

An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

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Jan 8, 2012

	Portion Size	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)
Wed - 02/01/2012														
Auburn SD - MS Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Corndog, whole grain	1 corndog	270	40	780	5.00	1.44	80.0	0	0	0.0	10.0	27.0	14.0	3.50
Salad, Wild Cherry Broccoli	Servings	63	2	80	0.71	0.95	11.3	125	30	14.11	1.0	6.92	3.53	0.55
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		702	53	1260	9.61	4.99	452.1	1845	284	27.61	25.82	112.26	19.15	4.66
% of Calories											14.7%	64.0%	24.6%	6.0%

Thu - 02/02/2012														
Auburn SD - MS Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Egg Roll, Turkey & Vegetable	1 eggroll	250	110	680	3.00	3.60	60.0	500	100	4.8	15.0	27.0	9.0	2.50
Sweet & sour sauce (portion)	Portion	45	0	150	0.00	0.00	20.0	0	0	0.0	0.0	11.0	0.0	0.00
Fried Rice	1/2 cup	95	0	280	0.50	0.90	0.0	0	0	0.0	2.0	21.5	0.25	0.00
Pineapple, fresh	1/2 cup	37	0	1	1.09	0.22	10.1	43	2	28.06	0.42	9.79	0.09	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		733	79	1415	8.69	5.85	434.1	2024	313	24.78	29.45	123.52	15.72	4.14
% of Calories											16.1%	67.4%	19.3%	5.1%

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 - denotes optional nutrient values

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

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	Portion Size	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)
Fri - 02/03/2012														
Auburn SD - MS Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Pizza, Cheese (BigD'sH) - 2nd	1 slice	390	25	640	3.00	3.60	300.0	500	100	0.0	23.0	44.0	13.0	5.00
Pizza, Pepperoni (BigD'sH)-2nd	1 slice	390	25	730	3.00	3.60	300.0	500	100	0.0	23.0	43.0	14.0	5.00
Salad, Moroccan Carrot	1/4 cup	66	0	70	0.71	0.36	13.2	3911	426	3.42	0.2	6.83	4.42	0.74
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		773	34	1208	9.19	5.71	562.4	4348	569	24.12	31.82	120.51	20.43	5.69
% of Calories											16.5%	62.3%	23.8%	6.6%

Mon - 02/06/2012														
Auburn SD - MS Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Soft taco	1 ea - 2 mt	249	14	718	6.27	4.99	142.0	454	91	2.61	16.53	26.76	9.37	4.77
Soft taco - condiments (elem)	1/4 cup	50	6	326	2.09	0.69	75.9	534	373	2.49	2.31	7.86	0.61	0.36
Salsa, corn & bean	2 oz	106	0	651	5.60	1.60	111.3	411	370	3.93	4.22	20.36	0.39	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		745	33	1722	13.80	7.29	568.7	2474	683	26.71	32.04	122.28	16.44	5.50
% of Calories											17.2%	65.7%	19.9%	6.7%

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Auburn SD - MS Lunch

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Tue - 02/07/2012														
Auburn SD - MS Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Grilled Cheese Sandwich	Sandwich	480	72	820	6.00	2.54	448.0	730	146	0.0	22.0	44.0	25.45	13.24
Soup, tomato	4 oz.	40	0	209	0.45	0.17	1.1	180	36	10.8	0.45	8.1	0.67	0.23
Kiwi	1 EACH	46	0	2	2.28	0.24	25.8	66	14	70.45	0.87	11.14	0.4	0.02
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		821	56	1359	11.25	5.08	634.0	2238	361	62.56	31.82	126.60	23.91	9.40
% of Calories											15.5%	61.7%	26.2%	10.3%

	Portion Size	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)
Wed - 02/08/2012														
Auburn SD - MS Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Gardenburger	1 Each	270	0	590	8.00	1.44	80.0	0	0	0.0	20.0	36.0	5.5	0.50
Corn	1/4 cup	33	0	2	1.00	0.10	0.0	50	10	1.0	1.0	8.0	0.3	0.00
Apple, Fresh 175 ct	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		751	58	1238	10.74	5.24	472.9	1883	287	24.31	30.99	120.51	19.35	5.96
% of Calories											16.5%	64.2%	23.2%	7.1%

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Auburn SD - MS Lunch

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	Portion Size	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)
Thu - 02/09/2012														
Auburn SD - MS Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chicken, Honey Dijon	Portion	609	193	444	0.30	3.62	38.2	540	105	2.5	55.38	20.41	30.15	8.49
Mashed potatoes	1/2 Cup	110	0	440	2.00	0.36	40.0	0	0	6.0	3.0	18.0	3.0	1.00
Gravy, Poultry (RS)	1/4 CUP	15	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.5	0.00
Salad, Spinach	1 Salad	267	0	681	1.32	3.08	59.4	5626	403	16.86	5.77	33.43	14.28	1.54
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		965	120	1501	8.35	6.21	448.0	3169	396	29.72	51.29	122.21	30.77	7.95
% of Calories											21.3%	50.6%	28.7%	7.4%

