

Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 1, 2019 thru Jun 7, 2019

K - 12 Grab and Go Breakfast

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/03/2019												
K - 12 Grab and Go Breakfas	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT MIX	1/2 cup	1	72	0	18	0.89	16	0.0	17.89	0.0	0.00	0.00
CEREAL, CINNAMON TOAST CRUNCH	BOWL	1	110	0	160	3.00	6	1.0	22.0	3.0	0.50	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL	1	110	0	270	2.00	6	3.0	21.0	1.5	0.00	0.00
CEREAL, TRIX	BOWL	1	110	0	140	1.00	7	1.0	24.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	BOWL	1	110	0	120	2.00	8	2.0	25.0	1.5	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	110	0	170	1.00	7	1.0	23.0	2.0	0.00	0.00
CEREAL: CHEERIOS	BOWL	1	100	0	140	3.00	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RICE CHEX	BOWL	1	100	0	250	1.00	2	2.0	24.0	0.5	0.00	0.00
CEREAL, FROOT LOOPS: pouch	1.0 oz	1	110	0	170	3.00	8	2.0	24.0	1.0	0.50	0.00
CEREAL, APPLE JACKS: pouch	1.0 oz	1	110	0	160	2.00	8	2.0	24.0	1.0	0.50	0.00
ANIMAL CRACKERS	1 package	1	130	0	110	2.00	*N/A*	2.0	21.0	4.0	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	6	1.0	19.0	4.0	1.00	0.00
POP TART, cinnamon	2 pastry (1 pk	1	370	0	390	6.00	31	5.0	76.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk	1	370	0	360	6.00	30	4.0	76.0	5.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	220	3.00	13	4.0	37.0	6.0	2.00	0.00
CHEESE STICK: 1 oz, Gluten Free	1 oz	1	110	30	200	0.00	0	7.0	0.0	9.0	6.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ P	1	60	30	90	0.00	0	6.0	0.0	4.0	1.00	0.00
ATTY												
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3659	85	4240	44.85	*298	85.97	686.30	65.96	22.48	0.00
% of Calories							*32.6%	9.4%	75.0%	16.2%	5.5%	0.0%
Nutrient Guideline			450-500		540						<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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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/04/2019												
K - 12 Grab and Go Breakfas	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLESAUCE: IND. STRAWBERRY	1 each	1	90	0	15	2.00	19	0.0	22.0	0.0	0.00	0.00
APPLESAUCE: INDIVIDUAL	1 each	1	50	0	15	1.00	12	0.0	14.0	0.0	0.00	0.00
CEREAL, CINNAMON TOAST CRUNCH	BOWL	1	110	0	160	3.00	6	1.0	22.0	3.0	0.50	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL	1	110	0	270	2.00	6	3.0	21.0	1.5	0.00	0.00
CEREAL, TRIX	BOWL	1	110	0	140	1.00	7	1.0	24.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	BOWL	1	110	0	120	2.00	8	2.0	25.0	1.5	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	110	0	170	1.00	7	1.0	23.0	2.0	0.00	0.00
CEREAL: CHEERIOS	BOWL	1	100	0	140	3.00	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RICE CHEX	BOWL	1	100	0	250	1.00	2	2.0	24.0	0.5	0.00	0.00
CEREAL, FROOT LOOPS: pouch	1.0 oz	1	110	0	170	3.00	8	2.0	24.0	1.0	0.50	0.00
CEREAL, APPLE JACKS: pouch	1.0 oz	1	110	0	160	2.00	8	2.0	24.0	1.0	0.50	0.00
ANIMAL CRACKERS	1 package	1	130	0	110	2.00	*N/A*	2.0	21.0	4.0	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	6	1.0	19.0	4.0	1.00	0.00
POP TART, cinnamon	2 pastry (1 pk	1	370	0	390	6.00	31	5.0	76.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk	1	370	0	360	6.00	30	4.0	76.0	5.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	220	3.00	13	4.0	37.0	6.0	2.00	0.00
CHEESE STICK: 1 oz,Gluten Free	1 oz	1	110	30	200	0.00	0	7.0	0.0	9.0	6.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ P	1	60	30	90	0.00	0	6.0	0.0	4.0	1.00	0.00
	ATTY											
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3727	85	4252	46.95	*313	85.97	704.42	65.96	22.48	0.00
% of Calories							*33.6%	9.2%	75.6%	15.9%	5.4%	0.0%
Nutrient Guideline			450-500		540						<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Wed - 06/05/2019												
K - 12 Grab and Go Breakfas	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
PEACHES : CUPS	1/2 cup	1	80	0	0	1.00	16	1.0	18.96	0.0	0.00	0.00
SYRUP: IND CUPS	cup (1.5oz)	1	119	0	0	0.00	19	0.0	30.66	0.0	0.00	0.00
CEREAL, CINNAMON TOAST CRUNCH	BOWL	1	110	0	160	3.00	6	1.0	22.0	3.0	0.50	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL	1	110	0	270	2.00	6	3.0	21.0	1.5	0.00	0.00
CEREAL, TRIX	BOWL	1	110	0	140	1.00	7	1.0	24.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	BOWL	1	110	0	120	2.00	8	2.0	25.0	1.5	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	110	0	170	1.00	7	1.0	23.0	2.0	0.00	0.00
CEREAL: CHEERIOS	BOWL	1	100	0	140	3.00	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RICE CHEX	BOWL	1	100	0	250	1.00	2	2.0	24.0	0.5	0.00	0.00
CEREAL, FROOT LOOPS: pouch	1.0 oz	1	110	0	170	3.00	8	2.0	24.0	1.0	0.50	0.00
CEREAL, APPLE JACKS: pouch	1.0 oz	1	110	0	160	2.00	8	2.0	24.0	1.0	0.50	0.00
ANIMAL CRACKERS	1 package	1	130	0	110	2.00	*N/A*	2.0	21.0	4.0	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	6	1.0	19.0	4.0	1.00	0.00
POP TART, cinnamon	2 pastry (1 pk	1	370	0	390	6.00	31	5.0	76.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk	1	370	0	360	6.00	30	4.0	76.0	5.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	220	3.00	13	4.0	37.0	6.0	2.00	0.00
CHEESE STICK: 1 oz,Gluten Free	1 oz	1	110	30	200	0.00	0	7.0	0.0	9.0	6.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ P	1	60	30	90	0.00	0	6.0	0.0	4.0	1.00	0.00
	ATTY											
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3786	85	4222	44.95	*317	86.96	718.03	65.96	22.48	0.00
% of Calories							*33.4%	9.2%	75.9%	15.7%	5.3%	0.0%
Nutrient Guideline			450-500		540						<10.00	

