

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Chicken Nuggets/Ravioli Casserole/C															
High School Lunch -9-12grad	Total	300													
Chicken Nuggets:Process 2	5 each	100	198	17	430	1.30	1.15	28.45	142	9.40	12.10	14.70	9.75	2.30	*0.00
Ravioli Cass, crumble : Proc 2	#6 scoop	100	430	52	1679	3.30	3.95	144.00	535	0.99	29.92	35.76	19.21	9.07	*0.00
Wheat Roll	1 each	200	156	0	251	2.80	2.00	31.00	0	0.00	6.30	28.40	1.90	0.48	0.00
Chef Salad, ham/c: Process1	1 EACH	100	237	43	940	3.30	2.17	264.45	6639	20.61	20.37	18.91	9.04	4.37	*0.43
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potato Rounds, sec: Process 2	3 oz	128	202	0	510	2.66	0.68	14.89	5	6.70	2.18	29.51	9.17	1.94	*0.00
Salad, Tossed: Process 1	1/2 CUP	128	6	0	6	0.55	0.22	9.21	788	3.88	0.43	1.13	0.07	0.01	*0.00
Green Beans, cn: Process 2	1/2 cup	0	16	0	226	1.43	0.68	19.60	262	3.23	1.05	3.39	0.11	0.03	*0.00
Green Beans, froz: Process 2	1/2 cup	128	31	3	117	2.35	0.56	33.22	436	3.21	1.97	5.25	0.64	0.20	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pears, sliced, cn: Process 1	1/2 cup	128	69	0	6	1.93	0.34	6.05	0	0.85	0.23	18.34	0.04	0.00	*0.00
Vanilla Wafers	8 each	128	227	0	147	0.96	1.06	12.00	0	0.00	2.06	34.13	9.31	2.37	*0.00
Juice, Apple,secon: Process 1	1 each	43	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	42	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	42	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	1 each	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Bar B Q Sauce: pc	2 each	100	103	0	476	0.00	0.72	0.00	0	0.00	0.84	24.06	0.40	0.12	0.00
Ranch Dressing: pc	1pc	100	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Ketchup: individual	4 EACH	100	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Leftover 1:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ch., Mr J's: Process 2	SLICES	0	300	30	730	2.00	3.00	250.00	310	0.00	17.00	32.00	12.00	8.00	*0.00
Pizza, Pepp, Mr J's: Proc 2	SLICES	0	310	35	880	3.00	3.70	200.00	570	0.00	15.00	33.00	13.00	7.00	*0.00
Weighted Daily Average			875	52	2091	9.29	5.69	482.95	3685	39.62	36.83	124.99	24.62	8.33	*0.14
% of Calories											16.8%	57.1%	25.3%	8.6%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			106%				126%	121%	246%	216%	227%				

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	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
CF Steak/ Turkey & Gravy/ Chic Sala															
High School Lunch -9-12grad	Total	300													
Beef Patty, Brd: Process 2	1 EACH	100	313	49	775	1.87	2.61	28.79	120	0.24	16.91	18.59	20.17	6.72	0.00
Turkey/Gravy: Process 3	3 OZ	100	284	69	2088	0.17	2.46	16.99	265	0.02	29.18	9.38	13.67	3.65	*0.00
Wheat Roll	1 each	200	156	0	251	2.80	2.00	31.00	0	0.00	6.30	28.40	1.90	0.48	0.00
Chicken Sal./Crisp: Proc 1&2	1 each	100	496	46	993	4.34	1.62	262.34	3639	19.09	19.61	45.34	26.67	4.56	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potatoes, Idahoan: Process 2	1/2 CUP	129	80	0	255	1.14	0.01	2.19	0	5.49	2.29	16.02	0.57	0.00	*0.00
Gravy, Coun. FF: Process 2	1/4 CUP	100	30	0	242	0.50	0.00	21.34	0	0.00	1.00	6.00	0.00	0.00	*0.00
Sweet Potato, cand: Process 2	1/2 CUP	129	164	0	144	3.57	1.30	27.58	10920	12.86	1.52	39.26	0.38	0.08	*0.00
Broccoli, froz: Process 2	1/2 cup	129	28	0	136	2.83	0.58	31.33	1065	37.89	2.93	5.06	0.31	0.05	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Spiced Apples: Process 2	1/2 cup	129	117	6	18	2.47	0.23	6.99	120	0.23	0.33	24.52	2.84	1.60	*0.00
Gelatin Desserts	1/2 cup	129	81	0	108	0.00	0.38	57.12	27	30.74	1.43	19.34	0.01	0.00	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	42	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	100	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Ketchup: individual	4 EACH	100	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sand, Clux: Process 2	1 each	1	345	48	906	0.90	2.43	81.34	58	0.00	24.09	38.26	9.86	2.47	*0.00
Weighted Daily Average			902	72	2234	9.66	5.11	469.10	7281	67.24	38.80	127.51	25.59	6.85	*0.00
% of Calories											17.2%	56.6%	25.5%	6.8%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			109%				114%	117%	485%	366%	239%				

