



OCTOBER

ROCKETSHIP

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 English Muffin Bananas 1% & Fat-Free Milk	2 Banana Bread Apples 1% & Fat-Free Milk
5 Whole Grain O's Cereal Apples 1% & Fat-Free Milk	6 English Muffin w/ Butter & Jam Oranges 1% & Fat-Free Milk	7 Cinnamon Crumble Bread Bananas 1% & Fat-Free Milk	8 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	9 Orange Cranberry Muffin Oranges 1% & Fat-Free Milk
12	13	14 WG Chocolate Chip Muffins Oranges 1% & Fat-Free Milk	15 Arroz con Leche Bananas 1% & Fat-Free Milk	16 WG Pumpkin Bread Apples 1% & Fat-Free Milk
19 Chex Cereal Oranges 1% & Fat-Free Milk	20 English Muffin Bananas 1% & Fat-Free Milk	21 Cinnamon Rolls Apples 1% & Fat-Free Milk	22 WG Mini Bagel w/ Cream Cheese Oranges 1% & Fat-Free Milk	23 Banana Bread Bananas 1% & Fat-Free Milk
26 Whole Grain O's Cereal Apples 1% & Fat-Free Milk	27 WG Mini Bagel w/ Butter Oranges 1% & Fat-Free Milk	28 WG Pumpkin Bread Bananas 1% & Fat-Free Milk	29 English Muffin w/ Jelly Apples 1% & Fat-Free Milk	30 WG Blueberry Muffins Oranges 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP APPLETREE

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 English Muffin Bananas 1% & Fat-Free Milk	2 Banana Bread Apples 1% & Fat-Free Milk
5 Whole Grain O's Cereal Apple Slices 1% & Fat-Free Milk	6 English Muffin w/ Butter & Jam Honeydew 1% & Fat-Free Milk	7 Cinnamon Crumble Bread Cantaloupe 1% & Fat-Free Milk	8 WG Mini Bagel w/ Cream Cheese Bananas 1% & Fat-Free Milk	9 Orange Cranberry Muffin Pineapple 1% & Fat-Free Milk
12	13	14 WG Chocolate Chip Muffins Pineapple 1% & Fat-Free Milk	15 Arroz con Leche Honeydew 1% & Fat-Free Milk	16 WG Pumpkin Bread Cantaloupe 1% & Fat-Free Milk
19 Chex Cereal Apple Slices 1% & Fat-Free Milk	20 English Muffin Honeydew 1% & Fat-Free Milk	21 Cinnamon Rolls Bananas 1% & Fat-Free Milk	22 WG Mini Bagel w/ Cream Cheese Apple Slices 1% & Fat-Free Milk	23 Banana Bread Cantaloupe 1% & Fat-Free Milk
26 Whole Grain O's Cereal Apple Slices 1% & Fat-Free Milk	27 WG Mini Bagel w/ Butter Cut Oranges 1% & Fat-Free Milk	28 WG Pumpkin Bread Bananas 1% & Fat-Free Milk	29 English Muffin w/ Jelly Apple Slices 1% & Fat-Free Milk	30 WG Blueberry Muffins Cut Oranges 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP ECE

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 English Muffin Bananas 1% & Fat-Free Milk	2 Banana Bread Apples 1% & Fat-Free Milk
5 Whole Grain O's Cereal Apple Slices 1% & Fat-Free Milk	6 English Muffin w/ Butter & Jam Honeydew 1% & Fat-Free Milk	7 Cinnamon Crumble Bread Cantaloupe 1% & Fat-Free Milk	8 WG Mini Bagel w/ Cream Cheese Bananas 1% & Fat-Free Milk	9 Orange Cranberry Muffin Pineapple 1% & Fat-Free Milk
12	13	14 WG Chocolate Chip Muffins Pineapple 1% & Fat-Free Milk	15 Arroz con Leche Honeydew 1% & Fat-Free Milk	16 WG Pumpkin Bread Cantaloupe 1% & Fat-Free Milk
19 Chex Cereal Apple Slices 1% & Fat-Free Milk	20 English Muffin Honeydew 1% & Fat-Free Milk	21 Cinnamon Rolls Bananas 1% & Fat-Free Milk	22 WG Mini Bagel w/ Cream Cheese Apple Slices 1% & Fat-Free Milk	23 Banana Bread Cantaloupe 1% & Fat-Free Milk
26 Whole Grain O's Cereal Apple Slices 1% & Fat-Free Milk	27 WG Mini Bagel w/ Butter Cut Oranges 1% & Fat-Free Milk	28 WG Pumpkin Bread Bananas 1% & Fat-Free Milk	29 English Muffin w/ Jelly Apple Slices 1% & Fat-Free Milk	30 WG Blueberry Muffins Cut Oranges 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Bolognese Veggie Patties (V) Garlic Spinach Cherry Tomatoes Oranges 1% & Fat-Free Milk	2 Chicken Tinga WW Tortilla Crispy Tofu (V) Black Beans Corn Salsa Pineapple 1% & Fat-Free Milk
5 Cajun Pasta Impossible Pasta (V) Roasted Broccoli Roasted Cherry Tomatoes Oranges 1% & Fat-Free Milk	6 Chimichurri Chicken Seasoned Rice Crispy Tofu (V) Stewed Beans Sweet Plantains Pineapple 1% & Fat-Free Milk	7 Carne Asada Taco WW Tortilla Vegan Cheese Taco (V) Corn Salsa Mixed Peppers Cantaloupe 1% & Fat-Free Milk	8 Smothered Chicken Seasoned Rice Baked Tofu (V) Steamed Cabbage Peppers w/ Onions Honeydew 1% & Fat-Free Milk	9 Turkey Sloppy Joe Dinner Rolls Impossible Meat (V) Sweet Potatoes Green Beans Pineapple 1% & Fat-Free Milk
12	13	14 BBQ Meatloaf Dinner Rolls Impossible Meat (V) Mashed Potatoes Green Beans Cantaloupe 1% & Fat-Free Milk	15 Pollo Guisado Yellow Rice Crispy Tofu (V) Black Beans Potatoes w/ Carrots Pineapple 1% & Fat-Free Milk	16 WG Turkey Pepperoni Pizza Cheese Pizza (VG) Roasted Broccoli Roasted Corn Oranges 1% & Fat-Free Milk
19 BBQ Chicken Seasoned Rice Crispy Tofu (V) Corn, on the cob Green Beans Oranges 1% & Fat-Free Milk	20 Creamy Alfredo Pasta Steamed Spinach Roasted Red Peppers Pineapple 1% & Fat-Free Milk	21 Curry Chicken Roasted Garlic Naan Baked Tofu (V) Roasted Carrots Steamed Cabbage Cantaloupe 1% & Fat-Free Milk	22 Beef Tacos Seasoned Rice Impossible Meat (V) Red Kidney Beans Fajita Veggies Honeydew 1% & Fat-Free Milk	23 Turkey Burger Sliders Dinner Rolls Bean Meatballs (V) Roasted Zucchini Roasted Squash Apples 1% & Fat-Free Milk
26 Beef Bolognese Garlic Bread Impossible Pasta (V) Roasted Green Beans Roasted Cherry Tomatoes Apples 1% & Fat-Free Milk	27 Sticky Chicken Seasoned Rice Baked Tofu (V) Cream Corn Peppers w/ Onions Cantaloupe 1% & Fat-Free Milk	28 Turkey Tacos WW Tortillas BBQ Veggie Patties (V) Black Bean Salsa Roasted Red Peppers Pineapple 1% & Fat-Free Milk	29 Roasted Chicken WG Corn Bread Baked Tofu (V) Collard Greens Honey Roasted Carrots Oranges 1% & Fat-Free Milk	30 Grilled Cheese Tomato Soup Roasted Broccoli Honeydew 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP ECE

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Bolognese Veggie Patties (V) Garlic Spinach Cherry Tomatoes Oranges 1% & Fat-Free Milk	2 Chicken Tinga WW Tortilla Crispy Tofu (V) Black Beans Corn Salsa Pineapple 1% & Fat-Free Milk
5 Cajun Pasta Impossible Pasta (V) Roasted Broccoli Roasted Cherry Tomatoes Oranges 1% & Fat-Free Milk	6 Chimichurri Chicken Seasoned Rice Crispy Tofu (V) Stewed Beans Sweet Plantains Pineapple 1% & Fat-Free Milk	7 Carne Asada Taco WW Tortilla Vegan Cheese Taco (V) Corn Salsa Mixed Peppers Cantaloupe 1% & Fat-Free Milk	8 Smothered Chicken Seasoned Rice Baked Tofu (V) Steamed Cabbage Peppers w/ Onions Honeydew 1% & Fat-Free Milk	9 Turkey Sloppy Joe Dinner Rolls Impossible Meat (V) Sweet Potatoes Green Beans Pineapple 1% & Fat-Free Milk
12	13	14 BBQ Meatloaf Dinner Rolls Impossible Meat (V) Mashed Potatoes Green Beans Cantaloupe 1% & Fat-Free Milk	15 Pollo Guisado Yellow Rice Crispy Tofu (V) Black Beans Potatoes w/ Carrots Pineapple 1% & Fat-Free Milk	16 WG Turkey Pepperoni Pizza Cheese Pizza (VG) Roasted Broccoli Roasted Corn Oranges 1% & Fat-Free Milk
19 BBQ Chicken Seasoned Rice Crispy Tofu (V) Corn, on the cob Green Beans Oranges 1% & Fat-Free Milk	20 Creamy Alfredo Pasta Steamed Spinach Roasted Red Peppers Pineapple 1% & Fat-Free Milk	21 Curry Chicken Roasted Garlic Naan Baked Tofu (V) Roasted Carrots Steamed Cabbage Cantaloupe 1% & Fat-Free Milk	22 Beef Tacos Seasoned Rice Impossible Meat (V) Red Kidney Beans Fajita Veggies Honeydew 1% & Fat-Free Milk	23 Turkey Burger Sliders Dinner Rolls Bean Meatballs (V) Roasted Zucchini Roasted Squash Apples 1% & Fat-Free Milk
26 Beef Bolognese Garlic Bread Impossible Pasta (V) Roasted Green Beans Roasted Cherry Tomatoes Apples 1% & Fat-Free Milk	27 Sticky Chicken Seasoned Rice Baked Tofu (V) Cream Corn Peppers w/ Onions Cantaloupe 1% & Fat-Free Milk	28 Turkey Tacos WW Tortillas BBQ Veggie Patties (V) Black Bean Salsa Roasted Red Peppers Pineapple 1% & Fat-Free Milk	29 Roasted Chicken WG Corn Bread Baked Tofu (V) Collard Greens Honey Roasted Carrots Oranges 1% & Fat-Free Milk	30 Grilled Cheese Tomato Soup Roasted Broccoli Honeydew 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP APPLETREE

