

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	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)
Mon - 01/01/2018													
HIGH SCHOOL BREAKFAST HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HIGH SCHOOL LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Tue - 01/02/2018													
HIGH SCHOOL BREAKFAST HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HIGH SCHOOL LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Wed - 01/03/2018													
HIGH SCHOOL BREAKFAST HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HIGH SCHOOL LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		666-780		1202								<=30.0	<10.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/04/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	15	28	15	0.13	6.7	58	0.0	0	1.01	0.16	1.11	0.34
BACON WC	EA	14	4	45	0.00	0.0	0	0.0	*N/A*	0.99	0.0	1.19	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	28	0	49	0.24	15.6	21	0.0	*0	1.2	4.11	0.79	0.18
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	28	1	25	0.00	75.0	125	0.6	5	2.0	4.75	0.0	0.00
JELLY	2 ea	22	0	3	0.02	0.6	0	0.08	4	0.01	5.88	0.0	0.00
HIGH SCHOOL LUNCH	Total												
TATORTOT CASSEROLE	SERVING	164	22	366	0.88	57.3	55	1.27	*0	7.2	8.83	11.15	3.93
MOZZARELLA STICKS	5 EACH	73	5	103	0.11	803.6	3785	5.46	*0	3.43	6.84	3.48	1.24
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
BROCCOLI SALAD NEW	1/2 CUP	26	0	48	0.20	13.1	170	24.36	*1	0.78	3.03	1.31	0.16
RANCH STYLE BEANS	1/2 CUP	59	0	255	1.32	0.0	98	0.0	*N/A*	3.43	10.3	0.49	0.00
SALAD	1.25 cup	9	0	4	0.36	12.5	2949	3.92	1	0.56	1.8	0.13	0.02
BREAD	2 SLICES	67	0	134	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	48	0	5	0.25	5.1	177	1.61	12	0.34	12.68	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.2	825	17.49	8	0.63	10.39	0.17	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		712	65	1213	5.91	1370.7	8931	68.79	*45	29.80	103.74	21.47	6.89
% of Calories									*25.2%	16.7%	58.3%	27.2%	8.7%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

\*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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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	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 - 01/05/2018													
HIGH SCHOOL BREAKFAST PIZZA	Total												
BREAKFAST PIZZA	1 EA	42	3	86	0.29	30.0	4	0.0	*N/A*	2.0	5.0	1.6	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	9	0	16	0.08	5.2	7	0.0	*0	0.4	1.37	0.26	0.06
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.7	381	8.07	4	0.29	4.8	0.08	0.02
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	7	0	1	0.01	0.2	0	0.03	1	0.0	1.96	0.0	0.00
HIGH SCHOOL LUNCH													
HAMBURGER	1 EA	86	11	129	0.97	33.8	30	0.16	*1	4.84	6.92	4.37	1.61
CHEESEBURGER	1 EA	140	16	277	1.21	72.5	118	0.2	*1	8.5	8.58	8.09	2.92
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
BURGER FIXINS	1 EA	11	0	159	0.45	24.8	3404	4.02	1	0.69	2.28	0.2	0.03
PEACHES: canned,light syrup	1/2 CUP	41	0	4	0.27	2.3	266	1.8	10	0.34	10.93	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.49	0.0	0.00
Weighted Daily Average		602	36	806	4.62	440.4	5574	43.94	*39	26.11	87.00	18.32	5.90
% of Calories									*26.2%	17.3%	57.8%	27.4%	8.8%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Mon - 01/08/2018													
HIGH SCHOOL BREAKFAST PIZZA	Total												
HAM & CHEESE CROISSANT	1 EA	45	8	118	0.24	16.9	109	0.02	*1	1.9	4.15	2.38	1.11