Fri - 02/10/2012														
Auburn SD - MS Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Spaghetti w/Meat Sauce	Serving	384	38	556	5.03	4.15	200.0	207	50	3.08	24.82	44.54	11.56	4.74
Garlic Toast	1 medallion	45	0	75	0.00	0.36	0.0	0	0	0.0	1.0	5.0	2.5	0.50
Salad, Caesar (elem)	1/2 CUP	59	3	131	1.07	0.61	18.3	3035	142	12.29	1.19	3.38	4.75	0.80
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		790	42	1212	10.38	6.28	515.0	3763	402	30.09	33.73	121.81	20.87	5.84
% of Calories											17.1%	61.7%	23.8%	6.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

	Portion Size	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)
Mon - 02/13/2012														
Auburn SD - MS Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Teriyaki Chicken	2.35 oz	145	63	526	0.00	0.86	0.0	0	0	0.0	13.48	10.59	4.97	1.19
Fried Rice	3/4 cup	142	0	420	0.75	1.35	0.0	0	0	0.0	3.0	32.25	0.37	0.00
Mandarin Oranges	1/2 cup	71	0	7	1.36	0.42	9.1	1467	146	22.23	0.61	18.21	0.16	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		722	55	1351	7.88	4.96	408.7	2508	339	33.31	29.05	125.31	14.01	3.54
% of Calories											16.1%	69.5%	17.5%	4.4%

	Portion Size	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)
Tue - 02/14/2012														
Auburn SD - MS Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Stuffed Breadsticks w/Marinara	2 breadstick	370	35	1110	3.00	2.88	350.0	600	120	6.0	19.0	42.0	14.0	7.00
Apple, Fresh 175 ct	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02
Juice bar, frozen	juice bar	60	0	10	0.00	0.00	0.0	0	0	60.0	0.0	15.0	0.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		780	38	1404	9.66	5.12	574.7	2079	325	57.37	29.80	130.80	17.74	6.17
% of Calories											15.3%	67.1%	20.5%	7.1%

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1 - denotes optional nutrient values

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An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

	Portion Size	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)
Wed - 02/15/2012														
Auburn SD - MS Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Fish, pollack wedge	2 pc	220	10	400	2.00	2.70	0.0	0	0	0.0	14.0	24.0	7.0	1.00
Potatoes, roasted (fresh)	1/2 cup	118	0	5	1.65	0.59	9.0	2	0	14.78	1.52	13.1	6.88	1.17
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Tartar Sauce	svg													
Tartar Sauce	Serving	35	5	150	0.00	0.00	0.0	0	0	0.0	0.0	2.0	3.5	0.50
Weighted Daily Average		714	42	1123	8.78	5.35	419.2	1795	272	27.87	27.62	114.14	18.74	4.06
% of Calories										15.5%	63.9%	23.6%	5.1%	

Thu - 02/16/2012														
Auburn SD - MS Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Beef Stew	1 cup	374	86	390	1.56	3.61	39.7	1939	206	10.94	36.2	13.88	15.64	7.22
Cornbread	1.5 oz squar	150	5	290	0.00	0.00	0.0	0	0	0.0	3.0	26.0	3.5	1.00
Pears, Canned, LS	1/4 cup	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		817	69	1224	8.01	5.46	417.8	2743	366	27.70	40.58	118.12	20.66	7.00
% of Calories										19.9%	57.8%	22.8%	7.7%	

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An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Auburn SD - MS Lunch

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	Portion Size	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)
Fri - 02/17/2012														
Auburn SD - MS Lunch	Total													
No School Today	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Mon - 02/20/2012														
Auburn SD - MS Lunch	Total													
No School Today	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Tue - 02/21/2012														
Auburn SD - MS Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Stuffed shells	Serving	259	44	748	1.96	1.92	381.4	1007	203	3.89	19.87	25.9	7.14	4.42
Corn	1/4 cup	33	0	2	1.00	0.10	0.0	50	10	1.0	1.0	8.0	0.3	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		683	42	1218	8.36	4.62	587.2	2279	370	24.38	30.60	111.93	14.37	4.86
% of Calories										17.9%	65.6%	18.9%	6.4%	

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An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

	Portion Size	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)
Wed - 02/22/2012														
Auburn SD - MS Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chili, Texas	1 cup	416	86	913	5.23	4.60	142.8	574	268	2.5	38.07	19.86	16.92	8.09
Chips, tri-color tortilla	10 chips	140	0	150	1.00	0.36	20.0	0	0	0.0	2.0	17.0	7.0	2.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		791	70	1341	9.82	6.02	480.7	2024	379	22.96	37.45	113.44	21.71	7.08
% of Calories											18.9%	57.4%	24.7%	8.1%