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Bolognese Veggie Patties (V) Garlic Spinach Cherry Tomatoes Oranges 1% & Fat-Free Milk	2 Chicken Tinga WW Tortilla Crispy Tofu (V) Black Beans Corn Salsa Pineapple 1% & Fat-Free Milk
5 Cajun Pasta Impossible Pasta (V) Roasted Broccoli Roasted Cherry Tomatoes Oranges 1% & Fat-Free Milk	6 Chimichurri Chicken Seasoned Rice Crispy Tofu (V) Stewed Beans Sweet Plantains Pineapple 1% & Fat-Free Milk	7 Carne Asada Taco WW Tortilla Vegan Cheese Taco (V) Corn Salsa Mixed Peppers Cantaloupe 1% & Fat-Free Milk	8 Smothered Chicken Seasoned Rice Baked Tofu (V) Steamed Cabbage Peppers w/ Onions Honeydew 1% & Fat-Free Milk	9 Turkey Sloppy Joe Dinner Rolls Impossible Meat (V) Sweet Potatoes Green Beans Pineapple 1% & Fat-Free Milk
12	13	14 BBQ Meatloaf Dinner Rolls Impossible Meat (V) Mashed Potatoes Green Beans Cantaloupe 1% & Fat-Free Milk	15 Pollo Guisado Yellow Rice Crispy Tofu (V) Black Beans Potatoes w/ Carrots Pineapple 1% & Fat-Free Milk	16 WG Turkey Pepperoni Pizza Cheese Pizza (VG) Roasted Broccoli Roasted Corn Oranges 1% & Fat-Free Milk
19 BBQ Chicken Seasoned Rice Crispy Tofu (V) Corn, on the cob Green Beans Oranges 1% & Fat-Free Milk	20 Creamy Alfredo Pasta Steamed Spinach Roasted Red Peppers Pineapple 1% & Fat-Free Milk	21 Curry Chicken Roasted Garlic Naan Baked Tofu (V) Roasted Carrots Steamed Cabbage Cantaloupe 1% & Fat-Free Milk	22 Beef Tacos Seasoned Rice Impossible Meat (V) Red Kidney Beans Fajita Veggies Honeydew 1% & Fat-Free Milk	23 Turkey Burger Sliders Dinner Rolls Bean Meatballs (V) Roasted Zucchini Roasted Squash Apples 1% & Fat-Free Milk
26 Beef Bolognese Garlic Bread Impossible Pasta (V) Roasted Green Beans Roasted Cherry Tomatoes Apples 1% & Fat-Free Milk	27 Sticky Chicken Seasoned Rice Baked Tofu (V) Cream Corn Peppers w/ Onions Cantaloupe 1% & Fat-Free Milk	28 Turkey Tacos WW Tortillas BBQ Veggie Patties (V) Black Bean Salsa Roasted Red Peppers Pineapple 1% & Fat-Free Milk	29 Roasted Chicken WG Corn Bread Baked Tofu (V) Collard Greens Honey Roasted Carrots Oranges 1% & Fat-Free Milk	30 Grilled Cheese Tomato Soup Roasted Broccoli Honeydew 1% & Fat-Free Milk



OCTOBER

ROCKETSHIP

Supper Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Salad Sandwich Celery Sticks	2 Sweet Chili Chicken Wrap Baby Carrots
5 Turkey BLT Sliders Celery Sticks Baby Carrots Ranch	6 BBQ Chicken Wrap Potato Salad	7 Sweet Chili Chicken Noodles Sliced Cucumbers	8 Turkey Pasta Salad Celery Sticks	9 Buffalo Chicken Wrap Garden Salad
12	13	14 Buffalo Chicken Wrap Garden Salad	15 BBQ Chicken Wrap Potato Salad	16 Turkey Pasta Salad Celery Sticks
19 Buffalo Chicken Wrap Garden Salad	20 BBQ Chicken Wrap Potato Salad	21 Turkey Pasta Salad Celery Sticks	22 Turkey BLT Sliders Celery Sticks Baby Carrots Ranch	23 Sweet Chili Chicken Noodles Sliced Cucumbers
26 Sweet Chili Chicken Noodles Sliced Cucumbers	27 Turkey BLT Sliders Celery Sticks Baby Carrots Ranch	28 BBQ Chicken Wrap Potato Salad	29 Turkey Pasta Salad Celery Sticks	30 Buffalo Chicken Wrap Garden Salad

Nutrient Analysis
Based on the offered menu

Menu Name Date Range School Site Grade Level
Rocketship October 1 - All Schools K-8

	USDA CN #	Calories (kc	Total Fat (g	Calories frc Saturated F	Calories frc Sodium (m	Total Sugar	
[SBP] Thursday 10/01/	539.27	8.757	14.615	0.152 *	0.254 *	526.62	47.791
	120	1	7.5 *	*		200	1
	121.04	0.449	3.339	0.152	1.13	1.36	16.633
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Friday 10/02/202	363.23	7.52	18.633	0.035	0.087	326.51	43.146
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Monday 10/05/2	523.23	10.52	18.095	0.535	0.92	526.51	43.146
	160	3	16.875	0.5	2.813	200	0
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Tuesday 10/06/2	573.85	12.621	19.794	2.554 *	4.006 *	531.94	51.976
	120	1	7.5 *	*		200	1
1145	35.85	4.056	101.824	2.525	63.389	0.55	0.003
19297	38.92	0.01	0.231	0.001	0.023	4.48	6.79
	80.85	0.247	2.75	0.028	0.312	1.65	14.025
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Wednesday 10/0	732.433	16.152	19.847	3.658	4.495	851.524	66.7
	313.163	8.395	24.126	3.506	10.076	524.904	19.909
	121.04	0.449	3.339	0.152	1.13	1.36	16.633
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Thursday 10/08/	462.455 *	17.284 *	33.637 *	5.765 *	11.219 *	415.529 *	44.212 *
	*	*	*	*	*	*	*
1017	99.225	9.764	88.562	5.73	51.973	89.019	1.066
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Friday 10/09/202	727.517	15.947	19.728	3.529	4.366	851.543	71.606
	348.437	8.392	21.676	3.501	9.043	524.633	27.423

		80.85	0.247	2.75	0.028	0.312	1.65	14.025
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Monday 10/12/2	601.517	7.757	11.606	0.152	0.227	691.114	51.651	
	182.247	0	0	0	0	364.494	4.86	
	121.04	0.449	3.339	0.152	1.13	1.36	16.633	
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Tuesday 10/13/2	438 *	11.586 *	23.807 *	2.561 *	5.262 *	331.54 *	49.939 *	
	*	*	*	*	*	*	*	
	1145	35.85	4.056	101.824	2.525	63.389	0.55	0.003
	19297	38.92	0.01	0.231	0.001	0.023	4.48	6.79
		65	0.212	2.935	0.035	0.485	1.25	12.988
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Wednesday 10/1	690.357	15.926	20.762	3.527	4.598	851.403	64.075	
	311.277	8.371	24.203	3.499	10.117	524.493	19.892	
		80.85	0.247	2.75	0.028	0.312	1.65	14.025
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Thursday 10/15/	442.833	10.033	20.391	0.375	0.762	330.922	47.3	
	23.563	2.276	86.933	0.223	8.518	4.302	0.509	
	121.04	0.449	3.339	0.152	1.13	1.36	16.633	
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Friday 10/16/20	608.645	15.916	23.535	3.547	5.245	846.376	45.734	
	245.415	8.396	30.79	3.512	12.879	519.866	2.588	
		65	0.212	2.935	0.035	0.485	1.25	12.988
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Monday 10/19/2	528.954	8.554	14.554	0.028 *	0.048 *	636.65	47.181	
	149.874	0.999	5.999 *		*	309.74	2.998	
		80.85	0.247	2.75	0.028	0.312	1.65	14.025
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
		110	4.5	36.818	0.5	4.091	115	5
[SBP] Tuesday 10/20/2	539.27	8.757	14.615	0.152 *	0.254 *	526.62	47.791	
	120	1	7.5 *		*	200	1	
	121.04	0.449	3.339	0.152	1.13	1.36	16.633	
	1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47

	110	4.5	36.818	0.5	4.091	115	5
[SBP] Wednesday 10/2	480.88	8.211	15.367	0.187	0.35	327.573	43.507
	117.65	0.691	5.286	0.152	1.163	1.063	0.361
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Thursday 10/22/	478.305 *	17.319 *	32.588 *	5.758 *	10.835 *	415.929 *	45.249 *
	*	*	*	*	*	*	*
1017	99.225	9.764	88.562	5.73	51.973	89.019	1.066
	80.85	0.247	2.75	0.028	0.312	1.65	14.025
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Friday 10/23/20	809.234	27.566	30.658	2.3	2.558	851.007	67.055
	389.964	19.809	45.717	2.148	4.957	524.387	20.264
	121.04	0.449	3.339	0.152	1.13	1.36	16.633
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Monday 10/26/2	523.23	10.52	18.095	0.535	0.92	526.51	43.146
	160	3	16.875	0.5	2.813	200	0
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Tuesday 10/27/2	414.93 *	11.611 *	25.185 *	2.553 *	5.538 *	327.46 *	44.186 *
	*	*	*	*	*	*	*
1145	35.85	4.056	101.824	2.525	63.389	0.55	0.003
	80.85	0.247	2.75	0.028	0.312	1.65	14.025
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Wednesday 10/2	664.685	16.153	21.872	3.664	4.961	846.486	49.379
	245.415	8.396	30.79	3.512	12.879	519.866	2.588
	121.04	0.449	3.339	0.152	1.13	1.36	16.633
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Thursday 10/29/	522.15	8.53	14.703	0.036 *	0.062 *	530.99	50.936
	120	1	7.5 *	*		200	1
19297	38.92	0.01	0.231	0.001	0.023	4.48	6.79
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[SBP] Friday 10/30/20	649.357	14.079	19.513	2.364	3.276	851.12	65.923

