

Falcon School District

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Nov 1, 2007 thru Nov 30, 2007 Spreadsheet - Portion Values

Oct 12, 2007

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Thu - 11/01/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	37	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	1 EA	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
BREAKFAST BAGEL SANDWICH	1 EACH	38	303	188	715	1.59	3.08	110.67	93	0.00	15.38	38.07	9.03	4.44
TOAST,WHOLE-WHEAT BREAD	1 SLICE	40	69	0	148	1.85	0.93	20.25	0	0.00	2.73	12.93	1.20	0.26
JELLY	1 TBSP	35	51	0	6	0.19	0.04	1.33	0	0.17	0.03	13.29	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	60	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	3/8 CUP	75	13	0	2	0.25	0.05	0.62	9	0.96	0.10	3.38	0.00	0.00
JUICE	1 EA	70	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			522	104	670	5.58	4.86	401.18	299	33.71	18.96	95.19	8.31	3.99
% of Calories											14.5%	72.9%	14.3%	6.9%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			105%	139%	112%	139%	185%	187%	178%	295%	258%			

Fri - 11/02/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	37	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
OATMEAL w/BLUEBERRIES	1 CUP	38	262	0	19	4.61	2.33	50.61	1	0.69	6.25	55.06	2.69	0.45
TOAST,WHOLE-WHEAT BREAD	1 SLICE	38	69	0	148	1.85	0.93	20.25	0	0.00	2.73	12.93	1.20	0.26
JELLY	1 TBSP	33	51	0	6	0.19	0.04	1.33	0	0.17	0.03	13.29	0.00	0.00
FRUIT, ASSTD CANNED	2 OZ	65	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	65	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			487	9	319	5.78	4.44	358.96	269	22.89	13.97	100.14	4.84	1.91
% of Calories											11.5%	82.3%	8.9%	3.5%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			98%	12%	53%	145%	169%	168%	160%	200%	190%			
Shortfall			11	66	281									

Mon - 11/05/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
PANCAKE & SAUSAGE ON A STI	1 EA	50	231	15	431	1.00	1.44	0.00	0	0.00	9.03	23.08	12.04	3.01
SYRUP,PANCAKE	1 TBSP	45	47	0	16	0.14	0.01	0.60	0	0.00	0.00	12.29	0.00	0.00
FRUIT, ASSTD CANNED	2 OZ	65	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	65	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

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Nov 1, 2007 thru Nov 30, 2007 Spreadsheet - Portion Values

Oct 12, 2007

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average			464	19	502	3.05	3.11	315.15	256	21.51	15.27	79.22	10.80	3.56
% of Calories											13.2%	68.4%	21.0%	6.9%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			93%	25%	84%	76%	118%	147%	153%	188%	208%			
Shortfall			35	56	98	0.95								

Tue - 11/06/2007														
ELEMENTARY BREAKFAS	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Wed - 11/07/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	1 EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
TOAST, CINNAMON	1 EACH	30	66	0	93	0.44	0.48	16.78	25	0.09	1.00	8.32	3.20	0.69
Cheese Square, L.O.L , IW	ounce	50	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00
FRUIT, ASSTD CANNED	2 OZ	55	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT SHAPE-UP	1 EACH	60	60	0	20	0.00	0.36	20.00	20	60.00	0.00	16.00	0.00	0.00
JUICE	1 EA	55	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			477	33	447	*2.64	*3.39	*327.60	*294	*83.45	15.12	*79.92	11.77	6.77
% of Calories											12.7%	67.1%	22.2%	12.8%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			96%	44%	74%	66%	129%	153%	175%	730%	206%			
Shortfall			22	42	153	1.36								OVER

Thu - 11/08/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
HAM & CHEESE BISCUIT	1 EACH	50	291	21	942	1.00	8.42	83.66	41	0.00	9.82	30.28	14.15	5.53
FRUIT,FRESH ASSORTED	1 EACH	55	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	65	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protin	G Carb	G T-Fat	G S-Fat
Tue - 11/13/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
FRENCH TOAST, PLAIN, AJ	1 EACH	50	233	85	381	2.00	2.70	80.00	20	0.00	8.00	38.80	5.00	1.50
STRAWBERRIES, FRZ., CUP, US	1 EACH	55	122	0	4	2.40	0.75	14.00	1	52.80	0.68	33.05	0.17	0.01
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	50	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			501	66	459	5.12	4.40	376.24	251	56.10	14.90	100.20	6.21	2.56
% of Calories											11.9%	79.9%	11.1%	4.6%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			101%	87%	77%	128%	167%	176%	149%	491%	203%			
Shortfall				9	141									

Wed - 11/14/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	20	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
TOAST, CINNAMON	1 EACH	40	66	0	93	0.44	0.48	16.78	25	0.09	1.00	8.32	3.20	0.69
Cheese Square, L.O.L , IW	ounce	55	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00
FRUIT,FRESH ASSORTED	1 EACH	60	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	60	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	60	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			501	36	442	*5.27	*2.70	*343.08	*295	*40.45	17.14	*81.07	13.43	7.57
% of Calories											13.7%	64.8%	24.1%	13.6%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			101%	49%	74%	132%	103%	160%	175%	354%	233%			
Shortfall				39	158									OVER