Thu - 02/23/2012														
Auburn SD - MS Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Pizza, Cheese (BigD'sH) - 2nd	1 slice	390	25	640	3.00	3.60	300.0	500	100	0.0	23.0	44.0	13.0	5.00
Pizza, Pepperoni (BigD'sH)-2nd	1 slice	390	25	730	3.00	3.60	300.0	500	100	0.0	23.0	43.0	14.0	5.00
Green beans (frozen)	1/2 CUP	34	0	0	2.24	0.40	44.8	112	22	4.03	1.12	5.6	0.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		756	36	1230	9.55	5.60	569.4	2080	324	24.12	33.01	119.82	17.89	5.39
% of Calories											17.5%	63.4%	21.3%	6.4%

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An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

	Portion Size	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)
Fri - 02/24/2012														
Auburn SD - MS Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Macaroni & Cheese w/Smokies	1 cup	559	74	1401	4.03	2.93	550.3	0	0	0.02	28.44	46.6	28.46	14.12
Grapes, fresh	1/2 cup	90	0	0	1.00	0.36	20.0	100	20	15.0	1.0	24.0	1.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		870	58	1531	9.85	5.37	690.9	2193	316	29.92	34.94	130.65	26.19	9.88
% of Calories											16.1%	60.1%	27.1%	10.2%

Mon - 02/27/2012														
Auburn SD - MS Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Nachos - elem	Serving	574	28	1347	3.13	3.19	212.0	1177	343	52.76	18.25	57.57	29.44	8.29
Salsa, corn & bean	2 oz	106	0	651	5.60	1.60	111.3	411	370	3.93	4.22	20.36	0.39	0.00
Peaches, Canned, LS	1/4 cup	35	0	5	0.25	0.00	0.0	150	30	0.6	0.0	8.5	0.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		900	38	1876	11.32	6.04	565.8	2644	637	50.84	31.74	138.00	26.18	7.09
% of Calories											14.1%	61.4%	26.2%	7.1%

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An Apple a Day, LLC

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Auburn SD - MS Lunch

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	Portion Size	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)
Tue - 02/28/2012														
Auburn SD - MS Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Turkey, roast	3 oz.	184	52	75	0.00	3.11	0.0	0	0	0.0	20.7	3.45	9.2	2.30
Mashed potatoes	1/2 Cup	110	0	440	2.00	0.36	40.0	0	0	6.0	3.0	18.0	3.0	1.00
Gravy, Poultry (RS)	1/4 CUP	15	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.5	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		692	46	1141	7.88	5.34	416.5	1750	263	24.93	32.01	106.71	17.00	4.31
% of Calories											18.5%	61.7%	22.1%	5.6%

Wed - 02/29/2012														
Auburn SD - MS Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Pizza, Cheese (WG Max)	1 pizza	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00
Chicken Burger	Sandwich	343	47	821	5.00	3.44	118.0	148	30	1.0	21.0	42.0	13.0	2.50
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chicken Nuggets	5 nuggets	220	25	500	2.00	1.44	80.0	0	0	0.0	11.0	14.0	13.0	3.00
Fries, Sweet Potato	1/2 cup	85	0	96	2.13	0.19	10.7	2667	853	5.12	0.53	13.33	3.73	0.53
Grapefruit & orange wedges	1/2 cup	40	0	0	1.71	0.10	24.9	634	16	43.72	0.79	9.93	0.11	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		703	46	1154	9.49	4.71	459.3	3052	618	37.13	26.27	112.61	18.87	4.46
% of Calories											15.0%	64.1%	24.2%	5.7%

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Auburn SD - MS Lunch

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	Portion Size	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)
Weighted Average		774	53	1342	9.61	5.54	509.3	2468	395	32.13	32.63 16.9%	120.59 62.3%	20.00 23.3%	5.95 6.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	774		783	99%		9	Correction Required - Calories are Low
Cholesterol (mg)	53		100	53%			
Sodium (mg)	1342		783	171%			Correction Required - Sodium too High
Fiber (g)	9.61		11.00	87%		1.39	Correction Required - Fiber is Low
Iron (mg)	5.54		4.50	123%			
Calcium (mg)	509.3		400.00	127%			
Vitamin A (IU)	2468		1500	165%			
Vitamin A (RE)	395		300	132%			
Vitamin C (mg)	32.13		16.70	192%			
Protein (g)	32.63	16.86%	15.20	215%			
Carbohydrate (g)	120.59	62.32%					
Total Fat (g)	20.00	23.26%	<=30.00%				
Saturated Fat (g)	5.95	6.91%	<10.00%				

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