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	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Pizza/ Spaghetti/ Chef Salad															
High School Lunch -9-12grad	Total	300													
Pizza, Cheese: Process 2	1 EACH	100	320	30	878	1.13	2.23	367.63	446	57.00	18.21	30.88	13.85	6.20	0.00
Spaghetti w/ Meat, cn.:Proc 2	1 cup	100	446	19	964	5.29	3.96	35.79	1075	10.76	20.38	55.45	15.67	5.35	*0.00
Bread Sticks: 07-08	1 EACH	200	110	2	200	1.00	1.30	0.00	1	0.00	0.00	23.00	0.50	0.00	0.00
Fajita Salad,chips: Proc 1&2	1 each	100	456	60	916	4.34	1.71	194.01	3531	20.75	18.83	39.65	22.81	4.98	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Corn, canned: Process 2	1/2 cup	129	84	0	421	1.91	0.73	5.31	58	0.71	2.65	18.86	1.22	0.22	*0.00
Corn, froz: Process 2	1/2 cup	0	68	0	55	1.98	0.39	2.54	168	2.89	2.10	15.92	0.64	0.10	*0.00
Spinach: Process 2	1/2 cup	129	53	0	264	5.99	3.18	247.98	19546	3.56	6.50	8.36	0.98	0.17	*0.00
Salad, Tossed: Process 1	1/2 CUP	128	6	0	6	0.55	0.22	9.21	788	3.88	0.43	1.13	0.07	0.01	*0.00
Fruit Cocktail: Process 1	1/2 cup	129	73	0	8	1.28	0.37	7.69	263	2.43	0.51	19.13	0.09	0.01	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Yogurt, frozen, chocolate	1 each	129	90	0	0	0.00	0.72	100.00	0	0.00	3.00	17.00	1.00	0.50	0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	150	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Marinara Sauce	2 ounce	150	31	0	97	0.99	0.83	13.57	397	8.25	1.43	5.75	0.77	0.11	*0.00
Leftover 1:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ch., Mr J's: Process 2	SLICES	0	300	30	730	2.00	3.00	250.00	310	0.00	17.00	32.00	12.00	8.00	*0.00
Pizza, Pepp, Mr J's: Proc 2	SLICES	0	310	35	880	3.00	3.70	200.00	570	0.00	15.00	33.00	13.00	7.00	*0.00
Weighted Daily Average			830	51	1556	10.05	6.51	645.26	11260	57.87	33.69	119.23	22.41	6.75	*0.00
% of Calories											16.2%	57.5%	24.3%	7.3%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			101%				145%	161%	751%	315%	208%				

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Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values

