

Taher Inc.

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Fri - 05/01/2009													
Elkhorn Elementary	Total												
Cheeseburger on Wheat Bun	1 EACH	347	67	488	1.94	3.23	132.93	136	0.00	21.93	22.97	18.63	7.88
Fixings (L,T,P)	1/4 cup	0	0	31	0.04	0.01	1.47	6	0.03	0.02	0.09	0.00	0.00
FRENCH FRIES: oven heat	2 OZ	113	0	151	1.81	0.70	4.54	0	5.73	1.80	17.68	4.29	0.71
Cake, Birthday (new)	piece	223	15	316	1.11	2.70	20.68	1	0.00	3.08	46.67	8.36	0.55
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Tuna Pasta (FFL)	Servings	263	37	429	1.52	1.56	5.14	111	0.59	17.69	28.98	9.02	1.01
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Turkey Sub	1 each	286	32	815	2.06	3.97	157.74	522	0.90	16.43	33.65	9.44	3.03
Weighted Daily Average		1002	85	1458	6.24	6.77	623.61	3615	18.43	38.67	153.58	31.65	8.33
% of Calories										15.4%	61.3%	28.4%	7.5%

Mon - 05/04/2009													
Elkhorn Elementary	Total												
Chicken Nuggets (Brakebush)	5 Pieces	240	35	500	0.00	0.00	0.00	0	0.00	15.00	17.00	12.00	2.50
Potato, Mashed (dehyd)	1/2 cup	122	2	180	1.37	0.21	35.70	212	6.83	2.30	16.88	5.03	1.27
Gravy, Poultry	1 oz	41	1	172	0.10	0.19	3.49	128	0.43	0.54	3.00	3.03	0.55
Carrots, Glazed	1/4 cup	59	5	39	1.95	0.29	23.26	6450	7.55	0.57	9.77	2.21	1.26
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Yogurt Pak GNG	Container	332	15	479	1.25	3.50	558.76	147	1.77	16.05	51.80	6.60	3.81
Sandwich, Cheese	1 Each	342	51	1333	2.00	1.44	383.74	607	0.00	16.12	30.02	20.22	10.12
Weighted Daily Average		725	46	1183	6.13	1.88	640.66	8946	25.70	33.67	99.14	22.00	6.25
% of Calories										18.6%	54.7%	27.3%	7.8%

Tue - 05/05/2009													
Elkhorn Elementary	Total												
Tacos, Beef, Hard Shell	2 Tacos	305	54	306	1.76	3.02	48.44	251	2.42	14.66	16.05	20.14	6.90
Fixings for Tacos (L,T,Cheese)	1/4 cup	10	3	23	0.00	0.00	25.31	38	0.00	0.89	0.03	1.14	0.51
Corn & Rice Bake	1/2 cup	151	4	240	3.15	1.07	21.89	494	8.84	4.80	31.29	2.56	1.00
Churro	1 each	130	10	115	1.00	1.80	0.00	0	0.00	2.00	13.00	8.00	2.00
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Chicken Caesar (new)	Serving	296	85	690	0.88	88.49	30.49	1063	5.22	31.69	15.04	12.41	2.60
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Turkey Sub	1 each	286	32	815	2.06	3.97	157.74	522	0.90	16.43	33.65	9.44	3.03

Taher Inc.

May 1, 2009 thru May 22, 2009 Spreadsheet - Portion Values Elkhorn Elementary

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average		890	78	1179	6.76	14.32	570.82	4223	23.30	35.87	121.21	30.76	9.38
% of Calories										16.1%	54.5%	31.1%	9.5%

Wed - 05/06/2009													
Elkhorn Elementary	Total												
Chicken Legs, Oven Roasted	2 legs	150	84	107	0.02	1.04	10.40	124	2.80	18.10	0.23	8.05	2.11
Potatoes, Oven Roasted	1/4 cup	47	0	89	1.16	0.45	7.74	12	10.09	1.04	9.03	0.87	0.10
ASPARAGUS: fresh,boiled	1/4 CUP	10	0	6	0.90	0.41	10.35	453	3.47	1.08	1.85	0.10	0.02
Dinner Roll, Wheat	1 each	90	0	170	1.00	0.83	0.33	0	0.00	2.00	14.00	1.50	0.50
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Taco (FFL1)	1 each	481	75	777	3.16	3.03	335.44	4048	35.19	20.95	25.31	33.94	13.18
Sandwich, Ham and Cheese	1 Each	262	35	985	2.06	1.67	157.74	522	0.90	15.69	29.66	11.12	4.05
Weighted Daily Average		661	88	942	4.53	2.94	544.87	4365	30.37	34.27	92.47	15.93	4.39
% of Calories										20.7%	56.0%	21.7%	6.0%

