

# USD 265 ACADEMY

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Nutrients  |
|--|---|---|--|---|--|
| Mar - 1<br><br>BREAKFAST PIZZA<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/   | Mar - 2<br><br>BISCUIT & SAUSAGE GR<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 3<br><br>TORNADOS, Sausage, Eg<br>BLUEBERRY MUFFIN<br>CHOC. CHIP MUFFIN<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/   | Mar - 4<br><br>BREAKFAST BURRITO-Sa<br>PICANTE SAUCE<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 5<br><br>FRENCH TOAST STICKS,<br>PANCAKE SYRUP<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Avg Nutrients    Target<br>Cals...        643        101%<br>Chol...        51 mg     68%<br>Sodium...    946 mg    95%<br>Fiber...       5.8 g     130%<br>Iron...        3.5 mg    102%<br>Calcium    442.7 mg 148%<br>Vit A         1148 IU   102%<br>Vit A         221 RE    98%<br>Vit C         19.3 mg   135%<br>Prot         19.0g     11.8%Cal<br>Carb        101.7g    63.3%Cal<br>T.Fat        18.6g     26.1%Cal<br>S.Fat        5.8g      8.1%Cal |
| Nutrients        Target<br>Cals...        600        95%<br>Chol...        18 mg     24%<br>Sodium...    864 mg    86%<br>Fiber...       10.0 g    223%<br>Iron...        3.7 mg    110%<br>Calcium    498.1 mg 166%<br>Vit A         1220 IU   108%<br>Vit A         228 RE    101%<br>Vit C         33.2 mg   231%<br>Prot         20.9g     14.0%Cal<br>Carb        99.0g     66.0%Cal<br>T.Fat        14.8g     22.2%Cal<br>S.Fat        4.8g      7.2%Cal | Nutrients        Target<br>Cals...        651        103%<br>Chol...        24 mg     32%<br>Sodium...    1331 mg   133%<br>Fiber...       3.3 g     74%<br>Iron...        3.4 mg    99%<br>Calcium    444.8 mg 148%<br>Vit A         1172 IU   104%<br>Vit A         234 RE    104%<br>Vit C         1.3 mg     9%<br>Prot         18.6g     11.4%Cal<br>Carb        94.9g     58.3%Cal<br>T.Fat        22.2g     30.7%Cal<br>S.Fat        8.6g     12.0%Cal | Nutrients        Target<br>Cals...        633        100%<br>Chol...        84 mg     112%<br>Sodium...    772 mg    77%<br>Fiber...       4.8 g     107%<br>Iron...        2.3 mg    67%<br>Calcium    368.3 mg 123%<br>Vit A         927 IU    82%<br>Vit A         169 RE    75%<br>Vit C         34.3 mg   238%<br>Prot         18.0g     11.4%Cal<br>Carb        90.9g     57.4%Cal<br>T.Fat        24.0g     34.1%Cal<br>S.Fat        5.6g      8.0%Cal | Nutrients        Target<br>Cals...        654        103%<br>Chol...        122 mg    162%<br>Sodium...    1085 mg   109%<br>Fiber...       5.3 g     118%<br>Iron...        4.7 mg    137%<br>Calcium    510.7 mg 170%<br>Vit A         1573 IU   140%<br>Vit A         315 RE    140%<br>Vit C         3.7 mg    26%<br>Prot         22.8g     13.9%Cal<br>Carb        101.6g    62.1%Cal<br>T.Fat        17.0g     23.3%Cal<br>S.Fat        5.8g      7.9%Cal | Nutrients        Target<br>Cals...        677        107%<br>Chol...        8 mg      10%<br>Sodium...    675 mg    68%<br>Fiber...       5.7 g     127%<br>Iron...        3.4 mg    99%<br>Calcium    391.4 mg 130%<br>Vit A         847 IU    75%<br>Vit A         158 RE    70%<br>Vit C         24.2 mg   169%<br>Prot         14.5g     8.5%Cal<br>Carb        122.4g    72.3%Cal<br>T.Fat        15.1g     20.1%Cal<br>S.Fat        4.1g      5.4%Cal |  |
| Mar - 8<br><br>BREAKFAST PIZZA<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/   | Mar - 9<br><br>BISCUIT & SAUSAGE GR<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 10<br><br>TORNADOS, Sausage, Eg<br>BLUEBERRY MUFFIN<br>CHOC. CHIP MUFFIN<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Mar - 11<br><br>BREAKFAST BURRITO-Sa<br>PICANTE SAUCE<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/   | Mar - 12<br><br>FRENCH TOAST STICKS,<br>PANCAKE SYRUP<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/   | Avg Nutrients    Target<br>Cals...        643        101%<br>Chol...        51 mg     68%<br>Sodium...    946 mg    95%<br>Fiber...       5.8 g     130%<br>Iron...        3.5 mg    102%<br>Calcium    442.7 mg 148%<br>Vit A         1148 IU   102%<br>Vit A         221 RE    98%<br>Vit C         19.3 mg   135%<br>Prot         19.0g     11.8%Cal<br>Carb        101.7g    63.3%Cal<br>T.Fat        18.6g     26.1%Cal<br>S.Fat        5.8g      8.1%Cal |