	270.277	6.524	21.724	2.336	7.779	524.21	21.74
	80.85	0.247	2.75	0.028	0.312	1.65	14.025
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Thursday 10/01	2144.49	31.803	13.347	5.954	2.499	1373.39	43.22 *
	330.741	7.706	20.969	1.828	4.974	622.024	2.063
	1427.607	12.787	8.061	1.79	1.128	116.142	2.87 *
	40.782	3.804	83.949	2.312	51.023	307.276	0.136
	6.705	0.074	9.933	0.01	1.342	1.863	0.98
	40.425	0.124	2.761	0.014	0.312	0.825	7.013
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Friday 10/02/20	1120.136	49.291	39.604	7.947	6.385	777.128	40.969 *
	353.494	23.168	58.986	5.412	13.779	159.786	0.638
	85	4	42.353	0.5	5.294	0	0 *
	215.743	14.053	58.624	1.879	7.838	160.559	0.001 *
	91	0.377	3.729	0.104	1.029	130	0.559
	35.419	0.286	7.267	0.045	1.143	0.698	1.487
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Monday 10/05/20	1473.366	54.882	33.524	2.095 *	1.28 *	1939.507 *	50.443 *
	566.18	29.582	47.024	17.6	27.977	1280.578	7.349
	482.405	12.525	23.367	1.6 *	2.985 *	18.103 *	3.215 *
	73.208	4.708	57.879	0.428	5.262	312.491	1.525
	12.918	0.635	44.241	0.053	3.693	2.25	1.183
	40.425	0.124	2.761	0.014	0.312	0.825	7.013
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Tuesday 10/06/20	1178.006	41.388	31.621	4.963	3.792	1154.825 *	46.589 *
	187.999	12.404	59.381	2.192	10.494	88.68	0.086
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	215.743	14.053	58.624	1.879	7.838	160.559	0.001 *
	11.017	0.073	5.964	0.017	1.389	573.376 *	1.041 *
	65.021	2.311	31.988	0.161	2.229	1.5	6.566
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Wednesday 10/07/20	1026.535	37.129	32.552	12.468	10.931	1790.623	44.62 *
	209.909	15.206	65.197	6.701	28.731	138.096	0.387
	90	2	20	0.5	5	190	0
	299.933	9.591	28.779	4.948	14.847	555.775	3.654

	68.832	0.562	7.348	0.087	1.138	1.11	2.753
	32.431	2.31	64.105	0.191	5.3	567.582	1.38 *
	27.2	0.152	5.029	0.041	1.357	12.8	6.288
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Thursday 10/08	1118.59	42.805	34.44	8.193	6.592	3846.828	40.627 *
	179.898	9.649	48.272	3.458	17.3	1218.405	0.108
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	175.739	14.591	74.724	1.502	7.692	1141.369	0.004 *
	44.465	3.733	75.558	2.309	46.736	574.521	1.444
	30.912	2.265	65.945	0.185	5.386	567.348	1.4
	30.6	0.119	3.5	0.032	0.941	15.3	6.902
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Friday 10/09/20	947.995	31.063	29.49	4.105	3.897	1540.906	51.548 *
	135.02	6.313	42.08	1.65	10.998	76.365	2.696
	191.52	3.384	15.902	0.602	2.829	375.12	6.091
	188.466	11.099	53.002	1.608	7.679	19.003	0.559 *
	77.154	2.222	25.92	0.176	2.053	602.497	2.781
	16.355	0.638	35.109	0.062	3.412	141.836	1.137
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Monday 10/12/20	924.116	37.855	36.867	15.314	14.914	2163.921	45.307
	518.839	28.343	49.165	14.099	24.457	1211.857	2.84
	26.586	0.158	5.349	0.022	0.745	327.121	3.034
	49.861	1.927	34.783	1.161	20.956	284.383	2.373
	30.6	0.119	3.5	0.032	0.941	15.3	6.902
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
[NSLP] Tuesday 10/13/20	1098.653	37.103	30.394	4.13	3.383	3550.262	40.002 *
	130.041	5.923	40.992	1.16	8.028	1217.724	0.004 *
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	216.609	14.064	58.435	1.884	7.828	1150.895	0.004 *
	28.658	2.286	71.791	0.187	5.873	284.091	1.244
	25.944	2.258	78.33	0.178	6.175	566.842	0.968
	40.425	0.124	2.761	0.014	0.312	0.825	7.013
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Wednesday 10/14/20	1019.252	37.444	33.063	9.021	7.966	962.81	47.956 *
	98.582	5.667	51.737	1.088	9.933	43.932	0.531
	191.52	3.384	15.902	0.602	2.829	375.12	6.091

	188.466	11.099	53.002	1.608	7.679	19.003	0.559 *
	198.899	9.196	41.611	5.62	25.43	44.859	3.192 *
	16.355	0.638	35.109	0.062	3.412	141.836	1.137
	27.2	0.152	5.029	0.041	1.357	12.8	6.288
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Thursday 10/15	1459.611	53.773	33.157	8.439	5.204	1524.332	41.475 *
	359.021	23.338	58.504	5.452	13.667	167.629	0.705
	351.357	4.073	10.433	0.64	1.639	146.286	0.634
	215.743	14.053	58.624	1.879	7.838	160.559	0.001 *
	91	0.377	3.729	0.104	1.029	130	0.559
	103.01	4.525	39.535	0.357	3.119	593.773	1.292 *
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Friday 10/16/20	1297.042	43.379	30.1	15.156	10.517	2694.938	52.674
	547.016	20.827	34.266	9.683	15.931	1358.708	9.058
	299.933	9.591	28.779	4.948	14.847	555.775	3.654
	73.208	4.708	57.879	0.428	5.262	312.491	1.525
	38.23	0.821	19.328	0.083	1.954	141.879	1.266
	40.425	0.124	2.761	0.014	0.312	0.825	7.013
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Monday 10/19/20	1223.444	36.233	26.654	4.104	3.019	735.162	54.447 *
	172.67	8.204	42.761	1.329	6.927	97.107	5.396
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	215.743	14.053	58.624	1.879	7.838	160.559	0.001 *
	80.85	0.643	7.158	0.099	1.102	4.125	3.119
	16.355	0.638	35.109	0.062	3.412	141.836	1.137
	80.85	0.247	2.75	0.028	0.312	1.65	14.025
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Tuesday 10/20/20	907.9	35.888	35.576	2.496	2.474	2407.583	46.036
	502.707	22.422	40.142	13.16	23.56	1207.496	6.654
	39.769	3.801	86.019	2.311	52.3	307.16	0.13
	25.944	2.258	78.33	0.178	6.175	566.842	0.968
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Wednesday 10/21/20	1022.151	49.818	43.865	6.438	5.669	2951.289	47.18 *
	139.179	6.203	40.112	1.198	7.747	88.947	0.328
	183.921	6.274	30.701	1.525	7.462	436.479	2.734

	175.739	14.591	74.724	1.502	7.692	1141.369	0.004 *
	168.454	13.392	71.55	1.006	5.375	371.281	6.068
	29.428	1.898	58.047	1.166	35.66	575.153	1.6
	27.2	0.152	5.029	0.041	1.357	12.8	6.288
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Thursday 10/22	1279.6	41.397	29.116	7.948	5.59	1451.057	41.25 *
	198.099	13.821	62.791	5.266	23.924	60.812	0
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	188.466	11.099	53.002	1.608	7.679	19.003	0.559 *
	156	0.286	1.65	0.039	0.225	118.3	0.78
	49.459	3.624	65.946	0.296	5.386	907.757	2.24
	30.6	0.119	3.5	0.032	0.941	15.3	6.902
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Friday 10/23/20	818.003	21.833	24.022	2.687	2.956	1439.586	45.278
	119.457	6.183	46.583	1.634	12.311	46.814	0
	191.52	3.384	15.902	0.602	2.829	375.12	6.091
	123.5	0.331	2.412	0.071	0.517	124.15	0.669
	28.658	2.286	71.791	0.187	5.873	284.091	1.244
	24.138	2.235	83.333	0.175	6.525	283.526	0.622
	32.5	0.106	2.935	0.018	0.498	0.625	6.494
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Monday 10/26/	1413.68	40.835	25.997	8.719 *	5.551 *	1454.48 *	54.935 *
	409.383	15.344	33.733	5.46	12.003	636.021	2.063
	113.034	3.535	28.146	1.447	11.521	187.925	3.054
	482.405	12.525	23.367	1.6 *	2.985 *	18.103 *	3.215 *
	32.71	1.276	35.109	0.124	3.412	283.671	2.274
	12.918	0.635	44.241	0.053	3.693	2.25	1.183
	65	0.212	2.935	0.035	0.485	1.25	12.988
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Tuesday 10/27/	1130.467	38.12	30.349	3.846	3.062	2455.138	46.781 *
	172.815	8.111	42.241	1.326	6.906	119.978	5.787
	358.746	5.14	12.895	0.707	1.774	4.625	0.611
	175.739	14.591	74.724	1.502	7.692	1141.369	0.004 *
	66.825	0.553	7.448	0.085	1.145	283.758	2.533
	30.912	2.265	65.945	0.185	5.386	567.348	1.4
	27.2	0.152	5.029	0.041	1.357	12.8	6.288
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5

[NSLP] Wednesday 10/28	1088.461	41.948	34.685	14.529	12.013	2307.991	40.55
	123.227	6.324	46.188	1.652	12.066	331.076	0.237
	90	2	20	0.5	5	190	0
	416.803	23.573	50.901	12.086	26.097	763.703	0.282
	93.007	0.386	3.735	0.106	1.026	130.285	0.779
	25.944	2.258	78.33	0.178	6.175	566.842	0.968
	41.25	0.099	2.16	0.007	0.153	0.825	8.126
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Thursday 10/29	1044.227	40.592	34.985	8.654	7.459	3093.177	48.628 *
	130.041	5.923	40.992	1.16	8.028	1217.724	0.004
	326.644	11.059	30.471	5.84	16.091	40.605	4.515
	175.739	14.591	74.724	1.502	7.692	1141.369	0.004 *
	11.52	0.22	17.188	0.02	1.563	6.12	0.166
	61.628	1.367	19.963	0.118	1.723	361.274	6.768
	40.425	0.124	2.761	0.014	0.312	0.825	7.013
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[NSLP] Friday 10/30/20	881.539	31.001	31.65	12.326	12.584	1685.094	43.041
	488.727	22.015	40.541	12.127	22.332	685.391	0.154
	39.681	0.347	7.87	0.051	1.157	508.09	5.33
	24.301	1.212	44.887	0.116	4.296	151.053	0.497
	30.6	0.119	3.5	0.032	0.941	15.3	6.902
1175	102.48	2.367	20.787	1.544	13.56	107.36	12.688
1151	85.75	0.441	4.629	0.287	3.012	102.9	12.47
	110	4.5	36.818	0.5	4.091	115	5
[CACFP.LUNCH] Monday	483.049	15.241	28.396	7.06	13.154	642.412	6.699 *
	424.287	13.368	28.356	6.23	13.215	528.183	0.997 *
	8.4	0.102	10.929	0.025	2.679	48	0.804
	21	0.078	3.343	0.014	0.6	46.8	2.856
	29.362	1.693	51.894	0.791	24.246	19.429	2.042 *
[CACFP.LUNCH] Tuesday	468.794	14.388	27.622	3.179	6.103	1089.439	5.865 *
	346.67	12.404	32.202	2.829	7.344	469.107	5.396 *
	122.124	1.984	14.621	0.35	2.579	620.332	0.469 *
[CACFP.LUNCH] Wednesday	171.78	8.294	43.454	1.361	7.131	177.524	3.738
	163.98	8.237	45.209	1.342	7.366	176.484	2.87
	7.8	0.057	6.577	0.019	2.192	1.04	0.868
[CACFP.LUNCH] Thursday	366.932	9.403	23.063	2.68	6.573	148.572	2.246
	358.532	9.301	23.348	2.655	6.665	100.572	1.442
	8.4	0.102	10.929	0.025	2.679	48	0.804
[CACFP.LUNCH] Friday	283.384	7.925	25.169	2.492	7.914	630.245	0 *
	283.384	7.925	25.169	2.492	7.914	630.245	0 *
[CACFP.LUNCH] Monday	171.78	8.294	43.454	1.361	7.131	177.524	3.738
	163.98	8.237	45.209	1.342	7.366	176.484	2.87
	7.8	0.057	6.577	0.019	2.192	1.04	0.868

