

Whitfield County Schools
Simple Average
8/17/2015 to 8/21/2015

		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
8/17/2015 - Lunch - Elementary Week B															
Beef- Spaghetti w/Breadstick	1 serving	487.034	55.015	480.059	6.001	4.881	64.010	647.174*	19.005*	26.004	71.000	9.502	2.801	*	*
Cheese Bites w/Chili/Crackers	2 serving	1520.850	137.444	2810.540	26.620	12.408	1090.754*	3817.776*	34.024*	91.540	158.518	60.648	19.550	*	*
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	*	*
Corndog	1 EACH	240.000	15.000	670.000	4.000	0.000*	0.000*	100.000	0.000*	11.000	33.000	7.000	1.500	0.000*	0.000*
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*
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- 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	*	*
Steamed Broccoli 2	1/2 CUP	31.853	0.000	31.853	2.548	0.459	25.483	637.065	45.869	3.822	5.097	0.000	0.000	*	*
Veggie Sticks (Carrot and Celery)	1 Serving	10.306	0.000*	35.186	0.922	0.202	16.408	2394.681	1.293	0.294	2.182	0.066	0.013	*	*
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	*	*
8/18/2015 - Lunch - Elementary Week B															
Chicken- Poppers w/ WW Roll	10 pieces	353.994	59.999	657.486	4.500	2.000	17.000	167.996	1.000	21.500	34.000	14.500	3.250	*	*
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	*	*
CREAMY COLE SLAW	1/4 CUP	38.770	2.587	75.309	0.980	0.236	17.515	680.095	12.487	0.617	3.608	2.763	0.274	0.012*	2.178*
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*
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	*	*
Pork - BBQ Sliders	1 serving	599.997	129.999	799.995	2.000*	1.440	80.000	0.000	0.000	46.000	60.000	18.000	6.000	*	*
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*
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	*	*

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/19/2015 - Lunch - Elementary Week B															
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-Steak Strips w/WW Roll	1 serving	450.005	40.001	580.007	6.000	4.140	0.000*	0.000	2.400	21.000	49.000	18.000	5.500	*	*
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	*	*
Country Gravy	2 OZ	18.750	0.000	82.500	0.000	0.000	0.000	0.000	0.000	0.000	2.250	1.125	0.375	*	*
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
Hot Dog on WW Bun	1 EACH	310.900	35.000	778.500	2.380	3.694	178.500	0.000	0.000	10.760	26.990	17.785	6.000	0.000*	0.000*
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- Mashed	1 serving	80.000	0.000	310.000	1.000	0.360	20.000	0.000	*	2.000	17.000	1.000	0.000	*	*
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	*	*
Turnip Greens 2	1 Serving	20.000	0.000	50.000	1.000	0.720	200.000	2250.000	9.000	2.000	2.000	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	*	*
8/20/2015 - Lunch - Elementary Week B															
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	*	*
Beef- Lasagna w/Breadstick	1 EACH	622.958	52.979	615.420	8.769	2.685*	313.283*	601.538*	9.521*	32.057	83.978	15.733	6.391	*	0.000*
Beef-Chili Cheese Fries	1 serving	375.298	44.162	891.249	5.252	2.673	229.380	1032.857	18.306	16.505	38.005	17.097	2.304	*	*
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
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
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	*	*
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
8/21/2015 - Lunch - Elementary Week B															
Carrots-Baby w/Ranch Dressing	1 Serving	109.689	5.000	358.451	3.289	1.009	56.287	15637.596	2.948	1.726	11.344	7.147	1.026	*	5.398*
Chicken Sliders	2 each	340.005	80.001	780.013	4.000	3.440	112.002	64.001	0.000	28.000	42.000	6.000	1.000	*	*
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	*	*
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	*	*
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	*	*
Potato - Sweet Fries	1 serving	188.996	0.000	155.247	4.050	0.486	26.999	4049.911	12.150	1.350	33.749	5.400	0.000	*	*
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	*	*
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
08/17/2015	R-0659 - MILK - Variety	Milk
	R-0886 - Beef- Spaghetti w/Breadstick	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-1418 - Cheese Bites w/Chili/Crackers	Milk, Wheat
	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
08/18/2015	R-0350 - Tuna Salad	Milk, Eggs
	R-0659 - MILK - Variety	Milk
	R-0893 - Pork - BBQ Sliders	Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	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-1384 - Chicken- Poppers w/ WW Roll	Milk, Wheat, Soybeans
	R-1389 - Salad- Tuna Salad Plate	Milk, Eggs, Wheat, Soybeans
08/19/2015	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
	R-0632 - Potatoes- Mashed	Milk, Soybeans
	R-0659 - MILK - Variety	Milk
	R-0670 - Country Gravy	Milk, Eggs, TreeNuts, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-0914 - Beef-Steak Strips w/WW Roll	Milk, Wheat, Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
	R-1383 - Salad - Grilled Chicken Salad	Milk, Wheat, Soybeans
08/20/2015	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
	R-0659 - MILK - Variety	Milk
	R-0895 - Beef-Chili Cheese Fries	Milk, Wheat, Soybeans
	R-0906 - Beef- Lasagna w/Breadstick	Milk, Wheat, Soybeans
	R-0907 - Yogurt Plate w/Grahams	Milk, Wheat, Soybeans
	R-1035 - Condiments - Lunch	Milk, Eggs, Wheat, Soybeans
08/21/2015	R-1381 - Salad- Chicken Tender Salad (Breaded Chicken)	Milk, Eggs, Wheat, Soybeans
	R-1424 - Peanut Butter & Jelly Sandwich w/WG Chips	Peanuts, Wheat, Soybeans
	R-0547 - Pizza, Cheese, Wedge-Shaped, W	Milk, Wheat, Soybeans
	R-0659 - MILK - Variety	Milk

08/21/2015

R-0900 - Mozzarella Cheese Sticks

Milk, Wheat, Soybeans

R-0907 - Yogurt Plate w/Grahams

Milk, Wheat, Soybeans

R-0915 - Chicken Sliders

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-1424 - Peanut Butter & Jelly Sandwich w/WG Chips

Peanuts, Wheat, Soybeans