red rabbit

NOVEMBER

ROCKETSHIP

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Mango Bread Clementines 1% & Fat-Free Milk	5 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	6 WG Blueberry Muffins Oranges 1% & Fat-Free Milk
9 Chex Cereal Apples 1% & Fat-Free Milk	10 English Muffin w/ Butter & Jam Oranges 1% & Fat-Free Milk	11	12 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	13 Apple Cinnamon Bread Oranges 1% & Fat-Free Milk
16 Whole Grain O's Cereal Apples 1% & Fat-Free Milk	17 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	18 Blueberry Bread Clementine 1% & Fat-Free Milk	19 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	20 WG Pumpkin Bread Apples 1% & Fat-Free Milk
23 Chex Cereal Apples 1% & Fat-Free Milk	24 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	25	26	27
30 Whole Grain O's Cereal Apples 1% & Fat-Free Milk				

red rabbit

NOVEMBER

ROCKETSHIP APPLETREE

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Mango Bread Clementines 1% & Fat-Free Milk	5 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	6 WG Blueberry Muffins Oranges 1% & Fat-Free Milk
9 Chex Cereal Apples 1% & Fat-Free Milk	10 English Muffin w/ Butter & Jam Oranges 1% & Fat-Free Milk	11	12 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	13 Apple Cinnamon Bread Oranges 1% & Fat-Free Milk
16 Whole Grain O's Cereal Apples 1% & Fat-Free Milk	17 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	18 Blueberry Bread Clementine 1% & Fat-Free Milk	19 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	20 WG Pumpkin Bread Apples 1% & Fat-Free Milk
23 Chex Cereal Apples 1% & Fat-Free Milk	24 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	25	26	27
30 Whole Grain O's Cereal Apples 1% & Fat-Free Milk				

red rabbit

NOVEMBER

ROCKETSHIP ECE

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Mango Bread Clementines 1% & Fat-Free Milk	5 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	6 WG Blueberry Muffins Oranges 1% & Fat-Free Milk
9 Chex Cereal Apples 1% & Fat-Free Milk	10 English Muffin w/ Butter & Jam Oranges 1% & Fat-Free Milk	11	12 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	13 Apple Cinnamon Bread Oranges 1% & Fat-Free Milk
16 Whole Grain O's Cereal Apples 1% & Fat-Free Milk	17 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	18 Blueberry Bread Clementine 1% & Fat-Free Milk	19 English Muffin w/ Jelly Bananas 1% & Fat-Free Milk	20 WG Pumpkin Bread Apples 1% & Fat-Free Milk
23 Chex Cereal Apples 1% & Fat-Free Milk	24 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	25	26	27
30 Whole Grain O's Cereal Apples 1% & Fat-Free Milk				

red rabbit

NOVEMBER

ROCKETSHIP

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Baked Macaroni & Cheese (VG) Roasted Carrots Green Peas Pineapples 1% & Fat-Free Milk	5 Turkey Chili WG Corn Bread Bean Chili (V) Roasted Corn Green Peas Apples 1% & Fat-Free Milk	6 Sweet Chili Chicken Seasoned Rice Sweet Chili Tofu (V) Roasted Broccoli Roasted Carrots Pears 1% & Fat-Free Milk
9 Cajun Pasta (VG) Green Peas Roasted Peppers & Onions Oranges 1% & Fat-Free Milk	10 Chicken Adobo Seasoned Rice Tofu Adobo (V) Roasted Broccoli Roasted Corn Apples 1% & Fat-Free Milk	11	12 Cilantro Lime Chicken Seasoned Rice Cilantro Lime Tofu (V) Steamed Carrots Green Peas Apples 1% & Fat-Free Milk	13 Chipotle Beef WW Tortillas Chipotle Ground Tofu (V) Pico de Gallo Pears 1% & Fat-Free Milk
16 Turkey Rice Bowl Bean Taco (V) Stewed Pinto Beans Roasted Corn Cantaloupe 1% & Fat-Free Milk	17 Creamy Alfredo Pasta Tofu Pasta (V) Steamed Broccoli Roasted Cherry Tomatoes Pineapple 1% & Fat-Free Milk	18 WG Dirty Rice w/ Ground Beef WG Dirty Rice w/ Crispy Tofu (V) Steamed Corn Roasted Peppers & Onions Apples 1% & Fat-Free Milk	19 Chicken Taco WW Tortillas Tofu Pasta (V) Roasted Zucchini & Squash Oranges 1% & Fat-Free Milk	20 Herb Roasted Turkey WG Corn Bread Herb Roasted Tofu (V) Glazed Candied Yams Roasted Green Beans Honeydew 1% & Fat-Free Milk
23 Creamy Tomato Pasta (VG) Green Peas Roasted Corn Oranges 1% & Fat-Free Milk	24 Spiced Chicken Jollof Rice Spiced Chickpea (V) Roasted Carrots Roasted Broccoli Honeydew 1% & Fat-Free Milk	25	26	27
30 Carne Asada Taco WW Tortillas Crispy Tofu (V) Roasted Corn Roasted Peppers & Onions Oranges 1% & Fat-Free Milk				

red rabbit

NOVEMBER

ROCKETSHIP APPLETREE

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Baked Macaroni & Cheese (VG) Roasted Carrots Green Peas Pineapples 1% & Fat-Free Milk	5 Turkey Chili WG Corn Bread Bean Chili (V) Roasted Corn Green Peas Apples 1% & Fat-Free Milk	6 Sweet Chili Chicken Seasoned Rice Sweet Chili Tofu (V) Roasted Broccoli Roasted Carrots Pears 1% & Fat-Free Milk
9 Cajun Pasta (VG) Green Peas Roasted Peppers & Onions Oranges 1% & Fat-Free Milk	10 Chicken Adobo Seasoned Rice Tofu Adobo (V) Roasted Broccoli Roasted Corn Apples 1% & Fat-Free Milk	11	12 Cilantro Lime Chicken Seasoned Rice Cilantro Lime Tofu (V) Steamed Carrots Green Peas Apples 1% & Fat-Free Milk	13 Chipotle Beef WW Tortillas Chipotle Ground Tofu (V) Pico de Gallo Pears 1% & Fat-Free Milk
16 Turkey Rice Bowl Bean Taco (V) Stewed Pinto Beans Roasted Corn Cantaloupe 1% & Fat-Free Milk	17 Creamy Alfredo Pasta Tofu Pasta (V) Steamed Broccoli Roasted Cherry Tomatoes Pineapple 1% & Fat-Free Milk	18 WG Dirty Rice w/ Ground Beef WG Dirty Rice w/ Crispy Tofu (V) Steamed Corn Roasted Peppers & Onions Apples 1% & Fat-Free Milk	19 Chicken Taco WW Tortillas Tofu Pasta (V) Roasted Zucchini & Squash Oranges 1% & Fat-Free Milk	20 Herb Roasted Turkey WG Corn Bread Herb Roasted Tofu (V) Glazed Candied Yams Roasted Green Beans Honeydew 1% & Fat-Free Milk
23 Creamy Tomato Pasta (VG) Green Peas Roasted Corn Oranges 1% & Fat-Free Milk	24 Spiced Chicken Jollof Rice Spiced Chickpea (V) Roasted Carrots Roasted Broccoli Honeydew 1% & Fat-Free Milk	25	26	27
30 Carne Asada Taco WW Tortillas Crispy Tofu (V) Roasted Corn Roasted Peppers & Onions Oranges 1% & Fat-Free Milk				

red rabbit

NOVEMBER

ROCKETSHIP ECE

Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Baked Macaroni & Cheese (VG) Roasted Carrots Green Peas Pineapples 1% & Fat-Free Milk	5 Turkey Chili WG Corn Bread Bean Chili (V) Roasted Corn Green Peas Apples 1% & Fat-Free Milk	6 Sweet Chili Chicken Seasoned Rice Sweet Chili Tofu (V) Roasted Broccoli Roasted Carrots Pears 1% & Fat-Free Milk
9 Cajun Pasta (VG) Green Peas Roasted Peppers & Onions Oranges 1% & Fat-Free Milk	10 Chicken Adobo Seasoned Rice Tofu Adobo (V) Roasted Broccoli Roasted Corn Apples 1% & Fat-Free Milk	11	12 Cilantro Lime Chicken Seasoned Rice Cilantro Lime Tofu (V) Steamed Carrots Green Peas Apples 1% & Fat-Free Milk	13 Chipotle Beef WW Tortillas Chipotle Ground Tofu (V) Pico de Gallo Pears 1% & Fat-Free Milk
16 Turkey Rice Bowl Bean Taco (V) Stewed Pinto Beans Roasted Corn Cantaloupe 1% & Fat-Free Milk	17 Creamy Alfredo Pasta Tofu Pasta (V) Steamed Broccoli Roasted Cherry Tomatoes Pineapple 1% & Fat-Free Milk	18 WG Dirty Rice w/ Ground Beef WG Dirty Rice w/ Crispy Tofu (V) Steamed Corn Roasted Peppers & Onions Apples 1% & Fat-Free Milk	19 Chicken Taco WW Tortillas Tofu Pasta (V) Roasted Zucchini & Squash Oranges 1% & Fat-Free Milk	20 Herb Roasted Turkey WG Corn Bread Herb Roasted Tofu (V) Glazed Candied Yams Roasted Green Beans Honeydew 1% & Fat-Free Milk
23 Creamy Tomato Pasta (VG) Green Peas Roasted Corn Oranges 1% & Fat-Free Milk	24 Spiced Chicken Jollof Rice Spiced Chickpea (V) Roasted Carrots Roasted Broccoli Honeydew 1% & Fat-Free Milk	25	26	27
30 Carne Asada Taco WW Tortillas Crispy Tofu (V) Roasted Corn Roasted Peppers & Onions Oranges 1% & Fat-Free Milk				

