

Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/02/2017		
7- Oak LUNCH	Total	
Corn Dog Whole Gr. Low fat Fos	Corn Dog	30.0
Spaghetti/Brdstick-Leb	Servings	30.64
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
Beans, Garbonzo (legume)	.25 cup	13.57
PEAS, frozen (starchy)	.25 cup	5.7
STRAWBERRIES: frozen	.25 cup	16.52
Applesauce, Canned Unsweet USD	.25 cup	6.89
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		95.99
% of Calories		59.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/03/2017		
7- Oak LUNCH	Total	
Grilled Cheese Sandwich-Leb	Servings	39.02
Chicken Tenders, Bread 7033	Serving (3 Pc.)	28.5
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
PEARS: canned,light syrup	.25 cup	9.44
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		86.88
% of Calories		52.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/04/2017		
7- Oak LUNCH	Total	
SOFT TACO-leb	soft taco	25.34
BBQ Rib Sandwich-Leb	Sandwich	46.0
Pizza Salad-SOK	salad	37.04
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		84.23
% of Calories		51.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/05/2017		
7- Oak LUNCH	Total	
Ling's Orange Chick w/rice-Leb	serving	70.67
Ham, Egg & Cheese Muffin-Leb	Sandwich	28.02
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Garlic Broccoli	1/4 cup	2.53
TOMATOES (red/org)	.25 CUP	1.75
CAULIFLOWER, (other)	.25 CUP	1.24
Beans, Garbonzo (legume)	.25 cup	13.57
APPLES, FRESH, SLICED, UNPEELE	.25 cup	7.83
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		95.09
% of Calories		60.0%
Nutrient Guideline		

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Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/06/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
CAULIFLOWER, (other)	.25 CUP	1.24
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		88.75
% of Calories		51.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/09/2017		
7- Oak LUNCH	Total	
HAMBURGER ON A BUN-Leb	1 ea	33.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PICKLES, DILL (other)	.25 cup	0.93
PEARS, CND, JUC PK, DRND	.25 c	1.45
Applesauce, Canned Unsweet USD	.25 cup	6.89
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		79.07
% of Calories		55.8%
Nutrient Guideline		

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Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/10/2017		
7- Oak LUNCH	Total	
TURKEY GRAVY/breadsticks-Leb	Serving	37.0
Grilled Cheese Sandwich-Leb	Servings	39.02
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
PEAS, frozen (starchy)	.25 cup	5.7
CARROTS, BABY (red/org)	.25 cup	3.3
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		92.00
% of Calories		52.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/11/2017		
7- Oak LUNCH	Total	
SOFT TACO-leb	soft taco	25.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
CUCUMBER, sliced (other)	.25 cup	0.72
Applesauce, Canned Unsweet USD	.25 cup	6.89
STRAWBERRIES: frozen	.25 cup	16.52
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		90.59
% of Calories		51.5%
Nutrient Guideline		

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7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/12/2017		
7- Oak LUNCH	Total	
Ramen Noodle Bowl-Lebanon	Bowls	59.95
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
TURKEY DELI - Leb elem	1 Sandwich	*30.68
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
Beans, Garbonzo (legume)	.25 cup	13.57
PEARS,CND,JUC PK,DRND	.25 c	1.45
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*84.26
% of Calories		*57.9%
Nutrient Guideline		

Fri - 10/13/2017		
7- Oak LUNCH	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/16/2017		
7- Oak LUNCH	Total	
Cheesy Bean Dip-K-8	Servings	43.47
Deli Ham Elem-Leb	Sandwich	32.11
Turkey Bacon Ranch Wrap	wrap	29.99
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
CELERY STICKS (other)	.25 cup	1.1
PEARS: canned,light syrup	.25 CUP	9.44
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
KETCHUP: individual	2 PACKET	4.93
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		89.69
% of Calories		52.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/17/2017		
7- Oak LUNCH	Total	
TURKEY DELI - Leb elem	1 Sandwich	*30.68
Chicken Fajita Soft Taco-Leb	Taco	26.15
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CORN: canned, HOT (starchy)	.25 cup	5.88
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
CELERY STICKS (other)	.25 cup	1.1
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*70.76
% of Calories		*51.6%
Nutrient Guideline		

Wed - 10/18/2017		
7- Oak LUNCH	Total	
Chicken Nuggets/ Bread 70362	Serving (5 nug)	28.75
Chicken, Roasted/Breadstick	Serving	15.0
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
PASTA SALAD-Leb	3/8 CUP	16.31
SALAD, Leb (other)	.5 Cup	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
Applesauce, Canned Unsweet USD	.25 cup	6.89
STRAWBERRIES: frozen	.25 cup	16.52
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		89.88
% of Calories		51.8%
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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/19/2017		
7- Oak LUNCH	Total	
White Chicken Chili-LHS/SOK	1 cup	59.65
Grilled Cheese Sandwich-Leb	Servings	39.02
EGG SALAD SANDWICH-Leb	SERVINGS	27.5
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
BROCCOLI, (dk green)	.25 CUP	1.51
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
PEARS,CND,JUC PK,DRND	.25 c	1.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		91.68
% of Calories		57.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/20/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Turkey Bacon Ranch Wrap	wrap	29.99
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		90.92
% of Calories		51.5%
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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/23/2017		
7- Oak LUNCH	Total	
Chicken Burger-Leb	Chicken Burger	42.0
Grilled Cheese Sandwich-Leb	Servings	39.02
TURKEY DELI - Leb elem	1 Sandwich	*30.68
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
BAKED BEANS-Leb	.5 CUP	33.27
CELERY STICKS (other)	.25 cup	1.1
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*94.46
% of Calories		*58.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/24/2017		
7- Oak LUNCH	Total	
SOFT TACO-leb	soft taco	25.34
Pulled Pork Sandwich-Leb	Sandwich	46.0
Pizza Salad-SOK	salad	37.04
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 CUP	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
PEARS: canned,light syrup	.25 cup	9.44
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		91.46
% of Calories		49.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/25/2017		
7- Oak LUNCH	Total	
Ling's Orange Chick w/rice-Leb	serving	70.67
Chicken Tenders, Bread 7033	Serving (3 Pc.)	28.5
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
CARROTS, BABY (red/org)	.25 cup	3.3
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		92.21
% of Calories		58.7%
Nutrient Guideline		

Thu - 10/26/2017		
7- Oak LUNCH	Total	
CHILI with Tortilla Chips-Leb	1/2 CUP Serving	*29.03
BAKED POTATO w/ Ham/Ch-SOK/LHS	1 EACH	79.16
Deli Ham 7 Oak/LHS-Leb	Sandwich	44.4
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Darlington Sugar-Leb	cookie	19.0
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
CELERY STICKS (other)	.25 cup	1.1
STRAWBERRIES: frozen	.25 cup	16.52
Applesauce, Canned Unsweet USD	.25 cup	6.89
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*106.69
% of Calories		*58.0%
Nutrient Guideline		

Fri - 10/27/2017		
7- Oak LUNCH	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/30/2017		
7- Oak LUNCH	Total	
NO SCHOOL TODAY	SERVING	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.

Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Tue - 10/31/2017		
7- Oak LUNCH NO SCHOOL TODAY	Total SERVING	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Weighted Average		*89.70 *54.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.70	54.48%			Missing			

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

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