

Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2022 Elementary Breakfast



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		434.769	76.262	
% of Calories			70.16%	

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Pancake and Sausage Wrap	1.00 Each	200.000	17.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		374.769	52.262	
% of Calories			55.78%	

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Strawberry Creamy Cheese	1.00 Each	230.370	41.066
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		405.139	76.328
% of Calories			75.36%

Fri - 09/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Mon - 09/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196
% of Calories			73.55%

Tue - 09/14/2021			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Wed - 09/15/2021			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		434.769	76.262
% of Calories			70.16%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	326.316	25.105
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		501.085	60.367
% of Calories			48.19%

Fri - 09/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262

% of Calories	55.78%
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Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196
% of Calories			73.55%

Tue - 09/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Wed - 09/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		434.769	76.262
% of Calories			70.16%

Thu - 09/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	326.316	25.105
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		501.085	60.367
% of Calories			48.19%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		

Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262
% of Calories			55.78%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196
% of Calories			73.55%

Tue - 09/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964

Weighted Daily Average	477.200	78.880
% of Calories		66.12%

Wed - 09/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		434.769	76.262
% of Calories			70.16%

Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	326.316	25.105
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		501.085	60.367
% of Calories			48.19%

* = Indicates missing Nutrient Information.

Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2022 Elementary Lunch



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833	
Carrots	0.50 Cup	29.058	6.790	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		538.060	82.237	
% of Calories			61.14%	

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe	Total			
Chicken Nuggets	5.00 Pieces	183.877	12.991	
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833	
Broccoli	0.50 Cup	18.038	3.523	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	137.476	23.964	

Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		633.971	92.086
% of Calories			58.10%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger	1.00 Each	174.458	30.239
Veggie Burger	1.00 Each	320.097	36.935
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Oven Baked Fries	0.50 Cup	100.000	15.000
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		682.474	92.715
% of Calories			54.34%

Fri - 09/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
French Toast Sticks & Sausage	2.00 Each	340.000	39.000

Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Potato Baby Bakers	1.00 Serving	100.290	17.049
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
French Toast Sticks	2.00 Each	240.000	38.000
Sausage Patty	1.00 Patty	100.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		677.813	104.234
% of Calories			61.51%

Mon - 09/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		671.337	89.461
% of Calories			53.30%

Tue - 09/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers with Rice	4.00 Dippers	272.000	28.400
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		579.721	80.096
% of Calories			55.26%

Wed - 09/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger	1.00 Each	174.458	30.239
Veggie Burger	1.00 Each	320.097	36.935

Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		640.044	77.527
% of Calories			48.45%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	292.078	22.768
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Tater Tots	0.50 Cup	120.745	14.087
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		686.739	94.232
% of Calories			54.89%

Fri - 09/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		638.031	91.278
% of Calories			57.22%

Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667

Potato Baby Bakers	1.00 Serving	100.290	17.049
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Cheese Omelet	1.00 Omelet	135.779	1.044
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ketchup- Bulk	1.00 Each	20.000	5.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		724.571	106.290
% of Calories			58.68%

Tue - 09/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404

Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		686.195	99.592
% of Calories			58.05%

Wed - 09/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Cheese Pizza		1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese		1.00 Each	470.999	66.667
Carrots		0.50 Cup	29.058	6.790
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
String Cheese		1.00 Each	80.999	0.000
Ranch Dressing		1.00 oz	59.786	1.404
Weighted Daily Average			633.970	85.049
% of Calories				53.66%

Thu - 09/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		

Mini Corn Dogs	6.00 Each	250.000	30.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Mustard	1.00 Each	5.000	0.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		509.536	78.096
% of Calories			61.31%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger	1.00 Each	174.458	30.239
Veggie Burger	1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	0.50 Cup	100.000	15.000
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716

Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		717.329	93.050
% of Calories			51.89%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		606.099	97.140
% of Calories			64.11%

Tue - 09/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger on Gluten Free Bun	1.00 Each	422.000	42.000
Veggie Burger	1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	0.50 Cup	100.000	15.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		715.067	88.761
% of Calories			49.65%

Wed - 09/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716

Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		626.353	80.883
% of Calories			51.65%

Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Teriyaki Chicken with Brown Rice	240.00 Entrees	339.000	50.800
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Teriyaki Chicken	240.00 Entrees	115.000	6.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		606.021	97.175
% of Calories			64.14%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.