLATBREAD 4oz (2BG)	Package(4oz)	50.62
BRD: ROLL AP, Sub MiniWG alpha	1 Each	25.24
HD: COLD ENTREE	1 Each	0.0
SDW BD, Egg Salad WG 2.0	Sandwich	29.08
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BLEND, 1/2c	1/2 Cup	12.66
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: PEARS 135 ct	1 Each	22.54
FRUIT: CRAISINS, SS RspLmn1.16	Box (1.16oz)	27.67
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		97.68
% of Calories		57.7%
Nutrient Guideline		

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

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	Portion Size	Carb (g)
Fri - 04/22/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: STUDENT PICK ONE	1 each	0.0
BURG, Beef AP WG 2.0	1 Each	28.21
BURG, Black Bean AP WG 2.0	1 Each	41.06
HOT DOG, Plain WG 2.0	1 Each	28.43
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
CHEESE, CH Slices 0.5	Slice	0.0
CHEESE, SW Slices 0.5	Slice	0.5
VEG: PEPPER GRN & ON Saute1/8c	1/8 Cup	2.04
HD: SECOND ENTREE	1 Each	0.0
SUB AP, Tky CH Chptl Mayo 2.0	Sandwich	26.31
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, FF Crnkle Ct 1/2c	1/2 Cup	15.48
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	28.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		80.00
% of Calories		54.9%
Nutrient Guideline		

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

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	Portion Size	Carb (g)
Mon - 04/25/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: STUDENT PICK ONE	1 each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	42.06
SDW BN, ChixPty HotN'Spcy	Sandwich	38.06
HD: COLD ENTREE	1 Each	0.0
WRAP 9", AM CH SW Spcy 2/2.25	1 Each	37.36
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Tater TotsMC 1/2c	1/2 Cup	14.12
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAISINS, SS RspLmn1.16	Box (1.16oz)	27.67
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		85.98
% of Calories		54.4%
Nutrient Guideline		

Tue - 04/26/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: TORTILLA Flour 9" UG	1 Each	29.0
HD: STUDENT PICK ONE	1 each	0.0
BEEF Gd, Taco Meat SS 2.0	#12 scp (2 MMA)	2.24
FILLING: Lentils 2 MMA	1/2 cup	24.51
HD: ADDITIONAL OPTION(S)	1 each	0.0
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: COLD ENTREE	1 Each	0.0
SUB AP, Tky AM WG 2.0	Sandwich	26.74
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: PEPPER GRN & ON Rst 1/2c	1/2 Cup	8.4
VEG: SALAD, Black Bn Corn	3/4 Cup	41.42
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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9-12 Lunch

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	Portion Size	Carb (g)
Weighted Daily Average		83.44
% of Calories		57.9%
Nutrient Guideline		

Wed - 04/27/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Smthrd HS	2 Each	6.68
BRD: BISC AP, 2.0oz WG	1 Each	27.48
HD: SECOND ENTREE	1 Each	0.0
SALAD, SpinRomGarbanzo 2.0	1 Each	19.56
COND_Dressing, Italian Vinaigr	1 OZ	0.83
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, SpinRomEgg 2.0	1 Each	5.39
COND_Dressing, Italian Vinaigr	1 OZ	0.83
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, FF Crnkle Ct 1/2c	1/2 Cup	15.48
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAISINS, SS RspLmn1.16	Box (1.16oz)	27.67
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
HD: CHOICE OF MILK	Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		82.10
% of Calories		49.5%
Nutrient Guideline		

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9-12 Lunch

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	Portion Size	Carb (g)
Thu - 04/28/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: TORTILLA, Chip Rnds 1.0	1 Cup	16.45
FILLING: Lentils 2 MMA	1/2 cup	24.51
RICE, Chipotle WG 1BG	1/2 Cup	21.85
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: COLD ENTREE	1 Each	0.0
HUMMUS, AP ZZ Taco 1.5	1 Each	18.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CORN, Elotes 1/2c	1/2 Cup	16.74
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		76.33
% of Calories		57.9%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 4, 2022 thru Apr 29, 2022

9-12 Lunch

Generated on: 3/23/2022 7:24:39 PM

	Portion Size	Carb (g)
Fri - 04/29/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, FishPty(C) PlnWG/WG2.0	Sandwich	42.06
HD: SECOND ENTREE	1 Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
HD: COLD ENTREE	1 Each	0.0
WRAP 9", VegSunBttrHumm 2/2	1 Each	62.0
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frzn Ssnd1/2c	1/2 Cup	5.1
VEG: BEANS, EDAMAME COLD 1/2C	1/2 Cup	6.47
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Sauce, Tartar 12g	1 Each	2.0
COND PC Ketchup 9g Heinz	1 Each	3.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		77.47
% of Calories		53.4%
Nutrient Guideline		

Weighted Average	82.09
	53.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.09	53.90%						

\*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

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