

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:58 PM

	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 - 02/01/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	12	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	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	50	0	86	0.42	27.4	36	0.0	*1	2.11	7.2	1.39	0.32
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
HIGH SCHOOL LUNCH	Total												
STEAK FINGERS	4 ea	171	19	177	1.49	22.1	3	0.0	1	8.84	11.05	10.5	2.49
TURKEY W/CHEESE SANDWICH	1 EACH	35	6	144	0.32	27.3	24	0.54	1	2.84	3.45	1.02	0.43
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
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
GREEN BEANS	1/2 CUP	10	0	102	0.37	10.6	142	1.92	*N/A*	0.49	2.12	0.04	0.01
STEAMED VEGETABLES	1/2 cup	20	0	19	0.21	13.3	251	24.96	*0	1.55	3.13	0.0	0.00
BREAD	2 SLICES	98	0	197	2.02	282.2	2	0.0	2	4.4	18.12	0.89	0.26
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
CONDIMENTS	1 EA	6	0	31	0.01	0.6	0	0.0	*0	0.04	0.39	0.43	0.06
Weighted Daily Average		783	62	1157	6.85	770.3	2423	87.94	*48	34.66	117.52	21.08	6.30
% of Calories									*24.4%	17.7%	60.0%	24.2%	7.2%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:58 PM

	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 - 02/02/2018													
HIGH SCHOOL BREAKFAST PIZZA	Total												
BREAKFAST PIZZA	1 EA	28	2	57	0.19	19.7	3	0.0	*N/A*	1.32	3.29	1.05	0.26
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	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	10	0	1	0.01	0.3	0	0.03	2	0.01	2.58	0.0	0.00
HIGH SCHOOL LUNCH													
HAMBURGER	1 EA	91	11	136	1.02	35.6	32	0.17	*1	5.1	7.28	4.6	1.70
CHEESEBURGER	1 EA	147	17	292	1.28	76.3	125	0.22	*1	8.94	9.04	8.52	3.07
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
POTATO WEDGES	8 PCS	82	0	11	0.30	6.6	3	3.22	*N/A*	1.48	12.6	2.59	0.37
BURGER FIXINS	1 EA	12	0	167	0.48	26.1	3583	4.23	1	0.73	2.4	0.21	0.03
APPLESAUCE	1/2 CUP	55	0	2	0.10	2.4	5	1.37	12	0.13	14.09	0.14	0.02
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
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		682	37	1008	4.89	494.5	5592	43.64	*44	28.10	97.04	21.56	6.60
% of Calories									*26.1%	16.5%	56.9%	28.5%	8.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 02/05/2018													
HIGH SCHOOL BREAKFAST BISCUITS: PLAIN,PURCH (2.5")	Total												
BISCUITS: PLAIN,PURCH (2.5")	1 EACH	22	0	26	0.14	26.2	0	0.0	*N/A*	0.52	2.75	1.05	0.52
GRAVY BREAKFAST	1/2 CUP	13	0	59	0.15	1.6	1	0.05	*0	0.21	1.41	0.69	0.27
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
TOAST	2 ea.	12	0	22	0.10	6.9	9	0.0	*0	0.53	1.8	0.35	0.08
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	10	0	1	0.01	0.3	0	0.03	2	0.01	2.58	0.0	0.00

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Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 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												
PARMESAN CHICKEN	1 EACH	130	29	409	0.33	30.3	4	0.12	*0	13.2	4.55	6.35	1.19
SALISBURY STEAK	1 EA	42	8	94	0.33	7.6	0	0.22	*N/A*	2.79	1.78	2.68	1.11
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
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
MASHED POTATOES	1/2 CUP	60	3	35	0.23	54.3	73	19.35	*2	2.3	10.49	1.01	0.55
CARROT STICKS- baby	bag	16	0	35	0.40	14.2	6172	1.19	0	0.28	3.65	0.05	0.01
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
BREAD	2 SLICES	88	0	176	1.80	252.0	1	0.0	2	3.93	16.18	0.79	0.23
MILK,1% Lowfat	HALF PINT	10	1	11	0.01	29.8	47	0.0	1	0.8	1.19	0.23	0.15
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	110.5	184	0.88	7	2.95	7.0	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		669	46	1180	5.67	675.2	7941	61.16	*41	34.87	102.04	14.68	4.55
% of Calories									*24.3%	20.9%	61.0%	19.8%	6.1%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 02/06/2018													
HIGH SCHOOL BREAKFAS	Total												
BLUEBERRY MUFFINS	2 EA	63	5	44	0.00	0.0	25	0.0	5	0.63	10.11	2.21	0.47
FLAVORED YOGURT	1 EA	29	1	22	0.00	39.5	0	0.33	0	1.04	5.53	0.27	0.12
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
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	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	8	0	1	0.01	0.2	0	0.03	2	0.0	2.06	0.0	0.00