red rabbit

NOVERMBER

ROCKETSHIP

Supper Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 BBQ Chicken Wrap Garden Salad	5 Tuna Salad Sandwich Sliced Cucumbers	6 Buffalo Chicken Wrap Baby Carrots
9 WOW Butter & Jam Sandwich Celery Sticks	10 Turkey Pasta Salad Sliced Cucumbers	11	12 Tuna Salad Sandwich Sliced Cucumbers	13 BBQ Chicken Wrap Garden Salad
16 Sweet Chili Chicken Pasta Baby Carrots	17 BBQ Chicken Wrap Garden Salad	18 Tuna Salad Sandwich Sliced Cucumbers	19 Buffalo Chicken Wrap Celery Sticks	20 WOW Butter & Jam Sandwich Carrot Sticks
23 Turkey BLT Sliced Cucumbers	24 BBQ Chicken Wrap Garden Salad	25	26	27
30 Tuna Salad Sandwich Celery Sticks				

Nutrient Analysis
Based on the offered menu

Menu Nam	Date Range	Week Leng	School Site	Grade Level
Rocketship	November	5 days	All Schools	K-8

	USDA CN #	Calories (kc	Total Fat (g	Calories frc	Saturated F	Calories frc	Sodium (m	Total Sugar
[SBP] Monday 11/02/2		523.23	10.52	18.1	0.54	0.92	526.51	43.15
		160	3	16.88	0.5	2.81	200	0
		65	0.21	2.94	0.04	0.49	1.25	12.99
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Tuesday 11/03/2		477.26 *	17.27 *	32.56 *	5.76 *	10.86 *	415.68 *	44.87 *
		*	*	*	*	*	*	*
	1017	99.23	9.76	88.56	5.73	51.97	89.02	1.07
		79.8	0.2	2.21	0.03	0.35	1.4	13.65
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Wednesday 11/0		718.69	16.32	20.43	3.58 *	4.48 *	853.65 *	71.91
		317.11	8.4	23.85	3.5 *	9.93 *	524.49 *	21.12
		103.35	0.61	5.27	0.08	0.66	3.9	20.63
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Thursday 11/05/		578.19	8.77	13.65	0.15 *	0.24 *	531.1	54.58
		120	1	7.5	*	*	200	1
	19297	38.92	0.01	0.23	0	0.02	4.48	6.79
		121.04	0.45	3.34	0.15	1.13	1.36	16.63
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Friday 11/06/202		649.36	14.08	19.51	2.36	3.28	851.12	65.92
		270.28	6.52	21.72	2.34	7.78	524.21	21.74
		80.85	0.25	2.75	0.03	0.31	1.65	14.03
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Monday 11/09/2		513.1	8.52	14.94	0.04 *	0.06 *	636.25	46.14
		149.87	1	6	*	*	309.74	3
		65	0.21	2.94	0.04	0.49	1.25	12.99
	1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
		110	4.5	36.82	0.5	4.09	115	5
[SBP] Tuesday 11/10/2		572.8	12.57	19.75	2.56 *	4.02 *	531.69	51.6
		120	1	7.5	*	*	200	1

1145	35.85	4.06	101.82	2.53	63.39	0.55	0
19297	38.92	0.01	0.23	0	0.02	4.48	6.79
	79.8	0.2	2.21	0.03	0.35	1.4	13.65
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Wednesday 11/1	730.55	16.13	19.87	3.65	4.5	851.11	66.68
	311.28	8.37	24.2	3.5	10.12	524.49	19.89
	121.04	0.45	3.34	0.15	1.13	1.36	16.63
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Thursday 11/12/	500.81 *	17.68 *	31.77 *	5.81 *	10.43 *	418.18 *	51.86 *
1017	99.23	9.76	88.56	5.73	51.97	89.02	1.07
	103.35	0.61	5.27	0.08	0.66	3.9	20.63
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Friday 11/13/202	679.21	15.94	21.12	3.54	4.7	851.59	63.06 *
	315.98	8.42	23.97	3.51	10	525.08	19.91 *
	65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Monday 11/16/2	523.23	10.52	18.1	0.54	0.92	526.51	43.15
	160	3	16.88	0.5	2.81	200	0
	65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Tuesday 11/17/2	477.26 *	17.27 *	32.56 *	5.76 *	10.86 *	415.68 *	44.87 *
1017	99.23	9.76	88.56	5.73	51.97	89.02	1.07
	79.8	0.2	2.21	0.03	0.35	1.4	13.65
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Wednesday 11/1	725.54	16.45	20.4	3.59	4.46	854.26	72.61
	323.96	8.54	23.71	3.52	9.77	525.1	21.82
	103.35	0.61	5.27	0.08	0.66	3.9	20.63
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[SBP] Thursday 11/19/	578.19	8.77	13.65	0.15 *	0.24 *	531.1	54.58
	120	1	7.5	*	*	200	1
19297	38.92	0.01	0.23	0	0.02	4.48	6.79

121.04	0.45	3.34	0.15	1.13	1.36	16.63
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
110	4.5	36.82	0.5	4.09	115	5
[SBP] Friday 11/20/202	608.65	15.92	23.54	3.55	5.25	846.38	45.73
245.42	8.4	30.79	3.51	12.88	519.87	2.59
65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
110	4.5	36.82	0.5	4.09	115	5
[SBP] Monday 11/23/2	513.1	8.52	14.94	0.04 *	0.06 *	636.25	46.14
149.87	1	6	*	*	309.74	3
65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
110	4.5	36.82	0.5	4.09	115	5
[SBP] Tuesday 11/24/2	477.26 *	17.27 *	32.56 *	5.76 *	10.86 *	415.68 *	44.87 *
*	*	*	*	*	*	*
1017	99.23	9.76	88.56	5.73	51.97	89.02	1.07
79.8	0.2	2.21	0.03	0.35	1.4	13.65
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
110	4.5	36.82	0.5	4.09	115	5
[SBP] Monday 11/30/2	523.23	10.52	18.1	0.54	0.92	526.51	43.15
160	3	16.88	0.5	2.81	200	0
65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
110	4.5	36.82	0.5	4.09	115	5
[NSLP] Monday 11/02/	1191.39	40.93	30.92	9.05	6.83	1307.21	38.49 *
198.1	13.82	62.79	5.27	23.92	60.81	0
180	4	20	1	5	380	0
361.44	14.99	37.32	2.59	6.45	397.64	0 *
91	0.38	3.73	0.1	1.03	130	0.56
35.42	0.29	7.27	0.05	1.14	0.7	1.49
27.2	0.15	5.03	0.04	1.36	12.8	6.29
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
110	4.5	36.82	0.5	4.09	115	5
[NSLP] Tuesday 11/03/	1308.96	23.71	16.3	4.77	3.28	933.98	43.82
489.32	8.59	15.79	3.77	6.93	158.75	0.69
445.62	5.33	10.76	0.8	1.61	163.19	3.73
28.66	2.29	71.79	0.19	5.87	284.09	1.24
6.71	0.07	9.93	0.01	1.34	1.86	0.98
40.43	0.12	2.76	0.01	0.31	0.83	7.01
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69

