

Whitfield County Schools
Simple Average
8/10/2015 to 8/14/2015

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/10/2015 - Lunch - Elementary Week A															
Apples - Cinnamon	1/2 cup	133.085	0.000	3.322	1.940	0.274	7.460	53.083	0.012*	0.200	33.798	0.515	0.084	0.000*	16.103*
Beans - Green Beans/Plain	1 Serving	22.680	0.000	244.939	0.907	0.327	0.000	181.437	0.000	0.000	4.536	0.000	0.000	*	*
Burrito	1 serving	293.000	34.000	534.999	5.130	2.700	150.000	3.680	*	15.370	30.000	14.000	5.310	*	*
Chicken Tenders w/WW Roll	1 serving	467.513	50.000	730.000	5.000	3.240	0.000	0.000	2.400	25.000	49.000	16.876	3.156	*	*
Condiments - Lunch	1 serving	748.162	49.807*	2028.211	0.000*	0.360*	100.000*	107.790*	1.200*	1.071*	37.710*	63.450	9.489	*	*
FRUIT JUICE,ASSORTED	4 fl.oz.	257.705	0.000	18.765	1.124	0.976	52.535	235.485	97.840	1.889	62.490	0.662	0.091	*	53.273
Fruit, Canned	1/2 cup	691.724	0.000	50.812	10.374	0.093*	36.667*	58.277*	45.537*	5.038	175.172	0.380	0.042	*	2.397*
Fruit, Fresh, Assorted	1 EACH	81.663	0.000	1.027	3.266	0.268	17.776	205.592	18.932	0.951	21.059	0.310	0.060	*	15.268
Fruit, Fresh,Mixed	1/2 CUP	74.847	0.000	4.058	1.972	0.368	23.053	638.902	42.669	0.959	19.077	0.333	0.076	*	16.201
Leafy Green Salad	3/4 CUP	23.019	0.000*	20.665	1.778	0.724	78.533	3397.685	31.130	1.394	4.667	0.216*	0.033*	0.000*	1.677*
MILK - Variety	1 carton	270.005	22.500	355.006	0.000	0.000	1450.024	1500.024	6.000	21.000	36.000	3.750	2.250	*	*
Peanut Butter & Jelly Sandwich w/WG Chip	1 sandwich	290.005	0.000	320.005	4.000	1.440	200.003	0.000	0.000	10.000	33.001	15.000	2.500	*	*
Potatoes- Roasted	1/2 cup	101.250	0.000	334.125	2.025	0.729	*	*	2.430	2.025	19.237	1.519	0.000	*	*
Salad- Chef Salad Plate	1 serving	454.389	220.374	885.217	3.400	2.128*	222.496*	603.743*	0.000*	21.188	44.003	21.262	8.825	*	*
Sauce- Salsa	1 serving	40.000	0.000	560.000	4.000	1.440	80.000	600.000	4.800	0.000	8.000	0.000	0.000	*	*
Yogurt Plate w/Grahams	1 each	380.001	15.000	525.004	4.000	0.000*	150.000*	0.000*	0.000*	16.000	57.000	10.500	4.000	*	*

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/11/2015 - Lunch - Elementary Week A															
Beans- Pinto	1 serving	110.000	0.000	140.000	6.000	1.440	60.000	0.000	1.200	7.000	20.000	0.000	0.000	*	*
Beef-Tacos	1 serving	361.389	65.374	838.038	3.667	3.324	312.165	905.743	5.000	23.754	26.002	18.113	9.042	*	*
Chicken Casserole w/Breadstick	3/4 cup	424.924	124.771	1149.665	2.000	2.733*	93.914*	241.587*	2.400*	26.035	41.616	16.139	5.374	*	0.136*
Condiment - Sour Cream	1 Serving	60.001	20.000	15.000	0.000	0.000	20.000	200.003	0.000	1.000	1.000	5.000	3.500	*	*
Condiments - Lunch	1 serving	748.162	49.807*	2028.211	0.000*	0.360*	100.000*	107.790*	1.200*	1.071*	37.710*	63.450	9.489	*	*
