

# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/01/2017														
LEARNING CENTER/ PK B CINNAMON ROLL	Total 1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU PEPPERONI PIZZA	Total 1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		490	29	749	8.69	3.32	481.4	5578	61.43	*28	24.21	73.79	12.70	5.73
% of Calories										*23.2%	19.8%	60.2%	23.3%	10.5%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Mon - 09/04/2017														
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	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	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 09/05/2017														
LEARNING CENTER/ PK B CEREAL	Total SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
HOT DOG ON A BUN:turkey hot	SERVING	232	25	827	2.00	2.53	121.0	0	0.0	*N/A*	12.09	18.01	13.15	3.54
BAKED BEANS LC	3/8 CUP	100	0	117	4.35	22.72	367.7	5725	0.0	*N/A*	5.08	22.44	0.4	0.08
HASH BROWN POTATOES	1 each	64	0	4	0.93	0.16	4.9	0	1.94	0	0.77	8.27	3.36	0.27
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		507	24	994	8.10	19.76	732.3	5269	22.97	*37	22.59	81.58	13.06	3.36
% of Calories										*28.8%	17.8%	64.3%	23.2%	6.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 09/06/2017														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 B	Total													
OATMEAL LC	1/2 CUP	115	1	25	2.10	0.94	28.0	92	0.0	*6	3.78	18.82	3.01	0.60
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
BURRITO	1 EA	369	40	858	1.99	2.69	199.5	748	1.2	*N/A*	17.95	32.92	18.95	7.98
REFRIED BEANS LC	3/8 cup	94	0	145	3.89	1.51	30.5	0	0.84	1	5.24	14.25	2.11	0.66
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		604	34	1104	8.72	4.90	554.7	5837	38.05	*31	28.32	88.39	16.87	6.69
% of Calories										*20.6%	18.7%	58.5%	25.1%	10.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/07/2017														
LEARNING CENTER/ PK B BREAKFAST PIZZA	Total													
1 EA		210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU STEAK FINGERS LC	Total													
3 EACH		232	26	240	2.25	2.03	30.0	4	0.0	1	12.0	15.0	14.25	3.37
MASHED POTATOES LC	3/8 CUP	112	3	44	1.84	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		543	32	806	7.46	3.98	560.1	1266	51.26	*37	25.13	81.21	14.86	4.01
% of Calories										*27.5%	18.5%	59.8%	24.6%	6.6%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Fri - 09/08/2017														
LEARNING CENTER/ PK B CINNAMON ROLL	Total													
1 EA		260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU HAMBURGER	Total													
1 EA		287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00

