

Nutrient Detail Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Super Snack Menu

Date Range: September 01, 2021 - September 30, 2021



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/01/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	1000	280.000	12.000	10.000	5.000	0.000	25.000	440.000	N/A*	34.000	1.000	14.000	0.360	320.000	700.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	221735 1	1.00 each	100	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	187803 5	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				489.827	21.590	10.521	5.305	0.000	32.000	609.075	28.022*	77.203	2.701	52.807	0.800*	432.213*	1969.610*	22.006*	0.000*

% of Calories		17.63%	19.33%	9.75%	0.00%					63.05%							
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 09/02/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Nacho Chips with Cheese Cup (Tabatchnick)	2249045	1.00 serving	500	470.000	18.000	24.000	10.000	0.000	35.000	1010.000	0.000	44.000	4.000	2.000	0.720	80.000	10.000	0.000	0.000
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	100	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				444.827	18.590	12.521	5.305	0.000	24.500	674.075	28.022*	65.203	3.701	39.807	0.800*	152.213*	1274.610*	22.006*	0.000*

% of Calories		16.72%	25.33%	10.73%	0.00%					58.63%							
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 09/03/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Whole Muscle Breaded Chicken Bites (7 pcs)	2246193	7.00 Pieces	500	294.000	25.200	11.200	2.100	0.000	70.000	798.000	518.000	23.800	2.800	0.000	1.512	28.000	280.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	2217351	1.00 each	100	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				356.827	22.190	6.121	1.355	0.000	42.000	568.075	287.022*	55.103	3.101	38.807	1.196*	126.213*	1409.610*	22.006*	0.000*

% of Calories		24.88%	15.44%	3.42%	0.00%					61.77%							
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 09/07/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	22461 26	1.00 serving	1000	500.000	10.000	31.000	3.000	0.000	0.000	298.000	0.000*	46.000	8.000	19.000	1.080	220.000	0.000*	0.000*	N/A*
Grab-it Carrots, 1/2 cup	25772 0	0.50 cup	500	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	33663 4	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	26225 1	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	47102 7	0.50 cup	100	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	22173 51	1.00 each	100	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low-fat Milk	25718 1	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	18780 35	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				709.827	19.590	31.521	3.305	0.000	7.000	467.075	28.022*	89.203	9.701	57.807	1.520*	332.213*	1269.610*	22.006*	0.000*

% of Calories		11.04%	39.97%	4.19%	0.00%					50.27%							
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/08/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	224613 4	1.00 serving	1000	280.000	12.000	10.000	5.000	0.000	25.000	440.000	N/A*	34.000	1.000	14.000	0.360	320.000	700.000	0.000	N/A*
Grab-it Carrots, 1/2 cup	257720	0.50 cup	500	30.000	1.000	0.000	0.000	0.000	0.000	55.000	0.000	7.000	2.000	5.000	0.300	20.000	1500.000	6.000	N/A*
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
Assorted Fresh Fruit	262251	1.00 each	100	64.897	0.724	0.212	0.049	0.000	0.000	0.767	207.723	16.786	2.662	11.454	0.162	17.130	116.100	21.658	0.000
Assorted Fruit Cups	471027	0.50 cup	100	84.199	0.600	0.000	0.000	0.000	0.000	0.398	N/A*	19.997	1.597	12.198	0.072*	0.000*	80.000*	44.400*	N/A*
Assorted Dried Fruit	221735 1	1.00 each	100	112.500	0.250	0.000	0.000	0.000	0.000	1.250	72.500*	28.250	2.750	24.750	0.270	5.000	0.000*	0.000*	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	187803 5	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				489.827	21.590	10.521	5.305	0.000	32.000	609.075	28.022*	77.203	2.701	52.807	0.800*	432.213*	1969.610*	22.006*	0.000*

Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*	
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*	
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	0.000	5.000	135.000	N/A*	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*	
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	0.000	7.000	141.333	0.000*	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*	
% of Calories					21.18%	2.67%	1.60%	0.00%						78.74%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)		
Wed - 09/15/2021																					
2021-2022 Super Snack Menu																					
		Total	1000																		
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*	
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	0.000	5.000	135.000	N/A*	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	7.000	141.333	0.000*	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*	
% of Calories					21.18%	2.67%	1.60%	0.00%						78.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 09/16/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	7.000	141.333	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*
% of Calories					21.18%	2.67%	1.60%	0.00%				78.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 09/17/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 09/27/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	7.000	141.333	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*
% of Calories					21.18%	2.67%	1.60%	0.00%				78.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 09/28/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*

Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	7.000	141.333	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*
% of Calories					21.18%	2.67%	1.60%	0.00%				78.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/29/2021																			
2021-2022 Super Snack Menu																			
		Total	1000																
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000	10.000	N/A*
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	7.000	141.333	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*
% of Calories					21.18%	2.67%	1.60%	0.00%				78.74%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Thu - 09/30/2021																				
2021-2022 Super Snack Menu																				
		Total	1000																	
Juice, Assorted, 4 oz, Hollandia	336634	1.00 each	1000	56.667	0.333	0.000	0.000	0.000	0.000	0.000	3.333	N/A*	14.000	0.000	12.667	0.240	0.000	0.000		
1% Low-fat Milk	257181	8.00 oz	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	16.000	0.000	14.000	0.000	400.000	500.000	2.400	N/A*
Chocolate Milk, Fat-free	1878035	8.00 oz	800	110.000	8.000	0.000	0.000	0.000	0.000	5.000	135.000	N/A*	20.000	0.000	20.000	0.000	25.000	500.000	2.400	N/A*
Weighted Daily Average				168.667	8.933	0.500	0.300	0.000	0.000	7.000	141.333	0.000*	33.200	0.000	31.467	0.240	100.000	500.000	12.400	0.000*
% of Calories					21.18%	2.67%	1.60%	0.00%					78.74%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	272.798					
Protein (g)	12.296	18.03%				
Total Fat (g)	5.048	16.66%				
Saturated Fat (g)	1.552	5.12%				
Trans Fat (g)	0.000					
Cholesterol (mg)	13.367					
Sodium (mg)	280.196					
Potassium (mg)	28.476*					
Carbohydrates (g)	45.548	66.79%				
Fiber (g)	1.507					

Sugars (g)	36.183					
Iron (mg)	0.505*					
Calcium (mg)	158.485*					
Vitamin A (IU)	827.511*					
Vitamin C (mg)	15.882*					
Vitamin D (mcg)	0.000*					

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.