

Wolfe City ISD

Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/01/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 01/02/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		483-600		999								<=30.0	<10.00

Wed - 01/03/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		483-600		999								<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/04/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	1 EA	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
MOZZARELLA STICKS	5 EACH	277	20	391	0.43	3061.3	14418	20.8	*1	13.08	26.05	13.25	4.74
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
BAKED BEANS	1/2 CUP	84	0	98	18.93	306.4	4771	0.0	*N/A*	4.23	18.7	0.33	0.06
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		607	27	749	22.52	3794.6	28937	59.34	*31	28.42	93.09	15.56	5.61
% of Calories									*20.5%	18.7%	61.3%	23.1%	8.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 01/05/2018													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
HAMBURGER	1 EA	191	23	287	2.16	75.1	67	0.36	*2	10.76	15.38	9.72	3.58
POTATO WEDGES	8 PCS	74	0	10	0.27	6.0	3	2.92	*N/A*	1.34	11.4	2.35	0.34
BURGER FIXINS	1 EA	11	0	151	0.43	23.6	3242	3.82	1	0.66	2.17	0.19	0.03
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		549	35	796	3.97	421.8	4584	26.33	*37	24.18	79.06	16.58	6.21
% of Calories									*27.2%	17.6%	57.6%	27.2%	10.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 01/08/2018													
LEARNING CENTER/ PK B	Total												
PANCAKES	1 ea	71	3	106	0.96	22.0	177	0.0	0	1.39	12.05	1.93	0.40
SYRUP	POUCH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
CRISPITO LC	1 ea	147	23	213	0.72	40.0	0	0.0	*N/A*	6.0	14.66	6.66	1.66
PINTO BEANS EL/MS	3/8 cup	63	0	70	0.97	22.0	0	0.0	0	3.83	11.79	0.2	0.06
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		468	33	612	3.47	398.2	4742	20.12	*31	20.61	75.71	9.88	2.72
% of Calories									*26.6%	17.6%	64.8%	19.0%	5.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 01/09/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04