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Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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Generated on: 8/25/2017 10:08:07 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		562	35	794	6.38	3.78	421.8	4306	25.80	*39	23.95	81.68	16.69	6.23
% of Calories										*27.6%	17.1%	58.2%	26.8%	10.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Mon - 09/11/2017														
LEARNING CENTER/ PK B	Total													
PIG IN A BLANKET LC	1 EACH	139	25	159	0.99	2.69	39.8	398	2.39	*N/A*	6.96	16.91	4.48	1.49
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
PARMESAN CHICKEN	1 EACH	248	56	777	1.17	0.63	57.6	8	0.23	*1	25.08	8.64	12.06	2.27
MASHED POTATOES LC	3/8 CUP	112	3	44	1.84	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		567	55	1047	8.17	3.76	542.9	1141	51.40	*34	36.07	78.74	12.62	3.21
% of Calories										*24.0%	25.5%	55.6%	20.0%	5.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 09/12/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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LEARNING CENTER/PK LU	Total													
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
PINTO BEANS EL/MS	3/8 cup	95	0	105	3.37	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		516	37	773	8.53	5.80	610.3	5507	38.58	*30	27.05	79.44	10.90	4.87
% of Calories										*23.6%	21.0%	61.6%	19.0%	8.5%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 09/13/2017														
LEARNING CENTER/ PK B	Total													
FRENCH TOAST	2 ea	251	97	584	1.30	2.61	126.3	221	0.35	0	8.73	37.88	7.2	1.81
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
TOASTED CHEESE SANDWICH	1 EACH	326	30	483	3.84	1.96	504.1	724	0.01	*3	22.0	27.37	12.98	7.13
VEGETABLE SOUP LC	3/4 CUP	63	1	338	3.64	0.81	20.7	4149	4.52	*0	2.32	12.83	0.65	0.05
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		523	60	884	*7.12	3.35	703.4	5140	41.28	*33	28.66	75.12	12.53	6.00
% of Calories										*25.4%	21.9%	57.5%	21.6%	10.3%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/14/2017														
LEARNING CENTER/ PK B BREAKFAST PIZZA	Total													
	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU CRISPY CHICKEN WRAP	Total													
	1 EA	443	50	719	4.31	1.42	294.5	2299	2.21	0	22.08	31.15	25.85	8.04
PINTO BEANS EL/MS	3/8 cup	95	0	105	3.37	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		623	45	844	9.76	3.30	612.3	15722	38.28	*31	31.74	79.25	21.38	6.74
% of Calories										*20.1%	20.4%	50.9%	30.9%	9.7%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Fri - 09/15/2017														
LEARNING CENTER/ PK B CINNAMON ROLL	Total													
	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU PEPPERONI PIZZA	Total													
	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
CORN	1/2 CUP	120	0	1	3.01	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		557	29	732	8.68	3.56	466.2	4882	24.44	*36	25.23	90.52	13.71	5.78
% of Calories										*26.2%	18.1%	65.0%	22.2%	9.3%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/18/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
LASAGNA LC	SERVINGS	270	54	475	1.63	2.40	336.3	784	12.79	*1	18.11	20.63	12.88	6.62
CORN ON THE COB	1 EACH	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.02	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		477	43	672	7.77	5.15	662.6	14136	32.46	*37	24.30	74.92	10.82	5.24
% of Calories										*31.4%	20.4%	62.8%	20.4%	9.9%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 09/19/2017														
LEARNING CENTER/ PK B	Total													
OATMEAL LC	1/2 CUP	115	1	25	2.10	0.94	28.0	92	0.0	*6	3.78	18.82	3.01	0.60
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
ORANGE CHICKEN	1 EACH	170	60	180	0.00	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
EGG ROLL	1 EA	160	30	410	3.00	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
RICE	servings	218	0	128	2.04	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
ORIENTAL VEGGIES	1/2 CUP	14	0	9	1.15	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		620	67	649	7.32	3.39	432.1	1562	26.84	*35	30.44	98.88	11.59	2.80
% of Calories										*22.5%	19.6%	63.8%	16.8%	4.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 09/20/2017														
LEARNING CENTER/ PK B	Total													
PIG IN A BLANKET LC	1 EACH	139	25	159	0.99	2.69	39.8	398	2.39	*N/A*	6.96	16.91	4.48	1.49
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
MOZZARELLA STICKS LC	3 STICKS	228	18	246	1.80	0.22	2748.0	12840	18.72	1	11.4	21.0	10.8	4.20
RANCH STYLE BEANS	1/2 CUP	118	0	510	6.87	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	0.00
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		516	27	797	11.80	4.63	2316.9	23007	50.09	*32	26.34	79.93	11.02	4.07
% of Calories										*25.2%	20.4%	61.9%	19.2%	7.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 09/21/2017														
LEARNING CENTER/ PK B	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 ALFREDO LC	1/2 CUP	191	39	340	1.01	0.98	68.1	287	0.26	*2	11.58	21.01	6.67	3.34
SEASONED NEW POTATOES	1/2 cup	145	0	89	1.49	0.26	7.0	327	11.68	*1	1.63	18.25	7.39	1.50
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		469	38	548	*4.29	1.82	419.6	2797	62.12	*30	21.96	68.00	13.23	4.53
% of Calories										*25.7%	18.7%	58.0%	25.4%	8.7%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Fri - 09/22/2017														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		533	35	651	6.39	3.91	419.4	4500	25.68	*34	24.01	74.67	16.56	6.20
% of Calories										*25.4%	18.0%	56.0%	28.0%	10.5%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/25/2017														
LEARNING CENTER/ PK B	Total													
PANCAKE ON A STICK	1 EA	210	20	390	0.00	1.44	20.0	40	0.0	8	7.0	20.0	12.0	3.00
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CRISPITO LC	1 ea	220	35	320	1.99	1.07	60.0	0	0.0	*N/A*	9.0	21.99	9.99	2.49
PINTO BEANS EL/MS	3/8 cup	95	0	105	3.37	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		470	39	635	6.09	2.99	378.7	4563	20.12	*34	21.39	70.11	12.49	3.67
% of Calories										*28.6%	18.2%	59.7%	23.9%	7.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 09/26/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
FRITO CHILI PIE	1 EA	499	52	593	6.17	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		595	44	717	9.97	5.18	610.5	6225	72.75	*31	28.49	82.28	17.81	6.24
% of Calories										*20.7%	19.1%	55.3%	26.9%	9.4%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 09/27/2017														
LEARNING CENTER/ PK B	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CHICKEN FRIED STEAK	1 EA	310	35	320	3.00	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
MASHED POTATOES LC	3/8 CUP	112	3	44	1.84	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
ROLL	1 EA	61	0	96	1.01	0.00	20.2	0	2.43	*N/A*	2.03	13.16	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		563	81	620	7.26	3.58	464.6	1411	47.61	*35	25.55	77.65	17.64	4.97
% of Calories										*24.6%	18.2%	55.2%	28.2%	7.9%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 09/28/2017														
LEARNING CENTER/ PK B	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 SPAGHETTI LC	1/2 CUP	223	23	631	1.23	1.44	90.4	150	1.11	*2	15.51	26.19	5.58	2.05
BROCCOLI & CHEESE	1/2 CUP	52	6	144	2.21	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		565	33	1171	8.41	3.83	501.8	1581	45.34	*33	30.98	84.69	12.50	4.64
% of Calories										*23.6%	21.9%	59.9%	19.9%	7.4%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Fri - 09/29/2017														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CORN LC	3/8 CUP	86	0	183	2.09	0.93	5.2	86	9.17	0	2.81	19.95	1.07	0.17
CARROT STICKS- baby	bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		537	30	808	9.33	3.86	473.5	9811	42.20	*28	24.27	85.76	13.77	6.10
% of Calories										*21.0%	18.1%	63.9%	23.1%	10.2%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Weighted Average		542	41	800	*8.01	4.69	618.3	6212	40.94	*33	26.53	80.33	14.14	5.05
										*55.4%	19.6%	59.3%	23.5%	8.4%

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Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	542		483 - 600	100%											
Cholesterol (mg)	41														
Sodium (mg)	800		1000												
Fiber (g)	8.01				Missing										
Iron (mg)	4.69														
Calcium (mg)	618.3														
Vitamin A (IU)	6212														
Sugars (g)	33	24.61%			Missing										
Vitamin C (mg)	40.94														
Protein (g)	26.53	19.58%													
Carbohydrate (g)	80.33	59.29%													
Total Fat (g)	14.14	23.48%		<=30.00%											
Saturated Fat (g)	5.05	8.39%		<10.00%											

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