

# Top Spanish Cafe & Catering

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/26/2024 11:12:36 AM

	Portion Size	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 <sup>1</sup> (g)
Mon - 12/02/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		372	8	451	11.31	3.77	403.3	1300	14.75	38	10.36	76.06	6.48	0.79	0.00
% of Calories										41.3%	11.1%	81.8%	15.7%	1.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 12/03/2024															
HS Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		450	42	310	2.00	2.00	298.0	*625	*85.20	51	15.00	80.00	8.25	1.75	0.00
% of Calories										45.3%	13.3%	71.1%	16.5%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 12/04/2024															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Bacon.	5.6 slices	119	35	612	0.00	0.36	0.0	0	0.0	1	9.88	0.99	7.9	1.98	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	0.0	0.00	0.00
Weighted Daily Average		720	50	924	7.52	2.14	364.2	669	8.85	78	22.52	133.10	12.40	2.76	0.00
% of Calories										43.5%	12.5%	73.9%	15.5%	3.5%	0.0%
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

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

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Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/26/2024 11:12:36 AM

	Portion Size	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 <sup>1</sup> (g)
Thu - 12/05/2024															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		375	28	482	5.39	1.80	701.2	1005	92.21	30	15.40	60.31	7.98	4.78	0.00
% of Calories										32.1%	16.4%	64.3%	19.1%	11.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 12/06/2024															
HS Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		393	8	425	4.40	2.03	319.0	5901	58.45	38	13.31	65.73	9.55	2.33	0.00
% of Calories										38.9%	13.5%	66.9%	21.9%	5.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		462	27	518	6.12	2.35	417.2	*1900	*51.89	47	15.32	83.04	8.93	2.48	0.00
										92.0%	13.3%	71.9%	17.4%	4.8%	0.0%

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# Top Spanish Cafe & Catering

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/26/2024 11:12:36 AM

Nutrient	Menu AVG	Portion Size	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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	462		450 - 600	100%													
Cholesterol (mg)	27																
Sodium 1 (mg)	518		640														
Sodium 2 (mg)	518		570														
Fiber (g)	6.12																
Iron (mg)	2.35																
Calcium (mg)	417.2																
Vitamin A (IU)	1900				Missing												
Sugars (g)	47	40.87%															
Vitamin C (mg)	51.89				Missing												
Protein (g)	15.32	13.26%															
Carbohydrate (g)	83.04	71.89%															
Total Fat (g)	8.93	17.40%															
Saturated Fat (g)	2.48	4.83%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/26/2024 11:13:11 AM

	Portion Size	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 <sup>1</sup> (g)
Mon - 12/09/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		394	7	441	13.41	3.87	395.5	1231	15.89	41	10.21	82.86	6.36	0.75	0.00
% of Calories										41.2%	10.4%	84.2%	14.5%	1.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 12/10/2024															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	0.0	0.00	0.00
Weighted Daily Average		713	44	411	4.00	2.65	334.3	594	1.13	99	17.41	146.35	8.05	1.68	0.00
% of Calories										55.8%	9.8%	82.1%	10.2%	2.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 12/11/2024															
HS Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		414	7	353	5.21	0.17	269.4	669	7.48	49	12.71	74.16	9.02	2.17	0.00
% of Calories										46.9%	12.3%	71.7%	19.6%	4.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/26/2024 11:13:11 AM

	Portion Size	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 <sup>1</sup> (g)
Thu - 12/12/2024															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		392	27	498	1.95	1.56	620.2	594	85.14	36	15.49	63.76	7.67	4.71	0.00
% of Calories										37.1%	15.8%	65.1%	17.6%	10.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 12/13/2024															
HS Breakfast	Total														
WG Strawberry Oatmeal Bar HS	2.4 oz	280	10	150	2.00	2.00	20.0	0	0.0	18	4.0	46.0	9.0	1.00	0.00
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		481	17	266	3.90	1.90	280.1	594	1.13	52	13.40	84.05	9.73	1.66	0.00
% of Calories										43.7%	11.1%	69.9%	18.2%	3.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		479	20	394	5.70	2.03	379.9	736	22.16	55	13.84	90.24	8.17	2.19	0.00
										104.3%	11.6%	75.4%	15.4%	4.1%	0.0%

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Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/26/2024 11:13:11 AM

Nutrient	Menu AVG	Portion Size	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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	479		450 - 600	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	394		640														
Sodium 2 (mg)	394		570														
Fiber (g)	5.70																
Iron (mg)	2.03																
Calcium (mg)	379.9																
Vitamin A (IU)	736																
Sugars (g)	55	46.35%															
Vitamin C (mg)	22.16																
Protein (g)	13.84	11.57%															
Carbohydrate (g)	90.24	75.40%															
Total Fat (g)	8.17	15.36%															
Saturated Fat (g)	2.19	4.12%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/26/2024 11:17:30 AM

	Portion Size	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 <sup>1</sup> (g)
Mon - 12/16/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		392	7	438	13.34	3.84	394.4	1225	15.82	40	10.19	82.46	6.32	0.75	0.00
% of Calories										41.3%	10.4%	84.2%	14.5%	1.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 12/17/2024															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		392	27	498	1.95	1.56	620.2	594	85.14	36	15.49	63.76	7.67	4.71	0.00
% of Calories										37.1%	15.8%	65.1%	17.6%	10.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 12/18/2024															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		439	12	266	2.94	1.28	467.7	1087	1.13	69	13.50	88.99	4.62	1.69	0.00
% of Calories										63.2%	12.3%	81.1%	9.5%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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# Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/26/2024 11:17:30 AM

	Portion Size	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 <sup>1</sup> (g)
Thu - 12/19/2024															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		505	44	392	5.31	2.01	342.6	669	7.48	55	17.77	92.41	8.29	1.72	0.00
% of Calories										43.4%	14.1%	73.2%	14.8%	3.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 12/20/2024															
HS Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
Banana <sup>2</sup>	1 C	210	0	2	6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		552	7	354	8.04	0.61	272.9	745	21.67	63	14.92	109.00	9.56	2.40	0.00
% of Calories										45.7%	10.8%	79.0%	15.6%	3.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		456	20	390	6.32	1.86	419.6	864	26.25	53	14.37	87.32	7.29	2.25	0.00
										104.2%	12.6%	76.6%	14.4%	4.4%	0.0%

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# Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/26/2024 11:17:30 AM

Nutrient	Menu AVG	Portion Size	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 <sup>1</sup> (g)	Error Messages (if any)
Calories	456		450 - 600		100%												
Cholesterol (mg)	20																
Sodium 1 (mg)	390		640														
Sodium 2 (mg)	390		570														
Fiber (g)	6.32																
Iron (mg)	1.86																
Calcium (mg)	419.6																
Vitamin A (IU)	864																
Sugars (g)	53	46.32%															
Vitamin C (mg)	26.25																
Protein (g)	14.37	12.61%															
Carbohydrate (g)	87.32	76.61%															
Total Fat (g)	7.29	14.40%															
Saturated Fat (g)	2.25	4.45%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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