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# USD 265 ACADEMY

| Monday  | Tuesday                                 | Wednesday                               | Thursday                                | Friday                                  | Nutrients  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
|---|---|---|---|---|--|---------------|---------|--------|---------|---------|--------|---------|---------|--------|---------|---------|--------|---------|---------|----------|---------|--------|---------|---------|--------|--------|-------|-------|---------|-------|------|-------|----------|--------|-------|----------|-------|---------|----------|-------|---------|---------|---|-----------|-------|--------|---------|-----|------|---------|-------|-----|---------|---------|------|---------|-------|-----|---------|--------|-----|---------|----------|------|-------|---------|------|-------|--------|------|-------|--------|----|------|-------|----------|------|-------|----------|-------|-------|----------|-------|------|----------|--|-----------|--|--------|---------|-----|------|---------|-------|------|---------|--------|-----|---------|-------|------|---------|--------|-----|---------|----------|------|-------|--------|-----|-------|--------|-----|-------|---------|------|------|-------|----------|------|-------|----------|-------|-------|----------|-------|------|---------|--|-----------|--|--------|---------|-----|------|---------|--------|------|---------|---------|------|---------|-------|------|---------|--------|------|---------|----------|------|-------|---------|------|-------|--------|------|-------|--------|-----|------|-------|----------|------|--------|----------|-------|-------|----------|-------|------|---------|--|-----------|--|--------|---------|-----|------|---------|------|-----|---------|--------|-----|---------|-------|------|---------|--------|-----|---------|----------|------|-------|--------|-----|-------|--------|-----|-------|---------|------|------|-------|---------|------|--------|----------|-------|-------|----------|-------|------|---------|--|
| <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td></td><td>Target</td></tr> <tr><td>Cals...</td><td>600</td><td>95%</td></tr> <tr><td>Chol...</td><td>18 mg</td><td>24%</td></tr> <tr><td>Sodium.</td><td>864 mg</td><td>86%</td></tr> <tr><td>Fiber..</td><td>10.0 g</td><td>223%</td></tr> <tr><td>Iron...</td><td>3.7 mg</td><td>110%</td></tr> <tr><td>Calcium</td><td>498.1 mg</td><td>166%</td></tr> <tr><td>Vit A</td><td>1220 IU</td><td>108%</td></tr> <tr><td>Vit A</td><td>228 RE</td><td>101%</td></tr> <tr><td>Vit C</td><td>33.2 mg</td><td>231%</td></tr> <tr><td>Prot</td><td>20.9g</td><td>14.0%Cal</td></tr> <tr><td>Carb</td><td>99.0g</td><td>66.0%Cal</td></tr> <tr><td>T.Fat</td><td>14.8g</td><td>22.2%Cal</td></tr> <tr><td>S.Fat</td><td>4.8g</td><td>7.2%Cal</td></tr> </table> | Nutrients                               |   | Target                                  | Cals...                                 | 600  | 95%           | Chol... | 18 mg  | 24%     | Sodium. | 864 mg | 86%     | Fiber.. | 10.0 g | 223%    | Iron... | 3.7 mg | 110%    | Calcium | 498.1 mg | 166%    | Vit A  | 1220 IU | 108%    | Vit A  | 228 RE | 101%  | Vit C | 33.2 mg | 231%  | Prot | 20.9g | 14.0%Cal | Carb   | 99.0g | 66.0%Cal | T.Fat | 14.8g   | 22.2%Cal | S.Fat | 4.8g    | 7.2%Cal | <table style="width: 100%; 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| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 600                                     | 95%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 18 mg                                   | 24%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 864 mg                                  | 86%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 10.0 g                                  | 223%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 3.7 mg                                  | 110%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 498.1 mg                                | 166%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 1220 IU                                 | 108%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 228 RE                                  | 101%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 33.2 mg                                 | 231%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 20.9g                                   | 14.0%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 99.0g                                   | 66.0%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 14.8g                                   | 22.2%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 4.8g                                    | 7.2%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 651                                     | 103%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 24 mg                                   | 32%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 1331 mg                                 | 133%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 3.3 g                                   | 74%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 3.4 mg                                  | 99%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 