

# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Nov 3, 2025 thru Nov 21, 2025

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/03/2025									
Middle	Total	230							
Bacon, Egg, & Cheese Croissant	1 EACH	225	495	328	930	11.0	31.0	32.5	12.00
Potato, Crinkle Cut Govt	4 OZ	190	162	0	27	2.7	27.0	4.73	1.35
Ketchup, Red Gold packet	1 EACH	100	10	0	105	0.0	3.0	0.0	0.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	220	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			785	326	1140	21.14	82.77	37.01	13.32
% of Calories						10.8%	42.2%	42.5%	15.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/04/2025									
Middle	Total	230							
Tortellini Alfredo	SERVING	225	397	58	665	18.59	56.03	10.93	5.78
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			738	63	1134	33.75	123.44	12.78	6.29
% of Calories						18.3%	66.9%	15.6%	7.7%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/05/2025									
Middle	Total	230							
Grilled Cheese Sandwich wheat	1 each	215	320	50	770	14.0	23.0	19.5	10.00
Soup, Tomato Campbells	6 oz	150	135	0	720	3.0	30.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	140	31	0	1	0.29	7.89	0.16	0.05
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	80	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	0	0	0	0.0	0.0	0.0	0.00
School Hoagie, Elem	1 EACH	10	277	65	1031	21.34	23.82	12.06	5.01
Weighted Daily Average			551	56	1382	24.22	69.93	19.52	9.98
% of Calories						17.6%	50.8%	31.9%	16.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/06/2025									
Middle	Total	250							
Chicken Turnover	SERVINGS	250	353	47	354	15.08	19.51	23.34	6.60
Potatoes, Mashed	1 each	200	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	2 OZ	150	24	2	354	0.37	4.73	0.36	0.11
CARROTS:frozen, boiled	3/4 CUP	200	41	0	65	0.64	8.46	0.74	0.13
CELERY STICKS	3/4 CUP	25	13	0	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			733	58	1212	28.92	91.03	27.89	8.21
% of Calories						15.8%	49.6%	34.2%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Middle

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/07/2025									
Middle	Total	220							
Pizza, 5" Round	1 EACH	218	390	30	660	20.0	47.0	14.0	6.00
Pepperoni, Sliced	SERVING	125	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			621	43	992	30.95	83.78	19.39	7.84
% of Calories						19.9%	54.0%	28.1%	11.4%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/10/2025									
Middle	Total	230							
Pork, Pulled BBQ Sandwich	1 EACH	228	481	108	540	37.4	33.15	21.46	7.32
Ketchup, Red Gold packet	2 EACH	228	20	0	210	0.0	6.0	0.0	0.00
Fries, Sweet Potato 7/16"	1/2 CUP	190	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	135	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	110	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			854	114	1104	46.70	100.49	28.80	8.81
% of Calories						21.9%	47.1%	30.3%	9.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Middle

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/11/2025									
Middle	Total	230							
Taco in a Bag	1 Each	220	342	44	937	21.23	27.02	17.37	6.48
Seasoned Red Beans	.75 cup	150	189	0	226	10.54	35.45	0.86	0.13
SPANISH RICE	1/3 CUP	150	73	0	124	2.06	14.55	0.77	0.13
APPLES,Fresh	1 EACH	80	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	140	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			686	50	1308	37.73	93.58	18.71	6.87
% of Calories						22.0%	54.5%	24.5%	9.0%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/12/2025									
Middle	Total	230							
CHICKEN NUGGETS, Tyson 5 each	portion	225	230	55	590	17.0	12.0	13.0	2.50
Pretzel, Soft Rod	1 EACH	225	70	0	65	2.0	14.0	0.5	0.00
BBQ Sauce SLSD	1 OZ	50	33	0	235	0.28	8.69	0.04	0.00
BROCCOLI: frozen, boiled	1/2 cup	180	26	0	10	2.85	4.92	0.11	0.02
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			507	60	860	29.25	68.05	14.13	2.87
% of Calories						23.1%	53.6%	25.1%	5.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Middle

005 - SLSD Middle School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/13/2025									
Middle	Total	215							
Dutch Waffle	1 each	210	300	20	350	4.0	43.0	13.0	3.00
Syrup cup, reduced calorie	1 each	0	0	0	0	0.0	0.0	0.0	0.00
Sausage Links - Performance	1 Each	210	190	30	270	6.0	0.0	19.0	6.00
Potato, Tator Tots	SERVING	210	130	0	310	2.0	17.0	6.0	1.00
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			800	57	1100	20.97	95.47	38.23	10.28
% of Calories						10.5%	47.7%	43.0%	11.6%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/14/2025									
Middle	Total	220							
Max Sticks	1 serving	218	508	16	1478	24.79	52.21	21.91	7.62
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			701	22	1701	34.26	88.94	23.50	8.01
% of Calories						19.6%	50.8%	30.2%	10.3%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Nov 3, 2025 thru Nov 21, 2025

