

## Preferred Meal Systems

February 2010

BR - Breakfast - Breakfast K-12

PLVY037702

PLEASANT VALLEY SCHOOL DIST.

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
1		2		3		4		5			
CALORIES(KCAL)	496.8	CALORIES(KCAL)	460.4	CALORIES(KCAL)	776.4	CALORIES(KCAL)	598.8	CALORIES(KCAL)	497.8	CALORIES(KCAL)	566.0
PROTEIN(GM)	11.7	PROTEIN(GM)	17.2	PROTEIN(GM)	14.7	PROTEIN(GM)	13.2	PROTEIN(GM)	17.1	PROTEIN(GM)	14.8
CALCIUM(MG)	303.2	CALCIUM(MG)	402.5	CALCIUM(MG)	347.1	CALCIUM(MG)	338.4	CALCIUM(MG)	359.4	CALCIUM(MG)	350.1
IRON(MG)	6.2	IRON(MG)	3.0	IRON(MG)	5.6	IRON(MG)	2.6	IRON(MG)	3.4	IRON(MG)	4.2
VITAMIN A(RE)	272.1	VITAMIN A(RE)	147.9	VITAMIN A(RE)	363.4	VITAMIN A(RE)	230.3	VITAMIN A(RE)	184.0	VITAMIN A(RE)	239.5
VITAMIN C(MG)	42.9	VITAMIN C(MG)	22.4	VITAMIN C(MG)	17.2	VITAMIN C(MG)	64.4	VITAMIN C(MG)	3.1	VITAMIN C(MG)	30.0
SAT FAT(GM)	3.6	SAT FAT(GM)	5.2	SAT FAT(GM)	5.3	SAT FAT(GM)	3.3	SAT FAT(GM)	7.6	SAT FAT OF CAL %	7.9
TOTAL FAT(GM)	7.8	TOTAL FAT(GM)	11.2	TOTAL FAT(GM)	22.2	TOTAL FAT(GM)	16.6	TOTAL FAT(GM)	12.6	TOTAL FAT OF CAL %	22.4
8		9		10		11		12			
CALORIES(KCAL)	392.8	CALORIES(KCAL)	606.9	CALORIES(KCAL)	679.8	CALORIES(KCAL)	514.3	CALORIES(KCAL)	697.5	CALORIES(KCAL)	578.3
PROTEIN(GM)	11.2	PROTEIN(GM)	19.5	PROTEIN(GM)	14.3	PROTEIN(GM)	21.6	PROTEIN(GM)	15.6	PROTEIN(GM)	16.4
CALCIUM(MG)	448.4	CALCIUM(MG)	341.7	CALCIUM(MG)	382.3	CALCIUM(MG)	449.6	CALCIUM(MG)	374.3	CALCIUM(MG)	399.3
IRON(MG)	5.1	IRON(MG)	3.0	IRON(MG)	2.7	IRON(MG)	3.1	IRON(MG)	11.2	IRON(MG)	5.0
VITAMIN A(RE)	410.3	VITAMIN A(RE)	345.2	VITAMIN A(RE)	368.7	VITAMIN A(RE)	197.7	VITAMIN A(RE)	247.8	VITAMIN A(RE)	313.9
VITAMIN C(MG)	75.8	VITAMIN C(MG)	3.1	VITAMIN C(MG)	71.6	VITAMIN C(MG)	10.4	VITAMIN C(MG)	37.0	VITAMIN C(MG)	39.6
SAT FAT(GM)	2.1	SAT FAT(GM)	4.6	SAT FAT(GM)	5.4	SAT FAT(GM)	5.3	SAT FAT(GM)	5.3	SAT FAT OF CAL %	7.1