CEREAL	SERVING	15	0	26	0.84	16.0	78	1.1	1	0.25	3.25	0.2	0.04
TOAST	2 ea.	14	0	25	0.12	7.8	10	0.0	*0	0.6	2.05	0.4	0.09
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	11	0	1	0.01	0.3	0	0.04	2	0.01	2.94	0.0	0.00

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001 - WOLFE CITY HIGH SCHOOL

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HIGH SCHOOL LUNCH	Total												
CRISPITO	2 ea	242	38	352	1.18	66.0	0	0.0	*N/A*	9.9	24.19	10.99	2.74
QUESADILLA	1 ea	40	6	75	0.34	31.2	37	0.0	0	2.25	4.0	1.63	0.75
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
PINTO BEANS	1/2 cup	116	0	129	1.78	40.5	0	0.0	0	7.05	21.71	0.38	0.10
SPANISH RICE	1/2 CUP	48	0	170	0.59	5.6	163	0.52	*0	0.87	10.85	0.22	0.00
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
PEACHES: canned,light syrup	1/2 CUP	41	0	4	0.27	2.3	266	1.8	10	0.34	10.93	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	39	0	4	0.16	9.8	793	16.82	7	0.6	9.99	0.16	0.04
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING	1 EA	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
TACO SAUCE	1 packet	2	0	36	0.05	0.7	24	1.06	*N/A*	0.05	0.59	0.01	0.00
Weighted Daily Average		771	60	1123	6.18	493.1	4743	38.37	*40	32.48	122.70	17.79	5.56
% of Calories									*20.6%	16.8%	63.6%	20.8%	6.5%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Tue - 01/09/2018													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	51	41	72	0.23	37.6	83	0.0	*0	3.2	3.95	2.41	0.95
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
CINNAMON TOAST	2 EACH	20	0	26	0.13	6.0	25	0.01	1	0.7	2.61	0.78	0.16
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
FRITO CHILI PIE	1 EA	250	26	297	1.45	134.6	509	6.66	*0	11.89	24.75	11.44	3.81
HOT POCKET	1 EA	42	3	90	0.40	37.5	30	1.35	*N/A*	2.7	4.2	1.5	0.75
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
STEAMED VEGETABLES	1/2 cup	18	0	18	0.20	12.1	229	22.76	*0	1.42	2.86	0.0	0.00
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
APPLESAUCE	1/2 CUP	52	0	2	0.09	2.3	5	1.3	11	0.12	13.39	0.13	0.02
FRUIT,FRESH ASSORTED	1 EACH	39	0	4	0.16	9.8	793	16.82	7	0.6	9.99	0.16	0.04
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		654	79	726	3.95	554.1	5014	67.33	*39	30.02	94.17	18.41	6.58
% of Calories									*23.6%	18.3%	57.6%	25.3%	9.0%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Wed - 01/10/2018													
HIGH SCHOOL BREAKFAS	Total												
OATMEAL	1 CUP	24	0	5	0.20	5.9	19	0.0	*1	0.8	3.96	0.63	0.13
CEREAL	SERVING	16	0	27	0.89	16.9	82	1.16	1	0.26	3.42	0.21	0.04
TOAST	2 ea.	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	12	0	1	0.01	0.3	0	0.04	2	0.01	3.09	0.0	0.00

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HIGH SCHOOL LUNCH	Total												
CHICKEN FRIED STEAK	1 EA	171	19	177	1.49	22.1	0	0.0	*N/A*	8.29	10.5	10.5	2.49
BAR B-Q FRANKS	1 CUP	50	5	237	0.23	20.8	26	0.07	*4	1.59	4.88	2.63	0.75
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
MASHED POTATOES	1/2 CUP	56	3	32	0.21	50.4	68	17.97	*2	2.14	9.74	0.94	0.51
GRAVY LUNCH	1/4 CUP	30	0	143	0.36	3.8	2	0.12	*0	0.51	3.39	1.65	0.66
GREEN BEANS	1/2 CUP	12	0	128	0.46	13.2	178	2.4	*N/A*	0.61	2.65	0.05	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	43	0	4	0.18	10.7	868	18.41	8	0.66	10.94	0.18	0.04
ROLL	1 EA	42	0	66	0.00	13.9	0	1.66	*N/A*	1.39	9.01	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
Weighted Daily Average		674	35	986	4.78	462.1	2261	57.07	*48	25.84	103.61	18.79	5.42