Corn - Canned	1 Serving	65.000	0.000	140.000	2.000	0.540	0.000	50.000	1.200	2.000	15.000	1.000	0.000	*	*
Corn - WK	1 Serving	66.000	0.000	1.000	2.000	0.390	2.000	163.000	2.900	2.090	15.830	0.550	0.080	*	*
Corn on the Cob	1 EACH	118.440	0.000	302.400	3.528	0.769	3.780	292.320	6.048	3.919	28.136	0.932	0.144	*	4.523
Frozen Treat - Fruit Fiesta	1 Serving	90.002	*	10.000	*	0.360	40.001	*	60.001	*	23.000	*	*	*	*
Frozen Treat - Lime Sherbet	1 Serving	110.002	5.000	20.000	*	0.360	20.000	*	60.001	*	23.000	1.500	1.000	*	*
Frozen Treat - Orange Sherbet	1 Serving	110.002	5.000	20.000	*	0.360	20.000	*	60.001	*	23.000	1.500	1.000	*	*
Frozen Treat-Ice Cream-Choc	1 serving	100.000	5.000	50.000	1.000	0.720	80.000	200.000	0.000	2.000	19.000	2.000	1.000	*	*
Frozen Treat-Ice Cream-Strawbe	1 serving	100.000	10.000	45.000	1.000	0.000	80.000	200.000	0.000	2.000	19.000	2.000	1.000	*	*
Frozen Treat-Ice Cream-Vanilla	1 serving	110.000	5.000	65.000	1.000	0.000	150.000	300.000	0.000	4.000	20.000	1.500	1.000	*	*
FRUIT JUICE,ASSORTED	4 fl.oz.	257.705	0.000	18.765	1.124	0.976	52.535	235.485	97.840	1.889	62.490	0.662	0.091	*	53.273
Fruit, Canned	1/2 cup	691.724	0.000	50.812	10.374	0.093*	36.667*	58.277*	45.537*	5.038	175.172	0.380	0.042	*	2.397*
Fruit, Fresh, Assorted	1 EACH	81.663	0.000	1.027	3.266	0.268	17.776	205.592	18.932	0.951	21.059	0.310	0.060	*	15.268
Fruit, Fresh,Mixed	1/2 CUP	74.847	0.000	4.058	1.972	0.368	23.053	638.902	42.669	0.959	19.077	0.333	0.076	*	16.201
Leafy Green Salad	3/4 CUP	23.019	0.000*	20.665	1.778	0.724	78.533	3397.685	31.130	1.394	4.667	0.216*	0.033*	0.000*	1.677*
Lettuce Shred /Diced Tomato	1 Serving	13.452	0.000	4.692	0.939	0.233	9.071	599.680	9.009	0.692	2.899	0.147	0.022	*	1.953
MILK - Variety	1 carton	270.005	22.500	355.006	0.000	0.000	1450.024	1500.024	6.000	21.000	36.000	3.750	2.250	*	*
Peanut Butter & Jelly Sandwich w/WG Chip	1 sandwich	290.005	0.000	320.005	4.000	1.440	200.003	0.000	0.000	10.000	33.001	15.000	2.500	*	*
Quesadilla	1 serving -	260.011	10.000	600.026	4.000	1.800	200.009	100.004	0.000	15.001	30.001	10.000	2.500	*	*
Salad- Tuna Salad Plate	1 Serving	228.016	0.000	337.847	3.400	0.864*	0.000*	0.000*	0.000*	4.601	39.003	6.400	1.000	*	*
Tuna Salad	1/2 CUP	86.587	41.228	307.974	0.081	0.544	2.249	100.156	0.332	10.288	2.939	3.380	0.416	*	1.953*
Yogurt Plate w/Grahams	1 each	380.001	15.000	525.004	4.000	0.000*	150.000*	0.000*	0.000*	16.000	57.000	10.500	4.000	*	*

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8/12/2015 - Lunch - Elementary Week A															
Beef-Hamburger	1 each	300.000	30.000	540.000	4.000	1.800*	220.000	100.000	1.200	19.000	33.000	11.000	3.500	*	*
