

# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/05/2011															
Ohio Department of Education	Total														
Hamburger on W/G Bun	1 EACH	295	41	511	2.73	2.65	58.4	76	9	0.26	21.58	30.07	10.51	3.60	*0.00
MANDARIN ORANGES, CND, LT S	1/2 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
YRUP,															
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Broccoli Salad, ODE**	1/2 Cup	49	0	78	1.85	0.47	18.1	427	81	27.75	1.97	7.66	1.11	0.16	*0.00
Fries waffle cut seasoned	1/2 cup	170	0	490	2.00	0.72	0.0	0	0	1.2	2.0	21.0	9.0	1.00	0.00
LETTUCE & TOMATO: 1 leaf, 1 slice	1 lf, 1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		804	43	1465	10.43	*4.74	*355.8	*2769	*512	*56.93	34.74	125.24	21.26	5.01	*0.00
% of Calories											17.3%	62.3%	23.8%	5.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		209%										
Shortfall			57												

Tue - 09/06/2011															
Ohio Department of Education	Total														
SweetSesameChickenStirFry, ODE	1-1/4 Cup	166	53	247	3.81	2.86	36.7	7034	1083	41.14	20.76	14.97	2.56	0.69	*0.00
Brown Rice ODE	1 cup	255	0	24	2.25	0.96	20.6	72	14	0.0	5.17	50.33	3.52	0.68	*0.30
PINEAPPLE CHUNKS: canned, ltsyr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
APPLESAUCE CUP: ODE	1 Each	70	0	15	1.99	0.00	0.0	0	0	59.79	0.0	15.94	0.0	0.00	0.00
VEGETABLE BLEND-California	1/2 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Chocolate Chip Cookie, W/G, RF	1 EACH	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Weighted Daily Average		828	65	551	12.22	*5.05	*356.3	*8766	*1427	*130.03	36.51	143.88	11.94	3.78	*0.30
% of Calories											17.6%	69.5%	13.0%	4.1%	*0.3%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	65%		244%										
Shortfall			35												

\*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

<sup>1</sup> - denotes optional nutrient values

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# HS-Fall Nutrient Profile

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Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/07/2011															
Ohio Department of Education	Total														
PIZZA TUR PEPP 4X6 W/GRAIN: ODE	1 Each	300	20	670	4.00	2.70	250.0	300	7	0.0	15.0	36.0	11.0	4.00	0.00
PEARS,FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*N/A*
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
Salad, Tossed, Side - *ODE **	1-1/4 Cup	15	0	20	1.35	0.76	29.9	4859	606	19.25	1.23	3.39	0.1	0.02	*0.00
DRESSING - RANCH LIGHT	2 TBSP	90	5	170	0.00	0.00	0.0	350	70	0.0	0.0	7.0	7.0	1.00	0.00
PEAS: frozen,boiled	.5 CUP	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		807	27	1088	17.47	*5.44	*578.0	*8076	*910	*152.65	29.81	136.43	19.06	5.31	*0.00
% of Calories											14.8%	67.6%	21.3%	5.9%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	27%		349%										
Shortfall			73												

Thu - 09/08/2011															
Ohio Department of Education	Total														
Beef and Refried Bean Burrito	1 Burrito	392	59	892	10.40	4.95	417.8	964	128	11.48	28.15	40.22	13.55	5.57	0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
APRICOTS: canned,light syrup	1/2 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
Salsa, Low Na, Canned ODE	.5 CUP	45	0	140	1.70	2.79	15.0	686	137	5.0	1.87	8.73	0.25	0.04	0.00
SALSA, COWBOY	3/4 CUP	90	0	81	5.32	1.67	36.9	270	34	7.72	4.67	17.22	0.95	0.13	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	0.00
Weighted Daily Average		864	61	1388	20.45	*10.69	*862.5	*4084	*565	*49.07	45.37	134.26	17.69	5.96	*0.00
% of Calories											21.0%	62.1%	18.4%	6.2%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		102%	61%		409%										
Shortfall		OVER	39												