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Thu - 06/06/2019												
K - 12 Grab and Go Breakfas	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
STRAWBERRY: CUPS	1/2 cup	1	90	0	0	1.99	18	1.0	21.93	0.0	0.00	0.00
CEREAL, CINNAMON TOAST CRUNCH	BOWL	1	110	0	160	3.00	6	1.0	22.0	3.0	0.50	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL	1	110	0	270	2.00	6	3.0	21.0	1.5	0.00	0.00
CEREAL, TRIX	BOWL	1	110	0	140	1.00	7	1.0	24.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	BOWL	1	110	0	120	2.00	8	2.0	25.0	1.5	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	110	0	170	1.00	7	1.0	23.0	2.0	0.00	0.00
CEREAL: CHEERIOS	BOWL	1	100	0	140	3.00	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RICE CHEX	BOWL	1	100	0	250	1.00	2	2.0	24.0	0.5	0.00	0.00
CEREAL, FROOT LOOPS: pouch	1.0 oz	1	110	0	170	3.00	8	2.0	24.0	1.0	0.50	0.00
CEREAL, APPLE JACKS: pouch	1.0 oz	1	110	0	160	2.00	8	2.0	24.0	1.0	0.50	0.00
ANIMAL CRACKERS	1 package	1	130	0	110	2.00	*N/A*	2.0	21.0	4.0	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	6	1.0	19.0	4.0	1.00	0.00
POP TART, cinnamon	2 pastry (1 pk	1	370	0	390	6.00	31	5.0	76.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk	1	370	0	360	6.00	30	4.0	76.0	5.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
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CHEESE STICK: 1 oz,Gluten Free	1 oz	1	110	30	200	0.00	0	7.0	0.0	9.0	6.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ P	1	60	30	90	0.00	0	6.0	0.0	4.0	1.00	0.00
ATTY												
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3677	85	4222	45.95	*300	86.96	690.34	65.96	22.48	0.00
% of Calories							*32.6%	9.5%	75.1%	16.1%	5.5%	0.0%
Nutrient Guideline			450-500		540						<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/07/2019												
K - 12 Grab and Go Breakfas	Total	1										
School Favorite	servings	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
RAISINS: BOX	box	1	119	0	5	1.98	27	0.99	28.77	0.0	0.00	0.00
CRAISINS: STRAWBERRY	1 each	1	110	0	0	3.00	24	0.0	28.0	0.0	0.00	0.00
CEREAL, CINNAMON TOAST CRUNCH	BOWL	1	110	0	160	3.00	6	1.0	22.0	3.0	0.50	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL	1	110	0	270	2.00	6	3.0	21.0	1.5	0.00	0.00
CEREAL, TRIX	BOWL	1	110	0	140	1.00	7	1.0	24.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	BOWL	1	110	0	120	2.00	8	2.0	25.0	1.5	0.00	0.00
CEREAL, CINNAMON CHEX	BOWL	1	110	0	170	1.00	7	1.0	23.0	2.0	0.00	0.00
CEREAL: CHEERIOS	BOWL	1	100	0	140	3.00	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RICE CHEX	BOWL	1	100	0	250	1.00	2	2.0	24.0	0.5	0.00	0.00