[CACFP.LUNCH] Tuesday	483.049	15.241	28.396	7.06	13.154	642.412	6.699 *
	424.287	13.368	28.356	6.23	13.215	528.183	0.997 *
	8.4	0.102	10.929	0.025	2.679	48	0.804
	21	0.078	3.343	0.014	0.6	46.8	2.856
	29.362	1.693	51.894	0.791	24.246	19.429	2.042 *
[CACFP.LUNCH] Wednesday	296.877	7.954 *	24.113 *	2.496 *	7.567 *	658.828	0.454 *
	283.384	7.925	25.169	2.492	7.914	630.245	0 *
	13.493	0.029 *	1.934 *	0.004 *	0.267 *	28.583	0.454 *
[CACFP.LUNCH] Thursday	468.794	14.388	27.622	3.179	6.103	1089.439	5.865 *
	346.67	12.404	32.202	2.829	7.344	469.107	5.396 *
	122.124	1.984	14.621	0.35	2.579	620.332	0.469 *
[CACFP.LUNCH] Friday	366.932	9.403	23.063	2.68	6.573	148.572	2.246
	358.532	9.301	23.348	2.655	6.665	100.572	1.442
	8.4	0.102	10.929	0.025	2.679	48	0.804
[CACFP.LUNCH] Monday	296.877	7.954 *	24.113 *	2.496 *	7.567 *	658.828	0.454 *
	283.384	7.925	25.169	2.492	7.914	630.245	0 *
	13.493	0.029 *	1.934 *	0.004 *	0.267 *	28.583	0.454 *
[CACFP.LUNCH] Tuesday	468.794	14.388	27.622	3.179	6.103	1089.439	5.865 *
	346.67	12.404	32.202	2.829	7.344	469.107	5.396 *
	122.124	1.984	14.621	0.35	2.579	620.332	0.469 *
[CACFP.LUNCH] Wednesday	366.932	9.403	23.063	2.68	6.573	148.572	2.246
	358.532	9.301	23.348	2.655	6.665	100.572	1.442
	8.4	0.102	10.929	0.025	2.679	48	0.804
[CACFP.LUNCH] Thursday	483.049	15.241	28.396	7.06	13.154	642.412	6.699 *
	424.287	13.368	28.356	6.23	13.215	528.183	0.997 *
	21	0.078	3.343	0.014	0.6	46.8	2.856
	8.4	0.102	10.929	0.025	2.679	48	0.804
	29.362	1.693	51.894	0.791	24.246	19.429	2.042 *
[CACFP.LUNCH] Friday	171.78	8.294	43.454	1.361	7.131	177.524	3.738
	163.98	8.237	45.209	1.342	7.366	176.484	2.87
	7.8	0.057	6.577	0.019	2.192	1.04	0.868
[CACFP.LUNCH] Monday	171.78	8.294	43.454	1.361	7.131	177.524	3.738
	163.98	8.237	45.209	1.342	7.366	176.484	2.87
	7.8	0.057	6.577	0.019	2.192	1.04	0.868
[CACFP.LUNCH] Tuesday	483.049	15.241	28.396	7.06	13.154	642.412	6.699 *
	424.287	13.368	28.356	6.23	13.215	528.183	0.997 *
	21	0.078	3.343	0.014	0.6	46.8	2.856
	8.4	0.102	10.929	0.025	2.679	48	0.804
	29.362	1.693	51.894	0.791	24.246	19.429	2.042 *
[CACFP.LUNCH] Wednesday	468.794	14.388	27.622	3.179	6.103	1089.439	5.865 *
	346.67	12.404	32.202	2.829	7.344	469.107	5.396 *
	122.124	1.984	14.621	0.35	2.579	620.332	0.469 *
[CACFP.LUNCH] Thursday	366.932	9.403	23.063	2.68	6.573	148.572	2.246
	358.532	9.301	23.348	2.655	6.665	100.572	1.442
	8.4	0.102	10.929	0.025	2.679	48	0.804
[CACFP.LUNCH] Friday	296.877	7.954 *	24.113 *	2.496 *	7.567 *	658.828	0.454 *
	283.384	7.925	25.169	2.492	7.914	630.245	0 *

13.493 0.029 * 1.934 * 0.004 * 0.267 * 28.583 0.454 *

* Indicates that one or more values are missing from the calculation.

[1] Group totals for Saturated Fat and Calories from Sat Fat (%) exclude saturated fat contributed by the
The functionality for calculation of meal pattern contributions (crediting amounts) is being provided as :

Calories	fric	Added Sugars	Calories	fric	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)
35.449	5 *	3.709 *	0 *	17.1 *	86.145	7.536	29.962	71.541 *		
3.333	1	3.333 *		*	23	2	4 *			
54.967 *	*			0	0	31.062	3.536	1.482	26.112	
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
18.182	4	14.545	0	0	8	2	8 *			
47.514 4 *	4.405 *	0 *		17.1	49.345	5	24.805	65.679 *		
79.926 *	*		0	0	17.262	3	0.325	20.25		
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
18.182	4	14.545	0	0	8	2	8 *			
32.984 4 *	3.058 *	0 *		17.1	79.345	8	29.805	65.679 *		
0	0	0	0	0	30	3	5 *			
79.926 *	*		0	0	17.262	3	0.325	20.25		
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
18.182	4	14.545	0	0	8	2	8 *			
36.23 5 *	3.485 *	0 *		27.85 *	85.417	7.784	30.077	205.179 *		
3.333	1	3.333 *		*	23	2	4 *			
0.033 *	*	*		10.75	0.003	0	0.043	37.485		
69.784 *	*	*		0	9.64	0.154	0.052	0		
69.388 *	*		0	0	20.691	3.63	1.502	122.265		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
18.182	4	14.545	0	0	8	2	8 *			
36.427 4 *	2.185 *	0.011 *		53.076	117.791	9.494	32.56	135.465 *		
25.43 *	*	0.011 *		35.976	54.646	3.958	6.598	63.924		
54.967 *	*		0	0	31.062	3.536	1.482	26.112		
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
18.182	4	14.545	0	0	8	2	8 *			
38.241 *	4 *	3.46 *	0 *	45.734 *	50.91 *	5 *	26.549 *	160.17 *		
*	*	*	*	*	*	*	*	*		
4.297 *	*	*		28.634	1.565	0	1.744	94.491		
79.926 *	*		0	0	17.262	3	0.325	20.25		
49.524 *	*	*		12.2	12.176	0	8.223	34.404		
58.169 *	*	*		4.9	11.907	0	8.257	11.025		
18.182	4	14.545	0	0	8	2	8 *			
39.37	10.069 *	5.536 *	0.011 *	53.076	116.038	10.076	32.675	241.38 *		
31.481	6.069 *	6.967 *	0.011 *	35.976	63.264	4.446	6.693	73.686 *		

69.388 *	*		0	0	20.691	3.63	1.502	122.265
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
34.347 8.86 *	5.892 *	0 *		17.1	106.884	6.751	29.607	71.541 *
10.667	4.86	10.667	0	0	43.739	1.215	3.645	0
54.967 *	*		0	0	31.062	3.536	1.482	26.112
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
45.606 * 4 *	3.653 *	0 *	27.85 *	58.988 *	5.154 *	24.9 *	103.164 *	
*	*	*	*	*	*	*	*	*
0.033 *	*	*		10.75	0.003	0	0.043	37.485
69.784 *	*	*		0	9.64	0.154	0.052	0
79.926 *	*		0	0	17.262	3	0.325	20.25
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
37.126 4 *	2.318 *	0.011 *	53.076	106.835	9.214	32.548	231.006 *	
25.562 *	*	0.011 *	35.976	54.061	3.584	6.566	63.312	
69.388 *	*		0	0	20.691	3.63	1.502	122.265
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
42.725 4 *	3.613 *	0.009 *	17.588	63.695	5.577	26.294	72.986 *	
8.641 *	*	0.009 *	0.488	0.55	0.041	0.332	1.445	
54.967 *	*		0	0	31.062	3.536	1.482	26.112
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
30.056 4 *	2.629 *	0.011 *	53.076	86.342	8.848	31.449	552.546 *	
4.218	0	0 0.011 *	35.976	36.997	3.848	6.644	486.867	
79.926 *	*		0	0	17.262	3	0.325	20.25
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
35.679 6.998 *	5.292 *	0 *	17.1 *	87.745	7.628	28.98	167.694 *	
8.001	2.998	8.001 *	*	34.971	1.998	2.998 *		
69.388 *	*		0	0	20.691	3.63	1.502	122.265
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
35.449 5 *	3.709 *	0 *	17.1 *	86.145	7.536	29.962	71.541 *	
3.333	1	3.333 *	*	23	2	4 *		
54.967 *	*		0	0	31.062	3.536	1.482	26.112
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025

18.182	4	14.545	0	0	8	2	8 *
36.189 4 *		3.327 * 0 *		17.1	75.738	9.642	28.21 66.636 *
1.227 *		* *		0	26.393	4.642	3.405 0.957
79.926 *			0	0	17.262	3	0.325 20.25
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
37.841 * 4 *		3.345 * 0 *		45.734 * 54.339 *	5.63 *	27.726 *	262.185 *
*		* *		* *	*	*	*
4.297 *		* *		28.634	1.565	0	1.744 94.491
69.388 *			0	0	20.691	3.63	1.502 122.265
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
33.145 4 *		1.977 * 0.074 *		63.692	112.397	8.907	31.867 103.471 *
20.786 *		* 0.074 *		46.592	49.252	3.371	5.905 31.93
54.967 *			0	0	31.062	3.536	1.482 26.112
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
32.984 4 *		3.058 * 0 *		17.1	79.345	8	29.805 65.679 *
0	0	0	0	0	30	3	5 *
79.926 *			0	0	17.262	3	0.325 20.25
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
42.596 * 4 *		3.856 * 0 *		27.85 * 52.777 *	5.63 *	26.025 *	205.179 *
*		* *		* *	*	*	*
0.033 *		* *		10.75	0.003	0	0.043 37.485
69.388 *			0	0	20.691	3.63	1.502 122.265
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
29.716 4 *		2.407 * 0.011 *		53.076	100.142	9.384	32.606 558.408 *
4.218	0	0 0.011 *		35.976	36.997	3.848	6.644 486.867
54.967 *			0	0	31.062	3.536	1.482 26.112
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
39.02 5 *		3.83 * 0 *		17.1 *	81.985	7.154	28.857 65.679 *
3.333	1	3.333 *		*	23	2	4 *
69.784 *		* *		0	9.64	0.154	0.052 0
79.926 *			0	0	17.262	3	0.325 20.25
49.524 *		* *		12.2	12.176	0	8.223 34.404
58.169 *		* *		4.9	11.907	0	8.257 11.025
18.182	4	14.545	0	0	8	2	8 *
40.608 4 *		2.464 * 0.011 *		48.2	101.728	9.003	31.584 216.992 *

