Top Spanish Cafe & Catering

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

MS BREAKFAST

Portion Values - Detailed

Generated on: 10/30/2026 7:32:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 11/02/2026															
MS BREAKFAST	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		313	8	305	8.50	2.69	382.6	744	14.80	35	10.67	62.46	4.53	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	13.0%	2.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Tue - 11/03/2026															
MS BREAKFAST	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		388	41	283	3.32	2.25	297.2	5870	58.39	43	13.71	65.36	8.19	1.75	0.00
% of Calories										44.2%	14.1%	67.4%	19.0%	4.1%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Wed - 11/04/2026															
MS BREAKFAST	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		593	46	510	1.92	0.96	281.3	594	85.14	64	21.16	101.80	11.77	2.64	0.00
% of Calories										43.1%	14.3%	68.6%	17.9%	4.0%	0.0%
Nutrient Guideline		400-550		600										<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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 11/05/2026															
MS BREAKFAST	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		408	27	470	7.31	1.83	633.6	715	11.39	40	14.07	70.56	8.05	4.77	0.00
% of Calories										38.7%	13.8%	69.2%	17.8%	10.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Fri - 11/06/2026															
MS BREAKFAST	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Mon - 11/09/2026															
MS BREAKFAST	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		313	8	305	8.50	2.69	382.6	744	14.80	35	10.67	62.46	4.53	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	13.0%	2.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Tue - 11/10/2026															
MS BREAKFAST	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Sausage Patty	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		499	44	412	5.39	2.05	400.6	975	92.15	55	18.81	90.66	8.29	1.70	0.00
% of Calories										44.5%	15.1%	72.7%	15.0%	3.1%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Wed - 11/11/2026															
MS BREAKFAST	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Thu - 11/12/2026															
MS BREAKFAST	Total														
WG Filled Crescent Rolls	2.29 oz	209	0	246	1.90	1.90	0.0	0	0.0	9	4.74	33.18	5.69	0.95	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		411	7	362	7.17	2.09	274.5	715	11.39	43	12.73	74.97	7.02	1.68	0.00
% of Calories										41.6%	12.4%	73.0%	15.4%	3.7%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 11/13/2026															
MS BREAKFAST	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
100% Grape Juice 8oz	8 oz	160	0	30	0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		504	41	310	2.06	2.34	341.3	*648	*1.33	66	12.91	90.99	8.08	1.73	0.00
% of Calories										52.5%	10.3%	72.3%	14.4%	3.1%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Mon - 11/16/2026															
MS BREAKFAST	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		313	8	305	8.50	2.69	382.6	744	14.80	35	10.67	62.46	4.53	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	13.0%	2.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Tue - 11/17/2026															
MS BREAKFAST	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	110	0.00	0.70	30.0	0	0.0	2	2.0	12.0	3.0	0.50	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Mixed Fruit Cup (1C)	1 C	140	0	0	2.00	0.00	0.0	0	54.0	28	2.0	32.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		489	40	336	2.00	1.06	289.9	594	55.13	62	17.33	84.86	7.93	2.16	0.00
% of Calories										50.9%	14.2%	69.4%	14.6%	4.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 11/18/2026															
MS BREAKFAST	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		442	7	382	1.90	0.00	261.1	594	85.14	54	14.35	79.10	8.78	2.13	0.00
% of Calories										49.1%	13.0%	71.6%	17.9%	4.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Thu - 11/19/2026															
MS BREAKFAST	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		367	27	469	5.34	1.76	686.4	975	92.15	29	14.89	59.07	7.90	4.73	0.00
% of Calories										32.0%	16.2%	64.3%	19.4%	11.6%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Fri - 11/20/2026															
MS BREAKFAST	Total														
WG Filled Crescent Rolls	2.29 oz	209	0	246	1.90	1.90	0.0	0	0.0	9	4.74	33.18	5.69	0.95	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		411	7	362	7.17	2.09	274.5	715	11.39	43	12.73	74.97	7.02	1.68	0.00
% of Calories										41.6%	12.4%	73.0%	15.4%	3.7%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 11/23/2026															
MS BREAKFAST	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	0.00	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		328	8	305	8.34	2.63	379.9	820	17.41	41	10.61	66.15	4.66	0.85	0.00
% of Calories										50.3%	12.9%	80.8%	12.8%	2.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Tue - 11/24/2026															
MS BREAKFAST	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		423	7	410	2.85	1.61	289.6	594	85.14	45	13.40	74.35	8.78	2.13	0.00
% of Calories										42.3%	12.7%	70.3%	18.7%	4.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Wed - 11/25/2026															
MS BREAKFAST	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Thu - 11/26/2026															
MS BREAKFAST	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Fri - 11/27/2026															
MS BREAKFAST	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Mon - 11/30/2026															
MS BREAKFAST	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		313	8	305	8.50	2.69	382.6	744	14.80	35	10.67	62.46	4.53	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	13.0%	2.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	
Weighted Average		407	21	364	5.55	1.96	371.3	*1049	*41.58	45	13.71	73.92	7.16	1.95	0.00
										100.4%	13.5%	72.6%	15.8%	4.3%	0.0%

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Nutrient	Menu AVG	Portion Size % of Cals	Cals (kcal) Weekly Target	Cholst (mg) % of Target	Sodm (mg)	Fiber (g) Miss Data	Iron (mg) Shortfall	Calcm (mg)	Vit-A (IU) Overage	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g) Error Messages (if any)
Calories	407		400 - 550		100%											
Cholesterol (mg)	21															
Sodium 1 (mg)	364		600		61%											
Fiber (g)	5.55															
Iron (mg)	1.96															
Calcium (mg)	371.3															
Vitamin A (IU)	1049					Missing										
Sugars (g)	45	44.61%														
Vitamin C (mg)	41.58					Missing										
Protein (g)	13.71	13.47%														
Carbohydrate (g)	73.92	72.61%														
Total Fat (g)	7.16	15.83%														
Saturated Fat (g)	1.95	4.32%	<10.00%													
Trans Fat[1] (g)	0.00	0.00%														

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