% of Calories									*28.5%	15.3%	61.5%	25.1%	7.2%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Thu - 01/11/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA		22	12	0.10	5.3	46	0.0	0	0.79	0.13	0.87	0.27
BACON WC	EA	11	3	36	0.00	0.0	0	0.0	*N/A*	0.78	0.0	0.94	0.31
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea.	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.15	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN SPAGHETTI	SERVING	148	17	186	0.83	60.6	106	0.79	*1	9.73	18.4	3.58	1.31
CORN DOG:Turkey Jumbo State F	1 EACH	59	8	139	0.38	10.6	21	1.9	*N/A*	1.9	6.55	2.75	0.63
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
BROCCOLI & CHEESE	1/2 CUP	34	4	95	0.37	66.1	524	19.15	0	2.52	3.18	1.51	0.95
BLACKEYED PEAS	1/2 CUP	51	0	196	0.65	13.4	9	1.8	*N/A*	3.17	9.11	0.37	0.10
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.32	11.5	31	6.18	10	0.3	11.08	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
GARLIC TOAST	1 EACH	62	0	130	0.74	0.0	275	0.0	*N/A*	2.06	10.3	1.72	0.34
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
MUSTARD: individual PC	Pkt 5g	0	0	6	0.01	0.3	1	0.0	0	0.02	0.03	0.02	0.00
KETCHUP: individual	Pkt 6g	5	0	46	0.02	0.8	27	0.21	1	0.05	1.38	0.01	0.00
Weighted Daily Average		682	63	1049	4.83	497.3	2796	62.90	*43	31.99	109.64	14.57	4.92
% of Calories									*25.1%	18.7%	64.3%	19.2%	6.5%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Fri - 01/12/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	44	3	91	0.30	31.6	4	0.0	*N/A*	2.11	5.27	1.69	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	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)
HIGH SCHOOL LUNCH	Total												
PEPPERONI PIZZA	EA	118	10	261	1.07	79.0	118	0.0	*N/A*	6.32	13.82	4.74	1.97
CHICKEN SANDWICH	1 EACH	91	6	186	0.74	29.2	0	0.14	*1	5.11	9.32	3.68	0.73
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
CORN	1/2 CUP	79	0	1	0.37	2.5	217	4.53	4	2.81	17.28	1.24	0.16
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
CARROT STICKS- baby	1bag	16	0	35	0.40	14.2	6172	1.19	0	0.28	3.65	0.05	0.01
BURGER FIXINS	1 EA	4	0	60	0.17	9.3	1280	1.51	0	0.26	0.86	0.08	0.01
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	12	0	62	0.03	1.2	0	0.0	*0	0.09	0.78	0.85	0.11
RANCH DRESSING	1 EA	7	0	82	0.00	0.0	0	0.0	*N/A*	0.0	1.32	0.0	0.00
Weighted Daily Average		644	28	942	4.65	496.6	12739	44.67	*43	27.47	108.16	14.59	4.30
% of Calories									*26.6%	17.1%	67.2%	20.4%	6.0%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Mon - 01/15/2018													
HIGH SCHOOL BREAKFAS	Total												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HIGH SCHOOL LUNCH	Total												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.0	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		666-780		1202								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	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)
Tue - 01/16/2018													
HIGH SCHOOL BREAKFAS	Total												
BLUEBERRY MUFFINS	2 EA	100	8	70	0.00	0.0	40	0.0	8	1.0	16.0	3.5	0.75
CEREAL	SERVING	5	0	9	0.28	5.3	26	0.37	0	0.08	1.08	0.07	0.01
CINNAMON TOAST	2 EACH	10	0	13	0.07	3.0	13	0.0	0	0.35	1.3	0.39	0.08
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
HIGH SCHOOL LUNCH													
SPAGHETTI	1 CUP	167	9	348	1.29	25.9	838	7.75	*0	6.13	24.62	5.08	1.12
B B-Q SANDWICH	1 EA	47	4	134	0.46	17.3	45	0.23	*0	2.31	5.95	1.41	0.52
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