Chicken- Mandarin w/ Rice/ Eggroll	1 Serving	643.994	61.249	1664.986	4.500	2.360*	62.000*	417.996*	8.200*	22.750	78.000	26.500	4.875	*	*
Condiments - Lunch	1 serving	748.162	49.807*	2028.211	0.000*	0.360*	100.000*	107.790*	1.200*	1.071*	37.710*	63.450	9.489	*	*
FRUIT JUICE,ASSORTED	4 fl.oz.	257.705	0.000	18.765	1.124	0.976	52.535	235.485	97.840	1.889	62.490	0.662	0.091	*	53.273
Fruit, Canned	1/2 cup	691.724	0.000	50.812	10.374	0.093*	36.667*	58.277*	45.537*	5.038	175.172	0.380	0.042	*	2.397*
Fruit, Fresh, Assorted	1 EACH	81.663	0.000	1.027	3.266	0.268	17.776	205.592	18.932	0.951	21.059	0.310	0.060	*	15.268
Fruit, Fresh,Mixed	1/2 CUP	74.847	0.000	4.058	1.972	0.368	23.053	638.902	42.669	0.959	19.077	0.333	0.076	*	16.201
Leafy Green Salad	3/4 CUP	23.019	0.000*	20.665	1.778	0.724	78.533	3397.685	31.130	1.394	4.667	0.216*	0.033*	0.000*	1.677*
Lettuce & Tomato	1 SERVING	1.460	0.000	0.650	0.108	0.030	1.220	61.730	0.797	0.080	0.313	0.016	0.003	*	0.211
MILK - Variety	1 carton	270.005	22.500	355.006	0.000	0.000	1450.024	1500.024	6.000	21.000	36.000	3.750	2.250	*	*
Peanut Butter & Jelly Sandwich w/WG Chip	1 sandwich	290.005	0.000	320.005	4.000	1.440	200.003	0.000	0.000	10.000	33.001	15.000	2.500	*	*
Potato - Tater Tots	1 Serving	150.000	0.000	360.000	2.000	0.360	0.000	0.000	3.600	2.000	19.000	7.000	1.000	*	*
Salad - Grilled Chicken Salad	1 serving	1.925	0.383	3.508	0.019	0.005*	0.000*	0.000*	0.000*	0.102	0.232	0.069	0.016	*	*
Vegetable Medley 1	1/2 cup	33.353	0.000	40.024	2.668	*	*	*	*	2.668	5.336	0.000	0.000	*	*
Yogurt Plate w/Grahams	1 each	380.001	15.000	525.004	4.000	0.000*	150.000*	0.000*	0.000*	16.000	57.000	10.500	4.000	*	*
8/13/2015 - Lunch - Elementary Week A															
Cheesy Bread Sticks	2 sticks	290.000	20.000	530.000	3.000	1.800	350.000	400.000	0.000	19.000	30.000	11.000	5.000	*	*
Condiments - Lunch	1 serving	748.162	49.807*	2028.211	0.000*	0.360*	100.000*	107.790*	1.200*	1.071*	37.710*	63.450	9.489	*	*
Cucumber/Tomato Cup	1 Serving	20.985	0.000	4.242	1.280	0.363	20.385	395.973	8.911	1.030	4.019	0.265	0.026	*	2.622
Fish and Shrimp w/Hushpuppies	1 serving	472.471	46.243	1023.869	3.756	1.087*	68.028*	170.070	0.808*	20.595	52.042	20.222	3.028	*	*
FRUIT JUICE,ASSORTED	4 fl.oz.	257.705	0.000	18.765	1.124	0.976	52.535	235.485	97.840	1.889	62.490	0.662	0.091	*	53.273
Fruit, Canned	1/2 cup	691.724	0.000	50.812	10.374	0.093*	36.667*	58.277*	45.537*	5.038	175.172	0.380	0.042	*	2.397*
Fruit, Fresh, Assorted	1 EACH	81.663	0.000	1.027	3.266	0.268	17.776	205.592	18.932	0.951	21.059	0.310	0.060	*	15.268
Fruit, Fresh,Mixed	1/2 CUP	74.847	0.000	4.058	1.972	0.368	23.053	638.902	42.669	0.959	19.077	0.333	0.076	*	16.201