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/09/2011															
Ohio Department of Education	Total														
CHICKEN STRIPS, Spicy, Ohio Co RANCHDRSNG,RED FA	SERVING	190	55	450	0.00	1.40	20.0	0	0	0.0	14.0	11.0	10.0	2.50	0.00
FRUIT COCKTAIL:canned,lt syrup	1 TBSP	29	2	168	0.17	0.10	6.0	10	2	0.09	0.19	3.2	1.86	0.19	0.01
BANANA, Fresh	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Sweet Potato Fries	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
Bean and Corn Salad**	1/2 CUP	160	0	180	4.00	0.36	20.0	5000	1000	9.6	1.0	25.0	7.0	1.00	0.00
Milk Variety, ODE	1/2 Cup	153	0	74	3.30	0.99	28.0	453	78	17.5	3.44	24.02	4.92	0.72	*0.00
ROLLS DINNER WHOLE GRAIN	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
Weighted Daily Average		839	60	1152	12.09	*4.01	*372.4	*6234	*1207	*34.33	30.10	128.35	25.72	4.93	*0.01
% of Calories											14.4%	61.2%	27.6%	5.3%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	60%		242%										
Shortfall			40												

Mon - 09/12/2011															
Ohio Department of Education	Total														
Chicken BBQ Sandwich	1 EACH	281	43	715	2.97	3.03	76.0	554	111	3.89	19.6	44.54	4.42	0.88	0.00
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syrup	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Baked Beans, Low Sodium USDA	.5 CUP	119	0	140	5.19	1.51	43.0	137	27	0.0	6.03	26.85	0.47	0.09	0.00
Fresh cucumber and tom w/ Dip*	Serving	119	5	180	1.26	0.51	8.3	1005	93	20.06	1.34	13.89	7.06	1.02	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		774	50	1204	12.44	*5.89	*410.1	*2235	*331	*34.73	35.66	142.49	12.51	2.22	*0.00
% of Calories											18.4%	73.6%	14.5%	2.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	50%		249%										
Shortfall			50												

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/13/2011															
Ohio Department of Education	Total														
Hawaiin Chicken Wrap	Servings	337	51	570	4.99	1.96	155.3	3367	373	27.95	21.99	35.67	11.55	2.29	*0.00
APRICOTS: canned,light syrup	1/2 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
Broccoli Salad, ODE**	1/2 Cup	49	0	78	1.85	0.47	18.1	427	81	27.75	1.97	7.66	1.11	0.16	*0.00
OATMEAL RAISIN COOKIE 1 OZ.	1 EACH	112	11	98	0.83	0.50	6.1	26	5	0.56	1.5	17.33	4.34	0.87	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		813	64	920	11.89	*3.89	*456.3	*6337	*795	*177.68	34.92	132.64	17.59	3.55	*0.00
% of Calories											17.2%	65.3%	19.5%	3.9%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	64%		238%										
Shortfall			36												

Wed - 09/14/2011															
Ohio Department of Education	Total														
ROTINI AND MEAT SAUCE ODE-	1.5 CUP	384	64	777	6.71	4.00	316.9	1011	229	24.76	29.55	43.94	13.24	5.80	*0.50
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
BANANA, Fresh	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
GREEN BEANS:B-ODE	1/2 CUP	52	0	6	2.00	0.60	33.2	543	109	2.81	1.02	4.39	3.88	0.74	*0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		782	77	1093	15.44	*5.58	*650.7	*2277	*485	*38.77	41.96	114.45	23.26	9.66	*0.50
% of Calories											21.5%	58.6%	26.8%	11.1%	*0.6%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	77%		309%										
Shortfall			23											OVER	

Thu - 09/15/2011															
Ohio Department of Education	Total														
Taco Salad, HS*	Serving	251	51	511	5.67	3.35	337.4	7013	211	36.81	23.7	17.64	10.8	5.19	0.00
RANCH DRSNG,RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
GRAPES, FRESH: ODE	1/2 Cup	60	0	10	0.67	0.00	13.3	67	13	0.8	0.0	15.33	0.0	0.00	0.00
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
Tortilla Chip, Scoop, Tostitid	2 EACH	220	0	220	0.00	1.56	200.0	0	0	0.0	4.0	38.0	5.0	0.00	0.00
Salsa, Low Na, Canned ODE	1/4 CUP	23	0	70	0.85	1.40	7.5	343	69	2.5	0.94	4.37	0.13	0.02	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