	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Wednesday 11/	1076.63	51.07	42.69	16.27	13.6	2193.61	49.57
	518.84	28.34	49.17	14.1	24.46	1211.86	2.84
	168.45	13.39	71.55	1.01	5.38	371.28	6.07
	49.86	1.93	34.78	1.16	20.96	284.38	2.37
	41.25	0.1	2.16	0.01	0.15	0.83	8.13
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Thursday 11/05	1076.09	28.46	23.81	7.87	6.58	817.85	53.05
	123.4	6.2	45.25	1.64	11.96	47.29	0.47
	326.64	11.06	30.47	5.84	16.09	40.61	4.52
	160.36	0.31	1.73	0.05	0.26	119.32	1.25
	86.1	2.73	28.57	0.25	2.56	142.29	2.53
	16.36	0.64	35.11	0.06	3.41	141.84	1.14
	65	0.21	2.94	0.04	0.49	1.25	12.99
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Friday 11/06/2(	1162.8	35.01	27.1	3.94	3.05	1304.74	53.41
	163.98	8.24	45.21	1.34	7.37	176.48	2.87
	358.75	5.14	12.9	0.71	1.77	4.63	0.61
	163.98	8.24	45.21	1.34	7.37	176.48	2.87
	73.21	4.71	57.88	0.43	5.26	312.49	1.53
	24.86	1.18	42.79	0.09	3.4	308	1.72
	79.8	0.2	2.21	0.03	0.35	1.4	13.65
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Monday 11/09/	921.15	32.37	31.62	13.24	12.94	2717.82	47.8
	451.86	18.81	37.47	10.72	21.35	1255.63	4.48
	99.72	3.86	34.79	2.32	20.95	568.77	4.75
	30.91	2.27	65.95	0.19	5.39	567.35	1.4
	40.43	0.12	2.76	0.01	0.31	0.83	7.01
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Tuesday 11/10/	1380.17	56.67	36.95	8.57	5.59	962.99	41.33 *
	353.49	23.17	58.99	5.41	13.78	159.79	0.64
	358.75	5.14	12.9	0.71	1.77	4.63	0.61
	225.77	15.42	61.46	1.92	7.65	18.32	0.64 *
	73.21	4.71	57.88	0.43	5.26	312.49	1.53
	38.23	0.82	19.33	0.08	1.95	141.88	1.27
	32.5	0.11	2.94	0.02	0.5	0.63	6.49
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5

[NSLP] Wednesday 11/	978	37.34	34.36	8.69	8	1090.39	48.74 *
	98.58	5.67	51.74	1.09	9.93	43.93	0.53
	191.52	3.38	15.9	0.6	2.83	375.12	6.09
	188.47	11.1	53	1.61	7.68	19	0.56 *
	32.71	1.28	35.11	0.12	3.41	283.67	2.27
	137.89	8.48	55.37	5.24	34.2	28.1	2.22 *
	30.6	0.12	3.5	0.03	0.94	15.3	6.9
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Thursday 11/12	1144.22	34.72	27.31	4.96	3.91	2320.95	49.17 *
	130.04	5.92	40.99	1.16	8.03	1217.72	0 *
	358.75	5.14	12.9	0.71	1.77	4.63	0.61
	215.75	14.05	58.62	1.88	7.84	160.58	0 *
	26.59	0.16	5.35	0.02	0.75	327.12	3.03
	49.86	1.93	34.78	1.16	20.96	284.38	2.37
	65	0.21	2.94	0.04	0.49	1.25	12.99
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Friday 11/13/2(	968.25	36.74	34.15	7.94	7.38	1076.29	47.72 *
	199.39	13.89	62.71	5.27	23.8	61.31	0.02
	180	4	20	1	5	380	0
	182.73	11.06	54.46	1.6	7.86	18.14	0.02 *
	28.1	0.29	9.29	0.05	1.44	290.18	3.87
	79.8	0.2	2.21	0.03	0.35	1.4	13.65
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Monday 11/16/	1017.43	19.9	17.6	4.68	4.14	815.57	39.29
	508.82	11.05	19.54	4.41	7.8	134.13	0.69
	91	0.38	3.73	0.1	1.03	130	0.56
	53.95	0.19	3.15	0.04	0.65	71.5	0.33
	38.23	0.82	19.33	0.08	1.95	141.88	1.27
	27.2	0.15	5.03	0.04	1.36	12.8	6.29
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
[NSLP] Tuesday 11/17/	1521.9	60.62	35.85	3.04 *	1.8 *	1866.95 *	50.89 *
	502.71	22.42	40.14	13.16	23.56	1207.5	6.65
	482.41	12.53	23.37	1.6 *	2.99 *	18.1 *	3.22 *
	184.39	17.63	86.03	1.38	6.74	313.02	1.55
	12.92	0.64	44.24	0.05	3.69	2.25	1.18
	41.25	0.1	2.16	0.01	0.15	0.83	8.13
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5

[NSLP] Wednesday 11/	1570.04	44.91	25.74	8.83	5.06	1412.16	48.78 *
	540.84	16.83	28.01	5.82	9.69	65.9	0.85
	215.74	14.05	58.62	1.88	7.84	160.56	0 *
	352.49	3.69	9.42	0.82	2.09	8.08	0.85
	66.83	0.55	7.45	0.09	1.15	283.76	2.53
	30.91	2.27	65.95	0.19	5.39	567.35	1.4
	65	0.21	2.94	0.04	0.49	1.25	12.99
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Thursday 11/19	1134.83	28.5	22.6	3.29 *	2.61 *	1329.36 *	42.27 *
	100.25	2.2	19.79	0.47	4.23	37.55	0.02
	180	4	20	1	5	380	0
	482.41	12.53	23.37	1.6 *	2.99 *	18.1 *	3.22 *
	33.52	2.34	62.85	0.2	5.42	567.62	1.87
	40.43	0.12	2.76	0.01	0.31	0.83	7.01
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Friday 11/20/2(	1121.12	42.43	34.06	11.62	9.33	768.59	49.97 *
	125.83	5.53	39.58	1.5	10.73	46.66	0.07 *
	326.64	11.06	30.47	5.84	16.09	40.61	4.52
	215.74	14.05	58.62	1.88	7.84	160.56	0 *
	107.72	3.72	31.05	2.3	19.24	38.38	7.19
	16.36	0.64	35.11	0.06	3.41	141.84	1.14
	30.6	0.12	3.5	0.03	0.94	15.3	6.9
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Monday 11/23/	981.77	32.7	29.98	14.2	13.02	2223.61	54.49
	464.74	20.47	39.65	11.77	22.8	1186.05	4.3
	99.72	3.86	34.79	2.32	20.95	568.77	4.75
	38.23	0.82	19.33	0.08	1.95	141.88	1.27
	80.85	0.25	2.75	0.03	0.31	1.65	14.03
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
	110	4.5	36.82	0.5	4.09	115	5
[NSLP] Tuesday 11/24/	931.58	48.11	46.48	3.9	3.77	1139.63	48.04 *
	149.89	8.11	48.67	1.32	7.95	86.06	0.02 *
	27.93	2.38	76.68	0.19	6.09	20.21	0.82 *
	232.18	15.6	60.46	1.24	4.8	170.47	3.58
	168.45	13.39	71.55	1.01	5.38	371.28	6.07
	24.3	1.21	44.89	0.12	4.3	151.05	0.5
	30.6	0.12	3.5	0.03	0.94	15.3	6.9
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5