32.174 *	*	0.011 *	31.1	48.954	3.373	5.602	49.298
69.388 *	*	0	0	20.691	3.63	1.502	122.265
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *
8.062 * 4 *	0.746 *	0.101 *	82.545 *	333.957	53.624	142.273	1257.945 *
2.495 *	*	0.084	55.693 *	43.001	6.791	23.669	46.938 *
0.804 * 0 *	0 *	0.017 *	0	245.674	41.862	92.091	133.176 *
1.334 *	*	0 *	9.752	1.405	0.709	0.954	878.181
58.464 *	*	0	0	1.449	0.447	0.328	93.088
69.393 *	*	0	0	10.345	1.815	0.751	61.133
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
14.63 * 4 *	1.428 *	0.121 *	190.668	84.448	12.775	89.14	240.863 *
0.722 *	*	0.112 *	173.568	1.528	0.193	32.837	69.741
* *	*	0	0	11	1	1	0
0.002 * *	*	0.009	0	3.915	3.182	23.522	68.106
2.457 *	*	0	0	16.64	4.16	5.746	1.17
16.793 *	*	0	0	8.458	1.085	1.11	42.062
78.798 *	*	0	0	10.824	1.155	0.445	14.355
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
13.695 * 4 *	1.086 *	0.7 *	112.024 *	167.556	19.423	87.659	794.733 *
5.192 *	*	0.681 *	94.924 *	49.706	6.536	27.044	303.611 *
2.666 * *	*	0 *	0 *	66.753	6.117	32.305	107.107 *
8.332 *	*	0.017	0	6.919	2.415	2.683	164.998
36.631 *	*	0.002	0	1.75	0.54	0.396	112.455
69.393 *	*	0	0	10.345	1.815	0.751	61.133
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *
15.82 * 4 *	1.358 *	0.045 *	102.076 *	132.301 *	11.146 *	74.154 *	862.306 *
0.183 *	*	0.018 *	84.976 *	0.433	0.199	17.928	121.515
0.681 *	*	0.009	0	70.531	3.33	6.975	0
0.002 * *	*	0.009	0	3.915	3.182	23.522	68.106
37.796 * *	*	0 *	0 *	2.556 *	0.643 *	0.317 *	486.114 *
40.393 *	*	0.009	0	11.959	0.637	0.487	126.787
78.798 *	*	0	0	10.824	1.155	0.445	14.355
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *
17.387 * 4 *	1.559 *	1.076 *	105.34 *	113.714	12.375	63.022	1616.387 *
0.737 *	*	0.761	61.024	0.961	0.305	16.479	313.284
0 *	*	*	*	15	2	2 *	
4.873 *	*	0.306 *	27.216	39.648	4.329	16.712	142.756

15.998 *	*	0	0	16.419	2.075	2.162	66.688
17.021 * *	*	0.009	0	3.075	0.946	0.517	236.55
92.471 *	*	0	0	6.528	0.72	0.672	811.68
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
14.528 * 4 *	1.43 *	0.079 *	121.58	122.105	10.004	63.138	328.571 *
0.24 *	*	0.027 *	94.728	4.009	0.305	18.363	42.451
0.681 *	*	0.009	0	70.531	3.33	6.975	0
0.009 * *	*	0.034	0	2.244	1.704	11.808	34.789
12.99 *	*	0 *	9.752	2.789	1.195	0.643	47.689
18.116 *	*	0.009	0	2.723	0.79	0.41	145.463
90.222 *	*	0	0	7.726	0.68	0.459	12.75
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
21.75 * 4 *	1.688 *	0.094 *	72.793	104.216	15.382	71.561	3086.335 *
7.987 *	*	0.083 *	55.693	3.61	0.437	16.211	32.414
12.721 *	*	*	0	36.792	5.4	6.264	0
1.186 * *	*	0	0	4.744	3.287	22.472	103.803
14.418 *	*	0.009	0	13.556	2.065	1.073	2830.759
27.808 *	*	0.002	0	2.607	1.038	0.616	59.575
78.798 *	*	0	0	10.824	1.155	0.445	14.355
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
19.611 4 *	1.731 *	0.137 *	96.964 *	94.82	12.737	52.482	3586.223 *
2.19 *	*	0.137 *	74.988 *	42.538	6.03	24.77	207.143 *
45.648 *	*	0	0	6.22	1.827	0.61	3207.778
19.037 *	*	0 *	4.876	6.253	2.2	2.163	113.123
90.222 *	*	0	0	7.726	0.68	0.459	12.75
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *
49.524 *	*	*	12.2	12.176	0	8.223	34.404
14.564 * 4 *	1.456 *	0.063 *	102.076	120.992	11.763	74.548	433.268 *
0.012 * *	*	0.027	84.976	0.353	0.14	17.83	7.415
0.681 *	*	0.009	0	70.531	3.33	6.975	0
0.007 * *	*	0.009	0	4.136	3.269	23.558	68.672
17.363 *	*	0.009	0	1.981	0.656	0.698	34.127
14.924 *	*	0.009	0	1.563	0.553	0.256	216.492
69.393 *	*	0	0	10.345	1.815	0.751	61.133
58.169 *	*	*	4.9	11.907	0	8.257	11.025
49.524 *	*	*	12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *
18.82 * 4 *	1.57 *	0.172 *	80.606	110.109	16.99	69.802	1149.661 *
2.155 *	*	0.051 *	37.146	3.178	0.295	8.803	24.839
12.721 *	*	*	0	36.792	5.4	6.264	0

1.186 *	*	*	0	0	4.744	3.287	22.472	103.803
6.419 *	*	*	0.119 *	26.36	24.177	4.25	6.495	104.335
27.808 *	*	*	0.002	0	2.607	1.038	0.616	59.575
92.471 *	*	*	0	0	6.528	0.72	0.672	811.68
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
11.366 *	4 *	1.096 *	0.145 *	193.323	150.46	17.687	97.491	1836.771 *
0.785 *	*	*	0.113	176.223	1.914	0.597	33.641	343.27
0.722 *	*	*	0.006	0	71.015	3.493	7.044	0
0.002 *	*	*	0.009	0	3.915	3.182	23.522	68.106
2.457 *	*	*	0	0	16.64	4.16	5.746	1.17
5.017 *	*	*	0.017	0	14.069	3.1	2.613	1364.441
78.798 *	*	*	0	0	10.824	1.155	0.445	14.355
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
16.244 7 *		2.159 *	0.75 *	97.055	163.137	15.365	72.336	656.626 *
6.624 3 *		2.194 *	0.425	52.739	66.181	3.816	26.658	217.684
4.873 *	*	*	0.306 *	27.216	39.648	4.329	16.712	142.756
8.332 *	*	*	0.017	0	6.919	2.415	2.683	164.998
13.246 *	*	*	0.002	0	7.961	0.99	1.052	24.626
69.393 *	*	*	0	0	10.345	1.815	0.751	61.133
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
17.801 *	4 *	1.308 *	0.055 *	102.076	155.195	15.909	77.885	428.842 *
12.5 *	*	*	0.035 *	84.976	5.981	0.419	18.084	73.077
0.681 *	*	*	0.009	0	70.531	3.33	6.975	0
0.002 *	*	*	0.009	0	3.915	3.182	23.522	68.106
15.431 *	*	*	0	0	19.387	2.31	2.706	60.39
27.808 *	*	*	0.002	0	2.607	1.038	0.616	59.575
69.388 *	*	*	0	0	20.691	3.63	1.502	122.265
58.169 *	*	*		4.9	11.907	0	8.257	11.025
49.524 *	*	*		12.2	12.176	0	8.223	34.404
18.182	4	14.545	0	0	8	2	8 *	
20.282 4 *		1.762 *	0.452 *	100.08 *	95.604	11.017	52.743	1355.921 *
5.295 *	*	*	0.443 *	73.228 *	49.954	6.614	26.651	201.483 *
1.308 *	*	*	0 *	9.752	1.18	0.695	0.911	878.162
14.924 *	*	*	0.009	0	1.563	0.553	0.256	216.492
78.798 *	*	*	0	0	10.824	1.155	0.445	14.355
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
18.463 *	5.364 *	2.099 *	0.122 *	113.77	85.813	11.954	62.516	7474.36 *
0.943 *	*	*	0.027	84.976	2.038	1.216	18.166	134.988
5.946 1.364 *		2.966 *	0.009	6.818	27.497	1.378	5.498	0.018

0.009 *	*	*	0.034	0	2.244	1.704	11.808	34.789
14.409 *	*	*	0.052	0	12.351	3.619	1.205	6415.331
21.748 *	*	0 *		4.876	3.072	1.317	0.687	32.125
92.471 *	*		0	0	6.528	0.72	0.672	811.68
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
12.895 *	4 *	1.25 *	0.815 *	79.754	140.371	22.261	80.374	398.593 *
0 *	*		0.792	62.654	0	0	17.129	3.87
0.681 *	*		0.009	0	70.531	3.33	6.975	0
1.186 *	*	*	0	0	4.744	3.287	22.472	103.803
2 *	*		0	0	20.93	11.7	8.203	0
18.116 *	*		0.014	0	4.357	1.264	0.656	232.741
90.222 *	*		0	0	7.726	0.68	0.459	12.75
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
22.141	4 *	1.956 *	0.101 *	72.793	99.307	17.832	54.804	123.424 *
0 *	*		0.083	55.693	0	0	15.868	15.981
12.721 *	*	*		0	36.792	5.4	6.264	0
2.167 *	*		0	0	18.785	7.93	6.975	0.585
17.363 *	*		0.009	0	1.981	0.656	0.698	34.127
10.307 *	*		0.009	0	1.035	0.346	0.356	17.177
79.926 *	*		0	0	8.631	1.5	0.163	10.125
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
15.544 *	4 *	1.132 *	0.799 *	84.63 *	184.685	23.239	86.861	456.239 *
2.016 *	*		0.793	62.654 *	43.001	6.791	24.929	34.827 *
10.807 *	*	0 *		4.876	18.622	2.714	3.194	17.021
2.666 *	*	0 *	0 *		66.753	6.117	32.305	107.107 *
27.808 *	*		0.004	0	5.214	2.077	1.232	119.15
36.631 *	*		0.002	0	1.75	0.54	0.396	112.455
79.926 *	*		0	0	17.262	3	0.325	20.25
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	
16.553 *	4 *	1.415 *	0.087 *	102.076	136.506	10.664	64.433	1093.189 *
13.395 *	*		0.035 *	84.976	6.475	0.14	17.984	6.576
0.681 *	*		0.009	0	70.531	3.33	6.975	0
0.009 *	*	*	0.034	0	2.244	1.704	11.808	34.789
15.162 *	*		0	0	15.922	1.98	2.104	49.252
18.116 *	*		0.009	0	2.723	0.79	0.41	145.463
92.471 *	*		0	0	6.528	0.72	0.672	811.68
49.524 *	*	*		12.2	12.176	0	8.223	34.404
58.169 *	*	*		4.9	11.907	0	8.257	11.025
18.182	4	14.545	0	0	8	2	8 *	

