

# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

Page 1

Generated on: 4/26/2018 9:59:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
Northwoods Diner	Total	1														
CHICKEN NACHOS	SERVING	1	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10	0.00
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
KIDNEY BEANS: canned,drained	1/4 CUP	1	52	0	189	3.39	0.75	21.8	0	0	0.77	3.34	9.28	0.38	0.04	*N/A*
SALSA:COMMODITY	3 OZ	1	31	0	366	1.19	1.91	10.2	468	47	3.4	1.28	5.95	0.17	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1174	*102	*2009	*14.76	*6.40	*2067.8	*5992	*1222	*50.72	62.35	158.82	35.67	*15.34	*0.00
% of Calories												21.2%	54.1%	27.3%	*11.8%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/02/2018																
Northwoods Diner	Total	1														
GENERAL TSO'S CHICKEN	SERVING	1	200	45	510	2.00	1.44	0.0	0	0	0.0	14.0	26.0	4.0	1.00	0.00
BROWN RICE PILAF	1/2 CUP	1	146	0	55	1.60	0.82	16.0	0	0	0.3	3.5	30.36	0.97	0.20	*N/A*
STIR FRY VEGETABLES	1/2 CUP	1	23	0	15	1.50	2.00	2.0	35	7	5.0	1.0	5.0	0.0	0.00	0.00
CARROT STICKS	1/2 CUP	1	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
JICAMA	1/4 CUP	1	13	0	1	0.50	0.72	10.0	50	10	24.0	0.25	2.75	0.0	0.00	0.00
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
WHOLE GRAIN DINNER ROLL	ROLL	1	75	0	120	1.00	0.73	4.3	0	0	0.02	3.0	14.0	1.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			992	67	*1754	13.90	6.52	989.9	12009	2152	70.18	49.40	180.37	8.95	2.97	*0.00
% of Calories												19.9%	72.7%	8.1%	2.7%	*0.0%
Nutrient Guideline			600-70		1360										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018																
Northwoods Diner	Total	1														
WHOLE GRAIN PENNE PASTA	2.5 OZ	1	110	0	2	3.50	1.44	0.0	0	0	0.0	4.0	24.5	0.75	0.00	0.00
ALFREDO SAUCE	1/4 CUP	1	104	23	156	0.85	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.68	15.65	1.83	1.28	*N/A*
CHICKEN, DICED	1 OZ	1	43	26	13	0.00	1.08	0.0	0	0	0.0	8.6	0.0	1.16	0.33	*N/A*
PEAS: frozen,boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			848	71	*948	*17.34	*9.77	*976.7	*7449	*1293	*57.18	50.08	150.58	6.79	3.38	*0.00
% of Calories												23.6%	71.0%	7.2%	3.6%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Fri - 05/04/2018																
Northwoods Diner	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/07/2018																
Northwoods Diner	Total	1														
BREADED MOZZARELLA STICKS	STICKS	1	105	8	145	*N/A*	0.36	100.0	100	20	0.0	4.5	8.5	6.0	2.00	0.00
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
CAULIFLOWER,raw: fresh	1/4 CUP	1	6	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	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

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Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			680	30	*1191	*7.69	*1.26	*1053.7	*1911	*475	81.61	34.71	117.67	9.99	3.76	*0.00
% of Calories												20.4%	69.2%	13.2%	5.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Tue - 05/08/2018																
Northwoods Diner	Total	1														
WHOLE WHEAT TORTILLA	1 EACH	1	110	0	280	3.00	0.00	60.0	0	0	0.0	3.0	18.0	2.5	1.00	0.00
TACO MEAT	1 OZ	1	105	*N/A*	480	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
SALSA:COMMODITY	3 OZ	1	31	0	366	1.19	1.91	10.2	468	47	3.4	1.28	5.95	0.17	0.03	*N/A*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1018	*47	*1996	*11.40	*3.37	*1075.1	*3395	*718	*44.52	46.93	136.57	27.33	*6.80	*0.00
% of Calories												18.5%	53.7%	24.2%	*6.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/09/2018																
Northwoods Diner	Total	1														
CHEESY BREAD	1 EACH	1	400	35	760	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	16.0	28.0	24.0	8.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROASTED VEGETABLES	1/2 CUP	1	60	0	10	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.5	10.5	2.25	0.00	0.00
BROCCOLI,raw: fresh	1/2 CUP	1	15	0	15	1.18	0.33	21.4	283	70	40.59	1.28	3.02	0.17	0.02	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	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