[NSLP] Monday 11/30/	1061.32	45.69	38.74	10.02	8.5	1714.38	41.49 *
	209.91	15.21	65.2	6.7	28.73	138.1	0.39
	180	4	20	1	5	380	0
	215.74	14.05	58.62	1.88	7.84	160.56	0 *
	86.1	2.73	28.57	0.25	2.56	142.29	2.53
	30.91	2.27	65.95	0.19	5.39	567.35	1.4
	40.43	0.12	2.76	0.01	0.31	0.83	7.01
1175	102.48	2.37	20.79	1.54	13.56	107.36	12.69
1151	85.75	0.44	4.63	0.29	3.01	102.9	12.47
	110	4.5	36.82	0.5	4.09	115	5
[CACFP.LUNCH] Monda	371.13	9.45	22.93	2.69	6.53	172.57	2.65
	358.53	9.3	23.35	2.66	6.67	100.57	1.44
	12.6	0.15	10.93	0.04	2.71	72	1.21
[CACFP.LUNCH] Tuesda	327.1	1.13	3.11	0.02	0.06	396.6	13.98
	295.6	1.01	3.09	0	0.01	326.4	9.7
	31.5	0.12	3.34	0.02	0.6	70.2	4.28
[CACFP.LUNCH] Wedne	360.16	12.43 *	31.07 *	2.83 *	7.08 *	497.69	5.85 *
	346.67	12.4	32.2	2.83	7.34	469.11	5.4 *
	13.49	0.03 *	1.93 *	0 *	0.27 *	28.58	0.45 *
[CACFP.LUNCH] Thursc	719.28	6.28	7.86	2.46	3.08	1843.73	9.76
	707.58	6.19	7.88	2.43	3.09	1842.17	8.46
	11.7	0.09	6.62	0.03	2.23	1.56	1.3
[CACFP.LUNCH] Friday	314.88	8.04	22.99	2.51	7.18	700.45	4.28 *
	283.38	7.93	25.17	2.49	7.91	630.25	0 *
	31.5	0.12	3.34	0.02	0.6	70.2	4.28
[CACFP.LUNCH] Monda	308.2	1.17	3.41	0.04	0.12	398.4	10.91
	295.6	1.01	3.09	0	0.01	326.4	9.7
	12.6	0.15	10.93	0.04	2.71	72	1.21
[CACFP.LUNCH] Tuesda	370.23	9.39	22.82	2.68	6.53	102.13	2.75
	358.53	9.3	23.35	2.66	6.67	100.57	1.44
	11.7	0.09	6.62	0.03	2.23	1.56	1.3
[CACFP.LUNCH] Wedne	314.88	8.04	22.99	2.51	7.18	700.45	4.28 *
	283.38	7.93	25.17	2.49	7.91	630.25	0 *
	31.5	0.12	3.34	0.02	0.6	70.2	4.28
[CACFP.LUNCH] Thursc	719.28	6.28	7.86	2.46	3.08	1843.73	9.76
	707.58	6.19	7.88	2.43	3.09	1842.17	8.46
	11.7	0.09	6.62	0.03	2.23	1.56	1.3
[CACFP.LUNCH] Friday	360.16	12.43 *	31.07 *	2.83 *	7.08 *	497.69	5.85 *
	346.67	12.4	32.2	2.83	7.34	469.11	5.4 *
	13.49	0.03 *	1.93 *	0 *	0.27 *	28.58	0.45 *
[CACFP.LUNCH] Monda	406.77	9.85	21.79	1.55	3.44	253.71	8.44
	375.27	9.73	23.33	1.53	3.67	183.51	4.16
	31.5	0.12	3.34	0.02	0.6	70.2	4.28
[CACFP.LUNCH] Tuesda	360.16	12.43 *	31.07 *	2.83 *	7.08 *	497.69	5.85 *
	346.67	12.4	32.2	2.83	7.34	469.11	5.4 *
	13.49	0.03 *	1.93 *	0 *	0.27 *	28.58	0.45 *
[CACFP.LUNCH] Wedne	719.28	6.28	7.86	2.46	3.08	1843.73	9.76

	707.58	6.19	7.88	2.43	3.09	1842.17	8.46
	11.7	0.09	6.62	0.03	2.23	1.56	1.3
[CACFP.LUNCH] Thursc	295.98	8.08	24.56	2.53	7.69	702.25	1.21 *
	283.38	7.93	25.17	2.49	7.91	630.25	0 *
	12.6	0.15	10.93	0.04	2.71	72	1.21
[CACFP.LUNCH] Friday	334.96	1.24	3.34	0.03	0.09	392.64	14.25
	295.6	1.01	3.09	0	0.01	326.4	9.7
	39.36	0.23	5.26	0.03	0.71	66.24	4.55
[CACFP.LUNCH] Monda	435.99	13.45	27.77	6.26	12.92	529.74	2.3 *
	424.29	13.37	28.36	6.23	13.22	528.18	1 *
	11.7	0.09	6.62	0.03	2.23	1.56	1.3
[CACFP.LUNCH] Tuesda	360.16	12.43 *	31.07 *	2.83 *	7.08 *	497.69	5.85 *
	346.67	12.4	32.2	2.83	7.34	469.11	5.4 *
	13.49	0.03 *	1.93 *	0 *	0.27 *	28.58	0.45 *
[CACFP.LUNCH] Monda	720.18	6.35	7.93	2.47	3.09	1914.17	9.67
	707.58	6.19	7.88	2.43	3.09	1842.17	8.46
	12.6	0.15	10.93	0.04	2.71	72	1.21

* 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 frc	Added Sug	Calories frc	Trans Fat (g	Cholestero	Total Carbc	Dietary Fib	Protein (g)	Vitamin A (
32.98	4 *	3.06 *	0 *	17.1	79.35	8	29.81	65.68 *
0	0	0	0	0	30	3	5	*
79.93	*	*	0	0	17.26	3	0.33	20.25
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
37.61 *	4 *	3.35 *	0 *	45.73 *	54.97 *	6.34 *	26.73 *	150.42 *
*	*	*	*	*	*	*	*	*
4.3	*	*	*	28.63	1.57	0	1.74	94.49
68.42	*	*	0	0	21.32	4.34	0.5	10.5
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
40.02	4 *	2.23 *	0.01 *	53.08 *	113.52	9.22	32.69	507.13 *
26.64	*	*	0.01 *	35.98 *	55.42	3.71	6.63	63.31 *
79.85	*	*	0	0	26.01	3.51	1.58	398.39
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
37.76	5 *	3.46 *	0 *	17.1 *	95.79	7.69	30.01	71.54 *
3.33	1	3.33 *	*		23	2	4	*
69.78	*	*	*	0	9.64	0.15	0.05	0
54.97	*	*	0	0	31.06	3.54	1.48	26.11
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
40.61	4 *	2.46 *	0.01 *	48.2	101.73	9	31.58	216.99 *
32.17	*	*	0.01 *	31.1	48.95	3.37	5.6	49.3
69.39	*	*	0	0	20.69	3.63	1.5	122.27
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
35.97	7 *	5.46 *	0 *	17.1 *	84.32	7	27.8	65.68 *
8	3	8 *	*		34.97	2	3	*
79.93	*	*	0	0	17.26	3	0.33	20.25
49.52	*	*	*	12.2	12.18	0	8.22	34.4
58.17	*	*	*	4.9	11.91	0	8.26	11.03
18.18	4	14.55	0	0	8	2	8	*
36.03	5 *	3.49 *	0 *	27.85 *	86.05	8.49	29.08	93.41 *
3.33	1	3.33 *	*		23	2	4	*

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54.97 *	*		0	0	31.06	3.54	1.48	26.11		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
30.06 4 *	2.63 *	0.01 *		53.08	86.34	8.85	31.45	552.55 *		
4.22	0	0 0.01 *		35.98	37	3.85	6.64	486.87		
79.93 *	*		0	0	17.26	3	0.33	20.25		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
35.97 7 *	5.46 *	0 *	17.1 *		84.32	7	27.8	65.68 *		
8	3	8 *	*		34.97	2	3 *			
79.93 *	*		0	0	17.26	3	0.33	20.25		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
37.61 *	4 *	3.35 *	0 *	45.73 *	54.97 *	6.34 *	26.73 *	150.42 *		
*	*	*	*	*	*	*	*	*		
4.3 *	*	*		28.63	1.57	0	1.74	94.49		
68.42 *	*		0	0	21.32	4.34	0.5	10.5		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
32.98 4 *	3.06 *	0 *		17.1	79.35	8	29.81	65.68 *		
0	0	0	0	0	30	3	5 *			
79.93 *	*		0	0	17.26	3	0.33	20.25		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
12.92 *	4 *	1.34 *	0.79 *	79.75 *	127.21	18.86	78.9	966.96 *		
0 *	*	*	0.79	62.65	0	0	17.13	3.87		
0 *	*	*	*		30	4	4 *			
0 *	*	*	0 *	0 *		33.5	6.9	25.76	62.75 *	
2.46 *	*		0	0	16.64	4.16	5.75	1.17		
16.79 *	*		0	0	8.46	1.09	1.11	42.06		
92.47 *	*		0	0	6.53	0.72	0.67	811.68		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
18.18	4	14.55	0	0	8	2	8 *			
13.39 4 *	1.22 *	0.19 *		94.87	208.45	15.55	63.07	574.7 *		
0.57 *	*	0.18 *		77.77	75.79	1.97	23.91	315.26		
3.35 *	*	0 *		0	86.81	8.66	12.91	25.66		
17.36 *	*		0.01	0	1.98	0.66	0.7	34.13		
58.46 *	*		0	0	1.45	0.45	0.33	93.09		
69.39 *	*		0	0	10.35	1.82	0.75	61.13		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		