Thu - 11/15/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	20	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
EGG PATTY w/CHEESE	1 EACH	40	113	189	338	0.00	0.65	107.50	93	0.00	8.00	1.00	7.95	4.30
TOAST,WHOLE-WHEAT BREAD	1 SLICE	50	69	0	148	1.85	0.93	20.25	0	0.00	2.73	12.93	1.20	0.26
JELLY	1 TBSP	50	51	0	6	0.19	0.04	1.33	0	0.17	0.03	13.29	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	50	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	55	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Tue - 11/20/2007														
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Wed - 11/21/2007														
ELEMENTARY BREAKFAS DISTRICT CLOSED	Total 1 EACH	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Thu - 11/22/2007														
ELEMENTARY BREAKFAS DISTRICT CLOSED	Total 1 EACH	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Fri - 11/23/2007														
ELEMENTARY BREAKFAS DISTRICT CLOSED	Total 1 EACH	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Mon - 11/26/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
WAFFLE STIX, CHEF AMER. 144/	2 EACH	30	140	0	380	0.00	1.44	80.00	0	0.00	4.00	28.00	2.00	0.00
SYRUP,PANCAKE	1 TBSP	30	47	0	16	0.14	0.01	0.60	0	0.00	0.00	12.29	0.00	0.00
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
PUDDING, VANILLA RTU	3 oz	55	113	0	127	0.00	0.00	42.27	0	0.00	0.70	18.32	4.23	1.41
JUICE	1 EA	50	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			478	8	536	2.38	3.47	377.35	253	21.69	11.35	94.05	7.54	2.72
% of Calories											9.5%	78.7%	14.2%	5.1%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			96%	11%	89%	60%	132%	176%	151%	190%	155%			
Shortfall			20	67	64	1.62								

Tue - 11/27/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
CHICKEN BRKFST SAND	1 EACH	30	420	20	980	3.00	9.44	44.00	*0	*0.00	17.00	42.00	21.00	4.50
FRUIT,FRESH ASSORTED	1 EACH	55	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
JUICE	1 EA	50	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			496	18	705	5.20	7.46	332.41	*228	*33.01	17.48	79.45	13.41	3.73
% of Calories											14.1%	64.0%	24.3%	6.8%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			100%	24%	117%	130%	284%	155%	136%	289%	238%			
Shortfall			2	57										

Wed - 11/28/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
PIZZA, REAL SLICE WHOLE GRA	1 EA	30	260	10	780	4.00	2.70	250.00	60	0.00	15.00	30.00	9.00	3.00
FRUIT,FRESH ASSORTED	1 EACH	50	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	55	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	50	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average			475	13	613	6.69	4.31	437.10	301	36.26	16.89	88.46	7.38	2.97
% of Calories											14.2%	74.5%	14.0%	5.6%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			95%	18%	102%	167%	164%	204%	180%	317%	230%			
Shortfall			24	62										

Thu - 11/29/2007														
ELEMENTARY BREAKFAS	Total	60												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
DONUT	1 each	30	274	26	201	*0.13	1.39	17.58	*28	*0.00	4.81	30.45	15.08	*0.78
PEACHES,FROZEN,SWEETEND	4 OZ CUP	55	107	0	7	2.04	0.42	3.40	32	106.82	0.71	27.19	0.15	0.01
FRUIT, ASSTD CANNED	2 OZ	50	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	50	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	55	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			516	21	328	*4.25	3.83	310.21	*297	*119.61	11.77	97.26	10.34	*1.83
% of Calories											9.1%	75.4%	18.0%	3.2%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			104%	28%	55%	106%	146%	145%	177%	1047%	160%			
Shortfall				54	272									

Fri - 11/30/2007														
ELEMENTARY BREAKFAS	Total	1												
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Weighted Average			487	*33	*489	*4.97	*4.56	*361.84	*277	*41.62	14.79	*91.32	*8.38	*3.45
											12.1%	75.0%	15.5%	6.4%

Falcon School District

Nutrient	Menu AVG	Portion	Plan	Cals	Mg	Mg	G	Mg	Mg	RE	Mg	G	G	G	G
		Size	Qty		Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
Calories	487		498	98%			11	Error Messages (if any)							
Cholesterol (Mg)	33		75	44%	Missing			Correction Required - Calories are Low							
Sodium (Mg)	489		600	82%	Missing										
Fiber (G)	4.97		4.00	124%	Missing										
Iron (Mg)	4.56		2.63	174%	Missing										
Calcium (Mg)	361.84		214.29	169%	Missing										
Vitamin A (RE)	277		168	165%	Missing										
Vitamin C (Mg)	41.62		11.43	364%	Missing										
Protein (G)	14.79	12.14%	7.34	201%											
Carbohydrate (G)	91.32	74.95%	0.00		Missing										
Total Fat (G)	8.38	15.48%	<30.00		Missing										
Saturated Fat (G)	3.45	6.37%	<10.00		Missing										