

Buffalo-Hanover-Montrose Schools

May 12, 2014 thru May 16, 2014

Base Menu Spreadsheet

Combined: Middle School Lunch 6-8 Line 1/Middle School Lunch 6-8 Line 2

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	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 ¹ (g)
Mon - 05/12/2014																
Middle School Lunch 6-8 Lin	Total	100														
WRAP, TURKEY, WHOLE GRAIN	1 EACH	100	229	45	507	3.18	0.51	63.6	364	36	4.7	20.16	19.92	6.98	2.48	0.00
SALAD, MXD GRN, ICE, SPIN, RO	1 CUP	85	12	*0	21	*0.43	0.90	26.2	1424	386	*2.44	0.95	2.32	0.11	*0.00	*0.00
MAINE																
SWEET POTATO PUFFS, L0094	SERVING : 3 OZ	75	130	0	230	2.00	0.36	20.0	3000	600	3.6	1.0	23.0	3.0	0.00	0.00
SALAD, CUBAN BLACK BEAN	1/2 CUP	65	113	0	114	6.09	1.85	22.5	443	85	19.36	6.06	19.71	1.64	0.28	*0.01
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	85	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRESSING, ASSTD, BHS SALA D BAR	1 TBSP	80	32	1	89	0.00	*0.00	2.0	11	2	0.11	0.05	1.6	2.82	0.31	*0.01
SALAD DRESSING, KEN'S LITE	1 TBSP	50	35	5	120	0.00	0.00	0.0	0	0	0.0	0.0	2.0	3.0	0.00	0.00
Middle School Lunch 6-8 Lin	Total	100														
BAJA BURGER, TYSON, WG T ORTILL	1 EACH	100	267	48	374	2.93	1.37	187.1	89	18	0.0	18.26	18.85	13.03	5.62	*0.00
LETTUCE, ROMAINE, SHREDDED	1/4 CUP	80	2	0	1	0.25	0.15	5.0	364	36	3.5	0.25	0.35	0.05	0.00	0.00
SALSA, USDA, LOW SODIUM, A237	1/4 CUP	65	22	0	69	0.84	1.38	7.4	340	68	2.48	0.93	4.33	0.12	0.02	0.00
COLESLAW, CILANTRO LEMON	1/2 CUP	75	71	8	75	1.10	0.40	30.7	235	53	22.11	0.92	9.8	3.19	0.25	*0.00
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	90	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
PUDDING, CHOCOLATE, FAT F REE,	1/2 Cup	90	103	0	160	0.53	0.04	55.9	95	19	0.0	1.82	23.4	0.25	0.13	*N/A*
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH, LITE FOO THILL	1 TBSP	65	35	5	147	0.00	*0.00	7.0	12	2	0.06	0.19	2.19	2.83	0.00	0.00
KETCHUP, RED GOLD	1 TBSP	65	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			633	*58	1039	*9.80	*2.93	512.4	3176	639	*50.28	32.30	88.59	16.11	*4.46	*0.01
% of Calories												20.4%	56.0%	22.9%	*6.4%	*0.0%
Nutrient Guideline			600-70		1360		4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 05/13/2014																
Middle School Lunch 6-8 Lin	Total	100														
CHICKEN, TENDERS, TYSON K RISPY	100	100	202	56	688	0.00	1.82	20.2	101	20	0.0	14.16	12.14	10.12	2.02	0.00
POTATO, MASHED, IDAHOAN, REAL	: 3 PCS															
ROLL, DINNER, 53% WG WHIT E, SA	1/2 CUP	90	66	0	251	1.15	0.21	16.6	0	0	2.46	1.48	13.93	0.72	0.13	*0.06
CORN, FRZN, WHL KERNEL, US DA A130	1 EACH	85	110	0	135	2.00	1.44	150.0	0	0	0.0	4.0	20.0	1.5	0.00	0.00
BEANS, GREEN, COOKED FROM FROZ	1/2 CUP	85	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	75	19	0	6	2.00	0.59	33.0	376	75	2.8	1.01	4.35	0.11	0.03	0.00
MILK, FLUID, SKIM, CHOC, L O L	1/2 CUP	90	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
CONDIMENTS:	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
SAUCE, BBQ, KEN DAVIS, ORIGIN A	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH, LITE FOOTHILL	1 TBSP	40	15	0	75	0.00	0.18	0.0	50	10	0.6	0.0	3.5	0.0	0.00	0.00
HONEY MUSTARD	1 TBSP	50	35	5	147	0.00	*0.00	7.0	12	2	0.06	0.19	2.19	2.83	0.00	0.00
Middle School Lunch 6-8 Lin	1 TBSP	35	30	3	131	0.06	0.12	4.6	0	0	0.01	0.26	3.35	1.83	0.01	*0.00
SANDWICH, CHEESE, ITALIAN DUNKER	Total	100														
MEAT SAUCE, ITALIAN, BHS 5/13	EACH (FULL BUN)	100	322	30	501	2.25	1.94	569.2	348	70	0.0	18.67	28.52	14.15	8.10	0.00
VEGETABLE, MEDLEY, COMM ODITY	1/2 CUP	95	128	31	110	1.18	1.77	21.8	473	95	7.56	9.59	6.94	6.92	2.67	*0.42
SALAD, CUBAN BLACK BEAN	1/2 CUP	75	42	0	65	2.28	0.66	17.0	2453	187	4.25	1.76	9.25	0.38	0.06	0.00
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	50	113	0	114	6.09	1.85	22.5	443	85	19.36	6.06	19.71	1.64	0.28	*0.01
MILK, FLUID, SKIM, CHOC, L O L	1/2 CUP	90	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
% of Calories			672	64	1115	9.93	*4.78	721.5	2288	336	43.02	35.59	91.73	18.48	6.57	*0.23
Nutrient Guideline			600-70		1360		4.50	400.00	1500		16.70	21.2%	54.6%	24.8%	8.8%	*0.3%