14.902 4 *	1.47 *	0.092 *	130.965 *	109.286	14.268	66.477	618.765 *
0.769 *	*	0.083 *	55.693	0.699	0.305	16.054	104.944
0 *	*	*	*	15	2	2 *	
0.271 *	*	*	58.172 *	31.98	4	17.438	218.94 *
3.35 *	*		0 0	17.137	4.255	5.804	18.605
14.924 *	*	0.009	0	1.563	0.553	0.256	216.492
78.798 *	*	0	0	10.824	1.155	0.445	14.355
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4 14.545	0	0	8	2	8 *	
18.627 * 4 *	1.532 *	0.068 *	155.181	111.175	17.052	65.019	6492.416 *
0.012 *	*	0.027	84.976	0.353	0.14	17.83	7.415
5.529 *	*	0.003 *	53.105	51.851	6.74	7.989	118.086
0.009 * *	*	0.034	0	2.244	1.704	11.808	34.789
5.764 *	*	0	0	1.951	1.44	1.087	542.052
43.928 *	*	0.004 *	0	12.348	3.213	1.074	5683.512
69.393 *	*	0	0	10.345	1.815	0.751	61.133
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4 14.545	0	0	8	2	8 *	
19.53 4 *	1.815 *	0.672 *	78.108	97.085	7.851	49.731	374.745 *
0.126 0 *	0 *	0.668 *	61.008	45.209	2	21.769	186.079 *
53.728 *	*	0	0	9.048	2.357	2.025	79.303
8.181 *	*	0.004	0	3.019	0.814	0.998	51.184
90.222 *	*	0	0	7.726	0.68	0.459	12.75
49.524 *	*	*	12.2	12.176	0	8.223	34.404
58.169 *	*	*	4.9	11.907	0	8.257	11.025
18.182	4 14.545	0	0	8	2	8 *	
5.547 * 0 *	0 *	0.334 *	57.014	55.459	5.573	25.74	3452.155 *
0.94 * 0 *	0 *	0.334 *	52.636	46.382	2.844	23.683	853.037 *
38.286 *	*	0	0	1.782	0.96	0.414	80.82
54.4 *	*	0	0	4.944	1.74	0.384	2482.2
27.818 * *	*	0 *	4.378	2.351	0.029	1.259	36.098
5.004 * *	0 *	0.035 *	87.126 *	58.434	8.466	28.019	74.354 *
6.226 * *	*	0.035 *	84.976 *	35.381	4.019	23.484	73.077 *
1.536 * *	*	0 *	2.15	23.053	4.447	4.535	1.277
8.704 0 *	0 *	0.036 *	86.304	5.258	0.65	18.665	89.351 *
7.001 0 *	0 *	0.036 *	86.304	3.37	0.39	18.327	72.971 *
44.513 *	*	0	0	1.888	0.26	0.338	16.38
2.448 *	0 *	0.136 *	62.701 *	45.575	7.668	26.465	114.758 *
1.609 *	*	0.136 *	62.701 *	43.793	6.708	26.051	33.938 *
38.286 *	*	0	0	1.782	0.96	0.414	80.82
0 * 0 *	0 *	0.018 *	84.976 *	29.4	3.6	23.173	6.509 *
0 * 0 *	0 *	0.018 *	84.976 *	29.4	3.6	23.173	6.509 *
8.704 0 *	0 *	0.036 *	86.304	5.258	0.65	18.665	89.351 *
7.001 0 *	0 *	0.036 *	86.304	3.37	0.39	18.327	72.971 *
44.513 *	*	0	0	1.888	0.26	0.338	16.38

5.547 *	0 *	0 *	0.334 *	57.014	55.459	5.573	25.74	3452.155 *	
0.94 *	0 *	0 *	0.334 *	52.636	46.382	2.844	23.683	853.037 *	
38.286 *		*		0	0	1.782	0.96	0.414	80.82
54.4 *		*		0	0	4.944	1.74	0.384	2482.2
27.818 *	*	*	0 *	4.378	2.351	0.029	1.259	36.098	
0.612 *	0 *	0 *	0.018 *	84.976 *	31.687	4.336	24.295	256.511 *	
0 *	0 *	0 *	0.018 *	84.976 *	29.4	3.6	23.173	6.509 *	
13.459 *	*	*	0 *	0 *	2.287	0.736	1.122	250.002 *	
5.004 *	*	0 *	0.035 *	87.126 *	58.434	8.466	28.019	74.354 *	
6.226 *	*	*	0.035 *	84.976 *	35.381	4.019	23.484	73.077 *	
1.536 *	*	*	0 *	2.15	23.053	4.447	4.535	1.277	
2.448 *		0 *	0.136 *	62.701 *	45.575	7.668	26.465	114.758 *	
1.609 *		*	0.136 *	62.701 *	43.793	6.708	26.051	33.938 *	
38.286 *		*		0	0	1.782	0.96	0.414	80.82
0.612 *	0 *	0 *	0.018 *	84.976 *	31.687	4.336	24.295	256.511 *	
0 *	0 *	0 *	0.018 *	84.976 *	29.4	3.6	23.173	6.509 *	
13.459 *	*	*	0 *	0 *	2.287	0.736	1.122	250.002 *	
5.004 *	*	0 *	0.035 *	87.126 *	58.434	8.466	28.019	74.354 *	
6.226 *	*	*	0.035 *	84.976 *	35.381	4.019	23.484	73.077 *	
1.536 *	*	*	0 *	2.15	23.053	4.447	4.535	1.277	
2.448 *		0 *	0.136 *	62.701 *	45.575	7.668	26.465	114.758 *	
1.609 *		*	0.136 *	62.701 *	43.793	6.708	26.051	33.938 *	
38.286 *		*		0	0	1.782	0.96	0.414	80.82
5.547 *	0 *	0 *	0.334 *	57.014	55.459	5.573	25.74	3452.155 *	
0.94 *	0 *	0 *	0.334 *	52.636	46.382	2.844	23.683	853.037 *	
54.4 *		*		0	0	4.944	1.74	0.384	2482.2
38.286 *		*		0	0	1.782	0.96	0.414	80.82
27.818 *	*	*	0 *	4.378	2.351	0.029	1.259	36.098	
8.704	0 *	0 *	0.036 *	86.304	5.258	0.65	18.665	89.351 *	
7.001	0 *	0 *	0.036 *	86.304	3.37	0.39	18.327	72.971 *	
44.513 *		*		0	0	1.888	0.26	0.338	16.38
8.704	0 *	0 *	0.036 *	86.304	5.258	0.65	18.665	89.351 *	
7.001	0 *	0 *	0.036 *	86.304	3.37	0.39	18.327	72.971 *	
44.513 *		*		0	0	1.888	0.26	0.338	16.38
5.547 *	0 *	0 *	0.334 *	57.014	55.459	5.573	25.74	3452.155 *	
0.94 *	0 *	0 *	0.334 *	52.636	46.382	2.844	23.683	853.037 *	
54.4 *		*		0	0	4.944	1.74	0.384	2482.2
38.286 *		*		0	0	1.782	0.96	0.414	80.82
27.818 *	*	*	0 *	4.378	2.351	0.029	1.259	36.098	
5.004 *	*	0 *	0.035 *	87.126 *	58.434	8.466	28.019	74.354 *	
6.226 *	*	*	0.035 *	84.976 *	35.381	4.019	23.484	73.077 *	
1.536 *	*	*	0 *	2.15	23.053	4.447	4.535	1.277	
2.448 *		0 *	0.136 *	62.701 *	45.575	7.668	26.465	114.758 *	
1.609 *		*	0.136 *	62.701 *	43.793	6.708	26.051	33.938 *	
38.286 *		*		0	0	1.782	0.96	0.414	80.82
0.612 *	0 *	0 *	0.018 *	84.976 *	31.687	4.336	24.295	256.511 *	
0 *	0 *	0 *	0.018 *	84.976 *	29.4	3.6	23.173	6.509 *	

13.459 *	*	*	0 *	0 *	2.287	0.736	1.122	250.002 *
----------	---	---	-----	-----	-------	-------	-------	-----------

± fluid milk component. Individual recipe rows show the full amount.

a convenience to users for informational purposes only. This feature has not been approved by the Unit

Vitamin C (	Vitamin D (	Calcium (m	Iron (mg)	Folate (Vit	Phosphoru	Grain Credi	Fruit Credit	Red/Orang
11.832 *	0 *	709.7 *	1.5 *	*	*	2	1 *	
*	*	99	1 *	*	*	2	0	0
11.832	0	6.8	0.354 *	*	*	0	1	0
0	0	305	0.073 *	*	*	0	0	0
0	0	298.9	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
5.75 *	0 *	611.4 *	0.296 *	*	*	*	1 *	
5.75	0	7.5	0.15 *	*	*	0	1	0
0	0	305	0.073 *	*	*	0	0	0
0	0	298.9	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
5.75 *	0 *	831.4 *	14.696 *	*	*	1	1 *	
*	0	220	14.4 *	*	*	1	0	0
5.75	0	7.5	0.15 *	*	*	0	1	0
0	0	305	0.073 *	*	*	0	0	0
0	0	298.9	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
98.747 *	0 *	777.85 *	1.43 *	*	*	2	1 *	
*	*	99	1 *	*	*	2	0	0
0	0	1.2	0.001 *	*	*	0	0	0
1.232	0	2.8	0.069 *	*	*	0	0	0
97.515	0	70.95	0.214 *	*	*	0	1	0
0	0	298.9	0.073 *	*	*	0	0	0
0	0	305	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
11.856 *	0.159 *	724.869 *	2.77 *	*	*	2	1 *	
0.024	0.159	114.169	2.27 *	*	*	2	0	0
11.832	0	6.8	0.354 *	*	*	0	1	0
0	0	305	0.073 *	*	*	0	0	0
0	0	298.9	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
5.75 *	0 *	638.9 *	0.327 *	*	*	2	1 *	
*	*	*	*	*	*	2	0	0
0	0	27.5	0.031 *	*	*	0	0	0
5.75	0	7.5	0.15 *	*	*	0	1	0
0	0	305	0.073 *	*	*	0	0	0
0	0	298.9	0.073 *	*	*	0	0	0
*	*	*	*	*	*	0	0	0
105.789 *	0.159 *	789.079 *	2.582 *	*	*	2	1 *	
8.274 *	0.159	114.229	2.222 *	*	*	2	0	0