TOTAL FAT(GM)	6.1	TOTAL FAT(GM)	18.4	TOTAL FAT(GM)	21.2	TOTAL FAT(GM)	10.6	TOTAL FAT(GM)	20.5	TOTAL FAT OF CAL %	23.9
15		16		17		18		19			
.		CALORIES(KCAL)	466.8	CALORIES(KCAL)	664.8	CALORIES(KCAL)	523.8	CALORIES(KCAL)	694.8	CALORIES(KCAL)	587.6
.		PROTEIN(GM)	11.7	PROTEIN(GM)	17.7	PROTEIN(GM)	13.1	PROTEIN(GM)	13.6	PROTEIN(GM)	14.0
.		CALCIUM(MG)	303.2	CALCIUM(MG)	343.2	CALCIUM(MG)	327.6	CALCIUM(MG)	340.3	CALCIUM(MG)	328.6
.		IRON(MG)	16.6	IRON(MG)	6.4	IRON(MG)	2.5	IRON(MG)	3.2	IRON(MG)	7.7
.		VITAMIN A(RE)	172.1	VITAMIN A(RE)	275.4	VITAMIN A(RE)	344.6	VITAMIN A(RE)	280.1	VITAMIN A(RE)	268.1
.		VITAMIN C(MG)	51.9	VITAMIN C(MG)	8.9	VITAMIN C(MG)	3.1	VITAMIN C(MG)	22.3	VITAMIN C(MG)	21.6
.		SAT FAT(GM)	3.6	SAT FAT(GM)	3.1	SAT FAT(GM)	4.6	SAT FAT(GM)	5.4	SAT FAT OF CAL %	6.4
.		TOTAL FAT(GM)	8.3	TOTAL FAT(GM)	7.8	TOTAL FAT(GM)	12.6	TOTAL FAT(GM)	21.0	TOTAL FAT OF CAL %	19.0
22		23		24		25		26			
CALORIES(KCAL)	514.8	CALORIES(KCAL)	458.8	CALORIES(KCAL)	530.8	CALORIES(KCAL)	707.0	CALORIES(KCAL)	572.5	CALORIES(KCAL)	556.8
PROTEIN(GM)	11.6	PROTEIN(GM)	12.2	PROTEIN(GM)	17.5	PROTEIN(GM)	25.5	PROTEIN(GM)	11.9	PROTEIN(GM)	15.7
CALCIUM(MG)	298.2	CALCIUM(MG)	378.4	CALCIUM(MG)	336.2	CALCIUM(MG)	433.3	CALCIUM(MG)	326.9	CALCIUM(MG)	354.6
IRON(MG)	5.6	IRON(MG)	4.4	IRON(MG)	3.4	IRON(MG)	4.3	IRON(MG)	7.3	IRON(MG)	5.0
VITAMIN A(RE)	304.0	VITAMIN A(RE)	230.3	VITAMIN A(RE)	196.5	VITAMIN A(RE)	182.5	VITAMIN A(RE)	291.7	VITAMIN A(RE)	241.0
VITAMIN C(MG)	31.3	VITAMIN C(MG)	64.4	VITAMIN C(MG)	8.2	VITAMIN C(MG)	10.6	VITAMIN C(MG)	6.7	VITAMIN C(MG)	24.2
SAT FAT(GM)	2.6	SAT FAT(GM)	3.8	SAT FAT(GM)	3.1	SAT FAT(GM)	5.7	SAT FAT(GM)	4.3	SAT FAT OF CAL %	6.3
TOTAL FAT(GM)	8.6	TOTAL FAT(GM)	8.6	TOTAL FAT(GM)	7.8	TOTAL FAT(GM)	22.1	TOTAL FAT(GM)	14.4	TOTAL FAT OF CAL %	19.9