18.18		4	14.55		0	0	8	2	8	*	
18.42	4 *	1.49 *		0.19 *		96.96 *	104.05	15	53.06	6795.38 *	
2.19 *		*		0.14 *		74.99 *	42.54	6.03	24.77	207.14 *	
14.41 *		*			0.05	0	12.35	3.62	1.21	6415.33	
19.04 *		*		0 *		4.88	6.25	2.2	2.16	113.12	
78.8 *		*			0	0	10.82	1.16	0.45	14.36	
58.17 *		*		*		4.9	11.91	0	8.26	11.03	
49.52 *		*		*		12.2	12.18	0	8.22	34.4	
18.18		4	14.55		0	0	8	2	8	*	
19.72	4 *	1.49 *		0.1 *		125.9	142.57	26.92	59.86	371.92 *	
1.52 *		*		0.08 *		55.69	0.92	0.22	16	47.66	
5.53 *		*		0 *		53.11	51.85	6.74	7.99	118.09	
3.12	0 *	0 *		0 *		0	21.92	11.94	8.36	31.67 *	
11.77 *		*			0.01	0	15.92	1.98	2.1	49.25	
27.81 *		*			0	0	2.61	1.04	0.62	59.58	
79.93 *		*			0	0	17.26	3	0.33	20.25	
58.17 *		*		*		4.9	11.91	0	8.26	11.03	
49.52 *		*		*		12.2	12.18	0	8.22	34.4	
18.18		4	14.55		0	0	8	2	8	*	
18.37	4 *	1.38 *		0.1 *		189.71	141.16	13.92	71.65	2185.75 *	
7	0 *	0 *		0.04 *		86.3	3.37	0.39	18.33	72.97 *	
0.68 *		*			0.01	0	70.53	3.33	6.98	0	
7	0 *	0 *		0.04 *		86.3	3.37	0.39	18.33	72.97 *	
8.33 *		*			0.02	0	6.92	2.42	2.68	165	
27.69 *		*			0	0	3.57	1.05	0.35	1818.88	
68.42 *		*			0	0	21.32	4.34	0.5	10.5	
58.17 *		*		*		4.9	11.91	0	8.26	11.03	
49.52 *		*		*		12.2	12.18	0	8.22	34.4	
18.18		4	14.55		0	0	8	2	8	*	
20.76	4 *	1.74 *		0.33 *		87.28 *	104.6	15.54	54.88	649.37 *	
3.96 *		*		0.33 *		60.43 *	46.94	6.54	24.91	171.1 *	
19.04 *		*		0 *		9.75	12.51	4.4	4.33	226.25	
18.12 *		*			0.01	0	2.72	0.79	0.41	145.46	
69.39 *		*			0	0	10.35	1.82	0.75	61.13	
49.52 *		*		*		12.2	12.18	0	8.22	34.4	
58.17 *		*		*		4.9	11.91	0	8.26	11.03	
18.18		4	14.55		0	0	8	2	8	*	
11.98 *	4 *	1.16 *		0.16 *		190.67	132.46	13.52	90.08	419.75 *	
0.72 *		*		0.11 *		173.57	1.53	0.19	32.84	69.74	
0.68 *		*			0.01	0	70.53	3.33	6.98	0	
1.13 *	*	*		0.02 *		0	4.81	3.09	21.89	104.83	
8.33 *		*			0.02	0	6.92	2.42	2.68	165	
13.25 *		*			0	0	7.96	0.99	1.05	24.63	
79.93 *		*			0	0	8.63	1.5	0.16	10.13	
49.52 *		*		*		12.2	12.18	0	8.22	34.4	
58.17 *		*		*		4.9	11.91	0	8.26	11.03	
18.18		4	14.55		0	0	8	2	8	*	

19.93 *	4 *	1.64 *	0.17 *	78.69	102.42	15.86	67.42	400.98 *		
2.16 *	*	*	0.05 *	37.15	3.18	0.3	8.8	24.84		
12.72 *	*	*	*	0	36.79	5.4	6.26	0		
1.19 *	*	*	0	0	4.74	3.29	22.47	103.8		
27.81 *	*	*	0	0	5.21	2.08	1.23	119.15		
6.45 *	*	*	0.12 *	24.44	12.69	2.13	3.71	95		
90.22 *	*	*	0	0	7.73	0.68	0.46	12.75		
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03		
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4		
18.18	4	14.55	0	0	8	2	8 *			
17.19 *	4 *	1.4 *	0.05 *	106.95	136.62	15.68	75.91	3463.11 *		
0.01 *	*	*	0.03	84.98	0.35	0.14	17.83	7.42		
0.68 *	*	*	0.01	0	70.53	3.33	6.98	0		
0 *	*	*	0.01	0	3.92	3.18	23.52	69.12		
45.65 *	*	*	0	0	6.22	1.83	0.61	3207.78		
19.04 *	*	*	0 *	4.88	6.25	2.2	2.16	113.12		
79.93 *	*	*	0	0	17.26	3	0.33	20.25		
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03		
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4		
18.18	4	14.55	0	0	8	2	8 *			
19.72 *	4 *	1.65 *	0.79 *	79.75 *	93.45	15.21	69.31	510.75 *		
0.04 *	*	*	0.79 *	62.65	0.18	0.07	17.19	25.18		
0 *	*	*	*	*	30	4	4 *			
0.04 *	*	*	0 *	0	3.68	2.97	21.82	84.05		
55.14 *	*	*	0	0	6.18	1.82	1.31	345.59		
68.42 *	*	*	0	0	21.32	4.34	0.5	10.5		
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03		
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4		
18.18	4	14.55	0	0	8	2	8 *			
15.45	4 *	1.57 *	0.24 *	78.47	148.75	12.25	59.35	1208.04 *		
0.54 *	*	*	0.24 *	61.37	75.79	1.97	24.07	323.97		
2.46 *	*	*	0 *	0	16.64	4.16	5.75	1.17		
2.45	0	0	0	0	9.75	2.41	3.33	1.17		
13.25 *	*		0	0	7.96	0.99	1.05	24.63		
92.47 *	*		0	0	6.53	0.72	0.67	811.68		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
13.37 *	4 *	1.05 *	0.51 *	90.33 *	167.58	18.86	86.87	651.36 *		
5.3 *	*	*	0.44 *	73.23 *	49.95	6.61	26.65	201.48 *		
2.67 *	*	*	0 *	0 *	66.75	6.12	32.31	107.11 *		
3.36 *	*		0.07	0	6.22	2.44	2.6	170.53		
36.63 *	*		0	0	1.75	0.54	0.4	112.46		
78.8 *	*		0	0	10.82	1.16	0.45	14.36		
58.17 *	*	*		4.9	11.91	0	8.26	11.03		
49.52 *	*	*		12.2	12.18	0	8.22	34.4		
18.18	4	14.55	0	0	8	2	8 *			

12.43 *	4 *	1.02 *	0.85 *	82.84	214.44	18.1	83.01	421.28 *	
0.63 *	*	*	0.79	62.65	71.27	3.57	24.23	48.23	
0 *	*	*	0.01	0	3.92	3.18	23.52	68.11	
0.96 *	*	*	0.04	3.08	71.27	3.57	7.94	44.55	
15.16 *	*	*	0	0	15.92	1.98	2.1	49.25	
18.12 *	*	*	0.01	0	2.72	0.79	0.41	145.46	
79.93 *	*	*	0	0	17.26	3	0.33	20.25	
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4	
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03	
18.18	4	14.55	0	0	8	2	8 *		
14.9 *	4 *	1.41 *	0.02 *	77.75 *	142.29	14.99	81.31	292.71 *	
0.06 *	*	*	0.01 *	60.65	0.09	0.05	18.72	27.73	
0 *	*	*	*	*	30	4	4 *		
2.67 *	*	*	0 *	0 *	66.75	6.12	32.31	107.11 *	
22.27 *	*	*	0.01	0	3.02	1	1.05	51.3	
69.39 *	*	*	0	0	10.35	1.82	0.75	61.13	
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4	
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03	
18.18	4	14.55	0	0	8	2	8 *		
17.83 *	4 *	1.43 *	0.01 *	130.63	117	16.02	75.38	3225.57 *	
0.22 *	*	*	0 *	50.68	0.73	0.22	17.22	57.04	
5.53 *	*	*	0 *	53.11	51.85	6.74	7.99	118.09	
0 *	*	*	0.01	0	3.92	3.18	23.52	68.11	
26.7 *	*	*	0 *	9.75	18.08	2.16	1.1	2864.59	
27.81 *	*	*	0	0	2.61	1.04	0.62	59.58	
90.22 *	*	*	0	0	7.73	0.68	0.46	12.75	
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4	
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03	
18.18	4	14.55	0	0	8	2	8 *		
22.2	4 *	1.63 *	0.22 *	92.24 *	119.82	17.55	56.16	607.48 *	
3.7 *	*	*	0.22 *	65.39 *	46.58	6.53	24.8	188.92 *	
19.04 *	*	*	0 *	9.75	12.51	4.4	4.33	226.25	
13.25 *	*	*	0	0	7.96	0.99	1.05	24.63	
69.39 *	*	*	0	0	20.69	3.63	1.5	122.27	
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03	
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4	
18.18	4	14.55	0	0	8	2	8 *		
20.63 *	4 *	1.72 *	0.15 *	102.08	75.57	13.74	51.8	6767.46 *	
0.05 *	*	*	0.04	84.98	0.42	0.07	17.83	6.56	
11.71 *	*	*	0.01	0	1.8	0.76	0.43	102.09	
6.17 *	*	*	0.05	0	18.18	5.81	6.4	134.11	
14.41 *	*	*	0.05	0	12.35	3.62	1.21	6415.33	
8.18 *	*	*	0	0	3.02	0.81	1	51.18	
90.22 *	*	*	0	0	7.73	0.68	0.46	12.75	
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4	
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03	
18.18	4	14.55	0	0	8	2	8 *		