97.515	0	70.95	0.214 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
11.832 *	3.645 *	610.7 *	15.08 *	242.996 *	0 *	1	1 *
0	3.645	0	14.58	242.996	0	1	0
11.832	0	6.8	0.354 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
6.982 *	0 *	615.4 *	0.366 *	*	2	1 *	
*	*	*	*	*	2	0	0
0	0	1.2	0.001 *	*	0	0	0
1.232	0	2.8	0.069 *	*	0	0	0
5.75	0	7.5	0.15 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
97.515 *	0.159 *	781.97 *	2.563 *	*	2.75	1 *	
0	0.159	107.12	2.203 *	*	2.75	0	0
97.515	0	70.95	0.214 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
11.835 *	0 *	623.682 *	0.509 *	*	2	1 *	
0.003	0	12.982	0.009 *	*	2	0	0
11.832	0	6.8	0.354 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
6.131 *	0.159 *	705.819 *	2.497 *	*	2	1 *	
0.381	0.159	94.419	2.201 *	*	2	0	0
5.75	0	7.5	0.15 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
97.515 *	0 *	804.741 *	14.748 *	*	1	1 *	
*	*	129.891	14.388 *	*	1	0	0
97.515	0	70.95	0.214 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
11.832 *	0 *	709.7 *	1.5 *	*	2	1 *	
*	*	99	1 *	*	2	0	0
11.832	0	6.8	0.354 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0

*	*	*	*	*	*	0	0	0
5.75 *	0 *	623.094 *	1.611 *	*	*	2	1 *	
	0	0	11.694	1.315 *	*	2	0	0
	5.75	0	7.5	0.15 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
97.515 *	0 *	702.35 *	0.391 *	*	*	2	1 *	
*	*	*	*	*	*	2	0	0
	0	0	27.5	0.031 *	*	0	0	0
	97.515	0	70.95	0.214 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
12.831 *	0.26 *	700.346 *	2.493 *	*	*	2.25	1 *	
	0.999	0.26	89.646	1.993 *	*	2.25	0	0
	11.832	0	6.8	0.354 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
5.75 *	0 *	831.4 *	14.696 *	*	*	1	1 *	
*		0	220	14.4 *	*	1	0	0
	5.75	0	7.5	0.15 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
97.515 *	0 *	676.05 *	0.361 *	*	*	2	1 *	
*	*	*	*	*	*	2	0	0
	0	0	1.2	0.001 *	*	0	0	0
	97.515	0	70.95	0.214 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
12.213 *	0.159 *	705.119 *	2.701 *	*	*	2	1 *	
	0.381	0.159	94.419	2.201 *	*	2	0	0
	11.832	0	6.8	0.354 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
6.982 *	0 *	713.2 *	1.365 *	*	*	2	1 *	
*	*	99	1 *	*	*	2	0	0
	1.232	0	2.8	0.069 *	*	0	0	0
	5.75	0	7.5	0.15 *	*	0	1	0
	0	0	305	0.073 *	*	0	0	0
	0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	*	0	0	0
98.082 *	0.159 *	780.736 *	2.168 *	*	*	2	1 *	

0.567	0.159	105.886	1.808 *	*	2	0	0
97.515	0	70.95	0.214 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
72.007 *	0.323 *	899.166 *	32.896 *	*	2	0.5	0.25
1.602 *	0.323 *	33.571	3.056 *	*	2	0	0
7.902 *	0 *	189.689 *	28.645 *	*	0	0	0
8.642	0	32.806	0.841 *	*	0	0	0
5.103	0	3.725	0.101 *	*	0	0	0.25
48.758	0	35.475	0.107 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
44.799 *	0.09 *	1619.229 *	7.09 *	*	2	0.5 *	
1.102	0.09 *	16.335	1.514 *	*	0	0	0
0 *		10 *	*	*	2	0	0
0.272	0	930.415	3.641 *	*	0	0	0
0 *		45.5	1.339 *	*	0	0	0
3.99	0	2.354	0.211 *	*	0	0	0
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
140.984 *	0.87 *	2192.368 *	6.847 *	*	4	0.5	0.25
3.779 *	0.87 *	637.576	2.31 *	*	2	0	0
2.937 *	0 *	863.236 *	3.445 *	*	2	0	0
79.345	0	47.681	0.718 *	*	0	0	0
6.165	0	4.5	0.121 *	*	0	0	0.25
48.758	0	35.475	0.107 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
54.356 *	0 *	1577.535 *	6.657 *	*	2	0.5 *	
6.081	0 *	14.039	1.095 *	*	0	0	0
0	0	8.325	1.193 *	*	2	0	0
0.272	0	930.415	3.641 *	*	0	0	0
1.668 *	0 *	9.006 *	0.137 *	*	0	0	0
6.9	0	1.125	0.206 *	*	0	0	0
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
101.524 *	0.381 *	1116.01 *	5.866 *	*	3	0.5	0.125
1.609	0.211	115.15	1.583 *	*	0	0	0
*	*	70	1 *	*	1	0	0
1.984	0.17	309.968	2.324 *	*	2	0	0

5.433	0	3.592	0.405 *	*	0	0	0
63.138	0	6.2	0.24 *	*	0	0	0.125
29.36	0	7.2	0.168 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
62.333 *	0 *	1124.105 *	4.775 *	*	2.25	0.5	0.125
0.858	0	11.703	1.013 *	*	0.25	0	0
0	0	8.325	1.193 *	*	2	0	0
0.136	0	467.851	1.873 *	*	0	0	0
16.47	0	20.662	0.244 *	*	0	0	0
29.569	0	6.564	0.162 *	*	0	0	0.125
15.3	0	5.1	0.144 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
48.354 *	0.363 *	1613.245 *	7.402 *	*	2	0.5	0.5
3.279	0.323	22.487	1.083 *	*	0	0	0
0	0	76.32	1.742 *	*	2	0	0
0.96	0.04	863.533	3.534 *	*	0	0	0
1.596	0	21.523	0.437 *	*	0	0	0.5
3.084	0	14.757	0.221 *	*	0	0	0
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
24.814 *	0.5 *	1230.04 *	3.223 *	*	2	0.5	0.5
0.058 *	0.5 *	587.613	2.106 *	*	2	0	0
3.776	0	21.907	0.208 *	*	0	0	0.5
5.68	0	11.52	0.619 *	*	0	0	0
15.3	0	5.1	0.144 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
0	0	305	0.073 *	*	0	0	0
88.006 *	0 *	1602.175 *	6.269 *	*	2	0.5	0.25
0	0	9.474	0.795 *	*	0	0	0
0	0	8.325	1.193 *	*	2	0	0
0.272	0	932.557	3.683 *	*	0	0	0
9.605	0	9.261	0.214 *	*	0	0	0
29.371	0	3.183	0.131 *	*	0	0	0.25
48.758	0	35.475	0.107 *	*	0	0.5	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
53.64 *	0.462 *	1704.295 *	12.092 *	*	2	0.5 *	
0.798	0.211	15.072	0.745 *	*	0	0	0
0	0	76.32	1.742 *	*	2	0	0

0.96	0.04	863.533	3.534 *	*	0	0	0
19.438	0.211	123.513	5.536 *	*	0	0	0
3.084	0	14.757	0.221 *	*	0	0	0
29.36	0	7.2	0.168 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
56.276 *	0.09 *	1658.4 *	11.674 *	*	2	0.5	0.125
4.616	0.09	20.468	1.665 *	*	0	0	0
0.005	0	9.622	1.591 *	*	2	0	0
0.272	0	930.415	3.641 *	*	0	0	0
0 *		45.5	1.339 *	*	0	0	0
11.948	0	37.77	3.053 *	*	0	0	0.125
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
135.341 *	0.406 *	1536.969 *	7.442 *	*	4	0.5 *	
3.81 *	0.236 *	538.62	3.952 *	*	2	0	0
1.984	0.17	309.968	2.324 *	*	2	0	0
79.345	0	47.681	0.718 *	*	0	0	0
1.444	0	1.325	0.195 *	*	0	0	0
48.758	0	35.475	0.107 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
108.24 *	0 *	1650.953 *	7.147 *	*	2	1 *	
1.429	0	19.306	1.171 *	*	0	0	0
0	0	8.325	1.193 *	*	2	0	0
0.272	0	930.415	3.641 *	*	0	0	0
5.94	0	3.3	0.561 *	*	0	0	0
3.084	0	14.757	0.221 *	*	0	0	0
97.515	0	70.95	0.214 *	*	0	1	0
0	0	298.9	0.073 *	*	0	0	0
0	0	305	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
77.351 *	0.562 *	1273.881 *	3.67 *	*	2	0.5	0.25
0.115 *	0.562 *	624.498	2.324 *	*	2	0	0
8.43	0	31.575	0.83 *	*	0	0	0
29.371	0	3.183	0.131 *	*	0	0	0.25
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
56.032 *	0 *	1218.926 *	5.571 *	*	2	0.5	1
0.51	0	19.097	1.205 *	*	0	0	0
0.212 *	0 *	55.776	1.512 *	*	2	0	0

0.136	0	467.851	1.873 *	*	0	0	0
7.552	0	43.026	0.4 *	*	0	0	1
18.262	0	22.076	0.267 *	*	0	0	0
29.36	0	7.2	0.168 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
65.13 *	0.132 *	1558.481 *	10.049 *	*	2	0.5	0.125
0	0.092	13.821	1.926 *	*	0	0	0
0	0	8.325	1.193 *	*	2	0	0
0.96	0.04	863.533	3.534 *	*	0	0	0
1.56 *		53.3	2.847 *	*	0	0	0
47.31	0	10.502	0.259 *	*	0	0	0.125
15.3	0	5.1	0.144 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
18.063 *	0.323 *	762.991 *	5.265 *	*	2	0.5 *	
0	0.323	15.336	0.88 *	*	0	0	0
0	0	76.32	1.742 *	*	2	0	0
0.78 *		49.4	2.093 *	*	0	0	0
9.605	0	9.261	0.214 *	*	0	0	0
4.803	0	5.024	0.115 *	*	0	0	0
2.875	0	3.75	0.075 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
22.835 *	0.092 *	1580.64 *	9.288 *	*	5	1	0.25
1.602 *	0.092 *	32.056	4.102 *	*	2	0	0
0.212	0	39.935	0.883 *	*	1	0	0
2.937 *	0 *	863.236 *	3.445 *	*	2	0	0
6.169	0	29.513	0.441 *	*	0	0	0
6.165	0	4.5	0.121 *	*	0	0	0.25
5.75	0	7.5	0.15 *	*	0	1	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
62.333 *	0 *	1105.196 *	4.796 *	*	2	0.5	0.125
0.38	0	8.706	0.864 *	*	0	0	0
0	0	8.325	1.193 *	*	2	0	0
0.136	0	467.851	1.873 *	*	0	0	0
2.888	0	2.65	0.39 *	*	0	0	0
29.569	0	6.564	0.162 *	*	0	0	0.125
29.36	0	7.2	0.168 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0

