

# Portland Public Schools

Jan 1, 2021 thru Jan 29, 2021

## Planned Menu Spreadsheet

Combined: ELEMENTARY  
BREAKFAST/ELEMENTARY LUNCH

### Portion Values - Detailed

002 - East End Community School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 01/01/2021							
ELEMENTARY LUNCH	Total	0					
Holiday No School	1	0	0	0	0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			445-572	869			

Mon - 01/04/2021							
ELEMENTARY BREAKFAS	Total	130					
Zee Zees Bar, Strawberry Crisp,	1 serving	130	250	75	14	4.0	41.0
Fruit Cup - Mixed Fruit Delmon	1 cup	130	88	0	20	0.0	21.02
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	170					
Yogurt (upstate) Strawberry Ba	4 oz serving	160	90	50	14	3.0	19.0
Granola Bulk	2 oz	160	227	175	14	5.15	45.36
CARROT BABY PC	2 EACH	170	41	47	*N/A*	1.16	9.3
Craisins Strawberry	1 each	170	110	0	24	0.0	27.0
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			534	345	*60	15.34	101.49
% of Calories					*45.1%	11.5%	76.0%
Nutrient Guideline			445-572	869			

Tue - 01/05/2021							
ELEMENTARY BREAKFAS	Total	130					
BAGEL & CRM CHEESE	1 each	130	193	343	*1	7.97	30.65
Del Monte Diced Peaches Cup	4.4 oz cup	130	60	5	13	0.0	14.97
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	150					
SALAD SPINACH with STRAW 1-CUP	.5 CUP	140	8	15	1	0.62	1.6
Grilled Chicken Patty	1 each	140	240	460	1	14.0	15.0
ROLL DINNER WG 1 OZ	1 EACH	140	73	110	1	3.0	14.0
string cheese	1 EACH	140	61	213	0	8.1	1.01
Salad Dressing Italian Pkt	portion 12 gram	140	45	125	*N/A*	0.0	1.0
APPLESAUCE CUP PC	1 EACH	180	55	3	*N/A*	0.22	14.4
MILK - VARIETY maine	8 OZ	180	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			513	809	*26	26.20	68.61
% of Calories					*20.6%	20.4%	53.5%
Nutrient Guideline			445-572	869			

Wed - 01/06/2021							
ELEMENTARY BREAKFAS	Total	400					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	400	111	162	6	1.01	22.27
BANANAS, RAW Petite 150 ct	1 EACH	400	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	400	108	125	12	8.0	13.0

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

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### Portion Values - Detailed

002 - East End Community School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ELEMENTARY LUNCH	Total	1					
Hummus,Celery,Pita,Cheese	1 EACH 2M2G	1	361	1039	*1	20.16	44.27
STRAWBERRIES, FRESH	1/2 CUP	1	23	1	4	0.49	5.57
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			321	290	*18	10.30	61.34
% of Calories					*22.5%	12.8%	76.4%
Nutrient Guideline			445-572	869			

Thu - 01/07/2021							
ELEMENTARY BREAKFAS	Total	130					
Yogurt (upstate) Raspberry 4oz	1 EACH	130	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	130	130	55	8	2.0	21.0
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
PEARS,FRESH 100 ct	1 EACH	130	95	2	16	0.6	25.28
ELEMENTARY LUNCH	Total	170					
TURKEY AND CHEESE SAND.	1 each	160	234	1242	4	20.52	30.2
POTATO SALAD	2/3 CUP	170	123	304	*3	2.15	18.09
Fruit Cup - Diced Pineapple	1 Cup	170	60	0	14	0.0	15.05
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Allergy Meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			498	1058	*39	23.19	82.90
% of Calories					*31.1%	18.6%	66.6%
Nutrient Guideline			445-572	869			

Fri - 01/08/2021							
ELEMENTARY BREAKFAS	Total	130					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	130	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	150					
TACO MEAT, 100% Beef, CK	1/3 Cup	140	218	154	*1	15.31	5.22
Chips, Baked Tostitos Scoops	1 each	140	110	125	*N/A*	2.0	19.0
shredded cheese	.50 oz	140	36	88	0	3.44	0.39
LETTUCE & TOMATO:shred/dic 1/4C	1/4 CUP	150	46	18	7	2.44	9.85
Mango Chunks, IQF, 1/2 CUP	1/2 cup	150	65	0	15	0.81	17.01
MILK - VARIETY maine	8 OZ	150	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			474	435	*32	21.80	68.78
% of Calories					*27.0%	18.4%	58.0%
Nutrient Guideline			445-572	869			