Thu - 05/07/2009													
Elkhorn Elementary	Total												
Lasagna	Servings	306	43	437	3.14	2.76	253.27	1225	18.93	19.17	31.37	11.71	6.01
Salad, Caesar	1/2 cup	88	11	163	0.33	0.17	32.27	742	3.04	1.37	1.75	8.58	1.57
Rhubarb Crisp	SERVING	204	0	114	1.83	1.04	142.61	395	3.54	2.24	32.68	7.75	1.56
Fruit & Vegetable Bar (DFruit)	1/4 Cup	50	0	2	1.26	0.26	13.35	83	9.99	0.61	12.94	0.09	0.02
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Sweet Spinach	Salad	400	212	73	2.57	1.68	62.67	1868	18.82	8.93	25.98	30.16	4.10
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Wrap, Chicken	1 Each	397	76	591	2.58	73.59	157.87	617	2.52	30.79	26.30	19.65	5.24
Weighted Daily Average		936	83	1120	6.78	11.22	844.87	5556	35.80	35.62	131.76	30.55	8.74
% of Calories										15.2%	56.3%	29.4%	8.4%

Fri - 05/08/2009													
Elkhorn Elementary	Total												
Chicken Patty on WW Bun	1 each	385	40	805	2.94	3.82	88.54	0	0.00	19.93	35.78	18.09	4.22
Sweet Potato Fries	2 oz	80	0	120	1.33	0.24	13.34	3335	6.40	0.00	14.67	2.00	0.33
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Salad, Chef w/Turkey (FFL1)	Salad	172	145	564	1.31	1.41	66.89	3746	38.07	11.91	9.10	9.74	3.57
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Egg Salad	1 each	337	326	413	1.85	2.78	84.51	902	1.15	13.87	22.63	21.54	4.24

Taher Inc.

May 1, 2009 thru May 22, 2009 Spreadsheet - Portion Values Elkhorn Elementary

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average		663	84	1034	5.47	4.02	572.13	6570	22.72	31.71	89.08	20.06	4.67
% of Calories										19.1%	53.7%	27.2%	6.3%

Mon - 05/11/2009													
Elkhorn Elementary	Total												
Spaghetti w/Meat Sauce (F4L)	1/2 cup	345	45	327	2.96	3.43	38.23	542	8.13	20.63	41.40	10.48	3.70
Spaghetti Noodles	1/2 cup	90	0	1	1.02	0.73	3.97	0	0.00	3.29	17.50	0.53	0.10
Sauce, Marinara	1/4 cup	27	0	122	0.78	0.63	22.64	511	7.66	1.31	4.98	0.66	0.07
Salad, Caesar (new)	1/2 cup	27	2	81	0.40	0.14	8.02	481	2.41	1.25	2.95	1.23	0.29
Garlic Toast	1 slice	118	8	191	0.63	0.97	27.69	85	0.06	3.64	14.82	4.96	2.15
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Yogurt Pak GNG	Container	332	15	479	1.25	3.50	558.76	147	1.77	16.05	51.80	6.60	3.81
Sandwich, Cheese	1 Each	342	51	1333	2.00	1.44	383.74	607	0.00	16.12	30.02	20.22	10.12
Weighted Daily Average		716	42	1048	4.60	3.59	621.24	4387	22.14	30.04	114.84	15.31	5.37
% of Calories										16.8%	64.1%	19.2%	6.8%

Tue - 05/12/2009													
Elkhorn Elementary	Total												
Nachos w/ Grd Beef & Cheese 1	SERVING	317	52	486	2.06	2.06	314.35	895	0.57	21.47	21.10	16.58	6.21
Salad, Southwestern	salad	67	3	450	0.66	0.49	46.54	256	2.23	2.41	7.99	2.76	1.05
Salad, Wheat Berry Waldorf	1/4 cup	47	0	13	1.32	0.41	9.12	79	1.72	1.25	9.85	0.49	0.09
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Chef w/Turkey (FFL1)	Salad	172	145	564	1.31	1.41	66.89	3746	38.07	11.91	9.10	9.74	3.57
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Italian Turkey (Elm)	Sandwich	382	34	935	1.64	3.93	127.35	1246	3.37	20.32	37.03	16.81	4.57
Weighted Daily Average		755	72	1391	5.27	3.27	790.91	4920	21.45	36.51	103.81	21.61	7.19
% of Calories										19.4%	55.0%	25.8%	8.6%

Taher Inc.

May 1, 2009 thru May 22, 2009 Spreadsheet - Portion Values Elkhorn Elementary

Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat	
Wed - 05/13/2009													
Elkhorn Elementary	Total												
Bread Cheese	2 EACH	421	31	984	2.28	0.90	322.39	1148	8.04	19.47	41.79	21.08	7.22
Sauce, Marinara	1/4 cup	27	0	122	0.78	0.63	22.64	511	7.66	1.31	4.98	0.66	0.07
Salad, Cucumber Ranch	1/4 cup	15	1	16	0.16	0.05	3.14	16	0.72	0.21	0.56	1.40	0.20
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Chicken Caesar (new)	Serving	296	85	690	0.88	88.49	30.49	1063	5.22	31.69	15.04	12.41	2.60
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Ham and Cheese	1 Each	262	35	985	2.06	1.67	157.74	522	0.90	15.69	29.66	11.12	4.05
Weighted Daily Average		782	48	1547	4.61	10.64	772.84	4936	27.43	34.72	110.39	23.96	7.16
% of Calories										17.8%	56.5%	27.6%	8.2%