444.8 mg                                | 148%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 1172 IU                                 | 104%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 234 RE                                  | 104%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 1.3 mg                                  | 9%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 18.6g                                   | 11.4%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 94.9g                                   | 58.3%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 22.2g                                   | 30.7%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 8.6g                                    | 12.0%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 633                                     | 100%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 84 mg                                   | 112%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 772 mg                                  | 77%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 4.8 g                                   | 107%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 2.3 mg                                  | 67%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 368.3 mg                                | 123%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 927 IU                                  | 82%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 169 RE                                  | 75%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 34.3 mg                                 | 238%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 18.0g                                   | 11.4%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 90.9g                                   | 57.4%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 24.0g                                   | 34.1%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 5.6g                                    | 8.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 654                                     | 103%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 122 mg                                  | 162%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 1085 mg                                 | 109%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 5.3 g                                   | 118%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 4.7 mg                                  | 137%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 510.7 mg                                | 170%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 1573 IU                                 | 140%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 315 RE                                  | 140%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 3.7 mg                                  | 26%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 22.8g                                   | 13.9%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 101.6g                                  | 62.1%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 17.0g                                   | 23.3%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 5.8g                                    | 7.9%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 677                                     | 107%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 8 mg                                    | 10%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 675 mg                                  | 68%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 5.7 g                                   | 127%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 3.4 mg                                  | 99%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 391.4 mg                                | 130%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 847 IU                                  | 75%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 158 RE                                  | 70%                                     |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 24.2 mg                                 | 169%                                    |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 14.5g                                   | 8.5%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 122.4g                                  | 72.3%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 15.1g                                   | 20.1%Cal                                |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 4.1g                                    | 5.4%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| <p>Mar - 15</p> <p>*NO SCHOOL TODAY</p>   | <p>Mar - 16</p> <p>*NO SCHOOL TODAY</p> | <p>Mar - 17</p> <p>*NO SCHOOL TODAY</p> | <p>Mar - 18</p> <p>*NO SCHOOL TODAY</p> | <p>Mar - 19</p> <p>*NO SCHOOL TODAY</p> | <table style="width: 100%; border-collapse: collapse;"> <tr><td>Avg Nutrients</td><td></td><td>Target</td></tr> <tr><td>Cals...</td><td>0</td><td>0%</td></tr> <tr><td>Chol...</td><td>0 mg</td><td>0%</td></tr> <tr><td>Sodium.</td><td>0 mg</td><td>0%</td></tr> <tr><td>Fiber..