15.64 *	4 *	1.51 *	0.79 *	78.12 *	95.95	14.07	71.75	682.67 *		
0.74 *	*		0.76	61.02	0.96	0.31	16.48	313.28		
0 *	*	*	*		30	4	4 *			
0 *	*	*	0.01	0	3.92	3.18	23.52	68.11		
11.77 *	*	*	0.01	0	15.92	1.98	2.1	49.25		
18.12 *	*	*	0.01	0	2.72	0.79	0.41	145.46		
69.39 *	*	*	0	0	10.35	1.82	0.75	61.13		
49.52 *	*	*	*	12.2	12.18	0	8.22	34.4		
58.17 *	*	*	*	4.9	11.91	0	8.26	11.03		
18.18	4	14.55	0	0	8	2	8 *			
2.85 *	0 *	0.14 *	62.7 *		46.47	8.15	26.67	155.17 *		
1.61 *	*	0.14 *	62.7 *		43.79	6.71	26.05	33.94 *		
38.29 *	*		0	0	2.67	1.44	0.62	121.23		
17.1 0 *	0 *	0 *		0	65.19	4.83	8.65	3723.3 *		
13.13 0 *	0 *	0 *		0	57.77	2.22	8.07	0 *		
54.4 *	*		0	0	7.42	2.61	0.58	3723.3		
6.5 *	*	0 *	0.04 *	84.98 *	37.67	4.76	24.61	323.08 *		
6.23 *	*	*	0.04 *	84.98 *	35.38	4.02	23.48	73.08 *		
13.46 *	*	*	0 *	0 *	2.29	0.74	1.12	250 *		
5.43 *	0 *	0 *		19.15	126.54	10.47	37.03	35.94 *		
4.78 *	*	0 *		19.15	123.71	10.08	36.52	11.37 *		
44.55 *	*		0	0	2.83	0.39	0.51	24.57		
5.44 *	0 *	0 *	0.02 *	84.98 *	36.82	6.21	23.75	3729.81 *		
0 *	0 *	0 *	0.02 *	84.98 *	29.4	3.6	23.17	6.51 *		
54.4 *	*		0	0	7.42	2.61	0.58	3723.3		
14.15 0 *	0 *	0 *		0	60.45	3.66	8.7	121.23 *		
13.13 0 *	0 *	0 *		0	57.77	2.22	8.07	0 *		
38.29 *	*		0	0	2.67	1.44	0.62	121.23		
2.97 *	0 *	0.14 *	62.7 *		46.62	7.1	26.56	58.51 *		
1.61 *	*	0.14 *	62.7 *		43.79	6.71	26.05	33.94 *		
44.55 *	*		0	0	2.83	0.39	0.51	24.57		
5.44 *	0 *	0 *	0.02 *	84.98 *	36.82	6.21	23.75	3729.81 *		
0 *	0 *	0 *	0.02 *	84.98 *	29.4	3.6	23.17	6.51 *		
54.4 *	*		0	0	7.42	2.61	0.58	3723.3		
5.43 *	0 *	0 *		19.15	126.54	10.47	37.03	35.94 *		
4.78 *	*	0 *		19.15	123.71	10.08	36.52	11.37 *		
44.55 *	*		0	0	2.83	0.39	0.51	24.57		
6.5 *	*	0 *	0.04 *	84.98 *	37.67	4.76	24.61	323.08 *		
6.23 *	*	*	0.04 *	84.98 *	35.38	4.02	23.48	73.08 *		
13.46 *	*	*	0 *	0 *	2.29	0.74	1.12	250 *		
8.3 0 *	0 *	0.04 *	86.3 *		53.69	9.61	26.63	3796.27 *		
4.43 0 *	0 *	0.04 *	86.3 *		46.27	7	26.05	72.97 *		
54.4 *	*		0	0	7.42	2.61	0.58	3723.3		
6.5 *	*	0 *	0.04 *	84.98 *	37.67	4.76	24.61	323.08 *		
6.23 *	*	*	0.04 *	84.98 *	35.38	4.02	23.48	73.08 *		
13.46 *	*	*	0 *	0 *	2.29	0.74	1.12	250 *		
5.43 *	0 *	0 *		19.15	126.54	10.47	37.03	35.94 *		

4.78	*	*	0 *		19.15	123.71	10.08	36.52	11.37	*	
44.55	*	*		0	0	2.83	0.39	0.51	24.57		
1.63 *	0 *	0 *	0.02 *		84.98 *	32.07	5.04	23.79	127.74	*	
0 *	0 *	0 *	0.02 *		84.98 *	29.4	3.6	23.17	6.51	*	
38.29	*	*		0	0	2.67	1.44	0.62	121.23		
17.02	0 *	0 *	0 *		0	66.97	4.91	8.97	4811.33	*	
13.13	0 *	0 *	0 *		0	57.77	2.22	8.07	0	*	
46.24	*	*		0	0	9.2	2.69	0.89	4811.33		
2.11 *	0 *	0 *	0.33 *		52.64	49.21	3.23	24.19	877.61	*	
0.94 *	0 *	0 *	0.33 *		52.64	46.38	2.84	23.68	853.04	*	
44.55	*	*		0	0	2.83	0.39	0.51	24.57		
6.5 *	*	0 *	0.04 *		84.98 *	37.67	4.76	24.61	323.08	*	
6.23 *	*	*	0.04 *		84.98 *	35.38	4.02	23.48	73.08	*	
13.46 *	*	*	0 *		0 *	2.29	0.74	1.12	250	*	
5.37	*	0 *	0 *		19.15	126.38	11.52	37.14	132.6	*	
4.78	*	*	0 *		19.15	123.71	10.08	36.52	11.37	*	
38.29	*	*		0	0	2.67	1.44	0.62	121.23		

e 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)	Grain Credi	Fruit Credit	Red/Orang	Dark Greer	Starchy Veg
5.75 *	0 *	831.4 *	14.7 *	1	1 *	*	*	
*	0	220	14.4	1	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
6.02 *	0 *	644 *	0.43 *	2	1 *	*	*	
*	*	*	*	2	0	0	0	0
0	0	27.5	0.03	0	0	0	0	0
6.02	0	12.6	0.25	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
55.37 *	0.16 *	783.17 *	2.64 *	2	1 *	*	*	
3.31	0.16 *	107.12 *	2.2 *	2	0	0	0	0
52.07	0	72.15	0.29	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
13.06 *	0 *	712.5 *	1.57 *	2	1 *	*	*	
*	*	99	1	2	0	0	0	0
1.23	0	2.8	0.07	0	0	0	0	0
11.83	0	6.8	0.35	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
98.08 *	0.16 *	780.74 *	2.17 *	2	1 *	*	*	
0.57	0.16	105.89	1.81	2	0	0	0	0
97.52	0	70.95	0.21	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
5.75 *	0 *	741.29 *	14.68 *	1	1 *	*	*	
*	*	129.89	14.39	1	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
7.25 *	0 *	719.5 *	1.47 *	2	1 *	*	*	
*	*	99	1	2	0	0	0	0

0	0	1.2	0	0	0	0	0	0	
1.23	0	2.8	0.07	0	0	0	0	0	
6.02	0	12.6	0.25	0	1	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
0	0	305	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
11.83 *	0.16 *	717.82 *	2.7 *	2.75	1 *	*	*		
0	0.16	107.12	2.2	2.75	0	0	0	0	
11.83	0	6.8	0.35	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
52.07 *	0 *	703.55 *	0.47 *	2	1 *	*	*		
*	*	*	*	2	0	0	0	0	
0	0	27.5	0.03	0	0	0	0	0	
52.07	0	72.15	0.29	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
5.8 *	0.16 *	725.87 *	2.58 *	2	1 *	*	*		
0.05	0.16	114.47	2.28	2	0	0	0	0	
5.75	0	7.5	0.15	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
5.75 *	0 *	831.4 *	14.7 *	1	1 *	*	*		
*	0	220	14.4	1	0	0	0	0	
5.75	0	7.5	0.15	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
6.02 *	0 *	644 *	0.43 *	2	1 *	*	*		
*	*	*	*	2	0	0	0	0	
0	0	27.5	0.03	0	0	0	0	0	
6.02	0	12.6	0.25	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
52.64 *	0.16 *	788.91 *	2.72 *	2	1.13 *	*	*		
0.58	0.16	112.86	2.29	2	0.13	0	0	0	
52.07	0	72.15	0.29	0	1	0	0	0	
0	0	305	0.07	0	0	0	0	0	
0	0	298.9	0.07	0	0	0	0	0	
*	*	*	*	0	0	0	0	0	
13.06 *	0 *	712.5 *	1.57 *	2	1 *	*	*		
*	*	99	1	2	0	0	0	0	
1.23	0	2.8	0.07	0	0	0	0	0	