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High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
CF Steak/ Salisbury Steak/ Oriental S															
High School Lunch -9-12grad	Total	300													
Beef Patty, Brd: Process 2	1 EACH	100	313	49	775	1.87	2.61	28.79	120	0.24	16.91	18.59	20.17	6.72	0.00
Salisbury Steak: Process 2	1 EACH	100	229	42	724	1.65	2.03	37.40	70	1.00	15.38	5.86	15.74	6.20	*0.00
Wheat Roll	1 each	200	156	0	251	2.80	2.00	31.00	0	0.00	6.30	28.40	1.90	0.48	0.00
Oriental Chix Sal.lett: Proc 1	1 each	100	549	50	623	6.21	4.09	119.95	4775	22.50	20.81	42.75	32.82	4.29	*0.43
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potatoes, Idahoan: Process 2	1/2 CUP	129	80	0	255	1.14	0.01	2.19	0	5.49	2.29	16.02	0.57	0.00	*0.00
Gravy, Coun. FF: Process 2	1/4 CUP	100	30	0	242	0.50	0.00	21.34	0	0.00	1.00	6.00	0.00	0.00	*0.00
Calif. Mixed Veg: Process 2	1/2 cup	128	21	0	120	0.91	0.15	24.46	1982	30.49	1.45	3.43	0.23	0.00	*0.00
Blackeyed Peas, cn: Process 2	1/2 cup	129	128	2	548	5.26	1.57	32.11	21	4.30	8.05	21.86	1.19	0.33	*0.00
Peaches, sl, cn: Process 1	1/2 cup	128	65	0	6	1.56	0.43	3.61	426	2.88	0.54	17.49	0.04	0.00	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Gelatin Desserts	1/2 cup	129	81	0	108	0.00	0.38	57.12	27	30.74	1.43	19.34	0.01	0.00	*0.00
Juice, Apple,secon: Process 1	1 each	43	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	100	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Ketchup: individual	4 EACH	100	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sand, Clux: Process 2	1 each	1	345	48	906	0.90	2.43	81.34	58	0.00	24.09	38.26	9.86	2.47	*0.00
Weighted Daily Average			860	62	1817	10.28	5.82	425.88	3425	62.92	36.85	114.35	27.44	7.00	*0.14
% of Calories											17.1%	53.2%	28.7%	7.3%	0.2%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			104%				129%	106%	228%	343%	227%				

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	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protm	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Chicken Quesadillas/Tacos/ Fajita Sal															
High School Lunch -9-12grad	Total	300													
Chicken Quesadillas:Process 2	1 each	100	380	15	1000	5.00	1.44	250.00	0	0.00	15.00	39.00	18.00	7.00	*0.00
Taco, Beef, Soft, cru: Proc 2	2 EACH	100	399	24	914	2.52	4.46	164.26	506	3.01	20.68	39.65	17.40	7.04	*0.00
Fajita Salad,chips: Proc 1&2	1 each	100	456	60	916	4.34	1.71	194.01	3531	20.75	18.83	39.65	22.81	4.98	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Rice, Steamed: Process 2	1/2 cup	113	123	0	97	0.72	1.73	19.85	0	0.00	2.67	26.45	0.34	0.10	*0.00
Refried Beans, cn: Process 2	1/2 cup	113	205	15	736	4.12	2.33	188.28	287	0.79	11.87	19.18	9.52	3.86	*0.00
Corn on the Cob: Process 2	1 each	112	79	0	204	2.38	0.52	2.55	197	4.08	2.64	18.98	0.63	0.09	*0.00
Lettuce,Tomato,Taco: Proc 1	1 each	112	5	0	3	0.38	0.11	4.84	197	2.01	0.28	1.05	0.05	0.01	*0.00
Fruit, Fresh, Assorted	1 EACH	112	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pineapple Ch, can: Process 1	1/2 cup	112	63	0	1	0.96	0.47	16.86	46	9.03	0.43	16.20	0.14	0.01	*0.00
Yogurt, frozen, chocolate	1 each	112	90	0	0	0.00	0.72	100.00	0	0.00	3.00	17.00	1.00	0.50	0.00
Juice, Apple,secon: Process 1	1 each	38	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	38	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	38	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	150	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Taco Sauce:PC	2 each	150	8	0	160	0.00	0.00	0.00	600	0.00	0.00	2.00	0.00	0.00	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sand, Clux: Process 2	1 each	1	345	48	906	0.90	2.43	81.34	58	0.00	24.09	38.26	9.86	2.47	*0.00
Weighted Daily Average			825	53	1572	8.22	5.10	607.39	2413	31.34	34.26	107.43	26.63	8.85	*0.00
% of Calories											16.6%	52.1%	29.0%	9.7%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			100%				113%	152%	161%	171%	211%				

