

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main 2017-2018



Fri - 12/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Baked Beans	0.50 Cup	155.671	31.134
Cheesy Potatoes	0.50 Cup	122.651	22.486
Fruit Variety	0.50 Cup	75.965	18.727
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		728.952	109.072

% of Calories	59.85%
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Mon - 12/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Carrots	0.50 Cup	29.058	6.790
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	0.50 Cup	75.965	18.727
Rice	0.67 Cup	147.385	29.672
Frosted Cookie	1.00 Each	152.000	23.772
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		762.295	103.134
% of Calories			54.12%

Tue - 12/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Roasted Rosemary Potatoes	0.67 Cup	129.244	23.074
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	0.50 Cup	75.965	18.727
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		677.998	97.457
% of Calories			57.50%

Wed - 12/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			

Recipe	Total		
Chili (Knorr)	1.00 Cup	180.130	19.246
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	75.965	18.727
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		603.503	91.506
% of Calories			60.65%

Thu - 12/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		

Hamburger	1.00 Each	322.810	28.009
Cheeseburger	1.00 Each	372.810	28.509
Veggie Burger	1.00 Each	320.097	36.935
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Shredded Lettuce	0.50 Cup	6.048	1.283
Baked Beans	0.50 Cup	155.671	31.134
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		806.040	112.297
% of Calories			55.73%

Fri - 12/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			

Recipe	Total		
Chicken Teriyaki Rice Bowl	1.00 Serving	354.620	49.782
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		575.592	84.827
% of Calories			58.95%

Mon - 12/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		652.368	81.219
% of Calories			49.80%

Tue - 12/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Sweet & Sour Grilled Chicken	1.00 Serving	171.538	18.494
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000

Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	0.50 Cup	75.965	18.727
Rice	0.67 Cup	150.000	29.733
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		634.599	101.982
% of Calories			64.28%

Wed - 12/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000

Tater Tots	4.00 Ounce	226.667	25.333
Coleslaw	0.50 Cup	55.860	6.851
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		799.905	92.900
% of Calories			46.46%

Thu - 12/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Taco Burrito with Queso	1.00 Each	409.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Cucumbers	0.50 Cup	10.974	2.656
Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	75.965	18.727

Spanish Rice	0.67 Cup	144.091	28.758
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		748.563	107.502
% of Calories			57.44%

Fri - 12/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	32.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.639	1.922

Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		621.388	84.397
% of Calories			54.33%

Mon - 12/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Walking Taco	1.00 Each	406.902	30.181
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Carrots	0.50 Cup	29.058	6.790
Refried Beans	0.50 Cuo	209.991	29.999
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800

BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		740.167	92.625
% of Calories			50.06%

Tue - 12/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Mashed Potatoes	0.50 Cup	80.180	16.036
Green Beans	0.50 Cup	21.069	4.214
Fruit Variety	0.50 Cup	75.965	18.727
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875

Weighted Daily Average	630.537	89.163
% of Calories		56.56%

Wed - 12/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Garlic & Cheese Ripper	1.00 Slice	280.986	30.106
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	75.965	18.727
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		524.458	72.526
% of Calories			55.32%

Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main 2017-2018



Fri - 12/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	402.352	38.483
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Baked Beans	0.50 Cup	155.671	31.134
Roasted Rosemary Potatoes	0.67 Cup	129.244	23.074
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		842.786	128.819
% of Calories			61.14%

Mon - 12/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		

Crispy Chicken Strips	3.00 Each	185.018	13.072
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Cheesy Potatoes	0.50 Cup	122.651	22.486
Fruit Variety	1.00 Cup	125.266	30.607
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		696.230	111.006
% of Calories			63.78%

Tue - 12/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Tater Tots	4.00 Ounce	226.667	25.333
Coleslaw	0.50 Cup	55.860	6.851

Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		893.128	113.398
% of Calories			50.79%

Wed - 12/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Waffle Lunch	1.00 Serving	534.762	51.452
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Strawberries	0.50 Cup	24.320	5.837
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Waffles	3.00 Waffles	660.000	99.000

Cheese Omelet	1.00 Omelet	104.762	0.952
Sausage Patty	1.00 Patty	100.000	1.000
Whipped Topping	1.00 each	18.750	1.500
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		850.310	128.151
% of Calories			60.28%

Thu - 12/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.50 Cup	491.694	69.865
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Broccoli	0.50 Cup	38.496	4.634
Stir Fry Veggies	0.50 Cup	18.766	3.217
Fruit Variety	1.00 Cup	125.266	30.607
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		821.469	136.804

% of Calories	66.61%
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Fri - 12/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Walking Taco	1.00 Each	406.902	30.181
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Shredded Lettuce	0.50 Cup	6.048	1.283
Carrots	0.50 Cup	29.058	6.790
Refried Beans	0.50 Cup	209.991	29.999
Fruit Variety	1.00 Cup	125.266	30.607
Spanish Rice	1.00 Cup	211.333	42.178
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Salsa	0.25 Cup	20.000	4.000
Sour Cream	1.00 Each	25.312	4.050
Weighted Daily Average		918.129	134.522
% of Calories		58.61%	

Mon - 12/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Tater Tots	4.00 Ounce	226.667	25.333
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		776.313	108.618
% of Calories			55.97%

Tue - 12/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Chili (Knorr)	1.00 Cup	241.301	26.312
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000

Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Chips, Fritos	1.00 Each	160.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		790.589	120.369
% of Calories			60.90%

Wed - 12/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	389.414	14.446
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Power Salad	1.00 Cup	10.639	1.922
Kale Chips	0.50 Cup	14.261	1.654
Fruit Variety	1.00 Cup	125.266	30.607

Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		646.768	70.900
% of Calories			43.85%

Thu - 12/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Each	516.965	28.244
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Fruit Variety	1.00 Cup	125.266	30.607
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Chicken Noodle Soup	1.00 Cup	83.054	10.607
Weighted Daily Average		856.429	103.454

% of Calories	48.32%
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Fri - 12/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Orange Chicken	10.00 Pieces	371.602	45.417
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Carrots	0.50 Cup	29.058	6.790
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	1.00 Cup	125.266	30.607
Not Fried Rice	1.00 Cup	278.725	51.720
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		862.131	138.637
% of Calories			64.32%

Mon - 12/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		

Grilled Cheese Sandwich	1.00 Each	360.000	32.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Cauliflower	0.50 Cup	39.184	3.248
Roasted Broccoli	0.50 Cup	38.496	4.634
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		701.650	100.389
% of Calories			57.23%

Tue - 12/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Mashed Potatoes	0.67 Cup	120.271	24.054
Carrots	0.50 Cup	29.058	6.790

Fruit Variety	1.00 Cup	125.266	30.607
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		732.628	116.532
% of Calories			63.62%

Wed - 12/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Oven Baked Fries	4.00 Ounce	160.000	25.333
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Fruit Variety	1.00 Cup	125.266	30.607
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		896.751	126.728

% of Calories	56.53%
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* = Indicates missing Nutrient Information.

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