CORN ON THE COB	1 EACH	37	0	95	0.24	1.2	91	1.89	1	1.22	8.79	0.29	0.04
GREEN BEANS	1/2 CUP	11	0	121	0.43	12.6	169	2.28	*N/A*	0.58	2.52	0.05	0.01
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
BREAD STICKS	1 EA	77	0	161	0.76	0.0	7	0.0	1	2.1	11.9	2.8	0.70
APPLESAUCE	1/2 CUP	54	0	2	0.10	2.4	5	1.35	12	0.13	13.92	0.14	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING	1 EA	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		705	27	1134	4.41	360.4	5362	49.73	*50	22.87	124.77	15.21	3.91
% of Calories									*28.4%	13.0%	70.8%	19.4%	5.0%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Wed - 01/17/2018													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	41	2	43	0.28	6.3	0	0.0	*N/A*	1.11	5.84	1.58	0.79
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN TACO	1 EA	120	18	167	0.63	77.3	253	0.87	*0	8.25	13.32	3.77	1.29
TOSTADA	1 EACH	82	13	88	0.41	54.2	113	0.18	*0	4.45	6.48	4.02	1.68
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
REFRIED BEANS	1/2 cup	67	0	106	1.09	22.1	36	0.62	*0	3.72	10.17	1.51	0.47
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	1 pack	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		649	42	860	4.87	500.3	5027	42.29	*39	29.03	106.80	13.44	5.12
% of Calories									*24.3%	17.9%	65.9%	18.7%	7.1%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Thu - 01/18/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	15	28	15	0.13	6.7	58	0.0	0	1.01	0.16	1.11	0.34
BACON WC	EA	14	4	45	0.00	0.0	0	0.0	*N/A*	0.99	0.0	1.19	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	14	0	25	0.12	7.8	10	0.0	*0	0.6	2.05	0.4	0.09
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	11	0	1	0.01	0.3	0	0.04	2	0.01	2.94	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	156	46	270	0.77	14.2	66	0.0	*N/A*	12.08	4.97	9.95	2.84
HAMBURGER HELPER	1 CUP	49	11	103	0.36	12.9	14	0.02	*0	3.55	3.18	2.37	0.96
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
MASHED POTATOES	1/2 CUP	53	3	31	0.20	47.9	65	17.07	*2	2.03	9.25	0.89	0.49
RANCH STYLE BEANS	1/2 CUP	59	0	255	1.32	0.0	98	0.0	*N/A*	3.43	10.3	0.49	0.00
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	48	0	5	0.25	5.1	177	1.61	12	0.34	12.68	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
BREAD	2 SLICES	93	0	187	1.92	268.1	2	0.0	2	4.18	17.21	0.84	0.25
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		720	99	1137	6.43	666.5	4671	55.33	*45	37.33	103.62	18.91	6.04
% of Calories									*24.9%	20.7%	57.6%	23.6%	7.6%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Fri - 01/19/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	42	3	86	0.29	30.0	4	0.0	*N/A*	2.0	5.0	1.6	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	5	0	8	0.04	2.6	3	0.0	*0	0.2	0.68	0.13	0.03
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	0.98	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 12

Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	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)
HIGH SCHOOL LUNCH	Total												
HAMBURGER	1 EA	86	11	129	0.97	33.8	30	0.16	*1	4.84	6.92	4.37	1.61
CHEESEBURGER	1 EA	140	16	277	1.21	72.5	118	0.2	*1	8.5	8.58	8.09	2.92
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
CARROT STICKS- baby	1bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	0.01
BURGER FIXINS	1 EA	10	0	136	0.39	21.2	2918	3.44	1	0.59	1.96	0.17	0.03
APPLESAUCE	1/2 CUP	52	0	2	0.09	2.3	5	1.3	11	0.12	13.39	0.13	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.49	0.0	0.00