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Cheeseburger/ Fish Sandwich/ Turkey															
High School Lunch -9-12grad	Total	300													
Hamburger: Process 2	1 each	60	258	36	612	2.13	3.55	86.96	60	0.00	19.25	22.64	11.91	3.68	*0.00
Cheeseburger: Process 2	1 EACH	60	293	41	807	2.13	3.55	161.96	210	0.00	22.25	24.14	13.91	4.93	*0.00
Fish Sandwich: Process 2	1 each	60	300	14	471	0.90	2.15	69.34	0	0.00	15.08	36.26	9.86	1.47	*0.00
Chicken Fajita Wrap:Process 1	1 each	60	477	85	1517	3.59	3.02	173.02	1324	4.14	23.57	48.26	19.55	5.42	*0.00
Taco Salad, cru: Proc 2	1 EACH	60	358	29	861	4.26	3.30	224.87	1711	13.91	21.71	33.07	16.38	7.31	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potato Rounds, sec: Process 2	3 oz	129	202	0	510	2.66	0.68	14.89	5	6.70	2.18	29.51	9.17	1.94	*0.00
Lettuce,Tomato,Pickle: Proc 1	1 each	128	4	0	141	0.25	0.09	3.76	108	0.64	0.19	1.01	0.03	0.00	*0.00
Ranch Style Beans: Process 2	1/2 CUP	129	128	0	530	5.89	1.41	39.25	491	0.00	5.89	19.63	2.94	0.98	*0.00
Banana, whole	1 each	129	105	0	1	3.07	0.31	5.90	76	10.27	1.29	26.95	0.39	0.13	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pudding, Chocolate, Elem	1/2 CUP	129	200	0	175	1.07	0.01	70.68	54	0.10	0.81	32.71	8.56	1.08	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Tarter Sauce: pc	2 each	1	56	5	226	0.04	0.00	0.00	0	0.00	0.12	2.52	5.00	0.76	0.00
Ketchup: individual	4 EACH	600	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Ranch Dressing: pc	1pc	75	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Salad Dressing: PC'S 03-04	2 Each	100	90	10	300	0.00	0.00	0.00	0	0.00	0.00	4.00	8.00	1.00	*0.00
Mustard: individual PC	2 Each	100	7	0	113	0.09	0.18	7.56	0	0.00	0.42	0.58	0.40	0.02	*0.00
Leftover 1: _____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2: _____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ch., Mr J's: Process 2	SLICES	0	300	30	730	2.00	3.00	250.00	310	0.00	17.00	32.00	12.00	8.00	*0.00
Pizza, Pepp, Mr J's: Proc 2	SLICES	0	310	35	880	3.00	3.70	200.00	570	0.00	15.00	33.00	13.00	7.00	*0.00
Weighted Daily Average			979	58	3320	9.74	5.33	509.66	2818	52.68	35.68	149.05	28.67	7.52	*0.00
% of Calories											14.6%	60.9%	26.4%	6.9%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			119%				118%	127%	188%	287%	220%				

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Chicken Sandwich/ Corn Dog/ Chef S															
High School Lunch -9-12grad	Total	300													
Chicken Sand, brd:Process 2	1 each	100	318	17	636	2.20	2.57	87.80	142	9.93	16.17	35.94	11.60	2.76	*0.00
Corn Dog, Turkey: Process 2	1 each	100	280	50	1190	0.00	1.08	60.00	0	0.00	10.00	26.00	15.00	4.00	*0.00
Chef Salad,egg,ham:Process1/2	1 each	100	266	235	959	3.30	2.64	228.11	7085	20.61	19.50	19.89	12.04	4.61	*0.43
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Mixed Vegetables: Process 2	1/2 CUP	113	60	0	92	4.01	0.75	22.84	3900	2.91	2.61	11.92	0.23	0.04	*0.00
Lettuce,Tomato,Pickle: Proc 1	1 each	112	4	0	141	0.25	0.09	3.76	108	0.64	0.19	1.01	0.03	0.00	*0.00
Pea Salad: Process 1 & 2	1/2 cup	113	119	32	387	1.75	0.59	69.02	554	8.25	4.76	8.76	7.28	1.81	*0.00
Potato Rounds, sec: Process 2	3 oz	113	202	0	510	2.66	0.68	14.89	5	6.70	2.18	29.51	9.17	1.94	*0.00
Fruit, Fresh, Assorted	1 EACH	112	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pears, sliced, cn: Process 1	1/2 cup	112	69	0	6	1.93	0.34	6.05	0	0.85	0.23	18.34	0.04	0.00	*0.00
Vanilla Wafers	8 each	113	227	0	147	0.96	1.06	12.00	0	0.00	2.06	34.13	9.31	2.37	*0.00
Juice, Apple,secon: Process 1	1 each	37	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	37	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	38	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	75	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Ketchup: individual	4 EACH	75	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Mustard: individual PC	2 Each	75	7	0	113	0.09	0.18	7.56	0	0.00	0.42	0.58	0.40	0.02	*0.00
Salad Dressing: PC'S 03-04	2 Each	75	90	10	300	0.00	0.00	0.00	0	0.00	0.00	4.00	8.00	1.00	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ready to Eat	1 each	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ready to Eat	1 each	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			774	129	1855	7.31	3.89	458.41	4792	37.62	28.33	101.50	26.86	7.15	*0.14
% of Calories											14.6%	52.5%	31.2%	8.3%	0.2%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			94%				87%	115%	319%	205%	175%				
Shortfall			51				0.61						OVER		

