

BCSD Nutrition Services

Jun 3, 2019 thru Jun 28, 2019

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)
Mon - 06/03/2019		
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
Carrots-baby	cup	23.0
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		86.28
% of Calories		54.6%
Nutrient Guideline		

Tue - 06/04/2019		
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
Peppers-red sliced	1/2 cup	3.0
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		96.71
% of Calories		52.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 06/05/2019		
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	
Quesadilla-Chicken Cheese	1 each	26.15
Quesadilla-Cheese	1 each	25.14
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
Beans-Black	2 oz	9.59
Rice-White Parboiled	1/2 cup	18.95
Corn-Yellow	1/2 cup	17.74
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		89.14
% of Calories		44.9%
Nutrient Guideline		

Thu - 06/06/2019		
Middle School (6-8) -Breakfa	Total	
Cinnamon Rolls Honey Wheat	1 each	31.89
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
Green Beans-Cooked	1/2 CUP	5.0
Peppers-red sliced	1/2 cup	3.0
Crisp-Peach	SERVINGS	37.02
Condiments-Lunch (MS)	1 each	9.34

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BCSD Nutrition Services

Jun 3, 2019 thru Jun 28, 2019

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		103.01
% of Calories		61.9%
Nutrient Guideline		

Fri - 06/07/2019		
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-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 - 06/10/2019		
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	
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
Beans-Baked	1/2 cup	33.09
Celery-Sticks	1/2 cup	2.07
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		99.53
% of Calories		52.9%
Nutrient Guideline		

Tue - 06/11/2019		
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
Carrots-Cooked	1/2 CUP	5.64
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		88.68
% of Calories		51.9%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 06/12/2019		
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	
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		81.27
% of Calories		51.6%
Nutrient Guideline		

Thu - 06/13/2019		
Middle School (6-8) -Breakfa	Total	
Cinnamon Rolls Honey Wheat	1 each	31.89
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-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
Potatoes-Curly Fries	serving (3oz)	14.97
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (MS)	1 each	9.34
Pudding-Chocolate	1/2 cup	25.78
Weighted Daily Average		92.25
% of Calories		52.3%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 06/14/2019		
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-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 - 06/17/2019		
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	
Chicken Buffalo Wrap	1 each	29.04
Chicken Caesar Wrap	1 each	29.5
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
Crackers-Goldfish Whole Grain	1 each	14.0
Carrots-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
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		86.58
% of Calories		51.4%
Nutrient Guideline		

Tue - 06/18/2019		
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
Peppers-red sliced	1/2 cup	3.0
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		96.71
% of Calories		52.4%
Nutrient Guideline		

Wed - 06/19/2019		
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

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Portion Values - Detailed

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	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Nachos-Make your Own	3# boat	46.76
Beef w/Taco Seasoning	2 oz	1.08
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
Beans-Black	2 oz	9.59
Corn-Yellow	1/2 cup	17.74
Olives/sliced	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		104.97
% of Calories		45.9%
Nutrient Guideline		

Thu - 06/20/2019		
	Portion Size	Carb (g)
Middle School (6-8) -Breakfa	Total	
Cinnamon Rolls Honey Wheat	1 each	31.89
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	
Alfredo-Chicken	1 cup	34.01
Breadstick-Cheese (Bosco)	1 each	17.0
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
Carrots-baby	1/2 cup	11.5
Green Beans-Cooked	1/2 CUP	5.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		92.86
% of Calories		52.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 06/21/2019		
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-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 - 06/24/2019		
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-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
Vegetables-Mixed	1/2 cup	10.95
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		86.66
% of Calories		51.2%
Nutrient Guideline		

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BCSD Nutrition Services

Jun 3, 2019 thru Jun 28, 2019

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)
Tue - 06/25/2019		
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	
Early Dismissal	1 each	*N/A*
No lunch	1 each	0.0
Weighted Daily Average		*71.68
% of Calories		*68.4%
Nutrient Guideline		

Wed - 06/26/2019		
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	
Early Dismissal	1 each	*N/A*
No lunch	1 each	0.0
Weighted Daily Average		*84.21
% of Calories		*75.6%
Nutrient Guideline		

Weighted Average		*88.31
		*53.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.31	53.16%			Missing			

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

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