71.718 *	0.676 *	1311.558 *	6.164 *	*	3	0.5	0.25
0.366	0.323	19.937	1.21 *	*	0	0	0
*	*	70	1 *	*	1	0	0
0 *	0.353 *	557.196	2.082 *	*	2	0	0
2.546 0 *		46.617	1.356 *	*	0	0	0
29.371	0	3.183	0.131 *	*	0	0	0.25
39.435	0	10.725	0.239 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
68.301 *	0.198 *	1302.281 *	5.893 *	*	2	0.5	0.875
0	0	9.474	0.795 *	*	0	0	0
0	0.198	63.751	2.44 *	*	2	0	0
0.136	0	467.851	1.873 *	*	0	0	0
12.708	0	83.52	0.169 *	*	0	0	0
6.699	0	38.31	0.363 *	*	0	0	0.875
48.758	0	35.475	0.107 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
51.885 *	0.567 *	1095.53 *	3.461 *	*	2	0.5 *	
0 *	0.567 *	423.675	1.291 *	*	2	0	0
11.248	0	43.211	1.609 *	*	0	0	0
25.337	0	19.644	0.271 *	*	0	0	0
15.3	0	5.1	0.144 *	*	0	0.5	0
0	0	305	0.073 *	*	0	0	0
0	0	298.9	0.073 *	*	0	0	0
*	*	*	*	*	0	0	0
8.606 *	0.321 *	325.96	2.739 *	*	2 *		0.625
4.196 *	0.283 *	237.728	2.024 *	*	2	0	0.125
1.86	0	24	0.12 *	*	0	0	0
1.56	0	19.2	0.534 *	*	0	0	0.5
0.99	0.038	45.032	0.061 *	*	0	0	0
20.935 *	0 *	211.816	7.954 *	*	1 *	*	
1.429 *	0 *	157.306	2.371 *	*	1	0	0
19.506	0	54.51	5.583 *	*	0	0	0
2.831 *	0 *	20.116 *	1.157 *	*	*	*	*
1.375 *	0 *	11.796 *	1.011 *	*	0	0	0
1.456	0	8.32	0.146 *	*	0	0	0
1.946 *	0.365 *	102.83	3.098 *	*	2 *	*	
0.086 *	0.365 *	78.83	2.978 *	*	2	0	0
1.86	0	24	0.12 *	*	0	0	0
0 *	0 *	144.328 *	1.932 *	*	1 *	*	
0 *	0 *	144.328 *	1.932 *	*	1	0	0
2.831 *	0 *	20.116 *	1.157 *	*	*	*	*
1.375 *	0 *	11.796 *	1.011 *	*	0	0	0
1.456	0	8.32	0.146 *	*	0	0	0

8.606 *	0.321 *	325.96	2.739 *	*	2 *	0.625
4.196 *	0.283 *	237.728	2.024 *	*	2	0 0.125
1.86	0	24	0.12 *	*	0	0 0
1.56	0	19.2	0.534 *	*	0	0 0.5
0.99	0.038	45.032	0.061 *	*	0	0 0
1.51 *	0 *	146.732 *	1.97 *	*	1 *	* *
0 *	0 *	144.328 *	1.932 *	*	1	0 0
1.51 *	0 *	2.404 *	0.038 *	*	0	0 0
20.935 *	0 *	211.816	7.954 *	*	1 *	* *
1.429 *	0 *	157.306	2.371 *	*	1	0 0
19.506	0	54.51	5.583 *	*	0	0 0
1.946 *	0.365 *	102.83	3.098 *	*	2 *	* *
0.086 *	0.365 *	78.83	2.978 *	*	2	0 0
1.86	0	24	0.12 *	*	0	0 0
1.51 *	0 *	146.732 *	1.97 *	*	1 *	* *
0 *	0 *	144.328 *	1.932 *	*	1	0 0
1.51 *	0 *	2.404 *	0.038 *	*	0	0 0
20.935 *	0 *	211.816	7.954 *	*	1 *	* *
1.429 *	0 *	157.306	2.371 *	*	1	0 0
19.506	0	54.51	5.583 *	*	0	0 0
1.946 *	0.365 *	102.83	3.098 *	*	2 *	* *
0.086 *	0.365 *	78.83	2.978 *	*	2	0 0
1.86	0	24	0.12 *	*	0	0 0
8.606 *	0.321 *	325.96	2.739 *	*	2 *	0.625
4.196 *	0.283 *	237.728	2.024 *	*	2	0 0.125
1.56	0	19.2	0.534 *	*	0	0 0.5
1.86	0	24	0.12 *	*	0	0 0
0.99	0.038	45.032	0.061 *	*	0	0 0
2.831 *	0 *	20.116 *	1.157 *	*	*	* *
1.375 *	0 *	11.796 *	1.011 *	*	0	0 0
1.456	0	8.32	0.146 *	*	0	0 0
2.831 *	0 *	20.116 *	1.157 *	*	*	* *
1.375 *	0 *	11.796 *	1.011 *	*	0	0 0
1.456	0	8.32	0.146 *	*	0	0 0
8.606 *	0.321 *	325.96	2.739 *	*	2 *	0.625
4.196 *	0.283 *	237.728	2.024 *	*	2	0 0.125
1.56	0	19.2	0.534 *	*	0	0 0.5
1.86	0	24	0.12 *	*	0	0 0
0.99	0.038	45.032	0.061 *	*	0	0 0
20.935 *	0 *	211.816	7.954 *	*	1 *	* *
1.429 *	0 *	157.306	2.371 *	*	1	0 0
19.506	0	54.51	5.583 *	*	0	0 0
1.946 *	0.365 *	102.83	3.098 *	*	2 *	* *
0.086 *	0.365 *	78.83	2.978 *	*	2	0 0
1.86	0	24	0.12 *	*	0	0 0
1.51 *	0 *	146.732 *	1.97 *	*	1 *	* *
0 *	0 *	144.328 *	1.932 *	*	1	0 0

1.51 *	0 *	2.404 *	0.038 *	*	*	0	0	0
--------	-----	---------	---------	---	---	---	---	---

ed States Department of Agriculture (USDA) and it is the responsibility of the user to validate that all cal

Dark Green Starchy Veg Beans, Pea Other Veg Meat/Mea Milk Credit

*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0

	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1

	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*	*	*		3

	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
	0.5 *	*	*		4	3
	0	0	0	0	2	0
	0	0	0	0	2	0
	0.5	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.25	0.5 *		6	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0.5	0	2	0
	0	0.25	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
	0.5 *	*	*		4	3.25
	0	0	0	0	2	0.25
	0	0	0	0	2	0
	0.5	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.25	0.5 *		6	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0.5	0	2	0
	0	0.25	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.5 *		0.25	3.5	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	1.5	0

	0	0.5	0	0	0	0
	0	0	0	0.25	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*		0.625	3	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	1	0
	0	0	0	0.5	0	0
	0	0	0	0.125	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*		0.25	4	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0.25	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.25 *	*		2	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0.25	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*		0.5	4	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.5 *		0.25	3	3
	0	0	0	0	1	0
	0	0	0	0	0	0

	0	0	0	0	2	0
	0	0.5	0	0	0	0
	0	0	0	0.25	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.25	0.5 *		6	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0.5	0	2	0
	0	0.25	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
0.5	0.25 *		*		3.5	3
0	0	0	0	0	2	0
0	0	0	0	0	1.5	0
0.5	0	0	0	0	0	0
0	0.25	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	1
0	0	0	0	0	0	1
0	0	0	0	0	0	1
*		0.5 *		0.25	4	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0.5	0	0	0	0
	0	0	0	0.25	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
0.5 *		*	*		2	3.25
0	0	0	0	0	2	0.25
0.5	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	1
0	0	0	0	0	0	1
0	0	0	0	0	0	1
*	*	*		0.5	3	3
	0	0	0	0	2	0
	0	0	0	0	0	0

	0	0	0	0	1	0
	0	0	0	0	0	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*		0.5	0.125	6	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0.5	0	2	0
	0	0	0	0.125	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*		0.5	0.75	4	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0.5	0	2	0
	0	0	0	0.5	0	0
	0	0	0	0.25	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*	*	*		0.5	4	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
*		0.5	*	0.125	3	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	1	0
	0	0.5	0	0	0	0
	0	0	0	0.125	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1

*	*		0.5 *		6	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	2	0
	0	0	0.5	0	2	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
	0.5 *	*	*		3	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0	1	0
	0.5	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
	0.125 *	*	*		2	3
	0	0	0	0	2	0
	0	0	0	0	0	0
	0.125	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	1
	0	0	0	0	0	1
	0	0	0	0	0	1
	0.25 *	*		0.5	2 *	
	0.25	0	0	0	2	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
*		0.5 *	*		2 *	
	0	0	0	0	2	0
	0	0.5	0	0	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
*	*	*	*		2 *	
	0	0	0	0	2	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0

	0.25 *	*		0.5	2 *	
	0.25	0	0	0	2	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	0.75 *	*	*		2 *	
	0	0	0	0	2	0
	0.75	0	0	0	0	0
*		0.5 *	*		2 *	
	0	0	0	0	2	0
	0	0.5	0	0	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0.75 *	*	*		2 *	
	0	0	0	0	2	0
	0.75	0	0	0	0	0
*		0.5 *	*		2 *	
	0	0	0	0	2	0
	0	0.5	0	0	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0.25 *	*		0.5	2 *	
	0.25	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0.25 *	*		0.5	2 *	
	0.25	0	0	0	2	0
	0	0	0	0	0	0
	0	0	0	0.5	0	0
	0	0	0	0	0	0
*		0.5 *	*		2 *	
	0	0	0	0	2	0
	0	0.5	0	0	0	0
*	*	*		0.5	2 *	
	0	0	0	0	2	0
	0	0	0	0.5	0	0
	0.75 *	*	*		2 *	
	0	0	0	0	2	0

0.75	0	0	0	0	0
------	---	---	---	---	---

culations related to meal pattern contributions are correct.