Wylie ISD Child Nutrition Services

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protm	G Carb	G T-Fat	G S-Fat	G Tr-Fat
CF Steak/ Breaded Chicken/ Chic Sal															
High School Lunch -9-12grad	Total	300													
Beef Patty, Brd: Process 2	1 EACH	100	313	49	775	1.87	2.61	28.79	120	0.24	16.91	18.59	20.17	6.72	0.00
Chicken, breaded: Process 2	servings	100	495	158	855	2.25	3.24	45.00	0	0.00	32.20	27.00	29.25	6.75	*0.00
Wheat Roll	1 each	200	156	0	251	2.80	2.00	31.00	0	0.00	6.30	28.40	1.90	0.48	0.00
Chicken Sal./Crisp: Proc 1&2	1 each	100	496	46	993	4.34	1.62	262.34	3639	19.09	19.61	45.34	26.67	4.56	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potatoes, Idahoan: Process 2	1/2 CUP	129	80	0	255	1.14	0.01	2.19	0	5.49	2.29	16.02	0.57	0.00	*0.00
Gravy, Coun. FF: Process 2	1/4 CUP	300	30	0	242	0.50	0.00	21.34	0	0.00	1.00	6.00	0.00	0.00	*0.00
Mixed Vegetables: Process 2	1/2 cup	128	60	0	92	4.01	0.75	22.84	3900	2.91	2.61	11.92	0.23	0.04	*0.00
Spinach: Process 2	1/2 cup	129	53	0	264	5.99	3.18	247.98	19546	3.56	6.50	8.36	0.98	0.17	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Peaches, sl, cn: Process 1	1/2 cup	129	65	0	6	1.56	0.43	3.61	426	2.88	0.54	17.49	0.04	0.00	*0.00
Gelatin Desserts	1/2 cup	129	81	0	108	0.00	0.38	57.12	27	30.74	1.43	19.34	0.01	0.00	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	300	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sand, Clux: Process 2	1 each	1	345	48	906	0.90	2.43	81.34	58	0.00	24.09	38.26	9.86	2.47	*0.00
Weighted Daily Average			934	98	1781	11.76	6.22	577.93	12015	45.75	42.14	118.29	31.82	7.22	*0.00
% of Calories											18.1%	50.7%	30.7%	7.0%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			113%				138%	144%	801%	249%	260%				
Shortfall													OVER		