Thu - 05/14/2009													
Elkhorn Elementary	Total												
FRENCH TOAST STICKS	1 SERVIN	377	145	876	1.95	3.91	189.39	331	0.53	13.10	56.82	10.80	2.71
SYRUP,PANCAKE	2 TBSP	92	0	32	0.27	0.01	1.18	0	0.00	0.00	24.13	0.00	0.00
Sausage, Patty	1 each	170	30	300	1.00	0.30	19.30	0	0.00	5.00	0.30	17.00	2.90
Potato, Tri Tater	1 each	90	0	150	2.00	0.00	0.00	0	0.00	2.00	9.00	5.00	0.50
Fruit & Vegetable Bar (fruit)	1/4 cup	24	0	2	0.94	0.14	1.91	116	0.66	0.16	6.29	0.02	0.00
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Sweet Spinach	Salad	400	212	73	2.57	1.68	62.67	1868	18.82	8.93	25.98	30.16	4.10
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Sandwich, Egg Salad	1 each	337	326	413	1.85	2.78	84.51	902	1.15	13.87	22.63	21.54	4.24
Weighted Daily Average		1009	204	1618	6.32	4.21	651.48	3992	6.35	31.33	144.29	34.47	6.21
% of Calories										12.4%	57.2%	30.8%	5.5%

Fri - 05/15/2009													
Elkhorn Elementary	Total												
HOTDOG,BEEF	1 each	188	30	650	0.00	0.86	7.98	0	0.00	6.41	2.31	16.85	6.66
ROLLS,HAMBURGER/HOTDOG,P	1 each	120	0	206	0.90	1.43	59.34	0	0.00	4.09	21.26	1.86	0.47
FRENCH FRIES: oven heat	2 OZ	113	0	151	1.81	0.70	4.54	0	5.73	1.80	17.68	4.29	0.71
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Salad, Taco (FFL1)	1 each	481	75	777	3.16	3.03	335.44	4048	35.19	20.95	25.31	33.94	13.18
Sandwich, Turkey Sub	1 each	286	32	815	2.06	3.97	157.74	522	0.90	16.43	33.65	9.44	3.03
Weighted Daily Average		762	45	1433	4.24	3.38	579.29	3894	21.87	26.39	105.80	25.75	8.38
% of Calories										13.9%	55.5%	30.4%	9.9%

Taher Inc.

May 1, 2009 thru May 22, 2009 Spreadsheet - Portion Values Elkhorn Elementary

Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	
Mon - 05/18/2009													
Elkhorn Elementary	Total												
Chicken Nuggets (Brakebush)	5 Pieces	240	35	500	0.00	0.00	0.00	0	0.00	15.00	17.00	12.00	2.50
BREAD WHOLE-WHEAT	slice	69	0	132	1.90	0.68	29.96	1	0.00	3.63	11.56	0.94	0.21
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Weighted Daily Average		657	45	1101	3.45	0.97	502.45	3438	13.68	31.45	95.45	15.95	3.19
% of Calories										19.1%	58.1%	21.8%	4.4%

Tue - 05/19/2009													
Elkhorn Elementary	Total												
Pizza Hut Cheese Pizza 10 sl	Slice	277	13	765	2.51	1.80	238.71	825	2.34	13.83	30.62	12.06	6.25
Fruit & Vegetable Bar1 (Fruit)	1/4 Cup	28	0	1	0.97	0.10	8.54	103	10.41	0.37	7.10	0.06	0.01
Fruit & Vegetable Bar (veg)	1/4 cup	6	0	11	0.43	0.05	5.03	2564	0.90	0.14	1.46	0.04	0.01
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Weighted Daily Average		625	23	1234	4.06	2.09	711.20	4262	16.02	26.65	97.51	15.07	6.73
% of Calories										17.0%	62.4%	21.7%	9.7%

Wed - 05/20/2009													
Elkhorn Elementary	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%

Thu - 05/21/2009													
Elkhorn Elementary	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%

Fri - 05/22/2009													
Elkhorn Elementary	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%

Weighted Average		783	73	1253	5.27	5.33	648.18	4854	21.94	32.84	112.26	23.31	6.61
										16.8%	57.3%	26.8%	7.6%

Taher Inc.

Nutrient	Menu AVG	Portion	Cals	Mg	Mg	G	Mg	Mg	IU	Mg	G	G	G	G
		Size	Target	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals		% of Target	Miss Data	Shortfall	Error Messages (if any)							
Calories	783		645	122%										
Cholesterol (Mg)	73		100	73%										
Sodium (Mg)	1253		1500	84%										
Fiber (G)	5.27		2.00	263%										
Iron (Mg)	5.33		3.30	162%										
Calcium (Mg)	648.18		267.00	243%										
Vitamin A (IU)	4854		1055	460%										
Vitamin C (Mg)	21.94		15.00	146%										
Protein (G)	32.84	16.77%	8.87	370%										
Carbohydrate (G)	112.26	57.32%	88.04											
Total Fat (G)	23.31	26.78%	<30.00											
Saturated Fat (G)	6.61	7.60%	<10.00											