

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 15, 2021 thru Feb 26, 2021

High School Breakfast

001 - Flour Bluff High School

Generated on: 2/2/2021 3:46:03 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/15/2021															
High School Breakfast	Total	101													
BKF PANCAKE MAPLE MINI BITE	6 EACH	50	378	52	588	3.78	42.0	*N/A*	*N/A*	8	12.6	31.5	18.9	5.25	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			610	*38	664	*5.98	*634.2	*1448	*20.40	64	22.04	99.96	*12.26	*3.60	*0.04
% of Calories										42.1%	14.5%	65.6%	*18.1%	*5.3%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/16/2021															
High School Breakfast	Total	101													
BKF MUFFIN, ASSORTED	1 EACH	50	225	30	117	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			475	*27	416	*4.65	*616.6	1460	*20.79	58	17.70	89.06	*5.85	*1.44	*0.04
% of Calories										48.8%	14.9%	74.9%	*11.1%	*2.7%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/17/2021															
High School Breakfast	Total	101													
BKF HONEY BUN 3OZ/60CT	1 EACH	50	270	0	210	1.80	40.0	100	21.01	13	6.0	40.02	10.01	4.50	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			498	*12	462	*5.00	*633.2	1476	*30.80	56	18.77	89.49	*7.86	*3.23	*0.04
% of Calories										44.7%	15.1%	71.9%	*14.2%	*5.8%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/18/2021															
High School Breakfast	Total	101													
BKF BOWTIE, W/SAUS LINK (5-12)	1 EACH+ 1LINKS	50	220	90	410	1.36	130.0	*5	*0.01	*1	13.01	19.0	10.51	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			473	*56	561	*4.79	*677.8	*1429	*20.41	*50	22.24	79.08	*8.11	*2.98	*0.04
% of Calories										*42.0%	18.8%	66.9%	*15.4%	*5.7%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/19/2021															
High School Breakfast	Total	101													
BKF CINNAMON ROLL IW 72/2.80	1 ROLL	50	241	*N/A*	221	1.61	87.4	*N/A*	*N/A*	16	6.03	41.2	6.03	2.51	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			483	*12	467	*4.91	*656.7	*1426	*20.40	57	18.78	90.07	*5.89	*2.25	*0.04
% of Calories										47.3%	15.5%	74.5%	*11.0%	*4.2%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/22/2021															
High School Breakfast	Total	101													
BKF CHICKEN SAUSAGE SAND WICH	1 EACH	50	180	40	300	1.80	79.9	*N/A*	*N/A*	7	9.99	17.99	7.0	2.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	2 EACH	50	237	0	59	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
JELLY ASSORTED	1PKG	50	35	0	0	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			588	*32	536	*5.00	*653.0	*1470	*20.40	78	20.75	112.41	*6.37	*1.99	*0.04
% of Calories										53.2%	14.1%	76.5%	*9.8%	*3.1%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/23/2021															
High School Breakfast	Total	101													
BKF MUFFIN, ASSORTED	1 EACH	50	225	30	117	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			537	*29	467	*4.69	*737.7	1687	*29.67	69	20.86	100.48	*5.85	*1.44	*0.04
% of Calories										51.2%	15.5%	74.9%	*9.8%	*2.4%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/24/2021															
High School Breakfast	Total	101													
BKF BREAD ASSORTED	1 EACH	50	263	*N/A*	250	0.18	79.9	0	*N/A*	24	4.99	44.95	7.99	1.50	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH,COURTESY MEAL (H	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			494	*12	481	*4.20	*653.0	1426	*20.40	61	18.27	91.93	*6.86	*1.74	*0.04
% of Calories										49.3%	14.8%	74.4%	*12.5%	*3.2%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

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Thu - 02/25/2021															
High School Breakfast	Total	101													
BKF PANCAKE BB SAUSAGE STICK	1 EACH	50	250	25	400	1.08	20.0	*N/A*	*N/A*	10	6.0	22.99	14.99	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH, COURTESY MEAL (H)	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			546	*24	570	*4.65	*623.3	*1448	*20.40	65	18.77	95.74	*10.33	*2.98	*0.04
% of Calories										47.5%	13.7%	70.1%	*17.0%	*4.9%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

Fri - 02/26/2021															
High School Breakfast	Total	101													
DONUT, POWDERED SUGAR MINS	1 PACKAG	50	309	20	249	1.44	39.9	*N/A*	*N/A*	29	2.99	51.84	10.97	4.98	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH, COURTESY MEAL (H)	2 OZ	1	640	100	2320	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	50	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	50	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	50	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			517	*22	481	*4.82	*633.1	*1426	*20.40	63	17.28	95.34	*8.33	*3.47	*0.04
% of Calories										49.1%	13.4%	73.8%	*14.5%	*6.0%	*0.1%
Nutrient Guideline			450-600		640									<10.00	

Weighted Average			522	*26	510	*4.87	*651.8	*1470	*22.41	*62	19.55	94.35	*7.77	*2.51	*0.04
										*107.0	15.0%	72.3%	*13.4%	*4.3%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Feb 15, 2021 thru Feb 26, 2021

High School Breakfast

001 - Flour Bluff High School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	522		450 - 600	100%											
Cholesterol (mg)	26				Missing										
Sodium 1 (mg)	510		640												
Sodium 2 (mg)	510		570												
Iron (mg)	4.87				Missing										
Calcium (mg)	651.8				Missing										
Vitamin A (IU)	1470				Missing										
Sugars (g)	62	47.55%			Missing										
Vitamin C (mg)	22.41				Missing										
Protein (g)	19.55	14.97%													
Carbohydrate (g)	94.35	72.29%													
Total Fat (g)	7.77	13.40%			Missing										
Saturated Fat (g)	2.51	4.33%	<10.00%		Missing										
Trans Fat ¹ (g)	0.04	0.06%			Missing										

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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