CONDIMENTS	1 EA	30	0	159	0.07	3.1	0	0.0	*0	0.23	1.99	2.19	0.29
Weighted Daily Average		655	37	974	4.78	478.4	10668	42.63	*41	26.81	93.26	20.71	6.32
% of Calories									*24.8%	16.4%	57.0%	28.5%	8.7%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Mon - 01/22/2018													
HIGH SCHOOL BREAKFAS	Total												
HAM & CHEESE CROISSANT	1 EA	56	10	145	0.29	20.8	134	0.02	*1	2.34	5.1	2.92	1.37
CEREAL	SERVING	8	0	14	0.44	8.4	41	0.58	0	0.13	1.71	0.1	0.02
TOAST	2 ea.	7	0	13	0.06	4.1	5	0.0	*0	0.32	1.08	0.21	0.05
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN STRIPS	3 EA	126	28	197	0.85	0.0	4	0.0	1	11.84	7.11	5.53	1.18
SPICY CHICKEN SANDWICH	1 EACH	76	6	186	0.50	22.1	0	0.0	0	4.23	10.5	1.93	0.37
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
MASHED POTATOES	1/2 CUP	60	3	35	0.23	54.3	73	19.35	*2	2.3	10.49	1.01	0.55
GRAVY LUNCH	1/4 CUP	35	0	166	0.42	4.4	3	0.14	*0	0.6	3.95	1.92	0.77
BROCCOLI & CHEESE	1/2 CUP	38	5	106	0.41	74.0	587	21.45	0	2.83	3.57	1.69	1.06
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
ROLL	1 EA	45	0	71	0.00	14.9	0	1.79	*N/A*	1.49	9.7	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
Weighted Daily Average		695	58	1101	4.00	495.7	2871	78.67	*42	35.21	103.34	17.32	6.08
% of Calories									*24.1%	20.3%	59.5%	22.4%	7.9%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Tue - 01/23/2018													
HIGH SCHOOL BREAKFAS	Total												
PANCAKE ON A STICK	1 EA	32	3	59	0.22	3.0	6	0.0	1	1.05	3.0	1.8	0.45
CEREAL	SERVING	15	0	26	0.84	16.0	78	1.1	1	0.25	3.25	0.2	0.04
TOAST	2 ea.	14	0	25	0.12	7.8	10	0.0	*0	0.6	2.05	0.4	0.09
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.7	381	8.07	4	0.29	4.8	0.08	0.02
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	2	0	2	0.00	7.1	11	0.0	0	0.19	0.28	0.05	0.04
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	0.98	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
MEATBALL SUB	1 EA	127	14	321	1.63	82.6	181	1.78	*0	9.43	11.42	5.67	2.11
CORN DOG:Turkey Jumbo State F	1 EACH	49	7	116	0.32	8.8	18	1.58	*N/A*	1.58	5.44	2.28	0.53
BAKED POTATO	1 EACH	73	4	85	0.57	37.1	131	3.4	*0	2.8	10.99	2.2	0.72
CARROT STICKS- baby	bag	19	0	41	0.48	16.9	7329	1.41	0	0.33	4.33	0.06	0.01
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
APPLESAUCE	1/2 CUP	54	0	2	0.10	2.4	5	1.35	12	0.13	13.92	0.14	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
TEDDY GRAHAMS	1 EA	63	0	67	0.56	11.3	0	0.0	4	0.98	11.42	1.56	0.24
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.49	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
CONDIMENTS	1 EA	8	0	41	0.02	0.8	0	0.0	*0	0.06	0.52	0.57	0.07
Weighted Daily Average		641	35	945	5.53	465.9	11913	47.16	*45	25.46	104.30	15.88	4.75
% of Calories									*28.0%	15.9%	65.1%	22.3%	6.7%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Wed - 01/24/2018													
HIGH SCHOOL BREAKFAS	Total												
PIG IN A BLANKET	2 EACH	59	10	67	1.13	16.8	168	1.01	*N/A*	2.93	7.12	1.88	0.63
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	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)
HIGH SCHOOL LUNCH	Total												
TACO,BEEF	2 EACH	153	25	274	0.86	75.7	1084	1.11	*0	7.83	10.46	8.72	3.65
TACO BURGER	1 EA	50	7	130	0.48	31.6	95	0.46	*0	3.28	4.31	2.04	0.62
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
LETTUCE & TOMATO	1 cup	7	0	3	0.31	10.7	2563	3.05	1	0.47	1.47	0.11	0.01
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