## Preferred Meal Systems

February 2010

LN - Lunch - K-6 Enhanced Lunch

PLVY037702

PLEASANT VALLEY SCHOOL DIST.

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
1		2		3		4		5			
CALORIES(KCAL)	912.2	CALORIES(KCAL)	561.5	CALORIES(KCAL)	696.0	CALORIES(KCAL)	771.1	CALORIES(KCAL)	646.1	CALORIES(KCAL)	717.4
PROTEIN(GM)	34.1	PROTEIN(GM)	24.6	PROTEIN(GM)	32.9	PROTEIN(GM)	22.1	PROTEIN(GM)	34.5	PROTEIN(GM)	29.6
CALCIUM(MG)	414.5	CALCIUM(MG)	515.7	CALCIUM(MG)	761.4	CALCIUM(MG)	353.9	CALCIUM(MG)	525.7	CALCIUM(MG)	514.2
IRON(MG)	4.9	IRON(MG)	5.9	IRON(MG)	3.6	IRON(MG)	3.3	IRON(MG)	4.7	IRON(MG)	4.5
VITAMIN A(RE)	322.9	VITAMIN A(RE)	354.6	VITAMIN A(RE)	2695.5	VITAMIN A(RE)	166.9	VITAMIN A(RE)	645.5	VITAMIN A(RE)	837.1
VITAMIN C(MG)	86.7	VITAMIN C(MG)	15.6	VITAMIN C(MG)	11.4	VITAMIN C(MG)	8.2	VITAMIN C(MG)	14.8	VITAMIN C(MG)	27.3
SAT FAT(GM)	6.3	SAT FAT(GM)	3.7	SAT FAT(GM)	10.1	SAT FAT(GM)	11.5	SAT FAT(GM)	6.1	SAT FAT OF CAL %	9.5
TOTAL FAT(GM)	22.2	TOTAL FAT(GM)	9.5	TOTAL FAT(GM)	25.2	TOTAL FAT(GM)	32.2	TOTAL FAT(GM)	17.5	TOTAL FAT OF CAL %	26.7
8		9		10		11		12			
CALORIES(KCAL)	877.2	CALORIES(KCAL)	650.8	CALORIES(KCAL)	686.5	CALORIES(KCAL)	811.8	CALORIES(KCAL)	816.3	CALORIES(KCAL)	768.5
PROTEIN(GM)	36.5	PROTEIN(GM)	27.0	PROTEIN(GM)	32.4	PROTEIN(GM)	36.1	PROTEIN(GM)	38.3	PROTEIN(GM)	34.1
CALCIUM(MG)	366.2	CALCIUM(MG)	481.1	CALCIUM(MG)	651.9	CALCIUM(MG)	402.8	CALCIUM(MG)	399.5	CALCIUM(MG)	460.3
IRON(MG)	6.2	IRON(MG)	3.2	IRON(MG)	3.6	IRON(MG)	6.1	IRON(MG)	5.5	IRON(MG)	4.9
VITAMIN A(RE)	264.0	VITAMIN A(RE)	445.8	VITAMIN A(RE)	358.1	VITAMIN A(RE)	516.1	VITAMIN A(RE)	416.3	VITAMIN A(RE)	400.1
VITAMIN C(MG)	73.9	VITAMIN C(MG)	12.4	VITAMIN C(MG)	13.3	VITAMIN C(MG)	18.8	VITAMIN C(MG)	43.0	VITAMIN C(MG)	32.3
SAT FAT(GM)	5.6	SAT FAT(GM)	5.7	SAT FAT(GM)	8.8	SAT FAT(GM)	6.0	SAT FAT(GM)	6.0	SAT FAT OF CAL %	7.5