Leafy Green Salad	3/4 CUP	23.019	0.000*	20.665	1.778	0.724	78.533	3397.685	31.130	1.394	4.667	0.216*	0.033*	0.000*	1.677*
MILK - Variety	1 carton	270.005	22.500	355.006	0.000	0.000	1450.024	1500.024	6.000	21.000	36.000	3.750	2.250	*	*
Peanut Butter & Jelly Sandwich w/WG Chip	1 sandwich	290.005	0.000	320.005	4.000	1.440	200.003	0.000	0.000	10.000	33.001	15.000	2.500	*	*
Salad- Chicken Tender Salad (Breaded Chi	1 serving	508.016	50.000	917.847	4.400	2.664*	0.000*	0.000*	0.000*	24.601	56.003	20.400	3.500	*	*
Sauce- Marinara	1 serving	120.002	0.000	980.017	4.000	2.160	40.001	1000.017	18.000	4.000	18.000	4.000	0.000	*	*
Steamed Summer Squash	1 serving	19.055	0.000	3.646	1.165	0.319	12.797	609.080	40.460	0.873	3.938	0.213	0.056	*	2.688*
Yogurt Plate w/Grahams	1 each	380.001	15.000	525.004	4.000	0.000*	150.000*	0.000*	0.000*	16.000	57.000	10.500	4.000	*	*

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8/14/2015 - Lunch - Elementary Week A															
Chicken-Hot Wings w/WW Roll	5 pieces	445.003	137.500	850.003	4.000	0.000*	0.000*	0.000*	0.000*	30.000	33.251	20.750	4.875	*	*
Condiments - Lunch	1 serving	748.162	49.807*	2028.211	0.000*	0.360*	100.000*	107.790*	1.200*	1.071*	37.710*	63.450	9.489	*	*
FRUIT JUICE,ASSORTED	4 fl.oz.	257.705	0.000	18.765	1.124	0.976	52.535	235.485	97.840	1.889	62.490	0.662	0.091	*	53.273
Fruit, Canned	1/2 cup	691.724	0.000	50.812	10.374	0.093*	36.667*	58.277*	45.537*	5.038	175.172	0.380	0.042	*	2.397*
Fruit, Fresh, Assorted	1 EACH	81.663	0.000	1.027	3.266	0.268	17.776	205.592	18.932	0.951	21.059	0.310	0.060	*	15.268
Fruit, Fresh,Mixed	1/2 CUP	74.847	0.000	4.058	1.972	0.368	23.053	638.902	42.669	0.959	19.077	0.333	0.076	*	16.201
Leafy Green Salad	3/4 CUP	23.019	0.000*	20.665	1.778	0.724	78.533	3397.685	31.130	1.394	4.667	0.216*	0.033*	0.000*	1.677*
MILK - Variety	1 carton	270.005	22.500	355.006	0.000	0.000	1450.024	1500.024	6.000	21.000	36.000	3.750	2.250	*	*
Mozzerella Cheese Sticks	1 serving	269.638	14.980	549.263	2.996	1.997	432.420	483.351	0.779	15.979	29.960	9.987	2.996	*	*
Peanut Butter & Jelly Sandwich w/WG Chip	1 sandwich	290.005	0.000	320.005	4.000	1.440	200.003	0.000	0.000	10.000	33.001	15.000	2.500	*	*
Pizza - Pepperoni	1 each	270.010	15.001	860.031	4.000	1.800	*	*	0.000	16.001	32.001	10.000	3.500	*	*
Pizza, Cheese, Wedge-Shaped, W	1 slice	259.996	20.000	749.987	5.000	2.700	299.995	299.995	0.000	18.000	31.999	7.000	4.000	*	*
Salad- Asian Chicken Salad	1 Serving	654.175	60.000	986.950	8.255	12.306*	76.075*	663.975*	26.032*	30.540	84.757	24.552	4.288	*	*
Sauce- Marinara	1 serving	120.002	0.000	980.017	4.000	2.160	40.001	1000.017	18.000	4.000	18.000	4.000	0.000	*	*
Veggie - Fresh Veggie Cup	1 serving	35.161	0.000	33.548	2.079	0.750	39.036	4195.217	28.937	1.656	7.993	0.256	0.056	*	3.568