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Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			1049	57	*1837	10.63	*1.06	*968.9	*7080	*1347	*91.65	48.16	150.86	30.33	9.77	*0.00
% of Calories												18.4%	57.5%	26.0%	8.4%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Thu - 05/10/2018																
Northwoods Diner	Total	1														
CHICKEN FAJITAS	1 EACH	1	241	51	284	1.80	2.10	54.0	240	48	6.7	21.99	23.37	6.28	1.40	*N/A*
BEANS, BLACK, CND, DRND	2 OZ	1	134	0	220	2.72	1.25	27.2	4	1	1.42	4.58	9.53	0.26	0.07	*N/A*
SALSA: COMMODITY	4 OZ	1	41	0	488	1.59	2.54	13.6	624	62	4.54	1.7	7.94	0.23	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
BROCCOLI, raw: fresh	1/2 CUP	1	15	0	15	1.18	0.33	21.4	283	70	40.59	1.28	3.02	0.17	0.02	*N/A*
CAULIFLOWER: fresh boiled	1/4 CUP	1	7	0	5	0.71	0.10	5.0	4	1	13.73	0.57	1.27	0.14	0.02	*N/A*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			990	83	*2062	13.60	7.02	1107.5	3055	647	104.53	58.21	144.55	12.90	5.28	*0.00
% of Calories												23.5%	58.4%	11.7%	4.8%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Fri - 05/11/2018																
Northwoods Diner	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		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-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/14/2018																
Northwoods Diner	Total	1														
CHEESE TORTELLINI	1/2 CUP	1	320	40	200	3.00	3.60	150.0	300	60	*N/A*	16.0	51.0	6.0	3.50	0.00
SPAGHETTI SAUCE	1/2 CUP	1	81	0	580	3.00	0.72	20.0	500	100	2.4	2.0	13.75	2.0	1.00	0.00
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
MARINATED BLACK BEAN SALAD	1/2 CUP	1	157	0	246	3.49	1.70	29.0	577	115	23.7	5.06	16.72	1.64	0.26	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1197	62	*1965	*19.09	13.13	1176.5	7146	1515	*78.96	56.75	201.49	13.47	6.50	*0.00
% of Calories												19.0%	67.3%	10.1%	4.9%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018																
Northwoods Diner	Total	1														
CHICKEN TACO	1 EACH	1	132	23	126	1.49	0.88	97.5	311	62	4.1	9.54	10.18	6.11	1.75	*N/A*
SHREDDED CHEDDAR CHEESE	1/2 OZ.	1	72	15	88	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.53	0.18	4.7	*N/A*	*N/A*
ROMAINE	1/4 CUP	1	2	0	1	0.25	0.14	5.0	1025	205	2.85	0.25	0.25	0.0	0.00	0.00
SALSA:COMMODITY	3 OZ	1	31	0	366	1.19	1.91	10.2	468	47	3.4	1.28	5.95	0.17	0.03	*N/A*
BEANS,BLACK,CND,DRND	1 OZ	1	67	0	110	1.36	0.62	13.6	2	0	0.71	2.29	4.76	0.13	0.03	*N/A*
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			895	*61	*1322	*9.89	*4.18	*1063.8	*3475	*734	*48.32	45.98	125.74	18.94	*3.55	*0.00
% of Calories												20.6%	56.2%	19.1%	*3.6%	*0.0%
Nutrient Guideline			600-70		1360											<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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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018																
Northwoods Diner	Total	1														
CHICKEN NUGGETS	5 NUGGETS	1	263	49	526	0.97	1.05	19.5	97	19	0.0	14.6	10.71	17.52	4.38	*N/A*
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
GLAZED CARROTS	1/2 CUP	1	100	0	26	2.00	0.00	0.0	0	0	0.6	0.4	19.0	2.3	0.00	0.00
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
BROCCOLI,raw: fresh	1/4 CUP	1	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1026	71	*1759	11.63	2.79	977.3	1929	476	66.22	45.14	150.36	28.14	7.02	*0.00
% of Calories												17.6%	58.6%	24.7%	6.2%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
Northwoods Diner	Total	1														
TRI-COLOR ROTINI	1/2 CUP	1	200	0	0	1.00	1.80	0.0	0	0	0.0	7.0	41.0	0.5	0.00	0.00
SPAGHETTI SAUCE	1/2 CUP	1	81	0	580	3.00	0.72	20.0	500	100	2.4	2.0	13.75	2.0	1.00	0.00
BEEF CRUMBLES	1 OZ	1	105	*N/A*	160	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.5	0.0	9.0	2.00	*N/A*
WHOLE WHEAT BREADSTICK	1 EACH	1	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
ROASTED VEGETABLES	1/2 CUP	1	60	0	10	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.5	10.5	2.25	0.00	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1063	*22	*1685	*13.09	*6.93	*987.5	*4219	*929	*49.26	49.39	180.97	17.58	4.74	*0.00
% of Calories												18.6%	68.1%	14.9%	4.0%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018																
Northwoods Diner	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		1360											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018																
Northwoods Diner	Total	1														
HOT 'N SPICY CHICKEN TEND	2 EACH	1	280	50	970	1.00	1.08	20.0	0	0	0.0	21.0	16.0	15.0	2.50	0.00
ERLOI																
BISCUITS: PLAIN PURCH (2oz)	1 EACH	1	128	0	330	0.46	1.16	17.2	1	0	0.0	2.17	16.98	5.78	0.87	*N/A*
BAKED BEANS	1/2 CUP	1	140	0	550	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6.0	29.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1 CUP	1	43	0	8	3.00	5.40	20.0	4100	820	12.0	2.6	8.6	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1076	72	*2569	*15.05	*8.27	*994.6	*5770	*1240	*49.26	58.86	161.00	24.61	5.11	*0.00
% of Calories												21.9%	59.8%	20.6%	4.3%	*0.0%
Nutrient Guideline			600-70		1360											<10.00