Mon - 01/11/2021							
ELEMENTARY BREAKFAS	Total	130					
Donut Hole	6 holes	130	*301	*321	*8	*5.35	*32.41
APPLES,FRESH 125 ct	1 EACH	130	75	1	0	0.38	20.05
Milk Breakfast	1 each	130	108	125	12	8.0	13.0

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BREAKFAST/ELEMENTARY LUNCH

### Portion Values - Detailed

002 - East End Community School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ELEMENTARY LUNCH	Total	170					
Flat Bread for Super Snack	half bread	160	90	165	1	3.0	14.0
Cheese, shredded mozzarella	4 oz	160	445	729	0	28.35	0.0
Marinara Sauce DIP CUP	1 EACH	160	55	166	7	1.84	11.04
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	170	4	1	*N/A*	0.22	0.97
APPLES,FRESH maine	1 EACH	170	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			*676	*872	*25	*28.91	*72.72
% of Calories					*14.5%	*17.1%	*43.0%
Nutrient Guideline			445-572	869			

Tue - 01/12/2021							
ELEMENTARY BREAKFAS	Total	130					
Zee Zees Bar, Cinnamon Crisp,	serving	130	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	130	64	2	13	0.97	16.01
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	170					
Chicken Tender for Waffles	serving(3PC)	160	350	300	0	18.0	18.0
Pita, Whole Wheat	1 each	170	168	269	2	6.27	35.77
RANCH DRESSING PC	1.5 oz	160	150	370	1	1.0	1.0
CELERY,RAW STICK 4" Purchased	1/2 CUP	160	10	52	*N/A*	0.45	1.92
PEARS,FRESH 100 ct	1 EACH	160	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	160	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Allergy Meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			683	735	*37	24.73	87.78
% of Calories					*21.9%	14.5%	51.4%
Nutrient Guideline			445-572	869			

Wed - 01/13/2021							
ELEMENTARY BREAKFAS	Total	1					
CEREAL, TRIX	each 1oz	1	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	1	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	1	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	1					
Hawaiian Rice and Chicken	1 each	1	*335	*265	*0	*13.95	*56.3
CARROT BABY PC	3 Bags	1	61	70	*N/A*	1.74	13.96
Tangerine, 100 ct	1 Each	1	64	2	13	0.97	16.01
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Weighted Daily Average			*451	*388	*25	*17.46	*85.15
% of Calories					*22.5%	*15.5%	*75.4%
Nutrient Guideline			445-572	869			

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Thu - 01/14/2021							
ELEMENTARY BREAKFAS	Total	130					
Yogurt (upstate) Strawberry Ba	4 oz serving	130	90	50	14	3.0	19.0
Zee Zees Grahamz, Strawberry, PEARS,FRESH 100 ct	1 EACH	130	130	55	7	2.0	21.0
Milk Breakfast	1 each	130	95	2	16	0.6	25.28
		130	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
chicken and Pasta salad	1 cup	150	1189	1715	*4	62.24	88.17
RANCH DRESSING PC	1.5 oz	150	150	370	1	1.0	1.0
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	178	11	10	*N/A*	0.89	2.1
STRAWBERRIES, FRESH	1/2 CUP	178	23	1	4	0.49	5.57
MILK - VARIETY maine	8 OZ	178	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	20	516	460	*23	17.96	70.7
Allergy Meal	1	8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			954	1248	*38	43.13	97.46
% of Calories					*15.8%	18.1%	40.9%
Nutrient Guideline			445-572	869			

Fri - 01/15/2021							
ELEMENTARY BREAKFAS	Total	130					
CEREAL, TRIX	each 1oz	130	111	142	7	1.01	24.3
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH							
BBQ CHICKEN SANDWICH WG	3oz meat	140	317	638	*2	26.74	40.12
COLE SLAW 1/2c	1/2 CUP	150	70	121	*4	1.32	9.56
GRAPES,Fresh	1/2 Cup	150	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	150	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			471	618	*33	24.16	78.92
% of Calories					*28.1%	20.5%	67.1%
Nutrient Guideline			445-572	869			

Mon - 01/18/2021							
ELEMENTARY BREAKFAS	Total	120					
MARTIN LUTHER KING DAY	1	120	0	0	0	0.0	0.0
ELEMENTARY LUNCH							
MARTIN LUTHER KING DAY	1	170	0	0	0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline			445-572	869			

