

# BCSD Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Mon - 12/03/2018</b>		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Sandwich-Chicken Patty	1 EACH	35.0
Sandwich-Chicken Patty Spicy	sandwich	36.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Instant with Cheese	1/2 cup	6.14
Corn-Yellow	1/2 cup	17.74
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		83.64
% of Calories		53.6%
Nutrient Guideline		

<b>Tue - 12/04/2018</b>		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Italian Dippers	see recipe	48.0
Salad-Chicken Bacon Cobb	salad	17.09
Breadstick-French (not WG)	2 each	54.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Green Beans-Cooked	1/2 CUP	5.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		88.00
% of Calories		51.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 12/05/2018		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken-Tenders	serving (3each)	16.19
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Macaroni & Cheese	1/2 cup	23.8
Broccoli-Cooked	1/2 CUP	4.92
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		80.51
% of Calories		47.2%
Nutrient Guideline		

Thu - 12/06/2018		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken Buffalo Wrap	1 each	5.04
Chicken Caesar Wrap	1 each	5.5
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-French Fries	3 oz cooked	22.78
Carrots-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		73.61
% of Calories		52.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Fri - 12/07/2018</b>		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Pizza-Personal (Chs or Pepp)	pizza	38.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		84.72
% of Calories		52.9%
<b>Nutrient Guideline</b>		

<b>Mon - 12/10/2018</b>		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Hot Dog on a Bun	1 each	22.0
Corndog-Turkey (Foster)	1 each	33.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Chip-Potato Baked	bag	20.0
Beans-Baked	1/2 cup	33.09
Broccoli-Cooked	1/2 CUP	4.92
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		119.56
% of Calories		65.3%
Nutrient Guideline		

Tue - 12/11/2018		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Breakfast-French Toast Sticks	Serving (4)	35.0
Sausage-Link	2 each	0.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Tater Tots	3 oz	19.05
Cucumber-Sliced	1/2 cup	1.89
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		95.44
% of Calories		52.4%
Nutrient Guideline		

Wed - 12/12/2018		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Spaghetti & Meatballs	3/4 cup	38.01
Breadstick-French (not WG)	1 each	27.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Green Beans-Cooked	1/2 CUP	5.0
Salad-Romaine Lettuce	1 cup	3.18
Condiments-Lunch (MS)	1 each	9.34

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		101.95
% of Calories		49.0%
Nutrient Guideline		

Thu - 12/13/2018		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Salad-Taco (Secondary)	salad	6.16
Lettuce & Tomato	1/4# boat	1.91
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Chips-Tortilla Individual	1 each	15.75
Corn-Yellow	1/2 cup	17.74
Tomatoes-Cherry/Grape	1/2 cup	3.46
Beans-Black	2 oz	9.59
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		80.73
% of Calories		50.8%
Nutrient Guideline		

Fri - 12/14/2018		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6

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Portion Values - Detailed

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	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice	28.02
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		76.35
% of Calories		51.4%
Nutrient Guideline		

Mon - 12/17/2018		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Burger-Plain	1 Each	25.0
Burger-Cheese	1 Each	25.23
Lettuce & Tomato	1/4# boat	1.91
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-French Fries	3 oz cooked	22.78
Carrots-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		88.86
% of Calories		50.2%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Tue - 12/18/2018</b>		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Italian Dippers	see recipe	48.0
Salad-Chicken Caesar	salad	3.98
Breadstick-French (not WG)	2 each	54.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Green Beans-Cooked	1/2 CUP	5.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		86.43
% of Calories		51.1%
Nutrient Guideline		

<b>Wed - 12/19/2018</b>		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken-Tenders	serving (3each)	16.19
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Macaroni & Cheese	1/2 cup	23.8
Broccoli-Cooked	1/2 CUP	4.92
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		80.51
% of Calories		47.2%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Thu - 12/20/2018</b>		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Nachos-Make your Own	3# boat	46.76
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Corn-Yellow	1/2 cup	17.74
Olives/slicedd	2 Tbsp	1.05
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		99.54
% of Calories		50.1%
Nutrient Guideline		

<b>Fri - 12/21/2018</b>		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Pizza-Personal (Chs or Pepp)	pizza	38.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		84.72
% of Calories		52.9%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 12/24/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 12/25/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 12/26/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 12/27/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# BCSD Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 12/28/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 12/31/2018		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Weighted Average		88.30 51.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.30	51.85%						

\*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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