Middle

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/17/2025									
Middle	Total	230							
Chicken Patty Sandwich	1 EACH	225	350	55	820	24.0	33.0	14.5	2.50
Baked Beans SLSD	1/2 CUP	200	182	0	364	6.57	43.22	0.55	0.10
CELERY STICKS	1/2 CUP	30	8	0	48	0.41	1.78	0.1	0.03
Apples, Sliced, pre-bagged	1 each	180	30	0	0	0.0	8.0	0.0	0.00
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	5	620	0	620	20.0	70.0	32.0	5.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			668	60	1287	37.68	99.46	16.00	3.02
% of Calories						22.6%	59.6%	21.6%	4.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/18/2025									
Middle	Total	230							
MACARONI AND CHEESE(NEW)	2/3 CUP	225	331	14	1114	22.04	39.35	9.1	3.06
Breadstick, Rudis	1 EACH	225	109	0	232	4.0	21.4	1.1	0.20
PEAS: frozen,boiled	1/2 CUP	180	62	0	58	4.12	11.41	0.22	0.04
CELERY STICKS	1/2 CUP	50	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	180	72	0	1	0.36	19.06	0.23	0.04
Peaches, diced	1/2 cup	50	63	0	9	0.0	15.3	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	230	115	6	146	8.0	18.25	0.62	0.37
PBJ, Uncrustable Wheat	1 EACH	5	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Ice Cream Cup	1 EACH	200	150	30	70	2.0	19.0	7.0	4.50
Weighted Daily Average			796	46	1582	38.81	121.76	17.06	7.54
% of Calories						19.5%	61.2%	19.3%	8.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

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Middle

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/19/2025									
Middle	Total	215							
MiniCinnis	1 EACH	210	240	0	300	5.0	40.0	7.0	2.00
Sausage Links - Performance	Serving	180	190	30	270	6.0	0.0	19.0	6.00
Fries, Sweet Potato 7/16"	1/2 CUP	210	200	0	227	1.33	29.35	8.0	1.33
CELERY STICKS	1/2 CUP	35	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	120	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	95	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	215	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	5	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			783	33	932	20.46	104.60	31.67	8.80
% of Calories						10.4%	53.4%	36.4%	10.1%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/20/2025									
Middle	Total	250							
Turkey, Sliced with Gravy	SERVING	250	147	52	713	18.88	3.15	6.29	2.10
Potatoes, Mashed	1 each	200	94	5	361	2.02	15.0	3.03	1.28
Roll, dinner, wheat	1 each	250	80	0	150	3.0	15.0	0.5	0.00
Gravy, Thick	1 OZ	150	12	1	177	0.19	2.36	0.18	0.06
CORN: frozen, yellow	1/2 CUP	200	67	0	1	2.1	15.92	0.55	0.08
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	200	55	0	2	0.31	13.99	0.05	0.00
CELERY STICKS	3/4 CUP	25	13	0	72	0.62	2.67	0.15	0.04
BANANAS	1 EACH	50	105	0	1	1.29	26.95	0.39	0.13
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	200	51	0	2	0.21	13.75	0.12	0.01
Milk, Variety, Pocono Mtn.	Half Pint	250	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			585	63	1416	34.03	90.40	10.62	3.64
% of Calories						23.3%	61.8%	16.3%	5.6%
Nutrient Guideline			600-700		1360			<=30.0	<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Southern Lehigh SD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Nov 3, 2025 thru Nov 21, 2025

Middle

005 - SLSD Middle School

Generated on: 10/31/2025 3:59:53 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/21/2025									
Middle	Total	220							
Pizza, Big Daddy Rolled Edge E	SLICE	218	340	20	520	19.0	39.0	12.0	5.00
Pepperoni, Sliced	SERVING	100	66	13	177	2.53	0.0	6.58	2.53
Salad, tossed, side	1 EACH	170	32	0	18	2.13	6.54	0.47	0.07
Italian dressing, PC	1 EACH	130	10	0	109	0.0	1.0	1.0	0.00
CELERY STICKS	1/2 CUP	40	8	0	48	0.41	1.78	0.1	0.03
APPLES,Fresh	1 EACH	100	72	0	1	0.36	19.06	0.23	0.04
Oranges, Mandarin, World Horiz	1/2 cup	80	66	0	12	0.82	15.61	0.0	0.00
Milk, Variety, Pocono Mtn.	Half Pint	200	115	6	146	8.0	18.25	0.62	0.37
PB Jamwich, Grape, on Wheat	2 each	0	0	0	0	0.0	0.0	0.0	0.00
School Hoagie	1 EACH	2	377	85	1342	26.57	34.05	14.61	5.02
Weighted Daily Average			564	32	833	29.67	75.85	16.66	6.56
% of Calories						21.1%	53.8%	26.6%	10.5%
Nutrient Guideline			600-700		1360			<=30.0	<10.00

Weighted Average			691	72	1199	31.24	92.64	22.13	7.47
						18.1%	53.6%	28.8%	9.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	691		600 - 700	100%				
Cholesterol (mg)	72							
Sodium 1 (mg)	1199		1360					
Sodium 1a (mg)	1199		1225					
Protein (g)	31.24	18.07%						
Carbohydrate (g)	92.64	53.59%						
Total Fat (g)	22.13	28.81%	<=30.00%					
Saturated Fat (g)	7.47	9.72%	<10.00%					

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