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018																
Northwoods Diner	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10	*N/A*
ROMAINE	1/2 CUP	1	4	0	2	0.50	0.27	10.0	2050	410	5.7	0.5	0.5	0.0	0.00	0.00
SHREDDED CHEESE MIX	1/4 CUP	1	108	28	190	0.00	0.72	760.0	1000	200	0.0	7.24	0.46	8.6	5.35	0.00
KIDNEY BEANS: canned,drained	1/4 CUP	1	52	0	189	3.39	0.75	21.8	0	0	0.77	3.34	9.28	0.38	0.04	*N/A*
SALSA:COMMODITY	3 OZ	1	31	0	366	1.19	1.91	10.2	468	47	3.4	1.28	5.95	0.17	0.03	*N/A*
SOUR CREAM LITE	2 TBSP	1	40	10	40	0.00	0.07	48.8	231	46	0.3	1.0	3.0	3.0	2.00	0.00
TORTILLA CHIPS	BAG	1	130	*N/A*	220	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	5.0	*N/A*	*N/A*
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			1174	*102	*2009	*14.76	*6.40	*2067.8	*5992	*1222	*50.72	62.35	158.82	35.67	*15.34	*0.00
% of Calories												21.2%	54.1%	27.3%	*11.8%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Wed - 05/23/2018																
Northwoods Diner	Total	1														
CHICKEN TENDERS	3 TENDER	1	240	40	650	1.00	1.44	20.0	100	20	0.0	14.0	15.0	14.0	3.00	0.00
MAC & CHEESE	3 OZ	1	126	12	460	0.50	0.50	174.0	138	28	0.5	6.5	13.0	5.5	1.90	*N/A*
CARROT STICKS	1/4 CUP	1	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07	0.01	0.00
BROCCOLI,raw: fresh	1/2 CUP	1	15	0	15	1.18	0.33	21.4	283	70	40.59	1.28	3.02	0.17	0.02	*N/A*
DIP	2 TBSP	1	50	0	600	0.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00	0.00
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			964	75	*2189	13.14	3.74	1185.7	11210	1785	83.06	51.76	142.28	22.71	6.70	*0.00
% of Calories												21.5%	59.0%	21.2%	6.3%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018																
Northwoods Diner	Total	1														
MAX STIX	2 STIX	1	320	10	820	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	16.0	32.0	14.0	5.00	*N/A*
MARINARA SAUCE	1/2 CUP	1	50	0	20	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12.0	2.0	10.0	1.0	0.00	0.00
ROMAINE GARDEN SALAD	1/2 CUP	1	22	0	4	1.50	2.70	10.0	2050	410	6.0	1.3	4.3	0.0	0.00	0.00
RANCH DRESSING FF	2 TBSP	1	25	0	300	*N/A*	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	1	73	0	1	2.92	0.25	16.7	174	23	17.68	0.88	18.8	0.27	0.06	*N/A*
FRUIT CHOICES	1/2 CUP	1	72	0	*N/A*	2.67	0.24	16.9	17	3	17.18	0.73	18.29	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	149	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, SKIM CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.00	300.0	500	100	2.4	9.0	23.0	0.0	0.00	0.00
Weighted Daily Average			896	32	*1556	*10.12	*3.78	*975.8	*4095	*856	*58.03	47.39	141.07	17.95	6.77	*0.00
% of Calories												21.2%	63.0%	18.0%	6.8%	*0.0%
Nutrient Guideline			600-70		1360										<10.00	