TOTAL FAT(GM)	20.0	TOTAL FAT(GM)	23.9	TOTAL FAT(GM)	20.0	TOTAL FAT(GM)	20.2	TOTAL FAT(GM)	22.6	TOTAL FAT OF CAL %	25.0
15		16		17		18		19			
.		CALORIES(KCAL)	653.7	CALORIES(KCAL)	651.0	CALORIES(KCAL)	775.6	CALORIES(KCAL)	757.6	CALORIES(KCAL)	709.5
.		PROTEIN(GM)	18.9	PROTEIN(GM)	26.2	PROTEIN(GM)	31.9	PROTEIN(GM)	28.4	PROTEIN(GM)	26.4
.		CALCIUM(MG)	428.6	CALCIUM(MG)	659.6	CALCIUM(MG)	447.5	CALCIUM(MG)	680.4	CALCIUM(MG)	554.0
.		IRON(MG)	2.9	IRON(MG)	3.9	IRON(MG)	4.1	IRON(MG)	3.7	IRON(MG)	3.7
.		VITAMIN A(RE)	144.0	VITAMIN A(RE)	2691.3	VITAMIN A(RE)	234.7	VITAMIN A(RE)	278.8	VITAMIN A(RE)	837.2
.		VITAMIN C(MG)	63.0	VITAMIN C(MG)	11.5	VITAMIN C(MG)	66.5	VITAMIN C(MG)	73.3	VITAMIN C(MG)	53.6
.		SAT FAT(GM)	5.9	SAT FAT(GM)	7.2	SAT FAT(GM)	6.1	SAT FAT(GM)	6.7	SAT FAT OF CAL %	8.2
.		TOTAL FAT(GM)	21.6	TOTAL FAT(GM)	20.4	TOTAL FAT(GM)	21.3	TOTAL FAT(GM)	23.3	TOTAL FAT OF CAL %	27.5
22		23		24		25		26			
CALORIES(KCAL)	682.0	CALORIES(KCAL)	795.3	CALORIES(KCAL)	685.2	CALORIES(KCAL)	768.3	CALORIES(KCAL)	782.5	CALORIES(KCAL)	742.7
PROTEIN(GM)	31.8	PROTEIN(GM)	27.3	PROTEIN(GM)	32.4	PROTEIN(GM)	32.8	PROTEIN(GM)	30.2	PROTEIN(GM)	30.9
CALCIUM(MG)	423.2	CALCIUM(MG)	539.2	CALCIUM(MG)	658.3	CALCIUM(MG)	386.4	CALCIUM(MG)	664.1	CALCIUM(MG)	534.2
IRON(MG)	4.2	IRON(MG)	7.1	IRON(MG)	3.6	IRON(MG)	7.3	IRON(MG)	3.4	IRON(MG)	5.1
VITAMIN A(RE)	205.4	VITAMIN A(RE)	399.5	VITAMIN A(RE)	349.2	VITAMIN A(RE)	814.3	VITAMIN A(RE)	494.9	VITAMIN A(RE)	452.7
VITAMIN C(MG)	65.9	VITAMIN C(MG)	14.5	VITAMIN C(MG)	14.2	VITAMIN C(MG)	25.7	VITAMIN C(MG)	13.7	VITAMIN C(MG)	26.8
SAT FAT(GM)	2.7	SAT FAT(GM)	5.0	SAT FAT(GM)	8.8	SAT FAT(GM)	3.9	SAT FAT(GM)	8.4	SAT FAT OF CAL %	7.0
TOTAL FAT(GM)	12.5	TOTAL FAT(GM)	18.0	TOTAL FAT(GM)	20.0	TOTAL FAT(GM)	16.0	TOTAL FAT(GM)	26.5	TOTAL FAT OF CAL %	22.5

