Healthier Kansas Menus

with Alternate Entrées

C:\Documents and Settings\jmackey\My Documents\My Pictures\Microsoft Clip Organizer\j0349505.wmf

# APPENDICES

Child Nutrition & Wellness, Kansas State Department of Education

***Revised July 2019***

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

**For further information about this publication, please contact:** Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232,

[www.kn-eat.org](http://www.kn-eat.org/)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.  
  
Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.  
  
To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\_filing\_cust.html](https://www.ascr.usda.gov/filing-discrimination-complaint-usda-customer), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:  
  
(1)   Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
  
(2)   Fax: (202) 690-7442; or  
  
(3)   Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
  
This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

Table of Contents

**Page**

Converting Common Measures 1

Healthier Kansas Menus – Nutrient Analysis 2

C:\Documents and Settings\jmackey\My Documents\My Pictures\Microsoft Clip Organizer\j0349505.wmf

Converting Common Measures

1. Convert Ounces to Pounds

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ounces | Decimal Amounts in Pounds | Ounces | Decimal Amounts in Pounds | Ounces | Decimal Amounts in Pounds |
| 1 oz | .062 lb | 7 oz | .437 lb | 13 oz | .812 lb |
| 2 oz | .125 lb | 8 oz | .5 lb | 14 oz | .875 lb |
| 3 oz | .187 lb | 9 oz | .562 lb | 15 oz | .937 lb |
| 4 oz | .25 lb | 10 oz | .625 lb | 16 oz | 1.0 lb |
| 5 oz | .312 lb | 11 oz | .687 lb |
| 6 oz | .375 lb | 12 oz | .75 lb |

*To convert ounces to pounds in decimal units, divide the number of ounces by 16.*

2. Convert Decimal to Fraction

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Decimal Unit | Fractional  Equivalent | Decimal Unit | Fractional Equivalent | Decimal Unit | Fractional  Equivalent |
| .125 | 1/8 | .375 | 3/8 | .66 | 2/3 |
| .25 | 1/4 | .50 | 1/2 | .75 | 3/4 |
| .33 | 1/3 | .625 | 5/8 | .875 | 7/8 |

3. Convert Volume Measures

|  |  |
| --- | --- |
| 1 gallon = 4 quarts or 16 cups  1 quart = 4 cups or 2 pints  1 pint = 2 cups  1 cup = 16 tablespoons  1 Tablespoon = 3 teaspoons | 1 gallon of water = 8 lbs or 128 ounces  1 quart of water = 2 lbs or 32 ounces  1 pint of water = 16 ounces  1 cup of water = 8 ounces  1 tablespoon of water = 1/2 ounce |

Healthier Kansas Menus with Alternate Entrées Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus with Alternate Entrées.* The analysis was completed using Nutri-Kids Menu Planning software, version 18.01 based on the following assumptions and practices:

* Production records, food specifications and recipes are followed.
* All students take all items. (Serve)
* Alternate menu items are included in analysis as being served the same number of potions each day.
* Ground beef is drained but not rinsed.
* Canned fruits are drained unless otherwise noted.
* Milk variety recipe is 70% non-fat chocolate and 30% is 1% white.
* Generic ingredients from the Standard Reference Database in CN 12 are used whenever possible.
* Specific manufactured items included in the analysis are noted below. Note that inclusion of branded items in the nutrient analysis *does not* constitute a recommendation for use of these products by the Kansas State Department of Education.

Entrees: Pepperoni Pizza (ConAgra 77387-12719); Breaded Chicken Patty (Tyson 16477-928); Chicken Nuggets (Tyson 70364-928); Saucy Blues BBQ Pork (Hormel Foods 55241); Beef Patty (Advance Pierre 155-525-0); Chicken Drumstick (Tyson 8832-928); Beef & Bean Burrito (Foster Farms 09036); Beef Sirloin Steak, Sliced & Shaped (Advance Pierre 7325-001); Beef Patty, Breaded (Tyson 24725-928); Meatballs (Advance Pierre 3-17-405-20); Cheese Pizza (ConAgra 77387-12718); Turkey Sausage Crumbles (Jimmy Dean); Sausage Patty (JTM Food Group CP5685); Pork Rib (Advance Pierre 44-531-0); Corn Dog, Whole Grain (Foster Farms 92124); Uncrustable 2.6 oz (Smuckers 51500-06961); Uncrustable 5.3 oz (51500-21028); Chicken Chili Crispito (Tyson 23987-928), Popcorn Chicken (Tyson 2940-928); Grilled Chicken Filet (Tyson 70322-928)