Fri - 05/25/2018																
Northwoods Diner	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		1360										<10.00	

Mon - 05/28/2018																
Northwoods Diner	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		1360										<10.00	

Tue - 05/29/2018																
Northwoods Diner	Total	1														
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-70		1360											<10.00

Wed - 05/30/2018																	
Northwoods Diner	Total	1															
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			600-70		1360											<10.00	

Thu - 05/31/2018																	
Northwoods Diner	Total	1															
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			600-70		1360											<10.00	

Fri - 06/01/2018																	
Northwoods Diner	Total	1															
COOK'S CHOICE MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			600-70		1360											<10.00	

Weighted Average			1003	*64	*1790	*13.07	*5.64	*1177.9	*5648	*1107	*65.62	51.16 20.4%	153.41 61.2%	20.74 18.6%	*6.87 *6.2%	*0.00 *0.0%
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# Bemidji Food Service

May 1, 2018 thru Jun 1, 2018

Base Menu Spreadsheet

Northwoods Diner

Weighted Values - Detailed

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Generated on: 4/26/2018 9:59:11 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1003		600 - 700	143%			303	Correction Required - Calories too High									
Cholesterol (mg)	64				Missing			*Target effective with 2014-2015 School Year!									
Sodium (mg)	1790		1360		Missing												
Fiber (g)	13.07				Missing												
Iron (mg)	5.64				Missing												
Calcium (mg)	1177.9				Missing												
Vitamin A (IU)	5648				Missing												
Vitamin A (RE)	1107				Missing												
Vitamin C (mg)	65.62				Missing												
Protein (g)	51.16	20.41%															
Carbohydrate (g)	153.41	61.20%															
Total Fat (g)	20.74	18.61%															
Saturated Fat (g)	6.87	6.16%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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