## Preferred Meal Systems

February 2010

PLVY037702

PLEASANT VALLEY SCHOOL DIST.

LNJH - Lunch-Junior High - 4-12 Traditional

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>			
CALORIES(KCAL)	912.2	CALORIES(KCAL)	791.8	CALORIES(KCAL)	771.1	CALORIES(KCAL)	866.0	CALORIES(KCAL)	646.1	CALORIES(KCAL)	797.4
PROTEIN(GM)	34.1	PROTEIN(GM)	27.6	PROTEIN(GM)	22.1	PROTEIN(GM)	35.9	PROTEIN(GM)	34.5	PROTEIN(GM)	30.8
CALCIUM(MG)	414.5	CALCIUM(MG)	541.5	CALCIUM(MG)	353.9	CALCIUM(MG)	761.4	CALCIUM(MG)	525.7	CALCIUM(MG)	519.4
IRON(MG)	4.9	IRON(MG)	7.2	IRON(MG)	3.3	IRON(MG)	5.0	IRON(MG)	4.7	IRON(MG)	5.0
VITAMIN A(RE)	322.9	VITAMIN A(RE)	425.7	VITAMIN A(RE)	166.9	VITAMIN A(RE)	2695.5	VITAMIN A(RE)	645.5	VITAMIN A(RE)	851.3
VITAMIN C(MG)	86.7	VITAMIN C(MG)	15.6	VITAMIN C(MG)	8.2	VITAMIN C(MG)	11.4	VITAMIN C(MG)	14.8	VITAMIN C(MG)	27.3
SAT FAT(GM)	6.3	SAT FAT(GM)	5.0	SAT FAT(GM)	11.5	SAT FAT(GM)	10.1	SAT FAT(GM)	6.1	SAT FAT OF CAL %	8.8
TOTAL FAT(GM)	22.2	TOTAL FAT(GM)	18.0	TOTAL FAT(GM)	32.2	TOTAL FAT(GM)	26.7	TOTAL FAT(GM)	17.5	TOTAL FAT OF CAL %	26.3
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>			
CALORIES(KCAL)	877.2	CALORIES(KCAL)	780.8	CALORIES(KCAL)	802.6	CALORIES(KCAL)	807.3	CALORIES(KCAL)	816.3	CALORIES(KCAL)	816.8
PROTEIN(GM)	36.5	PROTEIN(GM)	29.0	PROTEIN(GM)	36.8	PROTEIN(GM)	35.6	PROTEIN(GM)	38.3	PROTEIN(GM)	35.7
CALCIUM(MG)	366.2	CALCIUM(MG)	581.1	CALCIUM(MG)	397.6	CALCIUM(MG)	689.1	CALCIUM(MG)	399.5	CALCIUM(MG)	486.7
IRON(MG)	6.2	IRON(MG)	3.9	IRON(MG)	6.4	IRON(MG)	4.4	IRON(MG)	5.5	IRON(MG)	5.3
VITAMIN A(RE)	264.0	VITAMIN A(RE)	445.8	VITAMIN A(RE)	161.3	VITAMIN A(RE)	690.4	VITAMIN A(RE)	416.3	VITAMIN A(RE)	395.6
VITAMIN C(MG)	73.9	VITAMIN C(MG)	12.4	VITAMIN C(MG)	4.6	VITAMIN C(MG)	22.1	VITAMIN C(MG)	43.0	VITAMIN C(MG)	31.2
SAT FAT(GM)	5.6	SAT FAT(GM)	5.7	SAT FAT(GM)	5.1	SAT FAT(GM)	9.9	SAT FAT(GM)	6.0	SAT FAT OF CAL %	7.1
TOTAL FAT(GM)	20.0	TOTAL FAT(GM)	27.9	TOTAL FAT(GM)	19.9	TOTAL FAT(GM)	25.7	TOTAL FAT(GM)	22.6	TOTAL FAT OF CAL %	25.6
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>			
.		CALORIES(KCAL)	643.7	CALORIES(KCAL)	775.6	CALORIES(KCAL)	791.0	CALORIES(KCAL)	757.6	CALORIES(KCAL)	742.0
.		PROTEIN(GM)	18.9	PROTEIN(GM)	31.9	PROTEIN(GM)	28.2	PROTEIN(GM)	28.4	PROTEIN(GM)	26.9
.		CALCIUM(MG)	428.6	CALCIUM(MG)	447.5	CALCIUM(MG)	659.6	CALCIUM(MG)	680.4	CALCIUM(MG)	554.0
.		IRON(MG)	2.9	IRON(MG)	4.1	IRON(MG)	4.3	IRON(MG)	3.7	IRON(MG)	3.8
.		VITAMIN A(RE)	144.0	VITAMIN A(RE)	234.7	VITAMIN A(RE)	2691.3	VITAMIN A(RE)	278.8	VITAMIN A(RE)	837.2
.		VITAMIN C(MG)	63.0	VITAMIN C(MG)	66.5	VITAMIN C(MG)	11.5	VITAMIN C(MG)	73.3	VITAMIN C(MG)	53.6
.		SAT FAT(GM)	5.9	SAT FAT(GM)	6.1	SAT FAT(GM)	8.2	SAT FAT(GM)	6.7	SAT FAT OF CAL %	8.2
.		TOTAL FAT(GM)	21.6	TOTAL FAT(GM)	21.3	TOTAL FAT(GM)	26.4	TOTAL FAT(GM)	23.3	TOTAL FAT OF CAL %	28.1
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>			
CALORIES(KCAL)	697.0	CALORIES(KCAL)	873.6	CALORIES(KCAL)	848.4	CALORIES(KCAL)	737.3	CALORIES(KCAL)	782.5	CALORIES(KCAL)	787.8
PROTEIN(GM)	31.8	PROTEIN(GM)	28.4	PROTEIN(GM)	40.7	PROTEIN(GM)	33.6	PROTEIN(GM)	30.2	PROTEIN(GM)	32.9
CALCIUM(MG)	423.2	CALCIUM(MG)	547.9	CALCIUM(MG)	433.9	CALCIUM(MG)	649.1	CALCIUM(MG)	664.1	CALCIUM(MG)	543.6
IRON(MG)	4.2	IRON(MG)	7.5	IRON(MG)	9.9	IRON(MG)	3.7	IRON(MG)	3.4	IRON(MG)	5.7
VITAMIN A(RE)	205.4	VITAMIN A(RE)	423.6	VITAMIN A(RE)	505.3	VITAMIN A(RE)	690.4	VITAMIN A(RE)	494.9	VITAMIN A(RE)	463.9
VITAMIN C(MG)	65.9	VITAMIN C(MG)	14.5	VITAMIN C(MG)	20.3	VITAMIN C(MG)	22.1	VITAMIN C(MG)	13.7	VITAMIN C(MG)	27.3
SAT FAT(GM)	2.7	SAT FAT(GM)	5.5	SAT FAT(GM)	3.3	SAT FAT(GM)	9.7	SAT FAT(GM)	8.4	SAT FAT OF CAL %	6.8
TOTAL FAT(GM)	12.5	TOTAL FAT(GM)	20.9	TOTAL FAT(GM)	13.2	TOTAL FAT(GM)	25.2	TOTAL FAT(GM)	26.5	TOTAL FAT OF CAL %	22.5