</td><td>0.0 g</td><td>0%</td></tr> <tr><td>Iron...</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Calcium</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Vit A</td><td>0 IU</td><td>0%</td></tr> <tr><td>Vit A</td><td>0 RE</td><td>0%</td></tr> <tr><td>Vit C</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Prot</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>Carb</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>T.Fat</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>S.Fat</td><td>0.0g</td><td>0.0%Cal</td></tr> </table> | Avg Nutrients |         | Target | Cals... | 0       | 0%     | Chol... | 0 mg    | 0%     | Sodium. | 0 mg    | 0%     | Fiber.. | 0.0 g   | 0%       | Iron... | 0.0 mg | 0%      | Calcium | 0.0 mg | 0%     | Vit A | 0 IU  | 0%      | Vit A | 0 RE | 0%    | Vit C    | 0.0 mg | 0%    | Prot     | 0.0g  | 0.0%Cal | Carb     | 0.0g  | 0.0%Cal | T.Fat   | 0.0g  | 0.0%Cal   | S.Fat | 0.0g   | 0.0%Cal |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Avg Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| <table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td></td><td>Target</td></tr> <tr><td>Cals...</td><td>0</td><td>0%</td></tr> <tr><td>Chol...</td><td>0 mg</td><td>0%</td></tr> <tr><td>Sodium.</td><td>0 mg</td><td>0%</td></tr> <tr><td>Fiber..</td><td>0.0 g</td><td>0%</td></tr> <tr><td>Iron...</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Calcium</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Vit A</td><td>0 IU</td><td>0%</td></tr> <tr><td>Vit A</td><td>0 RE</td><td>0%</td></tr> <tr><td>Vit C</td><td>0.0 mg</td><td>0%</td></tr> <tr><td>Prot</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>Carb</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>T.Fat</td><td>0.0g</td><td>0.0%Cal</td></tr> <tr><td>S.Fat</td><td>0.0g</td><td>0.0%Cal</td></tr> </table>                                    | Nutrients                               |   | Target                                  | Cals...                                 | 0  | 0%            | Chol... | 0 mg   | 0%      | Sodium. | 0 mg   | 0%      | Fiber.. | 0.0 g  | 0%      | Iron... | 0.0 mg | 0%      | Calcium | 0.0 mg   | 0%      | Vit A  | 0 IU    | 0%      | Vit A  | 0 RE   | 0%    | Vit C | 0.0 mg  | 0%    | Prot | 0.0g  | 0.0%Cal  | Carb   | 0.0g  | 0.0%Cal  | T.Fat | 0.0g    | 0.0%Cal  | S.Fat | 0.0g    | 0.0%Cal | <table style="width: 100%; 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| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Nutrients   |   | Target                                  |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Cals...   | 0                                       | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Chol...   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Sodium.   | 0 mg                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Fiber..   | 0.0 g                                   | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Iron...   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Calcium   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 IU                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit A   | 0 RE                                    | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Vit C   | 0.0 mg                                  | 0%                                      |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Prot  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| Carb  | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| T.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |
| S.Fat   | 0.0g                                    | 0.0%Cal                                 |   |   |  |               |         |        |         |         |        |         |         |        |         |         |        |         |         |          |         |        |         |         |        |        |       |       |         |       |      |       |          |        |       |          |       |         |          |       |         |         |   |           |       |        |         |     |      |         |       |     |         |         |      |         |       |     |         |        |     |         |          |      |       |         |      |       |        |      |       |        |    |      |       |          |      |       |          |       |       |          |       |      |          |  |           |  |        |         |     |      |         |       |      |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |          |      |       |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |        |      |         |         |      |         |       |      |         |        |      |         |          |      |       |         |      |       |        |      |       |        |     |      |       |          |      |        |          |       |       |          |       |      |         |  |           |  |        |         |     |      |         |      |     |         |        |     |         |       |      |         |        |     |         |          |      |       |        |     |       |        |     |       |         |      |      |       |         |      |        |          |       |       |          |       |      |         |  |