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Cheeseburger/Fish Sandwich/Chef Sa															
High School Lunch -9-12grad	Total	300													
Hamburger: Process 2	1 each	75	258	36	612	2.13	3.55	86.96	60	0.00	19.25	22.64	11.91	3.68	*0.00
Cheeseburger: Process 2	1 EACH	75	293	41	807	2.13	3.55	161.96	210	0.00	22.25	24.14	13.91	4.93	*0.00
Fish Sandwich: Process 2	1 each	75	300	14	471	0.90	2.15	69.34	0	0.00	15.08	36.26	9.86	1.47	*0.00
Chicken Sal./Crisp: Proc 1&2	1 each	75	496	46	993	4.34	1.62	262.34	3639	19.09	19.61	45.34	26.67	4.56	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potato Rounds, sec: Process 2	3 oz	129	202	0	510	2.66	0.68	14.89	5	6.70	2.18	29.51	9.17	1.94	*0.00
Lettuce,Tomato,Pickle: Proc 1	1 each	128	4	0	141	0.25	0.09	3.76	108	0.64	0.19	1.01	0.03	0.00	*0.00
Baked Beans: Process 2	1/2 cup	129	163	0	451	5.39	1.98	63.62	140	0.25	6.25	37.75	0.49	0.09	*0.00
Banana, whole	1 each	128	105	0	1	3.07	0.31	5.90	76	10.27	1.29	26.95	0.39	0.13	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pudding, Vanilla	1/2 CUP	129	141	0	219	0.00	0.01	48.35	54	0.10	1.83	26.29	3.07	1.03	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Tarter Sauce: pc	2 each	75	56	5	226	0.04	0.00	0.00	0	0.00	0.12	2.52	5.00	0.76	0.00
Ketchup: individual	4 EACH	75	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Mustard: individual PC	2 Each	75	7	0	113	0.09	0.18	7.56	0	0.00	0.42	0.58	0.40	0.02	*0.00
Salad Dressing: PC'S 03-04	2 Each	75	90	10	300	0.00	0.00	0.00	0	0.00	0.00	4.00	8.00	1.00	*0.00
Leftover 1:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ch., Mr J's: Process 2	SLICES	0	300	30	730	2.00	3.00	250.00	310	0.00	17.00	32.00	12.00	8.00	*0.00
Pizza, Pepp, Mr J's: Proc 2	SLICES	1	310	35	880	3.00	3.70	200.00	570	0.00	15.00	33.00	13.00	7.00	*0.00
Weighted Daily Average			844	52	1779	8.47	4.53	489.79	1810	34.88	32.80	121.78	25.92	6.29	*0.00
% of Calories											15.5%	57.7%	27.6%	6.7%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			102%				101%	122%	121%	190%	202%				

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
CF Steak/ Salisbury Steak/Oriental Sa															
High School Lunch -9-12grad	Total	300													
Beef Patty, Brd: Process 2	1 EACH	100	313	49	775	1.87	2.61	28.79	120	0.24	16.91	18.59	20.17	6.72	0.00
Salisbury Steak: Process 2	1 EACH	100	229	42	724	1.65	2.03	37.40	70	1.00	15.38	5.86	15.74	6.20	*0.00
Wheat Roll	1 each	200	156	0	251	2.80	2.00	31.00	0	0.00	6.30	28.40	1.90	0.48	0.00
Oriental Chix Sal.lett: Proc 1	1 each	100	549	50	623	6.21	4.09	119.95	4775	22.50	20.81	42.75	32.82	4.29	*0.43
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potatoes, Idahoan: Process 2	1/2 CUP	129	80	0	255	1.14	0.01	2.19	0	5.49	2.29	16.02	0.57	0.00	*0.00
Gravy, Coun. FF: Process 2	1/4 CUP	400	30	0	242	0.50	0.00	21.34	0	0.00	1.00	6.00	0.00	0.00	*0.00
Green Beans, cn: Process 2	1/2 cup	128	16	0	226	1.43	0.68	19.60	262	3.23	1.05	3.39	0.11	0.03	*0.00
Green Beans, froz: Process 2	1/2 cup	0	31	3	117	2.35	0.56	33.22	436	3.21	1.97	5.25	0.64	0.20	*0.00
Cabbage, steamed: Process 2	1/2 cup	128	33	3	213	2.30	0.48	37.28	90	33.67	2.13	5.58	0.68	0.22	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Peaches, sl, cn: Process 1	1/2 cup	129	65	0	6	1.56	0.43	3.61	426	2.88	0.54	17.49	0.04	0.00	*0.00
Gelatin Desserts	1/2 cup	129	81	0	108	0.00	0.38	57.12	27	30.74	1.43	19.34	0.01	0.00	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ketchup: individual	4 EACH	300	70	0	802	0.22	0.37	12.96	672	10.87	1.25	18.11	0.22	0.03	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sand, Clux: Process 2	1 each	1	345	48	906	0.90	2.43	81.34	58	0.00	24.09	38.26	9.86	2.47	*0.00
Weighted Daily Average			883	63	2475	9.87	5.82	455.90	3170	71.06	35.96	125.24	26.27	6.99	*0.14
% of Calories											16.3%	56.7%	26.8%	7.1%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			107%				129%	114%	211%	387%	222%				

Wylie ISD Child Nutrition Services

Cycle No. 1 thru Cycle No. 20 Cycle Spreadsheet - Portion Values High School Lunch -9-12grades