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Wed - 05/14/2014																
Middle School Lunch 6-8 Lin	Total	100														
EGG ROLL, CHICKEN,3 OZ,#69	1 EACH	100	160	35	420	2.00	1.80	40.0	300	60	2.4	10.0	20.0	5.0	1.00	0.00
558																
CHEESE, MOZZ STICK,1 OZ,S	1 EACH	95	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
APUTO																
SAUCE,SWEET&SOUR,MINOR	1/8 CUP	85	40	0	120	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.5	0.00	0.00
S #31681																
ROLL, DINNER, 53% WG WHIT	1 EACH	80	110	0	135	2.00	1.44	150.0	0	0	0.0	4.0	20.0	1.5	0.00	0.00
E, SA																
SALAD,MXD GRN,ICE,SPIN,RO	1 CUP	90	12	*0	21	*0.43	0.90	26.2	1424	386	*2.44	0.95	2.32	0.11	*0.00	*0.00
MAINE																
CARROTS, COINS, USDA, SEA	1/2 CUP	85	27	0	43	2.40	0.39	26.0	12137	607	1.7	0.42	5.64	0.5	0.09	0.00
SONED																
FRUIT,FRESH ASSTD, APPLE,	1/2 CUP	85	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
ORNG																
APPLE CRISP	1/2 CUP	80	211	0	91	1.99	1.63	20.3	326	73	0.57	2.79	32.5	8.14	1.63	*0.00
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRESSING, ASSTD, BHS SALA	1 TBSP	80	32	1	89	0.00	*0.00	2.0	11	2	0.11	0.05	1.6	2.82	0.31	*0.01
D BAR																
Middle School Lunch 6-8 Lin	Total	100														
BEEF STROGANOFF	1 CUP	100	249	61	188	0.53	2.20	129.2	245	62	1.54	20.65	9.56	13.87	5.25	*0.82
ROTINI,WHOLE GRAIN,COOKE	3/4 CUP	90	143	0	4	3.93	1.45	16.1	1	0	0.0	5.86	30.03	1.04	0.18	*0.00
D,USDA																
CORN,FRZN,WHL KERNEL,US	1/2 CUP	80	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
DA A130																
BROCCOLI, FROZEN, BOILED,	1/ CUP	50	52	0	20	5.52	1.12	60.7	1860	348	73.78	5.7	9.84	0.22	0.03	*N/A*
USDA																
FRUIT,FRESH ASSTD, APPLE,	1/2 CUP	80	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
ORNG																
SORBET, LUIGI'S, 4 OZ, VARIETY	1 EACH	90	60	0	5	3.00	0.36	60.0	833	167	60.0	0.0	17.0	0.0	0.00	0.00
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			720	*61	780	*12.02	*5.23	637.6	7785	826	*77.81	35.07	107.01	18.71	*5.76	*0.41
% of Calories												19.5%	59.5%	23.4%	*7.2%	*0.5%
Nutrient Guideline			600-70		1360		4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Thu - 05/15/2014																
Middle School Lunch 6-8 Lin	Total	100														
FRENCH TOAST STICKS, WG, RICH	3 EACH	100	93	0	180	0.67	0.67	29.0	109	22	0.9	2.33	14.0	3.33	0.50	0.00
EGGS, SCRMBLD,LQD,LOWSO D,10025	1/2 CUP	75	140	375	130	0.00	1.44	80.0	500	100	0.0	12.0	3.0	8.0	3.00	0.00