11.83	0	6.8	0.35	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
6.13 *	0.16 *	705.82 *	2.5 *	2	1 *	*	*	
0.38	0.16	94.42	2.2	2	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
5.75 *	0 *	741.29 *	14.68 *	1	1 *	*	*	
*	*	129.89	14.39	1	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
6.02 *	0 *	644 *	0.43 *	2	1 *	*	*	
*	*	*	*	2	0	0	0	0
0	0	27.5	0.03	0	0	0	0	0
6.02	0	12.6	0.25	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
5.75 *	0 *	831.4 *	14.7 *	1	1 *	*	*	
*	0	220	14.4	1	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
33.6 *	0.09 *	1813.36 *	11.14 *	4	0.5 *	*		0.25
0	0.09	13.82	1.93	0	0	0	0	0
*	*	140	2	2	0	0	0	0
0.25 *	0 *	1000.58	5.35	2	0	0	0	0
0 *		45.5	1.34	0	0	0	0	0
3.99	0	2.35	0.21	0	0	0	0	0.25
29.36	0	7.2	0.17	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
65.2 *	0.14 *	878.6 *	7.06 *	4	0.5	0.25 *	*	
1.61	0.14	175.21	3.77	2	0	0	0	0
0.12	0	51.03	2.73	2	0	0	0	0
9.61	0	9.26	0.21	0	0	0	0	0
5.1	0	3.73	0.1	0	0	0.25	0	0
48.76	0	35.48	0.11	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0

*	*	*	*	0	0	0	0	0
52.73 *	0.5 *	1256.78 *	3.51 *	2	0.5	1 *		0.25
0.06 *	0.5 *	587.61	2.11	2	0	0	0	0
7.55	0	43.03	0.4	0	0	1	0	0
5.68	0	11.52	0.62	0	0	0	0	0.25
39.44	0	10.73	0.24	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
26.62 *	0.52 *	765.35 *	7.16 *	2	1 *	*		0.5
6.67	0.32	17.34	0.92	0	0	0	0	0
0	0.2	63.75	2.44	2	0	0	0	0
8.23 *	0 *	55.53	2.89	0	0	0	0	0
2.89	0	2.56	0.39	0	0	0	0	0.5
3.08	0	14.76	0.22	0	0	0	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
90.26 *	0 *	708.86 *	4.46 *	2	1	0.25	0.5 *	
1.38 *	0 *	11.8 *	1.01 *	0	0	0	0	0
0	0	8.33	1.19	2	0	0	0	0
1.38 *	0 *	11.8 *	1.01 *	0	0	0	0	0
79.35	0	47.68	0.72	0	0	0	0.5	0
2.14	0	12.76	0.13	0	0	0.25	0	0
6.02	0	12.6	0.25	0	1	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
93.29 *	0.41 *	1238.75 *	3.92 *	2	0.5	0.13 *		0.5
3.61 *	0.41 *	569.77	2.27	2	0	0	0	0
11.36	0	23.04	1.24	0	0	0	0	0.5
29.57	0	6.56	0.16	0	0	0.13	0	0
48.76	0	35.48	0.11	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
86.12 *	0.09 *	1545.58 *	7.36 *	2	0.5 *		0.5	0.25
1.1	0.09 *	16.34	1.51	0	0	0	0	0
0	0	8.33	1.19	2	0	0	0	0
1.35	0 *	864.26	3.52	0	0	0	0	0
79.35	0	47.68	0.72	0	0	0	0.5	0
1.44	0	1.33	0.2	0	0	0	0	0.25
2.88	0	3.75	0.08	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0

32.98 *	0.44 *	1669.76 *	9.53 *	2	0.5 *	*		0.25
0.8	0.21	15.07	0.75	0	0	0	0	0
0	0	76.32	1.74	2	0	0	0	0
0.96	0.04	863.53	3.53	0	0	0	0	0
6.17	0	29.51	0.44	0	0	0	0	0
9.75	0.19	76.32	2.78	0	0	0	0	0.25
15.3	0	5.1	0.14	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
15.49 *	0 *	1593.08 *	6.75 *	2	1	0.5 *		0.25
0	0	9.47	0.8	0	0	0	0	0
0	0	8.33	1.19	2	0	0	0	0
0.29	0	930.45	3.64	0	0	0	0	0
3.78	0	21.91	0.21	0	0	0.5	0	0
5.68	0	11.52	0.62	0	0	0	0	0.25
5.75	0	7.5	0.15	0	1	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
25.86 *	0.09 *	1652.81 *	8.47 *	2	1	0.75 *	*	
0.02	0.09	16.37	2.11	0	0	0	0	0
*	*	140	2	2	0	0	0	0
0.27	0	863.13	3.54	0	0	0	0	0
19.54	0	16.81	0.42	0	0	0.75	0	0
6.02	0	12.6	0.25	0	1	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
32.41 *	0.42 *	870.67 *	6.61 *	2	0.5 *	*		0.25
1.61	0.42	183.5	3.97	2	0	0	0	0
0	0 *	45.5	1.34	0	0	0	0	0
0	0	29.25	0.79	0	0	0	0	0
1.44	0	1.33	0.2	0	0	0	0	0.25
29.36	0	7.2	0.17	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
129.82 *	0.56 *	2151.03 *	6.97 *	4	0.5	0.25	0.5 *	
0.12 *	0.56 *	624.5	2.32	2	0	0	0	0
2.94 *	0 *	863.24 *	3.45 *	2	0	0	0	0
81.17	0	44.17	0.69	0	0	0	0.5	0
6.17	0	4.5	0.12	0	0	0.25	0	0
39.44	0	10.73	0.24	0	0.5	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0

43.85 *	0.1 *	1587.49 *	9.08 *	4	1	0.13 *		0.5
2.69	0.09	24.8	3.21	2	0	0	0	0
0.27	0	930.42	3.64	0	0	0	0	0
2.69	0	11.66	1.38	2	0	0	0	0
2.89	0	2.65	0.39	0	0	0	0	0.5
29.57	0	6.56	0.16	0	0	0.13	0	0
5.75	0	7.5	0.15	0	1	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
66.11 *	0 *	1661.75 *	6.39 *	4	0.5 *	*	*	
0	0	4.86	0.36	0	0	0	0	0
*	*	140	2	2	0	0	0	0
2.94 *	0 *	863.24 *	3.45 *	2	0	0	0	0
14.41	0	14.29	0.33	0	0	0	0	0
48.76	0	35.48	0.11	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
20.57 *	0.2 *	1658.57 *	8.11 *	2	0.5	0.5 *	*	
0.31	0 *	12.72	1.05	0	0	0	0	0
0	0.2	63.75	2.44	2	0	0	0	0
0.27	0	930.42	3.64	0	0	0	0	0
1.61	0	27.93	0.47	0	0	0.5	0	0
3.08	0	14.76	0.22	0	0	0	0	0
15.3	0	5.1	0.14	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
111.35 *	0.44 *	1270.75 *	4.05 *	2	1 *	*		0.75
1.03 *	0.44 *	571.53	2.26	2	0	0	0	0
11.36	0	23.04	1.24	0	0	0	0	0.5
1.44	0	1.33	0.2	0	0	0	0	0.25
97.52	0	70.95	0.21	0	1	0	0	0
0	0	298.9	0.07	0	0	0	0	0
0	0	305	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
50.57 *	0 *	734.92 *	3.89 *	2	0.5	1	0.13 *	
0.11	0	7.47	0.82	0	0	0	0	0
1.64	0	8.44	0.43	2	0	0	0	0
0.63	0	47.34	1.68	0	0	0	0	0
7.55	0	43.03	0.4	0	0	1	0	0
25.34	0	19.64	0.27	0	0	0	0.13	0
15.3	0	5.1	0.14	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0