Fruits & Vegetables: Potato Wedges (Simplot 23801); Roasted Red Potatoes (McCain Farmer’s Kitchen MCF04851); Sweet Potato Fries, Crinkle Cut (Simplot 10071179027812); Sweet Potato Puffs (Lamb Weston); Tater Tots (Ore-Ida OIF00215A); Hash Brown Patty (Simplot 10071179430018)

Grains: Lasagna Noodles, WG (Hodgson Mills 71518-00017-001); Tortilla Chips, Triangle Unsalted (Mission 08616); Tortilla, WG 8” (Mission 10411); Long Grain & Wild Rice Blend (Uncle Ben’s); Egg Noodles, Whole Grain (Hodgson Mills)

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 1

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 632 | 906 | 8.3% |
| Tuesday | 608 | 928 | 7.2% |
| Wednesday | 715 | 931 | 9.6% |
| Thursday | 689 | 585 | 10.6% |
| Friday | 570 | 535 | 4.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 643  777  8.3% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 653 | 901 | 7.6% |
| Tuesday | 608 | 928 | 7.2% |
| Wednesday | 715 | 931 | 9.6% |
| Thursday | 718 | 597 | 10.2% |
| Friday | 650 | 629 | 4.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 669  797  7.9% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 721 | 911 | 6.9% |
| Tuesday | 879 | 1156 | 7.5% |
| Wednesday | 783 | 941 | 8.8% |
| Thursday | 795 | 609 | 9.3% |
| Friday | 718 | 639 | 4.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 779  851  7.4% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 2

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 677 | 910 | 7.3% |
| Tuesday | 698 | 728 | 3.8% |
| Wednesday | 593 | 669 | 7.7% |
| Thursday | 585 | 994 | 7.1% |
| Friday | 537 | 883 | 8.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 618  837  6.8% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 677 | 910 | 7.3% |
| Tuesday | 834 | 864 | 4.1% |
| Wednesday | 593 | 669 | 7.7% |
| Thursday | 585 | 994 | 7.1% |
| Friday | 594 | 1000 | 9.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 657  887  6.9% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 793 | 1000 | 7.5% |
| Tuesday | 1012 | 1046 | 3.7% |
| Wednesday | 767 | 752 | 6.6% |
| Thursday | 651 | 995 | 6.5% |
| Friday | 792 | 1240 | 9.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 803  1007  6.5% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 3

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 683 | 1054 | 6.0% |
| Tuesday | 721 | 654 | 9.1% |
| Wednesday | 647 | 1059 | 6.2% |
| Thursday | 540 | 756 | 8.5% |
| Friday | 682 | 758 | 8.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 655  856  7.7% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 704 | 1049 | 5.4% |
| Tuesday | 721 | 654 | 9.1% |
| Wednesday | 647 | 1059 | 6.2% |
| Thursday | 552 | 768 | 8.3% |
| Friday | 682 | 758 | 8.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 661  858  7.5% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 777 | 1061 | 4.9% |
| Tuesday | 1005 | 764 | 8.4% |
| Wednesday | 715 | 1069 | 5.6% |
| Thursday | 867 | 950 | 7.0% |
| Friday | 750 | 768 | 7.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 823  922  6.9% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 4