SAUSAGE, PATTY, JENNIE-O,# 6132	1 EACH	60	60	30	100	0.00	0.36	20.0	42	8	0.0	6.0	0.0	4.0	1.00	0.00
SALSA, USDA, LOW SODIUM, A237	1/4 CUP	45	22	0	69	0.84	1.38	7.4	340	68	2.48	0.93	4.33	0.12	0.02	0.00
POTATO, HASHBROWN, LW, S 0025	1/2 CUP	75	35	0	140	1.00	0.18	*N/A*	*N/A*	*N/A*	4.5	1.0	7.5	0.0	0.00	0.00
FRUIT, FRZ, ASSTD, CUPS, US DA	1 EACH	75	93	0	2	1.67	0.36	10.7	769	154	109.97	1.0	22.0	0.0	0.00	0.00
JUICE, ORANGE OR APPLE, 4 OZ	1 EACH	70	57	0	2	0.17	0.27	9.5	50	10	24.3	0.5	14.5	0.0	0.00	0.00
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SYRUP,PANCAKE	1 OZ	75	66	0	23	0.00	0.01	0.9	0	0	0.0	0.0	17.43	0.0	0.00	*N/A*
Middle School Lunch 6-8 Lin	Total	100														
CHEESY BREAD STICKS,MAX #12685	2 EACH	100	320	10	780	4.00	1.44	300.0	0	0	0.0	14.0	32.0	14.0	5.00	0.00
SAUCE, MARINARA, ANGELA MIA	1/2 CUP	80	50	0	480	2.00	1.08	40.0	300	60	9.0	2.0	10.0	1.0	0.00	0.00
SALAD, LAYERED	1/2 CUP	75	43	3	102	0.79	0.34	63.0	1234	192	4.87	2.28	2.57	3.14	0.73	*0.00
VEGETABLE, MEDLEY, COMM ODITY	1/2 CUP	75	42	0	65	2.28	0.66	17.0	2453	187	4.25	1.76	9.25	0.38	0.06	0.00
STRAWBERRY,BLUEBERRY,C HERRY,FZ	1/2 CUP	75	38	0	2	2.03	0.59	13.6	181	33	26.73	0.49	9.63	0.25	0.03	*0.00
APPLE CRISP	1/2 CUP	70	211	0	91	1.99	1.63	20.3	326	73	0.57	2.79	32.5	8.14	1.63	*0.00
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			628	161	1090	7.00	*3.91	*568.0	*2822	*431	71.18	27.08	89.44	17.56	5.06	*0.00
% of Calories											17.3%	57.0%	25.2%	7.2%	*0.0%	
Nutrient Guideline			600-70		1360		4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Fri - 05/16/2014																
Middle School Lunch 6-8 Lin	Total	100														
FISH, STICKS, WG BAJA, TRID ENT	4 EACH	100	230	50	470	2.00	0.36	20.0	500	100	1.2	14.0	20.0	10.0	2.00	0.00
POTATO, SPIRAL, LW #C0084	1/2 CUP	90	70	0	10	1.00	0.36	*N/A*	*N/A*	*N/A*	3.0	1.0	10.5	2.5	0.75	0.00
BEANS, CALICO, BHS, 4/13	1/2 CUP	60	142	3	381	5.79	1.80	53.9	181	44	2.71	5.62	28.9	1.15	0.35	*0.00
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	85	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
SORBET, LUIGI'S, 4 OZ, VARIETY	1 EACH	95	60	0	5	3.00	0.36	60.0	833	167	60.0	0.0	17.0	0.0	0.00	0.00
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TARTAR SAUCE	2 TBSP	80	63	8	246	0.40	0.36	5.0	63	13	0.4	0.23	7.94	3.59	0.58	*N/A*
KETCHUP, RED GOLD	1 TBSP	85	15	0	190	0.00	0.00	0.0	300	60	0.0	0.0	4.0	0.0	0.00	0.00
Middle School Lunch 6-8 Lin	Total	100														
SANDWICH, SUB, TUR, HAM, CH, WG BUN	1 EACH	100	273	43	718	2.00	2.12	237.5	205	41	0.6	18.25	27.75	8.95	3.80	*0.00