## Preferred Meal Systems

February 2010

LNSB - Lunch Salad Bar - 4-12 Traditional

PLVY037702

PLEASANT VALLEY SCHOOL DIST.

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
1		2		3		4		5			
CALORIES(KCAL)	842.2	CALORIES(KCAL)	868.7	CALORIES(KCAL)	846.5	CALORIES(KCAL)	742.1	CALORIES(KCAL)	646.1	CALORIES(KCAL)	789.1
PROTEIN(GM)	33.1	PROTEIN(GM)	34.8	PROTEIN(GM)	23.1	PROTEIN(GM)	34.7	PROTEIN(GM)	34.5	PROTEIN(GM)	32.0
CALCIUM(MG)	414.5	CALCIUM(MG)	1244.1	CALCIUM(MG)	354.2	CALCIUM(MG)	746.1	CALCIUM(MG)	525.7	CALCIUM(MG)	656.9
IRON(MG)	4.7	IRON(MG)	9.3	IRON(MG)	4.5	IRON(MG)	3.4	IRON(MG)	4.7	IRON(MG)	5.3
VITAMIN A(RE)	322.9	VITAMIN A(RE)	1259.4	VITAMIN A(RE)	166.9	VITAMIN A(RE)	484.8	VITAMIN A(RE)	645.5	VITAMIN A(RE)	575.9
VITAMIN C(MG)	86.7	VITAMIN C(MG)	217.9	VITAMIN C(MG)	9.6	VITAMIN C(MG)	9.6	VITAMIN C(MG)	14.8	VITAMIN C(MG)	67.7
SAT FAT(GM)	6.1	SAT FAT(GM)	5.1	SAT FAT(GM)	10.5	SAT FAT(GM)	10.1	SAT FAT(GM)	6.1	SAT FAT OF CAL %	8.6
TOTAL FAT(GM)	20.5	TOTAL FAT(GM)	19.2	TOTAL FAT(GM)	27.7	TOTAL FAT(GM)	26.7	TOTAL FAT(GM)	17.5	TOTAL FAT OF CAL %	25.4
8		9		10		11		12			
CALORIES(KCAL)	876.2	CALORIES(KCAL)	786.2	CALORIES(KCAL)	712.6	CALORIES(KCAL)	811.4	CALORIES(KCAL)	816.3	CALORIES(KCAL)	800.5
PROTEIN(GM)	34.4	PROTEIN(GM)	29.2	PROTEIN(GM)	35.8	PROTEIN(GM)	36.0	PROTEIN(GM)	38.3	PROTEIN(GM)	34.7
CALCIUM(MG)	372.2	CALCIUM(MG)	929.3	CALCIUM(MG)	437.6	CALCIUM(MG)	653.2	CALCIUM(MG)	399.5	CALCIUM(MG)	558.3
IRON(MG)	6.4	IRON(MG)	3.9	IRON(MG)	5.7	IRON(MG)	5.0	IRON(MG)	5.5	IRON(MG)	5.3
VITAMIN A(RE)	271.4	VITAMIN A(RE)	922.7	VITAMIN A(RE)	161.3	VITAMIN A(RE)	632.5	VITAMIN A(RE)	416.3	VITAMIN A(RE)	480.8
VITAMIN C(MG)	61.9	VITAMIN C(MG)	115.2	VITAMIN C(MG)	4.6	VITAMIN C(MG)	29.9	VITAMIN C(MG)	43.0	VITAMIN C(MG)	50.9
SAT FAT(GM)	7.0	SAT FAT(GM)	6.7	SAT FAT(GM)	5.1	SAT FAT(GM)	9.6	SAT FAT(GM)	6.0	SAT FAT OF CAL %	7.7