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LEARNING CENTER/PK LU	Total												
FRITO CHILI PIE	1 EA	333	35	396	1.93	179.4	679	8.88	*1	15.86	33.0	15.25	5.08
STEAMED VEGETABLES	1/2 cup	20	0	20	0.22	13.5	254	25.29	*0	1.57	3.18	0.0	0.00
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		592	42	718	5.18	614.6	6240	72.75	*31	28.65	82.50	17.28	5.89
% of Calories									*20.9%	19.4%	55.7%	26.3%	9.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Wed - 01/10/2018													
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
LEARNING CENTER/ PK B	Total												
OATMEAL LC	1/2 CUP	38	0	8	0.31	9.3	31	0.0	*2	1.26	6.27	1.0	0.20
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
CHICKEN FRIED STEAK	1 EA	207	23	213	1.80	26.7	0	0.0	*N/A*	10.0	12.67	12.67	3.00
MASHED POTATOES LC	3/8 CUP	75	2	29	0.23	36.0	55	25.26	*1	2.16	14.65	1.18	0.36
GREEN BEANS	1/2 CUP	12	0	129	0.46	13.4	180	2.43	*N/A*	0.62	2.68	0.05	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	50	0	5	0.25	5.2	181	1.65	12	0.35	13.0	0.06	0.01
ROLL	1 EA	40	0	64	0.00	13.5	0	1.62	*N/A*	1.35	8.77	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		573	33	605	3.68	466.9	1359	47.62	*36	25.29	83.88	16.26	4.26
% of Calories									*25.5%	17.7%	58.5%	25.5%	6.7%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018													
LEARNING CENTER/ PK B BREAKFAST PIZZA	Total												
1 EA		70	5	143	0.48	50.0	7	0.0	*N/A*	3.34	8.34	2.67	0.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU CHICKEN SPAGHETTI LC	Total												
1/2 CUP		149	15	421	0.96	60.3	100	0.74	*1	10.34	17.46	3.72	1.37
BROCCOLI & CHEESE	1/2 CUP	35	4	96	0.37	67.0	531	19.41	0	2.56	3.23	1.53	0.96
BLACKEYED PEAS	1/2 CUP	65	0	248	0.82	16.9	11	2.29	*N/A*	4.01	11.54	0.47	0.12
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.33	11.7	32	6.26	11	0.3	11.23	0.1	0.01
BREAD STICKS	1 EA	73	0	153	0.72	0.0	7	0.0	1	2.0	11.33	2.67	0.67
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		563	32	1171	3.83	504.9	1592	45.34	*33	31.10	84.86	12.10	4.38
% of Calories									*23.8%	22.1%	60.3%	19.3%	7.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 01/12/2018													
LEARNING CENTER/ PK B CINNAMON ROLL	Total												
1 EA		87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU PEPPERONI PIZZA	Total												
1 EA		200	17	440	1.80	133.3	200	0.0	*N/A*	10.67	23.33	8.0	3.33
CORN LC	3/8 CUP	58	0	122	0.62	3.5	58	6.11	0	1.87	13.3	0.72	0.11
CARROT STICKS- baby	bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		534	29	809	3.86	477.6	9826	42.20	*28	24.43	85.98	13.24	5.75
% of Calories									*21.3%	18.3%	64.4%	22.3%	9.7%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/15/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0.0%	0.0%	0.0%	0.00	0.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/16/2018													
LEARNING CENTER/ PK B CEREAL	Total SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU SPAGHETTI	Total 1 CUP	223	12	463	1.72	34.5	1117	10.34	*1	8.18	32.83	6.77	1.50
CORN ON THE COB	1 EACH	39	0	101	0.26	1.3	97	2.02	2	1.31	9.38	0.31	0.05
GREEN BEANS	1/2 CUP	12	0	129	0.46	13.4	180	2.43	*N/A*	0.62	2.68	0.05	0.01
BREAD STICKS	1 EA	73	0	153	0.72	0.0	7	0.0	1	2.0	11.33	2.67	0.67
APPLESAUCE	1/2 CUP	56	0	2	0.10	2.4	5	1.39	12	0.13	14.28	0.14	0.02
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average % of Calories		588	19	1061	5.74	449.0	2487	35.27	*38 *25.8%	22.30 15.2%	103.50 70.4%	11.82 18.1%	3.09 4.7%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Wolfe City ISD

Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/17/2018													
LEARNING CENTER/ PK B	Total												
FRENCH TOAST	2 ea	84	32	195	0.87	42.1	74	0.12	0	2.91	12.63	2.4	0.60
SYRUP	POUCH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
CHICKEN TACO	1 EA	189	28	264	0.99	122.4	401	1.38	*0	13.07	21.09	5.97	2.04
REFRIED BEANS	1/2 cup	67	0	107	1.10	22.4	37	0.62	*0	3.77	10.31	1.53	0.48
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		527	68	787	3.67	508.1	5635	38.26	*29	29.38	80.18	11.27	3.85
% of Calories									*22.0%	22.3%	60.8%	19.2%	6.6%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Thu - 01/18/2018													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	1 EA	70	5	143	0.48	50.0	7	0.0	*N/A*	3.34	8.34	2.67	0.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
HAMBURGER HELPER	1 CUP	187	43	392	1.39	49.3	55	0.06	*1	13.53	12.12	9.04	3.66
MASHED POTATOES	1/2 CUP	54	3	31	0.20	49.2	66	17.51	*2	2.08	9.49	0.91	0.50
RANCH STYLE BEANS	1/2 CUP	79	0	340	1.77	0.0	131	0.0	*N/A*	4.58	13.74	0.65	0.00
BREAD el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	0.12
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	50	0	5	0.25	5.2	181	1.65	12	0.35	13.0	0.06	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05