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Weighted Daily Average		810	58	1358	8.52	*6.51	*829.1	*8134	*435	*58.75	37.01	123.96	20.03	5.80	0.02
% of Calories											18.3%	61.2%	22.2%	6.4%	0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	58%		170%										
Shortfall			42												

Fri - 09/16/2011																
Ohio Department of Education																
	Total															
Deli Sub, turkey & ham**HS	1 EACH	240	28	836	4.00	3.00	135.0	134	27	0.0	17.09	31.26	5.14	1.63	*0.00	
LETTUCE & TOMATO: 1leaf, 1 slice	1 lf, 1slc	8	0	3	0.83	0.33	11.2	2605	85	3.86	0.52	1.7	0.12	0.02	*N/A*	
MAYONNAISE, LoFat, No Cholester	1 TBSP	45	0	130	0.00	0.00	0.0	0	0	0.0	0.0	2.0	4.0	0.50	0.00	
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00	
PEACHES, CND, LGHT SYP, Com mod	.5 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00	
ORANGE GLAZED CARROTS: OD	2/3 CUP	91	0	76	3.12	0.53	37.1	15197	3037	13.87	0.76	17.37	2.46	0.48	*0.00	
Potato Rounds, Frzn, Ohio Comm	1/2 CUP	120	0	260	2.00	0.36	0.0	0	0	1.2	2.0	14.0	6.0	1.00	0.00	
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00	
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00	
Weighted Daily Average		832	30	1685	13.94	*5.42	*460.2	*18481	*3258	*75.01	29.60	144.75	18.30	3.87	*0.00	
% of Calories											14.2%	69.6%	19.8%	4.2%	*0.0%	
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00		
% of Guideline Satisfied		100%	30%		279%											
Shortfall			70													

Mon - 09/19/2011																
Ohio Department of Education																
	Total															
Chicken on a Bun	Sandwich	371	52	756	2.01	2.09	57.3	56	1	1.07	22.01	40.02	13.5	2.00	*0.00	
MANDARIN ORANGES, CND, LTS YRUP,	.5 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*	
Apricots, Froz, Slice, SS 4.5oz	1 EACH	118	0	5	2.70	1.09	12.0	2033	407	10.9	0.85	30.37	0.12	0.01	0.00	
SALSA, COWBOY	3/4 CUP	90	0	81	5.32	1.67	36.9	270	34	7.72	4.67	17.22	0.95	0.13	*0.00	
LETTUCE & TOMATO: 1leaf, 1 slice	1 lf, 1slc	8	0	3	0.83	0.33	11.2	2605	85	3.86	0.52	1.7	0.12	0.02	*N/A*	
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00	
MAYONNAISE, LoFat, No Cholester	1 TBSP	45	0	130	0.00	0.00	0.0	0	0	0.0	0.0	2.0	4.0	0.50	0.00	

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		825	55	1143	12.28	*5.61	*385.7	*6989	*932	*47.23	36.69	131.57	19.24	2.89	*0.00
% of Calories											17.8%	63.8%	21.0%	3.2%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		246%										
Shortfall			45												

Tue - 09/20/2011															
Ohio Department of Education	Total														
Hatton Chicken Crunch, HS	Serving	274	28	1174	2.77	3.09	72.6	7068	860	47.7	15.04	29.18	11.65	3.23	*0.00
PINEAPPLE CHUNKS:canned,ltsyr	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
BANANA, Fresh	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
PEAS:frozen,boiled	1/2 CUP	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Asian Brown Rice ODE	1/2 cup	172	0	144	1.41	0.70	12.2	0	0	0.0	3.8	36.02	1.19	0.24	*0.00
Weighted Daily Average		782	31	1538	12.21	*5.76	*385.6	*9352	*1021	*74.32	32.51	137.84	13.91	3.85	*0.00
% of Calories											16.6%	70.5%	16.0%	4.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	31%		244%										
Shortfall			69												

Wed - 09/21/2011															
Ohio Department of Education	Total														
Pizza, Classic Wedge W/G	1 each	310	15	600	4.00	2.70	300.2	500	100	0.0	15.01	37.02	11.01	4.00	0.00
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
California Casserole, ODE*	3/4 Cup	77	0	173	2.10	0.24	14.1	569	113	10.76	1.66	10.02	3.16	0.55	*0.00
Veggies G/R and Dip	Serving	106	5	204	1.09	0.25	14.9	817	81	10.47	0.76	10.61	7.06	1.02	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		759	22	1194	9.80	*3.64	*592.0	*2601	*437	*42.68	25.98	118.14	21.64	5.79	*0.00
% of Calories											13.7%	62.2%	25.6%	6.9%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	22%		196%										
Shortfall			78												