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# USD 265 ACADEMY

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Nutrients   |
|--|--|---|---|--|---|
| Mar - 22<br><br>BREAKFAST PIZZA<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Mar - 23<br><br>BISCUIT & SAUSAGE GR<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 24<br><br>TORNADOS, Sausage, Eg<br>BLUEBERRY MUFFIN<br>CHOC. CHIP MUFFIN<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Mar - 25<br><br>BREAKFAST BURRITO-Sa<br>PICANTE SAUCE<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 26<br><br>FRENCH TOAST STICKS,<br>PANCAKE SYRUP<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Avg Nutrients    Target<br>Cals...        643        101%<br>Chol...        51 mg     68%<br>Sodium...    946 mg    95%<br>Fiber..        5.8 g     130%<br>Iron...        3.5 mg    102%<br>Calcium    442.7 mg 148%<br>Vit A         1148 IU   102%<br>Vit A         221 RE    98%<br>Vit C         19.3 mg   135%<br>Prot         19.0g     11.8%Cal<br>Carb        101.7g    63.3%Cal<br>T.Fat        18.6g     26.1%Cal<br>S.Fat        5.8g       8.1%Cal |
| Nutrients        Target<br>Cals...        600        95%<br>Chol...        18 mg     24%<br>Sodium.       864 mg    86%<br>Fiber..        10.0 g    223%<br>Iron...        3.7 mg    110%<br>Calcium    498.1 mg 166%<br>Vit A         1220 IU   108%<br>Vit A         228 RE    101%<br>Vit C         33.2 mg   231%<br>Prot         20.9g     14.0%Cal<br>Carb        99.0g     66.0%Cal<br>T.Fat        14.8g     22.2%Cal<br>S.Fat        4.8g       7.2%Cal | Nutrients        Target<br>Cals...        651        103%<br>Chol...        24 mg     32%<br>Sodium.       1331 mg   133%<br>Fiber..        3.3 g     74%<br>Iron...        3.4 mg    99%<br>Calcium    444.8 mg 148%<br>Vit A         1172 IU   104%<br>Vit A         234 RE    104%<br>Vit C         1.3 mg     9%<br>Prot         18.6g     11.4%Cal<br>Carb        94.9g     58.3%Cal<br>T.Fat        22.2g     30.7%Cal<br>S.Fat        8.6g       12.0%Cal | Nutrients        Target<br>Cals...        633        100%<br>Chol...        84 mg     112%<br>Sodium.       772 mg    77%<br>Fiber..        4.8 g     107%<br>Iron...        2.3 mg    67%<br>Calcium    368.3 mg 123%<br>Vit A         927 IU    82%<br>Vit A         169 RE    75%<br>Vit C         34.3 mg   238%<br>Prot         18.0g     11.4%Cal<br>Carb        90.9g     57.4%Cal<br>T.Fat        24.0g     34.1%Cal<br>S.Fat        5.6g       8.0%Cal | Nutrients        Target<br>Cals...        654        103%<br>Chol...        122 mg    162%<br>Sodium.       1085 mg   109%<br>Fiber..        5.3 g     118%<br>Iron...        4.7 mg    137%<br>Calcium    510.7 mg 170%<br>Vit A         1573 IU   140%<br>Vit A         315 RE    140%<br>Vit C         3.7 mg     26%<br>Prot         22.8g     13.9%Cal<br>Carb        101.6g    62.1%Cal<br>T.Fat        17.0g     23.3%Cal<br>S.Fat        5.8g       7.9%Cal | Nutrients        Target<br>Cals...        677        107%<br>Chol...        8 mg     10%<br>Sodium.       675 mg    68%<br>Fiber..        5.7 g     127%<br>Iron...        3.4 mg    99%<br>Calcium    391.4 mg 130%<br>Vit A         847 IU    75%<br>Vit A         158 RE    70%<br>Vit C         24.2 mg   169%<br>Prot         14.5g     8.5%Cal<br>Carb        122.4g    72.3%Cal<br>T.Fat        15.1g     20.1%Cal<br>S.Fat        4.1g       5.4%Cal |   |
| Mar - 29<br><br>BREAKFAST PIZZA<br>POP TARTS<br>CEREAL BREAKFAST BA<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  | Mar - 30<br><br>BISCUIT & SAUSAGE GR<br>POP TARTS<br>CEREAL BREAKFAST BA<br>YOPLAIT YOGURT<br>MILK, VARIETY GHS - 12/  | Mar - 31<br><br>TORNADOS, Sausage, Eg<br>BLUEBERRY MUFFIN<br>CHOC. CHIP MUFFIN<br>FRESH FRUIT VARIETY<br>MILK, VARIETY GHS - 12/  |   |  | Avg Nutrients    Target<br>Cals...        634        100%<br>Chol...        42 mg     57%<br>Sodium...    985 mg    98%<br>Fiber..        6.0 g     134%<br>Iron...        3.2 mg    95%<br>Calcium    452.1 mg 151%<br>Vit A         1111 IU   99%<br>Vit A         211 RE    94%<br>Vit C         25.1 mg   174%<br>Prot         19.4g     12.2%Cal<br>Carb        96.4g     60.8%Cal<br>T.Fat        20.3g     28.8%Cal<br>S.Fat        6.3g       9.0%Cal   |