Tue - 01/19/2021							
ELEMENTARY BREAKFAS	Total	130					
Zee Zees Bar, Berry Apple Cris	2.2 oz	130	250	80	14	4.0	41.0
Tangerine, 100 ct	1 Each	130	64	2	13	0.97	16.01
Milk Breakfast	1 each	130	108	125	12	8.0	13.0

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ELEMENTARY LUNCH	Total	170					
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	160	441	325	*46	11.69	91.48
BROCCOLI FLORETS, RAW 1/2C	1/2 CUP	170	11	10	*N/A*	0.89	2.1
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			510	381	*53	17.49	94.40
% of Calories					*41.6%	13.7%	74.0%
Nutrient Guideline			445-572	869			

Wed - 01/20/2021							
ELEMENTARY BREAKFAS	Total	400					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	400	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
MILK - VARIETY maine	8 OZ	0	0	0	0	0.0	0.0
ELEMENTARY LUNCH	Total	1					
SALAD CAESAR ROMAINE Chicken	1 CUP	1	159	510	*1	4.92	10.05
ROLL DINNER WG AOS93	1 EACH	1	94	185	3	3.08	18.11
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Allergy Meal	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			112	164	*6	1.05	22.34
% of Calories					*21.8%	3.7%	79.8%
Nutrient Guideline			445-572	869			

Thu - 01/21/2021							
ELEMENTARY BREAKFAS	Total	130					
Yogurt (upstate) Raspberry 4oz	1 EACH	130	90	75	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	130	130	55	8	2.0	21.0
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
PEARS,FRESH 100 ct	1 EACH	130	95	2	16	0.6	25.28
ELEMENTARY LUNCH	Total	170					
TACO MEAT, 100% Beef, CK	1/3 Cup	160	218	154	*1	15.31	5.22
Chips, Baked Tostitos Scoops	1 each	160	110	125	*N/A*	2.0	19.0
shredded cheese	.50 oz	160	36	88	0	3.44	0.39
LETTUCE&TOMATO:shred/dice 1CHS	1 cup	170	20	8	3	1.08	4.35
Mango Chunks, IQF, 1/2 CUP	1/2 cup	170	65	0	15	0.81	17.01
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			512	423	*38	23.16	73.24
% of Calories					*30.1%	18.1%	57.2%
Nutrient Guideline			445-572	869			

Fri - 01/22/2021							
ELEMENTARY BREAKFAS	Total	130					
CEREAL, CHEERIOS	each 1oz	130	100	140	1	3.0	20.0
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0

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ELEMENTARY LUNCH	Total	150					
TURKEY AND CHEESE SAND.	1 each	140	234	1242	4	20.52	30.2
POTATO SALAD	2/3 CUP	150	123	304	*3	2.15	18.09
Fruit Cup - Diced Pineapple	1 Cup	150	60	0	14	0.0	15.05
MILK - VARIETY maine	8 OZ	150	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			442	1015	*28	22.02	73.88
% of Calories					*25.3%	19.9%	66.8%
Nutrient Guideline			445-572	869			

Mon - 01/25/2021							
ELEMENTARY BREAKFAS	Total	130					
snow balls	6 holes	130	*301	*321	*8	*5.35	*32.41
APPLES,FRESH 125 ct	1 EACH	130	75	1	0	0.38	20.05
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	170					
Chicken Tender for Waffles	serving(3PC)	160	350	300	0	18.0	18.0
Pita, Whole Wheat	1 each	170	168	269	2	6.27	35.77
RANCH DRESSING PC	1.5 oz	160	150	370	1	1.0	1.0
TOMATOES,FRESH,RED RIPE chry	1/2 CUP	160	10	3	*N/A*	0.5	2.22
PEARS,FRESH 100 ct	1 EACH	160	95	2	16	0.6	25.28
MILK - VARIETY maine	8 OZ	160	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Allergy Meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*710	*813	*30	*25.09	*86.83
% of Calories					*16.7%	*14.1%	*48.9%
Nutrient Guideline			445-572	869			