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 655 | 761 | 9.3% |
| Tuesday | 622 | 721 | 8.1% |
| Wednesday | 651 | 873 | 7.2% |
| Thursday | 480 | 1115 | 5.7% |
| Friday | 778 | 929 | 12.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 637  880  8.9% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 655 | 761 | 9.3% |
| Tuesday | 622 | 721 | 8.1% |
| Wednesday | 651 | 873 | 7.2% |
| Thursday | 480 | 1115 | 5.7% |
| Friday | 864 | 1024 | 11.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 655  899  8.7% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 730 | 783 | 8.4% |
| Tuesday | 885 | 795 | 8.1% |
| Wednesday | 719 | 884 | 6.5% |
| Thursday | 798 | 1287 | 5.4% |
| Friday | 932 | 1034 | 10.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 813  957  7.9% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 1

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 678 | 1012 | 10.4% |
| Tuesday | 549 | 919 | 7.5% |
| Wednesday | 646 | 639 | 9.4% |
| Thursday | 780 | 1251 | 8.7% |
| Friday | 591 | 628 | 5.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 649  890  8.5% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 678 | 1012 | 10.4% |
| Tuesday | 549 | 919 | 7.5% |
| Wednesday | 786 | 654 | 9.5% |
| Thursday | 776 | 1080 | 8.8% |
| Friday | 624 | 623 | 5.1% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 683  858  8.4% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 746 | 1022 | 9.5% |
| Tuesday | 637 | 949 | 6.6% |
| Wednesday | 862 | 671 | 8.6% |
| Thursday | 856 | 1276 | 8.0% |
| Friday | 692 | 634 | 4.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 759  910  7.6% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 2

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 726 | 873 | 6.4% |
| Tuesday | 546 | 459 | 12.1% |
| Wednesday | 615 | 815 | 11.4% |
| Thursday | 709 | 882 | 6.2% |
| Friday | 591 | 628 | 5.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 627  706  8.8% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 738 | 885 | 6.3% |
| Tuesday | 546 | 459 | 12.1% |
| Wednesday | 615 | 815 | 11.4% |
| Thursday | 709 | 882 | 6.2% |
| Friday | 711 | 566 | 8.5% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 664  722  8.6% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 806 | 895 | 5.8% |
| Tuesday | 873 | 658 | 14.1% |
| Wednesday | 683 | 826 | 10.2% |
| Thursday | 804 | 899 | 5.8% |
| Friday | 784 | 582 | 7.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 790  772  8.8% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 3

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 581 | 962 | 7.7% |
| Tuesday | 666 | 783 | 10.1% |
| Wednesday | 594 | 895 | 6.2% |
| Thursday | 574 | 720 | 7.0% |
| Friday | 764 | 709 | 7.4% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 636  814  7.7% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 581 | 962 | 7.7% |
| Tuesday | 666 | 783 | 10.1% |
| Wednesday | 651 | 1012 | 6.8% |
| Thursday | 647 | 773 | 7.3% |
| Friday | 785 | 704 | 6.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 666  847  7.7% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 688 | 1056 | 6.5% |
| Tuesday | 754 | 809 | 9.1% |
| Wednesday | 849 | 1252 | 7.4% |
| Thursday | 715 | 783 | 6.6% |
| Friday | 853 | 714 | 6.3% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 772  923  7.2% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 4

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 613 | 589 | 4.8% |
| Tuesday | 575 | 975 | 10.2% |
| Wednesday | 749 | 990 | 7.9% |
| Thursday | 623 | 938 | 8.6% |
| Friday | 507 | 419 | 6.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 613  782  7.6% | 550-650  ≤1230 (Target 1)  ≤935 (Target 2)  <10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 625 | 601 | 4.7% |
| Tuesday | 575 | 975 | 10.2% |
| Wednesday | 879 | 1078 | 7.5% |
| Thursday | 623 | 938 | 8.6% |
| Friday | 575 | 513 | 6.4% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 655  821  7.5% | 550-650  ≤1360 (Target 1)  ≤1035 (Target 2)  <10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 833 | 626 | 5.1% |
| Tuesday | 781 | 1174 | 8.9% |
| Wednesday | 947 | 1088 | 7.0% |
| Thursday | 693 | 940 | 7.8% |
| Friday | 643 | 523 | 5.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| Calories  Sodium (Mg)  % of Total Calories from Saturated Fat | 780  870  5.7% | 750-850  ≤1420 (Target 1)  ≤1080 (Target 2)  <10% |

Notes