83.1 *	0.21 *	1834.07 *	8.03 *	2	0.5	0.13 *		0.5
1.61	0.21	115.15	1.58	0	0	0	0	0
*	*	140	2	2	0	0	0	0
0.27	0	930.42	3.64	0	0	0	0	0
2.89	0	2.56	0.39	0	0	0	0	0.5
29.57	0	6.56	0.16	0	0	0.13	0	0
48.76	0	35.48	0.11	0	0.5	0	0	0
0	0	305	0.07	0	0	0	0	0
0	0	298.9	0.07	0	0	0	0	0
*	*	*	*	0	0	0	0	0
2.88 *	0.37 *	114.83	3.16	2 *	*	*	*	
0.09 *	0.37 *	78.83	2.98	2	0	0	0	0
2.79	0	36	0.18	0	0	0	0	0
4.1 *	0 *	52.8	2.1	2 *		0.75 *	*	
1.76 *	0 *	24	1.3	2	0	0	0	0
2.34	0	28.8	0.8	0	0	0.75	0	0
2.94 *	0 *	159.71 *	2.41 *	1 *	*		0.75 *	
1.43 *	0 *	157.31	2.37	1	0	0	0	0
1.51 *	0 *	2.4 *	0.04 *	0	0	0	0.75	0
2.34 *	0 *	100.35	8.31	4 *	*	*	*	
0.16 *	0 *	87.87	8.09	4	0	0	0	0
2.18	0	12.48	0.22	0	0	0	0	0
2.34 *	0 *	173.13 *	2.73 *	1 *		0.75 *	*	
0 *	0 *	144.33 *	1.93 *	1	0	0	0	0
2.34	0	28.8	0.8	0	0	0.75	0	0
4.55 *	0 *	60	1.48	2 *	*	*	*	
1.76 *	0 *	24	1.3	2	0	0	0	0
2.79	0	36	0.18	0	0	0	0	0
2.27 *	0.37 *	91.31	3.2	2 *	*	*	*	
0.09 *	0.37 *	78.83	2.98	2	0	0	0	0
2.18	0	12.48	0.22	0	0	0	0	0
2.34 *	0 *	173.13 *	2.73 *	1 *		0.75 *	*	
0 *	0 *	144.33 *	1.93 *	1	0	0	0	0
2.34	0	28.8	0.8	0	0	0.75	0	0
2.34 *	0 *	100.35	8.31	4 *	*	*	*	
0.16 *	0 *	87.87	8.09	4	0	0	0	0
2.18	0	12.48	0.22	0	0	0	0	0
2.94 *	0 *	159.71 *	2.41 *	1 *	*		0.75 *	
1.43 *	0 *	157.31	2.37	1	0	0	0	0
1.51 *	0 *	2.4 *	0.04 *	0	0	0	0.75	0
3.72 *	0 *	55.23 *	3.81 *	2 *		0.75 *	*	
1.38 *	0 *	26.43 *	3.01 *	2	0	0	0	0
2.34	0	28.8	0.8	0	0	0.75	0	0
2.94 *	0 *	159.71 *	2.41 *	1 *	*		0.75 *	
1.43 *	0 *	157.31	2.37	1	0	0	0	0
1.51 *	0 *	2.4 *	0.04 *	0	0	0	0.75	0
2.34 *	0 *	100.35	8.31	4 *	*	*	*	

0.16 *	0 *	87.87	8.09	4	0	0	0	0
2.18	0	12.48	0.22	0	0	0	0	0
2.79 *	0 *	180.33 *	2.11 *	1 *	*	*	*	
0 *	0 *	144.33 *	1.93 *	1	0	0	0	0
2.79	0	36	0.18	0	0	0	0	0
7.42 *	0 *	55.68	1.59	2 *	0.75 *	*		
1.76 *	0 *	24	1.3	2	0	0	0	0
5.66	0	31.68	0.29	0	0	0.75	0	0
6.38 *	0.28 *	250.21	2.24	2 *	0.13	0.25 *		
4.2 *	0.28 *	237.73	2.02	2	0	0.13	0.25	0
2.18	0	12.48	0.22	0	0	0	0	0
2.94 *	0 *	159.71 *	2.41 *	1 *	*	0.75 *		
1.43 *	0 *	157.31	2.37	1	0	0	0	0
1.51 *	0 *	2.4 *	0.04 *	0	0	0	0.75	0
2.95 *	0 *	123.87	8.27	4 *	*	*	*	
0.16 *	0 *	87.87	8.09	4	0	0	0	0
2.79	0	36	0.18	0	0	0	0	0

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

Beans, Pea	Other Veg	Meat/Mea	Milk Credit	Vegetable Credit
*	*	*		3 *
	0	0	0	0 *
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	0	0	0	1 *
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	0	0	0	1 *
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	0	0	0	1 *
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	0	0	0	0 *
	0	0	0	1 *
	0	0	0	1 *
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	0		0	0	1	*
	0		0	0	1	*
*		*		*	3	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*
	0		0	0	1	*
*		*		*	3	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*
	0		0	0	1	*
*		*		*	3	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*
	0		0	0	1	*
*		*		*	3	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*
	0		0	0	1	*
	0.5	*		6	3	*
	0		0	2	0	*
	0		0	0	0	*
	0		0	2	0	0
	0.5		0	2	0	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*
	0		0	0	1	*
	1		0.5	4	3	*
	0		0	2	0	*
	1		0	2	0	0
	0		0.5	0	0	*
	0		0	0	0	*
	0		0	0	0	*
	0		0	0	1	*
	0		0	0	1	*

	0	0	0	1 *	
*	*		2	3 *	
	0	0	2	0 *	
	0	0	0	0	0
	0	0	0	0 *	
	0	0	0	0 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0.5	0.25	4	3 *	
	0	0	2	0 *	
	0	0	0	0 *	
	0.5	0	2	0 *	
	0	0	0	0 *	
	0	0.25	0	0 *	
	0	0	0	0 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0	0	0	1 *	
*	*		4	3 *	
	0	0	2	0 *	
	0	0	0	0 *	
	0	0	2	0 *	
	0	0	0	0	0
	0	0	0	0 *	
	0	0	0	0 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0	0	0	1 *	
*		0.13	2	3 *	
	0	0	2	0 *	
	0	0	0	0 *	
	0	0.13	0	0 *	
	0	0	0	0 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0	0	0	1 *	
*	*		4	3 *	
	0	0	2	0 *	
	0	0	0	0 *	
	0	0	2	0 *	
	0	0	0	0	0
	0	0	0	0 *	
	0	0	0	0 *	
	0	0	0	1 *	
	0	0	0	1 *	
	0	0	0	1 *	

*		0.5	3	3	*	
	0	0	1	0	*	
	0	0	0	0	*	
	0	0	2	0		0
	0	0.5	0	0	*	
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0	0	0	1	*	
*	*		4	3	*	
	0	0	2	0		0
	0	0	0	0	*	
	0	0	2	0		0
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0	0	0	1	*	
*	*		4	3	*	
	0	0	2	0		0
	0	0	0	0	*	
	0	0	2	0		0
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0.75	*	5	3	*	
	0	0	2	0	*	
	0.5	0	2	0		0
	0.25	0	1	0	*	
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0	0	0	1	*	
*	*		4	3.25	*	
	0	0	2	0.25	*	
	0	0	2	0	*	
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	0	*	
	0	0	0	1	*	
	0	0	0	1	*	
	0	0	0	1	*	

*		0.13	4	3	*		
	0	0	2	0		0	
	0	0	2	0	*		
	0	0	0	0	*		
	0	0	0	0	*		
	0	0.13	0	0	*		
	0	0	0	0	*		
	0	0	0	1	*		
	0	0	0	1	*		
	0	0	0	1	*		
*		0.75	4	3	*		
	0	0	2	0	*		
	0	0	0	0	*		
	0	0	2	0	*		
	0	0.75	0	0		0	
	0	0	0	0	*		
	0	0	0	1	*		
	0	0	0	1	*		
	0	0	0	1	*		
*		0.25	4	3	*		
	0	0	2	0		0	
	0	0	0	0	*		
	0	0	2	0		0	
	0	0	0	0	*		
	0	0.25	0	0	*		
	0	0	0	0	*		
	0	0	0	1	*		
	0	0	0	1	*		
	0	0	0	1	*		
*		*	2	3	*		
	0	0	2	0	*		
	0	0	0	0	*		
	0	0	0	0	*		
	0	0	0	0	*		
	0	0	0	1	*		
	0	0	0	1	*		
	0	0	0	1	*		
	1	*	4	3	*		
	0	0	2	0		0	
	0	0	0	0	*		
	1	0	2	0		0	
	0	0	0	0		0	
	0	0	0	0	*		
	0	0	0	0	*		
	0	0	0	1	*		
	0	0	0	1	*		
	0	0	0	1	*		

*		0.13	4	3 *
	0	0	2	0 *
	0	0	0	0 *
	0	0	2	0 *
	0	0	0	0 *
	0	0.13	0	0 *
	0	0	0	0 *
	0	0	0	1 *
	0	0	0	1 *
	0	0	0	1 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*	*	*	*
	0	0	0	0 *
	0	0	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*		0.75 *	*	*
	0	0	0	0 *
	0	0.75	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*		0.75	2 *	*

	0	0	2	0 *
	0	0.75	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*	*	*	*
	0	0	0	0 *
	0	0	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *
*	*		2 *	*
	0	0	2	0 *
	0	0	0	0 *
*		0.75	2 *	*
	0	0	2	0 *
	0	0.75	0	0 *

culations related to meal pattern contributions are correct.