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/22/2011															
Ohio Department of Education	Total														
Eagle Tostado- HS/ODE	Tostado	317	55	790	6.92	3.61	419.1	1323	229	13.84	25.24	28.45	12.52	5.65	*0.00
APPLESAUCE, CANNED, UNSW	.5 cup	52	0	2	1.50	0.15	4.0	35	7	1.5	0.21	13.77	0.06	0.01	0.00
EETENE															
TANGERINES,FRESH	1 EACH	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
Sweet Potato Fries	.5 CUP	160	0	180	4.00	0.36	20.0	5000	1000	9.6	1.0	25.0	7.0	1.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
COOKIE CHOC CHIP W/G OTIS: ODE	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Weighted Daily Average		803	63	1204	15.00	*4.97	*734.5	*7448	*1415	*48.89	36.16	119.19	23.73	7.92	*0.00
% of Calories											18.0%	59.3%	26.6%	8.9%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	63%		300%										
Shortfall			37												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/23/2011															
Ohio Department of Education	Total														
Meatball Sub HS*	1 EACH	421	44	1421	7.00	5.78	237.0	853	170	13.0	24.5	46.0	16.0	5.35	0.60
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00
Salad, Tossed, Side	1-1/4 CUP	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
RANCH DRSNG,RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
Weighted Daily Average		806	51	1948	13.10	*7.87	*558.8	*6332	*890	*86.62	35.04	129.02	20.41	5.98	*0.62
% of Calories											17.4%	64.0%	22.8%	6.7%	*0.7%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	51%		262%										
Shortfall			49												

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# HS-Fall Nutrient Profile

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/26/2011															
Ohio Department of Education	Total														
Santa Fe Wrap HS- ODE	Wrap	320	54	556	5.29	2.54	166.2	2061	123	14.22	24.86	33.1	9.95	2.42	*0.00
GRAPEFRUIT SECTIONS:cnd,juic	1/2 CUP	46	0	9	0.50	0.26	18.7	0	0	42.21	0.87	11.47	0.11	0.01	*N/A*
PINEAPPLE CHUNKS:canned,ltsyr	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Carrots, Baby with Hummus**	1 Each	132	0	299	6.16	2.26	50.6	11747	1278	2.21	5.4	15.8	6.01	0.90	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
CHIPS, MULTIGRAIN SNACKS O RIGI	1 EACH	140	0	115	2.00	0.46	5.7	26	5	0.0	2.0	19.0	6.0	0.50	*N/A*
Weighted Daily Average		821	56	1141	14.95	*6.01	*517.7	*14373	*1506	*68.55	41.59	117.53	22.60	4.07	*0.00
% of Calories											20.3%	57.3%	24.8%	4.5%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	56%		299%										
Shortfall			44												

Tue - 09/27/2011															
Ohio Department of Education	Total														
CHICKEN, TERIYAKI	SERVING	150	45	410	0.00	1.08	0.0	0	0	0.0	14.98	13.98	4.0	1.00	0.00
FRUIT SALAD: canned,lt syrup	.5 CUP	73	0	8	1.26	0.37	8.8	541	54	3.15	0.43	19.08	0.09	0.01	*N/A*
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
Fresh cucumber and tom w/ Dip*	Serving	119	5	180	1.26	0.51	8.3	1005	93	20.06	1.34	13.89	7.06	1.02	*0.00
Asian Brown Rice ODE	.5 cup	172	0	144	1.41	0.70	12.2	0	0	0.0	3.8	36.02	1.19	0.24	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Pretzels Classic, Tiny Twists	servings	60	0	231	0.00	0.72	0.0	0	0	0.0	1.01	12.06	1.01	0.00	0.00
Weighted Daily Average		809	52	1141	6.12	*3.83	*292.2	*2391	*316	*141.21	30.34	146.15	13.87	2.50	*0.00
% of Calories											15.0%	72.2%	15.4%	2.8%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	52%		122%										
Shortfall			48												