Tue - 01/26/2021							
ELEMENTARY BREAKFAS	Total	130					
Zee Zees Bar, Cinnamon Crisp,	serving	130	250	80	13	4.0	39.0
Tangerine, 100 ct	1 Each	130	64	2	13	0.97	16.01
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	150					
Flat Bread for Super Snack	half bread	140	90	165	1	3.0	14.0
Cheese, shredded mozzarella	4 oz	140	445	729	0	28.35	0.0
Marinara Sauce DIP CUP	1 EACH	140	55	166	7	1.84	11.04
TOMATOES, COCKTAIL LOCAL 1/4C	1/4 cup	150	4	1	*N/A*	0.22	0.97
APPLES,FRESH maine	1 EACH	150	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	150	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Weighted Daily Average			636	735	*33	27.66	73.70
% of Calories					*20.6%	17.4%	46.4%
Nutrient Guideline			445-572	869			

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Jan 1, 2021 thru Jan 29, 2021

Combined: ELEMENTARY  
BREAKFAST/ELEMENTARY LUNCH

002 - East End Community School

Generated on: 12/22/2020 1:47:33 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 01/27/2021							
ELEMENTARY BREAKFAS	Total	0					
CEREAL, TRIX	each 1oz	0	0	0	0	0.0	0.0
BANANAS,RAW Petite 150 ct	1 EACH	0	0	0	*N/A*	0.0	0.0
Milk Breakfast	1 each	0	0	0	0	0.0	0.0
ELEMENTARY LUNCH	Total	1					
Tomato & Cucumber Salad	3/4 Cup	1	51	133	3	0.97	4.01
Grilled Chicken Patty	1 each	1	240	460	1	14.0	15.0
Pretzel .7oz bag Heartzel	bag	1	80	200	0	2.0	16.04
MILK - VARIETY maine	8 OZ	1	122	171	19	8.0	20.7
Allergy Meal	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			493	964	*23	24.97	55.74
% of Calories					*18.3%	20.2%	45.2%
Nutrient Guideline			445-572	869			

Thu - 01/28/2021							
ELEMENTARY BREAKFAS	Total	130					
Yogurt (upstate) Strawberry Ba	4 oz serving	130	90	50	14	3.0	19.0
Zee Zees Grahamz, Strawberry,	serving	130	130	55	7	2.0	21.0
PEARS,FRESH 100 ct	1 EACH	130	95	2	16	0.6	25.28
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	170					
BBQ CHICKEN SANDWICH WG	3oz meat	160	317	638	*2	26.74	40.12
COLE SLAW 1/2c	1/2 CUP	170	70	121	*4	1.32	9.56
GRAPES,Fresh	1/2 Cup	170	78	2	19	0.73	20.0
MILK - VARIETY maine	8 OZ	170	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	10	516	460	*23	17.96	70.7
Allergy Meal	1	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			523	623	*47	26.45	86.16
% of Calories					*35.8%	20.2%	65.9%
Nutrient Guideline			445-572	869			

Fri - 01/29/2021							
ELEMENTARY BREAKFAS	Total	130					
CEREAL, CINN TOAST CRUNCH RS	each 1oz	130	111	162	6	1.01	22.27
BANANAS,RAW Petite 150 ct	1 EACH	130	101	1	*N/A*	1.24	26.04
Milk Breakfast	1 each	130	108	125	12	8.0	13.0
ELEMENTARY LUNCH	Total	150					
chicken and Pasta salad	1 cup	140	1189	1715	*4	62.24	88.17
RANCH DRESSING PC	1.5 oz	140	150	370	1	1.0	1.0
TOMATOES,FRESH,RED chry 1/4c	1/4 CUP	150	5	1	*N/A*	0.25	1.11
APPLES,FRESH maine	1 EACH	150	109	0	*N/A*	0.0	28.88
MILK - VARIETY maine	8 OZ	150	122	171	19	8.0	20.7
Sunbutter Bag Lunch	1	0	0	0	*0	0.0	0.0
Weighted Daily Average			945	1268	*21	40.80	100.20
% of Calories					*8.9%	17.3%	42.4%
Nutrient Guideline			445-572	869			

\*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.

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# Portland Public Schools

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Jan 1, 2021 thru Jan 29, 2021

Combined: ELEMENTARY  
BREAKFAST/ELEMENTARY LUNCH

002 - East End Community School

Generated on: 12/22/2020 1:47:33 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Average			*550	*694	*32 *52.7%	*23.36 *17.0%	*77.45 *56.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	550		445 - 572	100%	Missing			
Sodium 1 (mg)	694		869		Missing			
Sodium 2 (mg)	694		700		Missing			
Sugars (g)	32	23.41%			Missing			
Protein (g)	23.36	16.98%			Missing			
Carbohydrate (g)	77.45	56.28%			Missing			

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

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