PINTO BEANS	1/2 cup	122	0	136	1.88	42.6	0	0.0	0	7.42	22.85	0.4	0.11
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	3 packs	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		693	50	968	6.39	486.0	5881	41.69	*39	32.07	110.81	15.01	5.70
% of Calories									*22.5%	18.5%	64.0%	19.5%	7.4%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Thu - 01/25/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	16	29	15	0.14	7.0	61	0.0	0	1.06	0.17	1.17	0.35
BACON WC	EA	15	4	48	0.00	0.0	0	0.0	*N/A*	1.04	0.0	1.25	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	15	0	26	0.12	8.2	11	0.0	*0	0.63	2.16	0.42	0.10
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 16

Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN & RICE CASSEROLE	1 CUP	115	18	229	0.51	75.2	283	3.86	*0	6.42	11.25	5.04	1.85
FISH STICKS	4 EA	35	8	36	0.23	3.2	16	0.0	0	2.37	3.0	1.42	0.24
BAKED POTATO	1 EACH	155	9	179	1.20	78.2	275	7.17	*1	5.89	23.13	4.63	1.51
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
SESAME-ROASTED GREEN BEANS	1/2 CUP	27	0	86	0.43	27.3	346	2.54	1	0.95	4.04	1.16	0.19
BREAD STICKS	1 EA	81	0	169	0.80	0.0	7	0.0	1	2.21	12.53	2.95	0.74
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	45	0	1	0.33	12.0	33	6.43	11	0.31	11.52	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		698	74	970	4.75	509.3	5363	56.55	*43	29.57	107.36	19.25	5.90
% of Calories									*24.5%	16.9%	61.5%	24.8%	7.6%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Fri - 01/26/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	44	3	91	0.30	31.6	4	0.0	*N/A*	2.11	5.27	1.69	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	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)
HIGH SCHOOL LUNCH	Total												
PEPPERONI PIZZA	1 EA	150	13	330	1.35	100.0	150	0.0	*N/A*	8.0	17.5	6.0	2.50
CHICKEN SANDWICH	1 EACH	64	4	130	0.52	20.4	0	0.1	*0	3.58	6.52	2.58	0.51
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
STEAMED VEGETABLES	1/2 cup	20	0	20	0.22	13.9	261	25.96	*0	1.62	3.26	0.0	0.00
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
SLUSH	1 EA	59	0	33	0.26	58.9	737	44.21	*N/A*	0.0	14.74	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		628	28	880	4.20	554.8	5732	109.89	*41	26.00	105.86	13.15	4.40
% of Calories									*26.1%	16.6%	67.4%	18.8%	6.3%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Mon - 01/29/2018													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	55	3	57	0.38	8.4	0	0.0	*N/A*	1.47	7.79	2.11	1.05
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	10	0	17	0.08	5.5	7	0.0	*0	0.42	1.44	0.28	0.06
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	13	1	13	0.01	37.3	58	0.0	2	1.01	1.49	0.29	0.19
MILK, CHOC FATFREE	HALF PINT	14	1	13	0.00	39.5	66	0.32	2	1.05	2.5	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 12/15/2017 8:28:29 AM

	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)
HIGH SCHOOL LUNCH	Total												
PORK CHOP	1 EA	124	46	139	1.05	24.2	39	0.0	*N/A*	6.52	7.43	7.69	2.37
SLIDERS	2 EACH	76	11	101	0.61	16.8	0	0.51	*N/A*	3.79	5.47	4.21	1.68
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
MACARONI & CHEESE	1/2 CUP	96	6	116	0.62	87.2	115	0.0	*2	4.16	13.72	2.51	1.39
BROCCOLI SALAD NEW	1/2 CUP	20	0	38	0.16	10.4	134	19.23	*1	0.62	2.39	1.04	0.13
SWEET POTATO	1/2 cup	48	0	15	0.30	5.8	2878	3.39	*2	0.46	11.32	0.19	0.04
STRAWBERRIES	1/2 cup	65	0	1	0.39	9.2	23	33.13	16	0.44	17.62	0.12	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