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Wolfe City ISD

Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		612	59	1110	5.16	579.3	1341	35.87	*37	34.38	86.56	14.82	5.63
% of Calories									*24.0%	22.5%	56.5%	21.8%	8.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 01/19/2018													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
HAMBURGER	1 EA	191	23	287	2.16	75.1	67	0.36	*2	10.76	15.38	9.72	3.58
POTATO WEDGES	8 PCS	74	0	10	0.27	6.0	3	2.92	*N/A*	1.34	11.4	2.35	0.34
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		542	36	543	3.87	420.8	9635	39.37	*30	23.95	76.06	16.72	6.31
% of Calories									*22.3%	17.7%	56.1%	27.8%	10.5%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 01/22/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04

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Wolfe City ISD

Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
LEARNING CENTER/PK LU	Total												
CHICKEN NUGGETS LC	3 EACH	86	25	148	0.80	11.6	29	4.4	*N/A*	5.6	5.2	4.8	0.80
MASHED POTATOES	1/2 CUP	54	3	31	0.20	49.2	66	17.51	*2	2.08	9.49	0.91	0.50
BROCCOLI & CHEESE	1/2 CUP	35	4	96	0.37	67.0	531	19.41	0	2.56	3.23	1.53	0.96
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
ROLL	1 EA	40	0	64	0.00	13.5	0	1.62	*N/A*	1.35	8.77	0.0	0.00
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		461	39	701	4.20	543.5	2075	64.61	*38	22.18	75.73	9.16	3.11
% of Calories									*33.2%	19.3%	65.8%	17.9%	6.1%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 01/23/2018													
LEARNING CENTER/ PK B	Total												
OATMEAL LC	1/2 CUP	38	0	8	0.31	9.3	31	0.0	*2	1.26	6.27	1.0	0.20
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
CORN DOG:Turkey Jumbo State F	1 EACH	187	27	442	1.20	33.5	67	6.02	*N/A*	6.02	20.74	8.7	2.01
CARROT STICKS- baby	bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		469	34	884	3.25	448.2	13130	44.32	*34	18.43	75.06	11.51	3.04
% of Calories									*29.1%	15.7%	64.0%	22.1%	5.8%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/24/2018													
LEARNING CENTER/ PK B	Total												
PIG IN A BLANKET LC	1 EACH	46	8	53	0.90	13.3	133	0.8	*N/A*	2.32	5.64	1.49	0.50
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
TACO BURGER	1 EA	179	25	470	1.75	114.5	342	1.65	*2	11.86	15.61	7.37	2.26
LETTUCE & TOMATO	1 cup	9	0	4	0.39	13.5	3247	3.86	1	0.59	1.86	0.14	0.02
PINTO BEANS	1/2 cup	124	0	137	1.90	43.2	0	0.0	0	7.52	23.16	0.4	0.11
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	50	0	5	0.25	5.2	181	1.65	12	0.35	13.0	0.06	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		536	40	778	5.35	487.7	4804	24.61	*35	31.16	80.94	10.55	3.56
% of Calories									*26.3%	23.2%	60.4%	17.7%	6.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Thu - 01/25/2018													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	1 EA	70	5	143	0.48	50.0	7	0.0	*N/A*	3.34	8.34	2.67	0.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
FISH STICKS	4 EA	147	33	153	0.96	13.3	67	0.0	1	10.0	12.67	6.0	1.00
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
SESAME-ROASTED GREEN BEANS	1/2 CUP	26	0	84	0.42	26.6	337	2.48	1	0.92	3.93	1.13	0.18
BREAD STICKS	1 EA	73	0	153	0.72	0.0	7	0.0	1	2.0	11.33	2.67	0.67
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.33	11.7	32	6.26	11	0.3	11.23	0.1	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		501	46	730	3.44	412.4	4726	26.94	*34	25.55	71.78	13.77	3.21
% of Calories									*27.0%	20.4%	57.3%	24.7%	5.8%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
PIZZA- SAUSAGE	1 EACH	193	17	313	1.80	133.3	133	0.0	6	10.67	22.0	6.67	3.00
STEAMED VEGETABLES	1/2 cup	20	0	20	0.22	13.5	254	25.29	*0	1.57	3.18	0.0	0.00
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		483	29	622	3.32	481.4	5511	61.43	*34	24.21	72.45	11.37	5.40
% of Calories									*28.4%	20.0%	60.0%	21.2%	10.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 01/29/2018													
LEARNING CENTER/ PK B	Total												
PANCAKE ON A STICK	1 EA	70	7	130	0.48	6.7	13	0.0	3	2.33	6.67	4.0	1.00
SYRUP	POUCH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03
LEARNING CENTER/PK LU	Total												
PORK CHOP	1 EA	165	61	185	1.40	32.2	53	0.0	*N/A*	8.7	9.9	10.25	3.16
MACARONI & CHEESE	1/2 CUP	94	6	113	0.60	84.9	112	0.0	*2	4.05	13.37	2.45	1.35
BROCCOLI SALAD NEW	1/2 CUP	34	0	65	0.27	17.5	226	32.48	*1	1.04	4.04	1.75	0.21
SWEET POTATO	1/2 cup	121	0	37	0.76	14.8	7290	8.58	*6	1.17	28.69	0.48	0.10
FRESH FRUIT	1 EACH	39	0	1	0.14	10.0	160	11.55	*5	0.49	10.13	0.15	0.03
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05

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Wolfe City ISD

Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		656	81	662	3.81	463.0	8751	69.25	*37	26.26	95.62	20.29	6.62
% of Calories									*22.8%	16.0%	58.3%	27.8%	9.1%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 01/30/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03
LEARNING CENTER/PK LU	Total												
HOT DOG ON A BUN:turkey hot	SERVING	154	17	551	1.69	80.7	0	0.0	*N/A*	8.06	12.01	8.77	2.36
HASH BROWN POTATOES	1 each	42	0	3	0.10	3.3	0	1.3	0	0.51	5.51	2.24	0.18
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		462	25	960	5.13	503.1	9263	24.47	*37	19.48	71.13	13.13	3.49
% of Calories									*31.6%	16.9%	61.6%	25.6%	6.8%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Wed - 01/31/2018													
LEARNING CENTER/ PK B	Total												
SCRAMBLED EGGS	1 EA	25	47	24	0.22	11.1	97	0.0	0	1.68	0.27	1.84	0.56
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03

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Jan 1, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
LEARNING CENTER/PK LU	Total												
BURRITO	1 EA	246	27	572	1.80	133.0	499	0.8	*N/A*	11.97	21.94	12.63	5.32
REFRIED BEANS LC	3/8 cup	62	0	97	1.01	20.3	0	0.56	0	3.49	9.5	1.41	0.44
SPANISH RICE	1/2 CUP	51	0	182	0.62	6.0	174	0.56	*0	0.93	11.57	0.23	0.00
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		592	81	1120	4.81	554.5	5897	38.05	*29	28.65	82.27	17.98	7.23
% of Calories									*19.9%	19.3%	55.6%	27.3%	11.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Weighted Average		543	41	812	5.17	659.4	6870	42.96	*34 *56.0%	25.72 18.9%	81.91 60.3%	13.86 23.0%	4.70 7.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	543		483 - 600	100%				
Cholesterol (mg)	41							
Sodium (mg)	812		999					
Iron (mg)	5.17							
Calcium (mg)	659.4							
Vitamin A (IU)	6870							
Sugars (g)	34	24.89%			Missing			
Vitamin C (mg)	42.96							
Protein (g)	25.72	18.94%						
Carbohydrate (g)	81.91	60.34%						
Total Fat (g)	13.86	22.97%	<=30.00%					
Saturated Fat (g)	4.70	7.80%	<10.00%					

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