

Parent IFD Portal
For
Nutritional Information
Of Middle School
Lunch Menus

		IFD Item Numbers <small>01 24.18</small>			Middle School Menu Items
Day	*Serving	Week One	Day	*Serving	Week Three
Mon	6 each	Mini Corn Dogs 41660	Mon	1 each	Corn Dog 41655
	1/2 cup	Baked Beans 15442		2.5 oz	Tater Tots 18887
				1/2 cup	Carrots 13960
Tues	4 oz	Pulled Pork 35128			
	1 each	WG Hamb Bun (see Pan O Gold info)	Tues	3.7 oz	Taco Beef, 37221
	4 each	Spudsters 18807		1 Tb	Shredded LF Cheddar Cheese 64865
	3 each	Potato Smiles 18805		1 each	Doritos 67199 & 67197
	2.4 oz	Steak Fries 18072		1/2 cup	Refried Beans 43344
	1 each	Straw/Pom Juice Cup 21909			
	1 each	Berry Lemon Juice Cup 21924	Wed	1 each	Calzone 31440
				4 oz	Broccoli 13832
Wed	12 pcs.	Chicken Poppers 52882		1 each	WG Choco Chip Cookie 27940
	1/2 cup	Green Beans 13610			
			Thurs	1 each	Chix Drumstick 51552
Thurs	4 each	Terriyaki Chicken Dippers 52727		1/2 cup	Mashed Potatoes 16547
	1 each	Vegetable Egg Roll 31628		4 oz	Corn 14200
	1.69 oz	WG Brown Rice 70975		1 each	WG Biscuit 28467
	1/2 cup	Stir Fry Vegetables 15390			
	1 each	Fortune Cookies 65975	Fri	4 slices	Am Cheese Slices 65062
				2 each	WG Bread Slice (see Pan O Gold info)
Fri	1 each	Garlic Cheese Bread 40590		1/2 cup	Tomato Soup 63720
	1/4 cup	Pizza Dipping Sauce 57355		1/2 cup	Green Beans 13610
	4 oz	Broccoli 13832		1 each	Grilled Chicken Pattie 53635
				1 each	WG Hamb Bun (see Pan O Gold info)
		Week Two			
Mon	1 each	Personnal Pan Pizza, Pepperoni 43555			Week Four
	1 each	Personnal Pan Pizza, Cheese 43545	Mon	1 each	Stuffed Pizza, Cheese 40215
	4 oz	Corn 14200		1 each	Stuffed Pizza, Pepperoni 40050
	4 oz	Fresh Broccoli 10076 (ranch dip below)		4 oz	Corn 14200
Tues	1 each	Beef (Meatloaf) Slider 38907	Tues	3 each	French Toast Stix 30344
	1 each	WG Hamb Bun (see Pan O Gold info)		1 each	Turkey Sausage Pattie 54969
	1/2 cup	Mixed Vegetables 14435		1 each	Tri Tater 18970
	1 each	Jello Cup 75087		1 oz	Syrup 73165
				1/4 cup	Strawberries 20545
				1 each	100% Juice Cup 21952
Wed	5 each	Chicken Nuggets 53959			
	4 each	Fish Nuggets 42725	Wed	1 each	Hamburgers 34744
	1 Tb	Tarter Sauce 59641		1 each	Am LF Cheese Slice 65062
	1 Tb	Cocktail Sauce 59761		1 slice	Bacon Round 32015
	1/2 cup	Mashed Potatoes 16547		3 slices	Pickle Slices 60241
	2 tsp.mix	Chicken Gravy 64002		1 each	WG Hamb Bun (see Pan O Gold info)
	1/2 cup	Peas & Carrots 14815		1/2 cup	Baked Beans 15442
Thurs	2 oz	WG Spaghetti 62602	Thurs	4 each	Chicken Drummies 52552
	3 each	Beef Meatballs 41205		1/2 cup	Green Beans 13610
	1/2 cup	It. Sauce 51480		4 oz	Fresh Broccoli 10076 (ranch dip below)
	1 each	WG Breadstick 26972		1 bag	WG Teddy Grahams 65982
	1/2 cup	Green Beans 13610			
			Fri	6 oz	Mac and Cheese 33912
Fri	1 each	Cheese Quesadilla Pizza 40012		1 each	WG Breadstick 26972
	1 each	Chicken Quesadilla Pizza 40019		1/2 cup	Carrots 13960
	1 each	Beef Quesadilla Pizza 40017		1/2 cup	Pudding 74485
	1/2 cup	Refried Beans 43344		1 Tb	Whip Topping 29134
	4 oz	Calif. Blend Veg 15132			

		Salad Bar Fresh Vegetables			Fruit
	1 cup	Lettuce, 60/40 Blend 10690		1 each	Banana 11415
	1 cup	Spinach 10502		3.5 oz	Apple 12645
	1 cup	Spring Mix 10715		1/2 each	Orange 13250
	1/2 cup	Broccoli Buds 10075		1/2 each	Kiwi 12925
	1/2 cup	Baby Carrots 12045		5.8 oz	Pear 13350
	1/2 cup	Sweet Red Pepper Strips 11200		3 oz.	Grapes 12756
	1/2 cup	Grape Tomatoes 11565		1/2 cup	Strawberries 13400
	1/2 cup	Celery Stix 12070		4 oz	Watermelon 13165
	1/2 cup	Cauliflower Buds 10321		1/2 cup	Canned Applesauce 20678
	1/2 cup	Cucumber Slices 10420		1/2 cup	Canned Fruit Cocktail 21080
	1/2 cup	Green Pepper Strips 11161		1/2 cup	Canned Mandarin Oranges 21110
	1/2 cup	Corn 14205		1/2 cup	Canned Peaches 21199
	1/2 cup	Green Peas 14680		1/2 cup	Canned Pears 21294
	1/2 cup	Sliced Tomatoes 12470		1/2 cup	Canned Tropical Fruit 16790
	1/2 cup	Diced Onions 12166		1/2 cup	Canned Pineapple 21365
	1/2 cup	Sliced Mushrooms 10760		1 each	Applesauce Cinn. Cup 20689
				1 box	Raisins 66975
	1/2 cup	Garbanzo Beans 15452			*Note: Fruit Bar is self serve.
	1/2 cup	Kidney Beans 15842			Portion sizes listed may not be what students self serve.
		*Note: Salad Bar is self serve.			
		Portion sizes listed may not be what students self serve.			

***Note: Serving sizes listed are the planned portion size to meet the National School Lunch Program nutritional requirements. ISD - 15 uses "Offer versus Serve" for a number of menu items. Students may eat more or less than the planned portion due to many items being self served by the students.**

PanoGold

Baking Co.

MADE WITH WHOLE GRAIN 4" BUN 30 CT

562

Revised 9/29/2015

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).

CONTAINS: WHEAT

Nutrition Facts

Serving Size: 1 Bun (57g)
Servings per Container: 30

Calories 150

Calories from Fat 15

Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 250 mg	11%
Total Carbohydrates 29 g	10%
Dietary Fiber 3 g	11%
Sugars 5 g	
Protein 6 g	

Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%
Thiamine	15%
Riboflavin	4%
Niacin	10%
Folic Acid	10%

Bread Credits per serving (oz equivalency): 2

Grams whole grains per serving: 18g

Grams enriched flour per serving: 16g



MADE WITH WHOLE GRAIN 4" BUN 30 CT
562

Allergens:

Component	Present in the product	Present in the other products manufactured on the same line	Present in the same manufacturing plant
Crustaceans/Shellfish	N	N	N
Egg Products	N	N	N
Fish Products	N	N	N
Milk and Dairy Products	N	N	N
Peanut Products	N	N	N
Soy Products	N	N	N
Tree Nuts	N	N	N
Wheat Products	Y	Y	Y

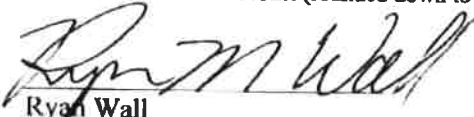
*Soy Oil used is fully refined and deodorized and as such is not considered an allergen

Calculation for the percentage of whole grain:
 Whole wheat flour per batch = 205 lbs
 Enriched white flour per batch = 180 lbs
 Wheat Gluten per batch = 15 lbs
 Total flour per batch = 400 lbs
 $205 \text{ lbs whole wheat flour} \div 400 \text{ lbs total flour} = 0.5125 * 100$
 Percentage of whole wheat flour = **%51 whole grain**

Calculation for Grams of Whole Grain
 $205 \text{ (Whole wheat flour lbs per batch)} * 454 \text{ (grams per pound)} \div 5144 \text{ (servings per batch)} = 18.09 = 18 \text{ grams whole grain per serving}$

Calculations for Grams of Enriched Flour
 $180 \text{ (Enriched white flour lbs per batch)} * 454 \text{ (grams per pound)} \div 5144 \text{ (servings per batch)} = 15.89 \text{ grams} = 16 \text{ grams enriched flour}$

Calculation for Bread Credits
 $205 \text{ lbs whole wheat flour} + 180 \text{ lbs enriched flour} = 385 \text{ lbs credible flour per batch}$
 $385 \text{ (credible flour lbs per batch)} * 454 \text{g per lb} \div 5144 \text{ loaves per batch} = 33.98 \div 16 \text{ gram equivalency} = 2.1237$
 unrounded = **2 bread credit** (rounded down to the nearest ¼)


 Ryan Wall
 VP of Manufacturing
 PAN-O-GOLD BAKING CO

Pano Gold

Baking Co.

MADE WITH WHOLE GRAIN TEA BISCUIT 12 CT

5152

Revised 9/29/2015

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).

CONTAINS: WHEAT

Nutrition Facts

Serving Size: 1 Roll (28g)
Servings per Container: 12

Calories 70

Calories from Fat 10

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 125 mg	5%
Total Carbohydrates 14 g	5%
Dietary Fiber 1 g	5%
Sugars 3 g	
Protein 3 g	

Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%
Thiamine	8%
Riboflavin	2%
Niacin	4%
Folic Acid	6%

Bread Credits per serving (oz equivalency): 1

Grams whole grains per serving: 9g

Grams enriched flour per serving: 8g

Pan O Gold

Baking Co.

MADE WITH WHOLE GRAIN TEA BISCUIT 12 CT
5152

Allergens:

Component	Present in the product	Present in the other products manufactured on the same line	Present in the same manufacturing plant
Crustaceans/Shellfish	N	N	N
Egg Products	N	N	N
Fish Products	N	N	N
Milk and Dairy Products	N	N	N
Peanut Products	N	N	N
Soy Products	N	N	N
Tree Nuts	N	N	N
Wheat Products	Y	Y	Y

*Soy Oil used is fully refined and deodorized and as such is not considered an allergen

Calculation for the percentage of whole grain:

Whole wheat flour per batch = 205 lbs
Enriched white flour per batch = 175 lbs
Wheat Gluten per batch = 20 lbs
Total flour per batch = 400 lbs
 $205 \text{ lbs whole wheat flour} \div 400 \text{ lbs total flour} = 0.5125 * 100$
Percentage of whole wheat flour = **%51 whole grain**

Calculation for Grams of Whole Grain

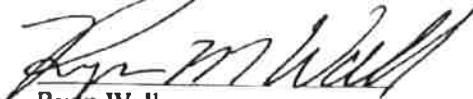
$205 \text{ (Whole wheat flour lbs per batch)} * 454 \text{ (grams per pound)} \div 10337 \text{ (servings per batch)} = 9.00 = 9 \text{ grams whole grain per serving}$

Calculations for Grams of Enriched Flour

$175 \text{ (Enriched white flour lbs per batch)} * 454 \text{ (grams per pound)} \div 10337 \text{ (servings per batch)} = 7.69 \text{ grams} = 8 \text{ grams enriched flour}$

Calculation for Bread Credits

$205 \text{ lbs whole wheat flour} + 175 \text{ lbs enriched flour} = 380 \text{ lbs credible flour per batch}$
 $380 \text{ (credible flour lbs per batch)} * 454 \text{g per lb} \div 10337 \text{ loaves per batch} = 16.69 \div 16 \text{ gram equivalency} = 1.0431$
unrounded = **1 bread credit** (rounded down to the nearest ¼)



Ryan Wall
VP of Manufacturing
PAN-O-GOLD BAKING CO

Pano Gold

Baking Co.

MADE WITH WHOLE GRAIN INDIVIDUAL HOT DOG BUNS 30 CT

5151

Revised 9/29/2015

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).
CONTAINS: WHEAT

Nutrition Facts

Serving Size: 1 Bun (42g)
Servings per Container: 30

Calories 110

Calories from Fat 10

Total Fat 1.5 g	2%
Saturated Fat 0g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 190 mg	8%
Total Carbohydrates 21 g	7%
Dietary Fiber 2 g	8%
Sugars 4 g	
Protein 4 g	

Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	8%
Thiamine	10%
Riboflavin	4%
Niacin	6%
Folic Acid	8%

Bread Credits per serving (oz equivalency): 1.5

Grams whole grains per serving: 13g

Grams enriched flour per serving: 11g



MADE WITH WHOLE GRAIN INDIVIDUAL HOT DOG BUNS 30 CT
5151

Allergens:

Component	Present in the product	Present in the other products manufactured on the same line	Present in the same manufacturing plant
Crustaceans/Shellfish	N	N	N
Egg Products	N	N	N
Fish Products	N	N	N
Milk and Dairy Products	N	N	N
Peanut Products	N	N	N
Soy Products	N	N	N
Tree Nuts	N	N	N
Wheat Products	Y	Y	Y


*Soy Oil used is fully refined and deodorized and as such is not considered an allergen

Calculation for the percentage of whole grain:
 Whole wheat flour per batch = 205 lbs
 Enriched white flour per batch = 175 lbs
 Wheat Gluten per batch = 20 lbs
 Total flour per batch = 400 lbs
 $205 \text{ lbs whole wheat flour} \div 400 \text{ lbs total flour} = 0.5125 * 100$
 Percentage of whole wheat flour = **%51 whole grain**

Calculation for Grams of Whole Grain
 $205 \text{ (Whole wheat flour lbs per batch)} * 454 \text{ (grams per pound)} \div 7091 \text{ (servings per batch)} = 13.13 = \mathbf{13 \text{ grams whole grain per serving}}$

Calculations for Grams of Enriched Flour
 $175 \text{ (Enriched white flour lbs per batch)} * 454 \text{ (grams per pound)} \div 7091 \text{ (servings per batch)} = 11.20 \text{ grams} = \mathbf{11 \text{ grams enriched flour}}$

Calculation for Bread Credits
 $205 \text{ lbs whole wheat flour} + 175 \text{ lbs enriched flour} = 380 \text{ lbs credible flour per batch}$
 $380 \text{ (credible flour lbs per batch)} * 454 \text{g per lb} \div 7091 \text{ loaves per batch} = 24.33 \div 16 \text{ gram equivalency} = 1.5259$
 unrounded = **1.5 bread credit** (rounded down to the nearest 1/4)


 Ryan Wall
 VP of Manufacturing
 PAN-O-GOLD BAKING CO

PanoGold

Baking Co.

MADE WITH WHOLE GRAIN SANDWICH BREAD

309

Revised 9/29/2015

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).