Yogurt Plate w/Grahams	1 each	380.001	15.000	525.004	4.000	0.000*	150.000*	0.000*	0.000*	16.000	57.000	10.500	4.000	*	*

Note: * means nutrient data is missing or not available

Serving Date	Recipe	Allergens
08/10/2015	R-0659 - MILK - Variety	Milk
	R-0897 - Chicken Tenders w/WW Roll	Wheat
	R-0905 - Burrito	Milk, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
	R-1367 - Salad- Chef Salad Plate	Milk, Eggs, Wheat, Soybeans
	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
08/11/2015	R-0350 - Tuna Salad	Milk, Eggs
	R-0659 - MILK - Variety	Milk
	R-0874 - Quesadilla	Milk, Wheat, Soybeans
	R-0902 - Beef-Tacos	Milk, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-0968 - Condiment - Sour Cream	Milk
	R-0981 - Frozen Treat - Fruit Fiesta	Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
	R-1332 - Frozen Treat - Lime Sherbet	Milk
	R-1333 - Frozen Treat - Orange Sherbet	Milk
	R-1337 - Frozen Treat-Ice Cream-Choc	Milk
	R-1338 - Frozen Treat-Ice Cream-Vanilla	Milk
	R-1339 - Frozen Treat-Ice Cream-Strawbe	Milk
	R-1374 - Snack- Cereal Bar/Milk	Milk, Wheat, Soybeans
	R-1389 - Salad- Tuna Salad Plate	Milk, Eggs, Wheat, Soybeans
R-1392 - Chicken Casserole w/Breadstick	Milk, Eggs, Wheat, Soybeans	
R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans	
08/12/2015	R-0659 - MILK - Variety	Milk
	R-0891 - Beef-Hamburger	Milk, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-0948 - Potato - Tater Tots	Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
	R-1383 - Salad - Grilled Chicken Salad	Milk, Wheat, Soybeans
	R-1386 - Chicken- Mandarin w/ Rice/ Eggroll	Milk, Eggs, Wheat, Soybeans
	R-1396 - Snack- WG Chip/Juice	Wheat, Soybeans
R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans	
08/13/2015	R-0659 - MILK - Variety	Milk
	R-0881 - Fish and Shrimp w/Hushpuppies	Milk, Eggs, Fish, Shellfish, Wheat, Soybeans
	R-0894 - Cheesy Bread Sticks	Milk, Eggs, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans

08/13/2015	R-1374 - Snack- Cereal Bar/Milk	Milk, Wheat, Soybeans
	R-1381 - Salad- Chicken Tender Salad (Breaded Chicken)	Milk, Eggs, Wheat, Soybeans
	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
08/14/2015	R-0547 - Pizza, Cheese, Wedge-Shaped, W	Milk, Wheat, Soybeans
	R-0659 - MILK - Variety	Milk
	R-0885 - Chicken-Hot Wings w/WW Roll	Wheat
	R-0900 - Mozzarella Cheese Sticks	Milk, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-0926 - Pizza - Pepperoni	Milk, Wheat, Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
	R-1366 - Salad- Asian Chicken Salad	Milk, Eggs, Wheat, Soybeans
	R-1377 - Snack - Poptart or Cookie/Milk	Milk, Wheat, Soybeans
	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans