

# Wolfe City ISD

Apr 1, 2018 thru Apr 30, 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)
Mon - 04/02/2018													
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%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

	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)
Tue - 04/03/2018													
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 CHICKEN ALFREDO LC	Total 1/2 CUP	127	26	227	0.65	45.4	192	0.17	*1	7.72	14.0	4.44	2.22
SEASONED NEW POTATOES	1/2 cup	97	0	59	0.17	4.7	218	7.79	*0	1.08	12.16	4.92	1.00
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.18	10.1	630	19.57	*N/A*	0.63	1.1	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 % of Calories		456	33	508	3.66	469.0	2970	64.56	*32 *28.2%	20.17 17.7%	70.98 62.3%	11.36 22.4%	4.03 8.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/04/2018													
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												
ORANGE CHICKEN	1 EACH	113	40	120	0.48	13.3	25	0.0	*N/A*	9.33	7.33	4.67	1.00
EGG ROLL	1 EA	107	20	273	1.20	26.7	500	4.0	*N/A*	6.67	13.33	3.33	0.67
RICE	servings	145	0	85	0.59	11.0	0	0.0	*0	3.11	30.3	1.14	0.23
ORIENTAL VEGGIES	1/2 CUP	10	0	6	0.10	6.5	89	4.8	*N/A*	0.38	1.54	0.0	0.00
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	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		644	99	812	3.49	401.1	1597	26.95	*32	31.09	102.35	12.63	3.11
% of Calories									*20.2%	19.3%	63.5%	17.6%	4.3%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 04/05/2018													
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												
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

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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		620	32	789	20.68	3745.2	28764	56.89	*29	30.21	90.10	17.44	6.11
% of Calories									*18.8%	19.5%	58.1%	25.3%	8.9%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Fri - 04/06/2018													
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
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		1000								<=30.0	<10.00

Mon - 04/09/2018													
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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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												
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		450	30	586	4.83	475.6	4745	22.57	*33	20.77	73.77	8.75	2.49
% of Calories									*29.4%	18.4%	65.5%	17.5%	5.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 04/10/2018													
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												
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		597	42	669	3.62	588.3	6098	70.31	*31	29.36	81.55	17.84	6.01
% of Calories									*21.0%	19.7%	54.6%	26.9%	9.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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Wed - 04/11/2018													
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												
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		558	41	604	3.80	407.0	1454	48.41	*34	25.36	79.15	16.40	4.47
% of Calories									*24.5%	18.2%	56.8%	26.5%	7.2%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 04/12/2018													
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												
CHICKEN SPAGHETTI LC	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

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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		1000								<=30.0	<10.00

Fri - 04/13/2018													
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												
PEPPERONI PIZZA	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		1000								<=30.0	<10.00

Mon - 04/16/2018													
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

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# Wolfe City ISD

Apr 1, 2018 thru Apr 30, 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												
CHEESE NACHOS	1 EA	200	25	591	1.42	307.4	254	0.0	0	7.67	16.47	10.54	5.71
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
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.18	10.1	630	19.57	*N/A*	0.63	1.1	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		463	40	948	2.79	644.3	6017	55.71	*31	20.22	60.33	16.12	7.53
% of Calories									*26.8%	17.5%	52.1%	31.3%	14.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 04/17/2018													
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												
SPAGHETTI	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		589	20	1061	5.74	448.0	2483	35.27	*38	22.25	103.44	11.95	3.18
% of Calories									*25.7%	15.1%	70.2%	18.3%	4.9%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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# Wolfe City ISD

Apr 1, 2018 thru Apr 30, 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)
Wed - 04/18/2018													
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
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		490	82	640	3.48	540.0	5662	38.14	*30	29.10	70.65	11.20	3.98
% of Calories									*24.2%	23.8%	57.7%	20.6%	7.3%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 04/19/2018													
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

Apr 1, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

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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		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		1000								<=30.0	<10.00

Fri - 04/20/2018													
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	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												
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		543	36	543	3.87	419.8	9631	39.37	*30	23.91	76.01	16.86	6.40
% of Calories									*22.2%	17.6%	56.0%	28.0%	10.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 04/23/2018													
LEARNING CENTER/ PK B	Total												
FRENCH TOAST STICKS LC	1 EA	83	0	100	1.68	733.3	141	15.0	*N/A*	2.33	12.33	3.0	0.50
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

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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)
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	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
Weighted Daily Average		489	39	721	3.56	1178.4	2041	77.16	*36	23.01	78.01	11.23	3.35
% of Calories									*29.7%	18.8%	63.8%	20.7%	6.2%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 04/24/2018													
LEARNING CENTER/ PK B	Total												
BLUEBERRY MUFFINS LC	1 EA	67	5	47	0.00	0.0	27	0.0	5	0.67	10.67	2.33	0.50
FLAVORED YOGURT	1 EA	37	2	28	0.00	50.0	0	0.41	0	1.32	7.01	0.34	0.15
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		510	41	905	2.47	425.0	13119	44.73	*37	18.16	82.36	12.82	3.40
% of Calories									*29.1%	14.2%	64.6%	22.6%	6.0%
Nutrient Guideline		483-600		1000								<=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 - 04/25/2018													
LEARNING CENTER/ PK B	Total												
BRKFST BURRITO	1 EA	86	69	121	0.38	62.7	139	0.0	*0	5.33	6.58	4.02	1.58
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, CHOC FATFREE	HALF PINT	29	1	27	0.00	80.0	133	0.64	5	2.13	5.07	0.0	0.00
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		583	101	845	4.82	537.4	4810	24.45	*37	34.10	83.72	13.02	4.61
% of Calories									*25.3%	23.4%	57.5%	20.1%	7.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 04/26/2018													
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
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

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# Wolfe City ISD

Apr 1, 2018 thru Apr 30, 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		488	41	690	5.28	461.9	4899	29.39	*36	23.76	74.77	11.89	2.72
% of Calories									*29.3%	19.5%	61.3%	21.9%	5.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Fri - 04/27/2018													
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		1000								<=30.0	<10.00

Mon - 04/30/2018													
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

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# Wolfe City ISD

Apr 1, 2018 thru Apr 30, 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												
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
Weighted Daily Average		656	77	638	4.30	479.4	8919	69.25	*35	25.35	101.06	18.09	5.93
% of Calories									*21.2%	15.5%	61.6%	24.8%	8.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Weighted Average		544	47	773	4.83	684.3	6303	45.72	*34 *55.6%	25.76 18.9%	81.86 60.2%	13.78 22.8%	4.73 7.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	544		483 - 600	100%				
Cholesterol (mg)	47							
Sodium (mg)	773		1000					
Iron (mg)	4.83							
Calcium (mg)	684.3							
Vitamin A (IU)	6303							
Sugars (g)	34	24.71%			Missing			
Vitamin C (mg)	45.72							
Protein (g)	25.76	18.94%						
Carbohydrate (g)	81.86	60.20%						
Total Fat (g)	13.78	22.81%	<=30.00%					
Saturated Fat (g)	4.73	7.83%	<10.00%					

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