BREAD	2 SLICES	70	0	141	1.44	201.6	1	0.0	1	3.14	12.94	0.63	0.19
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
Weighted Daily Average		723	70	717	5.82	555.3	4790	89.45	*43	26.91	113.16	19.99	7.41
% of Calories									*24.0%	14.9%	62.6%	24.9%	9.2%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Tue - 01/30/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST SANDWICH	1 EA	41	20	71	0.25	35.4	76	0.01	*0	2.73	3.08	1.94	0.78
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
CINNAMON TOAST	2 EACH	26	0	35	0.18	8.0	33	0.01	1	0.92	3.43	1.03	0.21
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00

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Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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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)
HIGH SCHOOL LUNCH	Total												
CHILI DOG	1 EA	115	12	476	1.04	56.3	565	0.25	*N/A*	5.53	8.48	6.8	1.85
HOT DOG ON A BUN:turkey hot	SERVING	79	9	283	0.87	41.4	0	0.0	*N/A*	4.14	6.16	4.5	1.21
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BAKED BEANS	1/2 CUP	82	0	96	18.68	302.4	4708	0.0	*N/A*	4.18	18.45	0.33	0.06
HASH BROWN POTATOES	1 each	47	0	3	0.12	3.6	0	1.43	0	0.57	6.09	2.48	0.20
CARROT STICKS- baby	1bag	20	0	43	0.50	17.8	7715	1.48	0	0.35	4.56	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
CUP CAKE	1 EA	76	14	114	0.30	24.6	20	0.02	*0	1.12	12.99	2.24	0.39
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	29	0	154	0.07	3.0	0	0.0	*0	0.22	1.94	2.13	0.28
Weighted Daily Average		764	63	1425	23.52	805.7	15221	39.50	*39	29.25	116.91	23.16	5.70
% of Calories									*20.5%	15.3%	61.2%	27.3%	6.7%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Wed - 01/31/2018													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	41	33	57	0.18	29.7	66	0.0	*0	2.53	3.12	1.9	0.75
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea	40	0	69	0.33	21.9	29	0.0	*1	1.68	5.76	1.11	0.25
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	28	1	26	0.00	77.4	129	0.62	5	2.06	4.9	0.0	0.00
JELLY	2 ea	8	0	1	0.01	0.2	0	0.03	2	0.0	2.06	0.0	0.00

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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)
HIGH SCHOOL LUNCH	Total												
BEEF ENCHILADAS	2 EA	114	14	318	1.84	97.2	867	2.66	*0	6.14	13.58	4.16	2.43
BURRITO	1 EA	117	13	271	0.85	63.0	236	0.38	*N/A*	5.67	10.39	5.98	2.52
BAKED POTATO	1 EACH	46	3	54	0.36	23.5	82	2.15	*0	1.77	6.94	1.39	0.45
REFRIED BEANS	1/2 cup	67	0	106	1.09	22.1	36	0.62	*0	3.72	10.17	1.51	0.47
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	3 packs	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		738	69	1293	6.86	594.7	6086	46.17	*43	32.19	117.77	17.59	7.45
% of Calories									*23.6%	17.4%	63.8%	21.5%	9.1%
Nutrient Guideline		666-780		1202								<=30.0	<10.00

Weighted Average		687	54	1013	6.13	567.8	6613	56.96	*42	29.28	107.21	17.56	5.70
									*55.6%	17.1%	62.4%	23.0%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	687		666 - 780	100%				
Cholesterol (mg)	54							
Sodium (mg)	1013		1202					
Iron (mg)	6.13							
Calcium (mg)	567.8							
Vitamin A (IU)	6613							
Sugars (g)	42	24.72%			Missing			
Vitamin C (mg)	56.96							
Protein (g)	29.28	17.06%						
Carbohydrate (g)	107.21	62.44%						
Total Fat (g)	17.56	23.01%	<=30.00%					
Saturated Fat (g)	5.70	7.47%	<10.00%					

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