Wed - 09/28/2011															
Ohio Department of Education	Total														
VEGETABLE LASAGNA	SERVINGS	238	9	870	3.50	2.45	229.6	1430	286	23.3	18.24	31.15	4.85	2.21	*N/A*
PEARS,FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*N/A*
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00
BREADSTICK, PLAIN, Ohio Comm	1 EACH	145	0	280	1.00	2.00	24.0	0	0	0.0	4.0	28.0	2.0	0.40	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Marinara Sauce, Ohio Processed	1/2 CUP	70	0	550	2.00	1.08	40.0	750	150	12.0	2.0	11.0	2.5	0.00	0.00

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		796	12	1867	14.41	*6.58	*582.4	*2743	*544	*95.86	33.60	151.84	10.10	2.86	*0.00
% of Calories											16.9%	76.3%	11.4%	3.2%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	12%		288%										
Shortfall			88												

Thu - 09/29/2011															
Ohio Department of Education	Total														
Spicy Nachos 2- ODE	servings	461	55	766	9.12	4.25	433.8	1074	149	12.98	27.42	45.83	22.3	6.38	*0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
BANANA, FRESH	.5 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
Ranch Dressing, Red Fat	1 TBSP	29	2	168	0.17	0.10	6.0	10	2	0.09	0.19	3.2	1.86	0.19	0.01
Rice, Brown, Quick Cooking: OD	1/2 cup	128	0	12	1.13	0.48	10.3	36	7	0.0	2.59	25.17	1.76	0.34	*0.15
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		826	60	1128	14.10	*5.74	*762.2	*6580	*872	*58.41	40.00	117.37	26.56	7.21	*0.16
% of Calories											19.4%	56.8%	28.9%	7.9%	*0.2%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	60%		282%										
Shortfall			40												

Fri - 09/30/2011															
Ohio Department of Education	Total														
TURKEY W/ GRAVY- JTM	SERVING	153	52	796	0.00	1.00	12.0	200	40	0.0	21.0	5.0	5.0	1.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Apricots, Froz, Slice, SS 4.5oz	1 EACH	118	0	5	2.70	1.09	12.0	2033	407	10.9	0.85	30.37	0.12	0.01	0.00
Mashed Potatoes-Lo NA, Ohio Co	1/2 CUP	64	0	24	1.20	0.72	0.0	401	80	7.22	1.4	13.17	0.74	0.00	0.00
Broccoli Florets:DCS	1/2 CUP	60	0	47	3.00	0.54	33.1	1194	96	36.92	3.09	5.0	3.81	0.62	*0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
COOKIE CHOC CHIP W/G OTIS: ODE	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		798	70	1255	10.28	*4.99	*360.0	*4503	*765	*79.95	38.29	123.70	19.08	5.68	*0.00
% of Calories											19.2%	62.0%	21.5%	6.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	70%		206%										
Shortfall			30												

Mon - 10/03/2011															
Ohio Department of Education	Total														
Pizza Wrap ODE HS	wrap	311	43	723	4.09	1.64	329.3	1093	90	5.03	18.78	23.64	15.47	7.01	*0.38
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
APPLESAUCE:canned,unswtnd,+vit C	.5 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
Carrot with Light Ranch ODE	1 Each	107	5	347	2.47	0.76	46.6	11728	1277	2.21	1.51	9.91	6.88	0.99	*0.00
VEGETABLE BLEND-California	1/2 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
COOKIE CHOC CHIP W/G OTIS: DCS	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Weighted Daily Average		812	60	1341	13.06	*3.77	*668.3	*14470	*1699	*53.63	30.85	112.03	28.23	10.40	*0.38
% of Calories											15.2%	55.2%	31.3%	11.5%	*0.4%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	60%		261%								OVER	OVER	
Shortfall			40												

Tue - 10/04/2011															
Ohio Department of Education	Total														
Wokin Orange Chicken	1 CUP	288	28	1020	2.68	2.61	70.8	12419	1843	9.1	13.75	33.94	10.54	3.07	*0.00
MANDARIN ORANGES,CND,LT S YRUP,	1/2 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
PINEAPPLE CHUNKS:canned,ltsyr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
Brown Rice ODE	1 cup	255	0	24	2.25	0.96	20.6	72	14	0.0	5.17	50.33	3.52	0.68	*0.30
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		821	30	1214	9.38	*4.95	*405.8	*14939	*2291	*45.01	29.02	145.83	14.86	4.03	*0.30
% of Calories											14.1%	71.1%	16.3%	4.4%	*0.3%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	30%		188%										
Shortfall			70												