CEREAL, FROOT LOOPS: pouch	1.0 oz	1	110	0	170	3.00	8	2.0	24.0	1.0	0.50	0.00
CEREAL, APPLE JACKS: pouch	1.0 oz	1	110	0	160	2.00	8	2.0	24.0	1.0	0.50	0.00
ANIMAL CRACKERS	1 package	1	130	0	110	2.00	*N/A*	2.0	21.0	4.0	1.00	0.00
GRAHAMS, GIANT GOLDFISH	1 each	1	120	0	110	1.00	6	1.0	19.0	4.0	1.00	0.00
POP TART, cinnamon	2 pastry (1 pk	1	370	0	390	6.00	31	5.0	76.0	6.0	2.00	0.00
POP TART, Blueberry	2 pastry (1 pk	1	370	0	360	6.00	30	4.0	76.0	5.0	2.00	0.00
POP TART, Strawberry	2 pastry (1pk)	1	357	0	357	5.95	29	3.97	74.42	4.96	1.98	0.00
CRUNCHMANIA, CINNAMON BUN	package	1	220	0	230	2.00	12	4.0	37.0	7.0	2.00	0.00
CRUNCHMANIA, FRENCH TOAST	package	1	210	0	220	3.00	13	4.0	37.0	6.0	2.00	0.00
CHEESE STICK: 1 oz,Gluten Free	1 oz	1	110	30	200	0.00	0	7.0	0.0	9.0	6.00	0.00
SAUSAGE PATTY:TRKY	1.025 OZ P	1	60	30	90	0.00	0	6.0	0.0	4.0	1.00	0.00
	ATTY											
JUICE: APPLE 4 oz	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: FRUIT BLEND:4 OZ	4 OZ	1	60	0	5	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE, 4 oz	4 OZ	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
JUICE: ORANGE PINEAPPLE 4oz	4 oz	1	60	0	0	0.00	12	0.0	14.0	0.0	0.00	0.00
MILK, STRAWBERRY, SKIM	1 cup	1	110	5	125	0.00	18	8.0	19.0	0.0	0.00	0.00
MILK: 1% WHITE	1 cup	1	110	10	130	0.00	12	8.0	13.0	2.5	1.50	0.00
MILK: CHOCOLATE SKIM	1 cup	1	120	5	180	0.00	18	8.0	20.0	0.0	0.00	0.00
MILK: SKIM	1 cup	1	90	5	130	0.00	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			3816	85	4227	48.94	*333	86.96	725.19	65.96	22.48	0.00
% of Calories							*34.9%	9.1%	76.0%	15.6%	5.3%	0.0%
Nutrient Guideline			450-500		540						<10.00	

Weighted Average			3733	85	4233	46.33	*312	86.56	704.86	65.96	22.48	0.00
							*75.2%	9.3%	75.5%	15.9%	5.4%	0.0%

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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Pitt County Schools

Base Menu Spreadsheet

Weighted Values - Detailed

Page 6

Jun 1, 2019 thru Jun 7, 2019

K - 12 Grab and Go Breakfast

Generated on: 5/31/2019 4:03:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)				
Calories	3733		450 - 500	747%			3233	Correction Required - Calories too High				
Cholesterol (mg)	85											
Sodium (mg)	4233		540				3693	Correction Required - Sodium too High				
Fiber (g)	46.33											
Sugars (g)	312	33.42%			Missing							
Protein (g)	86.56	9.28%										
Carbohydrate (g)	704.86	75.53%										
Total Fat (g)	65.96	15.90%										
Saturated Fat (g)	22.48	5.42%	<10.00%									
Trans Fat ¹ (g)	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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