

# Wolfe City ISD

Dec 1, 2017 thru Dec 20, 2017

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)
Fri - 12/01/2017													
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 - 12/04/2017													
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												
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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		639	74	613	5.66	556.8	8922	71.70	*37	25.51	99.12	16.95	5.70
% of Calories									*23.0%	16.0%	62.0%	23.9%	8.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 12/05/2017													
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												
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
BAKED BEANS LC	3/8 CUP	67	0	78	15.14	245.2	3817	0.0	*N/A*	3.39	14.96	0.27	0.05
HASH BROWN POTATOES	1 each	42	0	3	0.10	3.3	0	1.3	0	0.51	5.51	2.24	0.18
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		513	25	945	18.21	705.0	5123	20.52	*37	23.25	80.57	13.75	3.56
% of Calories									*28.7%	18.1%	62.8%	24.1%	6.2%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Wed - 12/06/2017													
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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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												
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		589	42	1103	5.03	493.8	5929	38.85	*29	28.34	83.60	17.14	6.99
% of Calories									*19.5%	19.2%	56.7%	26.2%	10.7%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 12/07/2017													
	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												
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												
STEAK FINGERS LC	3 EACH	155	17	160	1.35	20.0	3	0.0	0	8.0	10.0	9.5	2.25
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
BREAD el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	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
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		544	32	806	3.98	559.1	1262	51.26	*37	25.09	81.15	15.00	4.10
% of Calories									*27.4%	18.4%	59.7%	24.8%	6.8%
Nutrient Guideline		483-600		1000								<=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)
Fri - 12/08/2017													
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
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
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		562	36	793	3.78	420.8	4302	25.80	*39	23.91	81.62	16.83	6.32
% of Calories									*27.5%	17.0%	58.1%	26.9%	10.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 12/11/2017													
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												
PARMESAN CHICKEN	1 EACH	165	37	518	0.42	38.4	5	0.16	*1	16.72	5.76	8.04	1.51
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
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 el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	0.12
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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Weighted Daily Average		595	54	1147	3.35	534.3	1015	50.61	*37	36.00	80.87	15.40	3.89
% of Calories									*24.6%	24.2%	54.4%	23.3%	5.9%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 12/12/2017													
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												
QUESADILLA	1 ea	213	30	400	1.80	166.7	200	0.0	0	12.0	21.33	8.67	4.00
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
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		517	37	773	5.80	609.3	5503	38.58	*30	27.01	79.39	11.03	4.95
% of Calories									*23.5%	20.9%	61.5%	19.2%	8.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Wed - 12/13/2017													
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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# Wolfe City ISD

Dec 1, 2017 thru Dec 20, 2017

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												
TOASTED CHEESE SANDWICH	1 EACH	217	20	322	1.30	336.0	482	0.0	*2	14.67	18.24	8.65	4.76
VEGETABLE SOUP LC	3/4 CUP	42	0	225	0.54	13.8	2766	3.01	*0	1.55	8.55	0.43	0.04
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
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		485	74	737	3.15	735.3	5167	41.16	*34	28.39	65.60	12.46	6.13
% of Calories									*27.9%	23.4%	54.1%	23.1%	11.4%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 12/14/2017													
	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												
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												
CRISPY CHICKEN WRAP	1 EA	295	33	480	0.95	196.3	1533	1.47	0	14.72	20.77	17.23	5.36
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
CARROTS (STEAMED)	1/2 CUP	26	0	38	0.58	34.5	12432	2.23	3	0.66	5.97	0.16	0.03
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		623	45	844	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

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Dec 1, 2017 thru Dec 20, 2017

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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 - 12/15/2017													
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												
PEPPERONI PIZZA	1 EA	200	17	440	1.80	133.3	200	0.0	*N/A*	10.67	23.33	8.0	3.33
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
CORN	1/2 CUP	80	0	1	0.38	2.5	220	4.59	4	2.85	17.51	1.25	0.16
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	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	29	731	3.56	465.2	4878	24.44	*36	25.19	90.47	13.85	5.86
% of Calories									*26.1%	18.1%	64.9%	22.3%	9.5%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 12/18/2017													
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
LEARNING CENTER/PK LU	Total												
LASAGNA LC	SERVINGS	180	36	317	1.60	224.2	523	8.53	*1	12.07	13.75	8.59	4.41
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
CARROTS (STEAMED)	1/2 CUP	26	0	38	0.58	34.5	12432	2.23	3	0.66	5.97	0.16	0.03
PEARS: canned,light syrup	1/2 CUP	48	0	4	0.24	4.2	0	0.59	10	0.16	12.77	0.03	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		507	43	691	4.51	1296.5	14098	45.01	*35	25.09	77.14	13.03	5.57
% of Calories									*28.0%	19.8%	60.9%	23.1%	9.9%
Nutrient Guideline		483-600		1000								<=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)
<b>Tue - 12/19/2017</b>													
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												
CHICKEN ALFREDO LC	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		502	40	480	1.34	419.6	2817	62.53	*35	20.61	77.33	13.23	4.51
% of Calories									*28.2%	16.4%	61.6%	23.7%	8.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

<b>Wed - 12/20/2017</b>													
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												
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

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Weighted Values - Detailed

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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		650	136	715	2.98	422.0	1663	27.47	*34	33.45	96.92	14.19	4.06
% of Calories									*20.9%	20.6%	59.6%	19.6%	5.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Weighted Average		555	50	786	4.85	593.7	5851	42.69	*35	26.98	81.82	14.69	5.27
									*56.3%	19.4%	59.0%	23.8%	8.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	555		483 - 600	100%				
Cholesterol (mg)	50							
Sodium (mg)	786		1000					
Iron (mg)	4.85							
Calcium (mg)	593.7							
Vitamin A (IU)	5851							
Sugars (g)	35	25.03%			Missing			
Vitamin C (mg)	42.69							
Protein (g)	26.98	19.45%						
Carbohydrate (g)	81.82	58.97%						
Total Fat (g)	14.69	23.82%	<=30.00%					
Saturated Fat (g)	5.27	8.55%	<10.00%					

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