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# USD 265 ACADEMY

| Monday    |          |          | Tuesday   |          |          | Wednesday |          |          | Thursday |  |  | Friday |  |  | Nutrients |  |  |
|-----------|----------|----------|-----------|----------|----------|-----------|----------|----------|----------|--|--|--------|--|--|-----------|--|--|
| Nutrients |          | Target   | Nutrients |          | Target   | Nutrients |          | Target   |          |  |  |        |  |  |           |  |  |
| Cals...   | 604      | 95%      | Cals...   | 662      | 104%     | Cals...   | 636      | 100%     |          |  |  |        |  |  |           |  |  |
| Chol...   | 18 mg    | 24%      | Chol...   | 25 mg    | 33%      | Chol...   | 85 mg    | 113%     |          |  |  |        |  |  |           |  |  |
| Sodium.   | 863 mg   | 86%      | Sodium.   | 1337 mg  | 134%     | Sodium.   | 754 mg   | 75%      |          |  |  |        |  |  |           |  |  |
| Fiber..   | 10.0 g   | 223%     | Fiber..   | 3.0 g    | 67%      | Fiber..   | 5.1 g    | 113%     |          |  |  |        |  |  |           |  |  |
| Iron...   | 3.9 mg   | 115%     | Iron...   | 3.5 mg   | 104%     | Iron...   | 2.3 mg   | 67%      |          |  |  |        |  |  |           |  |  |
| Calcium   | 515.1 mg | 172%     | Calcium   | 472.0 mg | 157%     | Calcium   | 369.1 mg | 123%     |          |  |  |        |  |  |           |  |  |
| Vit A     | 1199 IU  | 107%     | Vit A     | 1197 IU  | 106%     | Vit A     | 938 IU   | 83%      |          |  |  |        |  |  |           |  |  |
| Vit A     | 222 RE   | 99%      | Vit A     | 239 RE   | 106%     | Vit A     | 170 RE   | 76%      |          |  |  |        |  |  |           |  |  |
| Vit C     | 36.4 mg  | 253%     | Vit C     | 1.3 mg   | 9%       | Vit C     | 37.4 mg  | 261%     |          |  |  |        |  |  |           |  |  |
| Prot      | 21.0g    | 13.9%Cal | Prot      | 19.1g    | 11.5%Cal | Prot      | 18.1g    | 11.4%Cal |          |  |  |        |  |  |           |  |  |
| Carb      | 100.3g   | 66.5%Cal | Carb      | 97.2g    | 58.8%Cal | Carb      | 91.5g    | 57.6%Cal |          |  |  |        |  |  |           |  |  |
| T.Fat     | 14.6g    | 21.8%Cal | T.Fat     | 22.2g    | 30.2%Cal | T.Fat     | 24.0g    | 34.0%Cal |          |  |  |        |  |  |           |  |  |
| S.Fat     | 4.7g     | 7.0%Cal  | S.Fat     | 8.6g     | 11.7%Cal | S.Fat     | 5.6g     | 7.9%Cal  |          |  |  |        |  |  |           |  |  |

|             | Average   | Target | % of Target |          | Average  | % of Calories | Target  |
|-------------|-----------|--------|-------------|----------|----------|---------------|---------|
| Calories    | 642       | 635    | 101%        | Protein  | 19.02 g  | 11.86%        | 12.60   |
| Cholesterol | 50 mg     | 75     | 66%         | Carbohyd | 100.85 g | 62.88%        |         |
| Sodium      | 952 mg    | 1000   | 95%         | Tot. Fat | 18.90 g  | 26.51%        | <30.00% |
| Fiber       | 5.87 g    | 4.50   | 131%        | Sat. Fat | 5.87 g   | 8.24%         | <10.00% |
| Iron        | 3.44 mg   | 3.40   | 101%        |          |          |               |         |
| Calcium     | 444.25 mg | 300.00 | 148%        |          |          |               |         |
| Vitamin A   | 1142 IU   | 1125   | 101%        |          |          |               |         |
| Vitamin A   | 219 RE    | 225    | 97%         |          |          |               |         |
| Vitamin C   | 20.29 mg  | 14.38  | 141%        |          |          |               |         |

\* Item not included in the nutritional analysis

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