TOTAL FAT(GM)	23.9	TOTAL FAT(GM)	31.0	TOTAL FAT(GM)	20.9	TOTAL FAT(GM)	26.4	TOTAL FAT(GM)	22.6	TOTAL FAT OF CAL %	28.1
15		16		17		18		19			
.		CALORIES(KCAL)	865.0	CALORIES(KCAL)	712.6	CALORIES(KCAL)	728.2	CALORIES(KCAL)	605.1	CALORIES(KCAL)	727.7
.		PROTEIN(GM)	30.4	PROTEIN(GM)	30.8	PROTEIN(GM)	27.6	PROTEIN(GM)	25.6	PROTEIN(GM)	28.6
.		CALCIUM(MG)	774.1	CALCIUM(MG)	412.1	CALCIUM(MG)	661.2	CALCIUM(MG)	646.1	CALCIUM(MG)	623.4
.		IRON(MG)	6.7	IRON(MG)	3.0	IRON(MG)	4.4	IRON(MG)	4.0	IRON(MG)	4.6
.		VITAMIN A(RE)	685.6	VITAMIN A(RE)	234.7	VITAMIN A(RE)	474.1	VITAMIN A(RE)	240.6	VITAMIN A(RE)	408.7
.		VITAMIN C(MG)	112.3	VITAMIN C(MG)	66.5	VITAMIN C(MG)	21.0	VITAMIN C(MG)	26.9	VITAMIN C(MG)	56.7
.		SAT FAT(GM)	6.4	SAT FAT(GM)	5.3	SAT FAT(GM)	8.7	SAT FAT(GM)	6.2	SAT FAT OF CAL %	8.2
.		TOTAL FAT(GM)	25.0	TOTAL FAT(GM)	21.0	TOTAL FAT(GM)	28.0	TOTAL FAT(GM)	19.1	TOTAL FAT OF CAL %	28.8
22		23		24		25		26			
CALORIES(KCAL)	682.0	CALORIES(KCAL)	869.5	CALORIES(KCAL)	849.9	CALORIES(KCAL)	656.8	CALORIES(KCAL)	782.5	CALORIES(KCAL)	768.1
PROTEIN(GM)	31.8	PROTEIN(GM)	28.0	PROTEIN(GM)	40.9	PROTEIN(GM)	33.3	PROTEIN(GM)	30.2	PROTEIN(GM)	32.8
CALCIUM(MG)	423.2	CALCIUM(MG)	538.3	CALCIUM(MG)	425.6	CALCIUM(MG)	1437.7	CALCIUM(MG)	664.1	CALCIUM(MG)	697.8
IRON(MG)	4.2	IRON(MG)	7.4	IRON(MG)	10.0	IRON(MG)	3.1	IRON(MG)	3.4	IRON(MG)	5.6
VITAMIN A(RE)	205.4	VITAMIN A(RE)	459.4	VITAMIN A(RE)	530.3	VITAMIN A(RE)	1533.5	VITAMIN A(RE)	494.9	VITAMIN A(RE)	644.7
VITAMIN C(MG)	65.9	VITAMIN C(MG)	10.2	VITAMIN C(MG)	20.1	VITAMIN C(MG)	228.3	VITAMIN C(MG)	13.7	VITAMIN C(MG)	67.6
SAT FAT(GM)	2.7	SAT FAT(GM)	6.2	SAT FAT(GM)	3.3	SAT FAT(GM)	10.1	SAT FAT(GM)	8.4	SAT FAT OF CAL %	7.2
TOTAL FAT(GM)	12.5	TOTAL FAT(GM)	25.1	TOTAL FAT(GM)	13.2	TOTAL FAT(GM)	25.2	TOTAL FAT(GM)	26.5	TOTAL FAT OF CAL %	24.0