CONTAINS: WHEAT

Nutrition Facts

Serving Size: 1 slice (28g)

Servings per Container: 27 (25 usable)

Calories 70

Calories from Fat 5

Total Fat .5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 125 mg	5%
Total Carbohydrates 13 g	4%
Dietary Fiber 1 g	5%
Sugars 2 g	
Protein 3 g	

Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%
Thiamine	6%
Riboflavin	2%
Niacin	4%
Folic Acid	4%

Bread Credits per serving (16g equivalency): 1

Grams whole grains per serving: 9g

Grams of enriched flour per serving: 8g



**MADE WITH WHOLE GRAIN SANDWICH BREAD
309**

Allergens:

Component	Present in the product	Present in the other products manufactured on the same line	Present in the same manufacturing plant
Crustaceans/Shellfish	N	N	N
Egg Products	N	N	N
Fish Products	N	N	N
Milk and Dairy Products	N	N	N
Peanut Products	N	N	N
Soy Products	N	N	N
Tree Nuts	N	N	N
Wheat Products	Y	Y	Y

*Soy Oil used is fully refined and deodorized and as such is not considered an allergen

Calculation for the percentage of whole grain:

Whole wheat flour per batch = 510 lbs
 Enriched white flour per batch = 450 lbs
 Wheat Gluten per batch = 40 lbs
 Total flour per batch = 1000 lbs
 $510\text{lbs whole wheat flour} \div 1000\text{ lbs total flour} = .051 * 100$
 Percentage of whole wheat flour = **%51 whole grain**

Calculation for Grams of Whole Grain

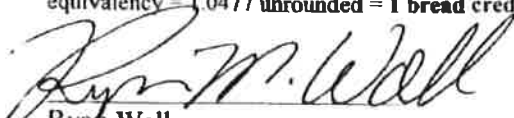
$510 \text{ (Whole wheat flour lbs per batch)} * 454 \text{ (grams per pound)} \div 963 \text{ (loaves per batch)} \div 27 \text{ (servings per loaf)} = 8.91 = 9 \text{ grams whole grain per serving}$

Calculations for Grams of Enriched Flour

$450 \text{ (Enriched white flour lbs per batch)} * 454 \text{ (grams per pound)} \div 963 \text{ (loaves per batch)} \div 27 \text{ (servings per loaf)} = 7.86 \text{ grams} = 8 \text{ grams enriched flour}$

Calculation for Bread Credits

$510 \text{ lbs whole wheat flour} + 450 \text{ lbs enriched flour} = 960 \text{ lbs credible flour per batch}$
 $960 \text{ (credible flour lbs per batch)} * 454\text{g per lb} \div 963 \text{ loaves per batch} \div 27 \text{ servings per loaf} = 16.7624 \div 16 \text{ gram equivalency} = 1.0477 \text{ unrounded} = 1 \text{ bread credit (rounded down to the nearest } \frac{1}{4} \text{)}$


 Ryan Wall
 VP of Manufacturing
PAN-O-GOLD BAKING CO



Product Specifications

TruMoo Strawberry Fat Free Milk - 8 oz.
 Grade A - Pasteurized - Homogenized
 Vitamin A & D

Product Code	46073
Product	TruMoo Strawberry FF Milk
Size	8 oz.
UPC Code	0 41900 07294 0
Case Pack	60
Case Weight	29.18 lbs
Case Cube	1.076
Tie/Tier	9 x 5
Case Pallet	45
Case Dimensions	13 x 13 x 11
Shelf Life	18 Days

Nutrition Facts	Amount Serving		%DV	
Serving Size 1 Carton	Total Fat 0g	0%	Total Carbohydrate 19g	3%
	Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Calories 110	Trans Fat 0g		Total Sugars 16g	
	Cholesterol 5mg	2%	Includes 7g Added Sugars	13%
	Sodium 125mg	5%	Protein 8g	16%
	* Percent Daily Values (DV) are based on a 3,000 calorie diet			
Vitamin D 10% - Calcium 25% - Iron 0% - Potassium 8% - Vitamin A 50% Riboflavin 35% - Folate 4% - Vitamin B12 50% - Phosphorus 20%				

Ingredients:
 Nonfat Milk, Liquid Sugar (Sugar, Water), Contains Less Than 1% of Natural Flavors, Color Added, Carrageenan, Vitamin A Palmitate, Vitamin D3