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Cheeseburger/ Hot Dog/ Chef Salad															
High School Lunch -9-12grad	Total	300													
Hamburger: Process 2	1 each	60	258	36	612	2.13	3.55	86.96	60	0.00	19.25	22.64	11.91	3.68	*0.00
Cheeseburger: Process 2	1 EACH	60	293	41	807	2.13	3.55	161.96	210	0.00	22.25	24.14	13.91	4.93	*0.00
Hot Dog: Process 2	SERVING	60	253	40	721	1.16	2.44	59.83	0	0.00	10.66	22.63	13.19	4.01	*0.00
Chili Dog, can: Process 2	1 each	60	362	57	1235	2.63	2.93	154.47	1009	0.00	18.32	29.04	19.12	8.70	*0.00
Chicken Sal./Crisp: Proc 1&2	1 each	60	496	46	993	4.34	1.62	262.34	3639	19.09	19.61	45.34	26.67	4.56	*0.00
Cheese Sandwich: Proc 1	1 each	0	208	10	654	3.81	1.36	209.92	302	0.00	13.25	26.12	5.88	2.92	*0.00
Potato Rounds, sec: Process 2	3 oz	129	202	0	510	2.66	0.68	14.89	5	6.70	2.18	29.51	9.17	1.94	*0.00
Lettuce,Tomato,Pickle: Proc 1	1 each	128	4	0	141	0.25	0.09	3.76	108	0.64	0.19	1.01	0.03	0.00	*0.00
Ranch Style Beans: Process 2	1/2 CUP	129	128	0	530	5.89	1.41	39.25	491	0.00	5.89	19.63	2.94	0.98	*0.00
Banana, whole	1 each	128	105	0	1	3.07	0.31	5.90	76	10.27	1.29	26.95	0.39	0.13	*0.00
Fruit, Fresh, Assorted	1 EACH	128	35	0	0	1.29	0.09	11.01	71	15.08	0.51	8.92	0.12	0.03	*0.00
Pudding, Chocolate, Elem	1/2 CUP	129	200	0	175	1.07	0.01	70.68	54	0.10	0.81	32.71	8.56	1.08	*0.00
Juice, Apple,secon: Process 1	1 each	42	90	0	15	0.00	0.00	0.00	0	0.00	0.00	22.50	0.00	0.00	0.00
Juice, Grape,secon: Process 1	1 each	43	90	0	23	0.00	0.00	0.00	0	13.50	0.00	22.50	0.00	0.00	0.00
Juice, Orange,seco: Process 1	1 each	43	90	0	0	0.00	0.00	0.00	0	72.00	1.50	21.00	0.00	0.00	0.00
Milk, Choc, FF: Process 1	HALF PINT	150	163	16	136	1.13	0.54	258.55	454	2.04	7.28	23.59	0.00	0.00	*0.00
MILK,1% Lowfat: Process 1	HALF PINT	150	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	306.25	500	0.00	8.26	12.15	0.20	0.12	*0.00
Ranch Dressing: pc	1pc	75	31	0	55	0.00	0.00	0.00	0	0.00	0.00	0.39	3.14	0.00	*0.00
Ketchup: individual	1 EACH	100	17	0	201	0.05	0.09	3.24	168	2.72	0.31	4.53	0.06	0.01	*0.00
Mustard: individual PC	PC packet	100	3	0	56	0.05	0.09	3.78	0	0.00	0.21	0.29	0.20	0.01	*0.00
Salad Dressing: PC'S 03-04	EACH	100	45	5	150	0.00	0.00	0.00	0	0.00	0.00	2.00	4.00	0.50	*0.00
Leftover 1:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Leftover 2:_____	Port. Sz__	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Ch., Mr J's: Process 2	SLICES	1	300	30	730	2.00	3.00	250.00	310	0.00	17.00	32.00	12.00	8.00	*0.00
Pizza, Pepp, Mr J's: Proc 2	SLICES	1	310	35	880	3.00	3.70	200.00	570	0.00	15.00	33.00	13.00	7.00	*0.00
Weighted Daily Average			825	60	1739	9.20	4.32	486.92	1856	32.01	30.96	109.58	29.55	7.95	*0.00
% of Calories											15.0%	53.1%	32.2%	8.7%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500	18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			100%				96%	122%	124%	174%	191%				
Shortfall							0.18						OVER		

Weighted Average			837	81	1862	9.18	5.22	528.95	4539	47.75	33.98	115.80	25.65	7.40	*0.07
											16.2%	55.3%	27.6%	8.0%	0.1%

