

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 - 12/01/2021																
Sycamore Lunch MS	Total	100														
*DoubleDouble Burger	1 Each	85	452	97	824	3.89	1.48	241.0	359	8.98	*6	31.9	35.69	20.5	7.98	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			752	103	1170	8.72	*3.80	*641.4	*7467	*44.91	*39	45.59	93.59	23.42	8.41	*0.00
% of Calories											*20.9%	24.3%	49.8%	28.0%	10.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 12/02/2021																
Sycamore Lunch MS	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			645	39	1052	8.81	*4.89	*840.2	*7813	*42.38	*38	36.75	97.53	13.84	4.81	*0.00
% of Calories											*23.7%	22.8%	60.5%	19.3%	6.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 12/03/2021																
Sycamore Lunch MS	Total	100														
Chicken, Mandarin Orange	1 Each	85	163	44	305	0.00	0.78	0.0	0	1.31	11	11.98	20.69	3.27	0.54	0.00
Rice, Brown, (H.S.)	.5 Cup	85	224	0	9	2.11	0.91	17.6	0	0.0	*N/A*	4.82	46.9	1.77	0.36	*0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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)
Weighted Daily Average % of Calories			706	59	771	7.21	*4.04	*451.5	*7175	*38.39	*44 *25.0%	32.75 18.5%	121.84 69.0%	10.89 13.9%	2.39 3.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 12/06/2021																
Sycamore Lunch MS	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Cookie, Choc Chip IW 1 Oz	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			727	47	1097	9.56	*5.43	*840.2	*7813	*43.28	*45 *24.7%	38.25 21.0%	111.03 61.1%	16.84 20.8%	5.56 6.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 12/07/2021																
Sycamore Lunch MS	Total	100														
Sandwich, Meatball (SEC)	1 each	85	514	60	654	5.33	*3.45	*261.4	*346	*6.14	4	22.63	39.61	29.65	13.06	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			814	73	1060	9.95	*5.53	*658.8	*7469	*42.50	*38 *18.6%	37.71 18.5%	98.06 48.2%	31.82 35.2%	12.72 14.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 - 12/08/2021																
Sycamore Lunch MS	Total	100														
*Chimichanga, Beef & Cheese	1 Each	85	380	42	472	6.00	3.20	253.0	700	5.0	2	24.0	43.0	12.5	4.00	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			690	57	870	10.51	*5.27	*651.6	*7757	*41.53	*36	38.87	99.80	16.62	5.02	*0.00
% of Calories											*20.9%	22.5%	57.9%	21.7%	6.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 12/09/2021																
Sycamore Lunch MS	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			645	39	1052	8.81	*4.89	*840.2	*7813	*42.38	*38	36.75	97.53	13.84	4.81	*0.00
% of Calories											*23.7%	22.8%	60.5%	19.3%	6.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 12/10/2021																
Sycamore Lunch MS	Total	100														
*Cheeseburger, Bacon Ranch	Cheeseburger	85	501	83	1467	3.50	3.40	165.3	554	13.32	*9	30.83	42.36	23.58	7.28	*0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar	Servings	50	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	30	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	30	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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)
Weighted Daily Average			786	92	1712	7.57	*5.00	*597.8	*5339	*47.59	*41	45.25	95.21	26.40	7.87	*0.00
% of Calories											*20.7%	23.0%	48.4%	30.2%	9.0%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 12/13/2021																
Sycamore Lunch MS	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Cookie, Choc Chip IW 1 Oz	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			714	45	1049	9.56	*5.36	*840.2	*7794	*43.28	*44	38.25	109.48	15.99	5.56	*0.00
% of Calories											*24.8%	21.4%	61.4%	20.2%	7.0%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 12/14/2021																
Sycamore Lunch MS	Total	100														
Sandwich, Spicy Chic (SEC)	Sandwich	85	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar	Servings	75	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Cookie, Choc Chip IW 1 Oz	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			783	49	1030	10.61	*6.05	*431.1	*5881	*48.38	*40	36.00	110.35	23.81	4.96	*0.00
% of Calories											*20.4%	18.4%	56.4%	27.4%	5.7%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 - 12/15/2021																
Sycamore Lunch MS	Total	100														
*DoubleDouble Burger	1 Each	85	452	97	824	3.89	1.48	241.0	359	8.98	*6	31.9	35.69	20.5	7.98	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			752	103	1170	8.72	*3.80	*641.4	*7467	*44.91	*39	45.59	93.59	23.42	8.41	*0.00
% of Calories											*20.9%	24.3%	49.8%	28.0%	10.1%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 12/16/2021																
Sycamore Lunch MS	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Cookie, Choc Chip IW 1 Oz	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			727	47	1097	9.56	*5.43	*840.2	*7813	*43.28	*45	38.25	111.03	16.84	5.56	*0.00
% of Calories											*24.7%	21.0%	61.1%	20.8%	6.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 12/17/2021																
Sycamore Lunch MS	Total	100														
Sandwich, Spicy Chic (SEC)	Sandwich	85	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00
GRAB N GO LUNCH	1 EACH	15	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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)
Weighted Daily Average % of Calories			740	43	1049	10.21	*5.57	*511.3	*7566	*48.64	*39 *21.0%	36.63 19.8%	103.91 56.2%	21.12 25.7%	4.22 5.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			729	61	1091	9.22	*5.00	*675.8	*7320	*43.96	*40 *50.0%	38.97 21.4%	103.30 56.7%	19.60 24.2%	6.18 7.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	729		600 - 700	104%			29	Correction Required - Calories too High
Cholesterol (mg)	61							
Sodium (mg)	1091		1360					
Fiber (g)	9.22							
Iron (mg)	5.00				Missing			
Calcium (mg)	675.8				Missing			
Vitamin A (IU)	7320				Missing			
Sugars (g)	40	22.22%			Missing			
Vitamin C (mg)	43.96				Missing			
Protein (g)	38.97	21.38%						
Carbohydrate (g)	103.30	56.67%						
Total Fat (g)	19.60	24.20%						
Saturated Fat (g)	6.18	7.63%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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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