LETTUCE, ROMAINE, SHREDDED	1/4 CUP	80	2	0	1	0.25	0.15	5.0	364	36	3.5	0.25	0.35	0.05	0.00	0.00
TOMATOES, RED, RIPE, RAW, Y R RND	1/4 CUP	60	8	0	2	0.53	0.12	4.4	367	27	6.03	0.39	1.71	0.09	0.01	*N/A*
POTATO, SWEET, TATOR GEM S, #24361	1/2 CUP	90	101	0	156	1.87	1.26	23.6	4202	840	5.04	1.71	14.15	4.11	0.71	0.00
BEANS, CALICO, BHS, 4/13	1/2 CUP	75	142	3	381	5.79	1.80	53.9	181	44	2.71	5.62	28.9	1.15	0.35	*0.00
FRUIT, FRESH ASSTD, APPLE, ORNG	1/2 CUP	85	71	0	1	3.21	0.22	19.4	95	11	31.08	0.79	18.33	0.28	0.05	*N/A*
MILK, FLUID, SKIM, CHOC, L O L	1 EACH	75	120	5	180	0.00	0.00	300.0	500	100	1.2	8.0	20.0	0.0	0.00	0.00
MILK, FLUID, SKIM, LAND O LAKE	1 EACH	25	90	5	125	0.00	*N/A*	300.0	500	100	2.4	8.0	13.0	0.0	0.00	0.00
CONDIMENTS:	DAY	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD DRESSING, KEN'S LITE	1 TBSP	50	35	5	120	0.00	0.00	0.0	0	0	0.0	0.0	2.0	3.0	0.00	0.00
DRESSING, RANCH, LITE FOO THILL	1 TBSP	60	35	5	147	0.00	*0.00	7.0	12	2	0.06	0.19	2.19	2.83	0.00	0.00
Weighted Daily Average			679	60	1350	11.77	*3.78	*528.2	*3754	*721	66.14	30.18	103.07	16.54	4.07	*0.00
% of Calories											17.8%	60.7%	21.9%	5.4%	*0.0%	
Nutrient Guideline			600-70		1360		4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Weighted Average			666	*81	1075	*10.10	*4.13	*593.5	*3965	*591	*61.69	32.04	95.97	17.48	*5.18	*0.13
											19.2%	57.6%	23.6%	*7.0%	*0.2%	

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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Buffalo-Hanover-Montrose Schools

May 12, 2014 thru May 16, 2014

Base Menu Spreadsheet

Combined: Middle School Lunch 6-8 Line 1/Middle School Lunch 6-8 Line 2

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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 ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	666		600 - 700	100%													
Cholesterol (mg)	81				Missing												
Sodium (mg)	1075		1360														
Fiber (g)	10.10				Missing	0.37											
Iron (mg)	4.13		4.50	92%	Missing												
Calcium (mg)	593.5		400.00	148%	Missing												
Vitamin A (IU)	3965		1500	264%	Missing												
Vitamin A (RE)	591		300	197%	Missing												
Vitamin C (mg)	61.69		16.70	369%	Missing												
Protein (g)	32.04	19.23%	15.00	214%													
Carbohydrate (g)	95.97	57.61%															
Total Fat (g)	17.48	23.61%	<=30.00%														
Saturated Fat (g)	5.18	7.00%	<10.00%		Missing												
Trans Fat ¹ (g)	0.13	0.18%			Missing												

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