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
Wed - 10/05/2011															
Ohio Department of Education	Total														
Chicken Alfredo with a Twist	Servings	362	79	209	4.21	2.30	136.6	352	91	0.54	26.75	35.39	13.43	6.36	*0.00
Broccoli Florets, Garlic	1/2 CUP	44	0	28	3.14	0.57	32.8	1142	79	38.28	3.21	5.42	1.83	0.30	*0.00
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
RANCH DRSNG, RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
BANANA, Fresh	.5 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
FRUIT COCKTAIL: canned, lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		823	97	910	13.68	*5.02	*511.7	*7348	*951	*65.63	43.09	115.76	25.08	10.15	*0.02
% of Calories											20.9%	56.3%	27.4%	11.1%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	97%		274%										
Shortfall			3											OVER	

Thu - 10/06/2011															
Ohio Department of Education	Total														
Quirky Quesadillas, ODE	1 Quesadill	378	44	837	10.95	4.21	423.3	504	68	10.39	25.43	42.84	11.87	5.32	*0.00
CORN, YLW, WHL KRNL, FRZ, C OMM	.5 CUP	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
Salsa, Low Na, Canned ODE	.25 CUP	23	0	70	0.85	1.40	7.5	343	69	2.5	0.94	4.37	0.13	0.02	0.00
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	0.00
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
GRAPES, FRESH: ODE	.5 Cup	60	0	10	0.67	0.00	13.3	67	13	0.8	0.0	15.33	0.0	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		823	46	1195	16.07	*7.23	*809.0	*1591	*285	*20.04	39.01	136.84	15.45	5.64	*0.00
% of Calories											19.0%	66.5%	16.9%	6.2%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		321%										
Shortfall			54												

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# HS-Fall Nutrient Profile

Sep 5, 2011 thru Oct 7, 2011 Spreadsheet - Portion Values

Oct 15, 2012

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Ohio Department of Education

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/07/2011															
Ohio Department of Education	Total														
Grill Chicken on a Bun ODE	sandwich	249	70	777	2.99	1.38	79.8	0	0	0.0	16.93	29.99	7.46	1.99	0.00
LETTUCE & TOMATO: 1 leaf, 1 slice	1 lf, 1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
Baked Beans, Low Sodium USDA	.5 CUP	119	0	140	5.19	1.51	43.0	137	27	0.0	6.03	26.85	0.47	0.09	0.00
Fresh cucumber and tom w/ Dip*	Serving	119	5	180	1.26	0.51	8.3	1005	93	20.06	1.34	13.89	7.06	1.02	*0.00
PEARS, FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*N/A*
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
MAYONNAISE, LoFat, No Cholester	1 TBSP	45	0	130	0.00	0.00	0.0	0	0	0.0	0.0	2.0	4.0	0.50	0.00
Weighted Daily Average		881	77	1396	17.78	*4.56	*424.6	*1947	*246	*83.77	33.96	155.63	19.81	3.86	*0.00
% of Calories											15.4%	70.7%	20.2%	3.9%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		104%	77%		356%										
Shortfall		OVER	23												

Weighted Average		814	53	1261	13.08	*5.51	*532.9	*6840	*964	*72.79	35.27	131.40	19.28	5.32	*0.09
											17.3%	64.6%	21.3%	5.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	814		750 - 850	100%				
Cholesterol (mg)	53		100	53%				
Sodium (mg)	1261		1420					
Fiber (g)	13.08		5.00	262%				
Iron (mg)	5.51				Missing			
Calcium (mg)	532.9				Missing			
Vitamin A (IU)	6840				Missing			
Vitamin A (RE)	964				Missing			
Vitamin C (mg)	72.79				Missing			
Protein (g)	35.27	17.34%						
Carbohydrate (g)	131.40	64.61%						
Total Fat (g)	19.28	21.33%	<=30.00%					
Saturated Fat (g)	5.32	5.88%	<10.00%					
Trans Fat (g)	0.09	0.10%			Missing			

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