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Feb 1, 2018 thru Feb 28, 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												
TACO SALAD	1 CUP	92	16	148	0.57	73.8	532	1.33	*0	6.12	6.9	4.05	1.72
QUESADILLA	1 ea	126	18	237	1.07	98.7	118	0.0	0	7.11	12.63	5.13	2.37
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
PINTO BEANS	1/2 cup	98	0	109	1.50	34.1	0	0.0	0	5.94	18.28	0.32	0.09
SPANISH RICE	1/2 CUP	40	0	144	0.49	4.7	137	0.44	*0	0.73	9.14	0.18	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
CINNAMON APPLES	1/2 cup	71	0	1	0.20	9.4	38	0.19	*7	0.27	18.33	0.34	0.05
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	41	2	37	0.00	110.5	184	0.88	7	2.95	7.0	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
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 % of Calories		747	47	967	5.35	576.4	5167	38.88	*40 *21.3%	31.61 16.9%	125.55 67.3%	14.47 17.4%	5.59 6.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 02/07/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST SANDWICH	1 EA	66	33	114	0.41	56.7	121	0.01	*1	4.37	4.92	3.1	1.25
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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	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												
STEAK SANDWICH	1 EA	245	20	299	2.55	46.8	0	0.0	*2	11.07	22.1	12.49	2.95
TOASTED CHEESE SANDWICH	1 EACH	43	4	64	0.26	66.3	95	0.0	*0	2.89	3.6	1.71	0.94
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BROCCOLI, raw florettes	1/2 cup	5	0	4	0.15	8.0	497	15.45	*N/A*	0.49	0.87	0.06	0.01
VEGETABLE SOUP	1 CUP	52	0	278	0.67	17.1	3412	3.72	*0	1.91	10.55	0.54	0.04
CRACKERS	1 EACH	15	0	24	0.09	3.1	0	0.0	1	0.25	2.38	0.55	0.11
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	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	41	2	37	0.00	110.5	184	0.88	7	2.95	7.0	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
CONDIMENTS	1 EA	23	0	124	0.06	2.4	0	0.0	*0	0.18	1.56	1.7	0.22
Weighted Daily Average		689	65	1048	5.27	498.8	6080	52.72	*40	30.44	95.98	21.80	6.24
% of Calories									*23.4%	17.7%	55.7%	28.5%	8.1%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 02/08/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA		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

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:58 PM

	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												
CRISPY CHICKEN WRAP	1 EA	144	16	234	0.46	95.7	747	0.72	0	7.18	10.13	8.4	2.61
CHICKEN FAJITA	1 EA	121	30	239	0.34	130.4	141	5.76	*1	10.52	8.08	4.94	2.38
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	93	0	103	1.43	32.4	0	0.0	0	5.64	17.37	0.3	0.08
CARROTS (STEAMED)	1/2 CUP	19	0	28	0.43	25.9	9324	1.67	2	0.49	4.47	0.12	0.02
BROWNIE	1 EA	117	0	105	0.84	0.2	0	0.0	*0	1.56	20.23	3.5	1.56
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	39	2	35	0.00	105.0	175	0.84	6	2.8	6.65	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
TACO SAUCE	3 packs	1	0	18	0.02	0.3	12	0.53	*N/A*	0.03	0.29	0.01	0.00
Weighted Daily Average		823	85	977	5.05	610.7	12044	43.43	*45	37.59	122.90	21.99	8.25
% of Calories									*21.9%	18.3%	59.7%	24.0%	9.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 02/09/2018													
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.	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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:58 PM

	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												
PEPPERONI PIZZA	1 EA	180	15	396	1.62	120.0	180	0.0	*N/A*	9.6	21.0	7.2	3.00
CHICKEN SANDWICH	1 EACH	26	2	53	0.21	8.3	0	0.04	*0	1.46	2.65	1.05	0.21
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
CORN	1/2 CUP	75	0	1	0.35	2.3	206	4.3	4	2.67	16.42	1.17	0.15
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	47	0	5	0.24	4.9	170	1.55	11	0.33	12.19	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	32	0	3	0.13	7.8	635	13.45	6	0.48	7.99	0.13	0.03
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	39	2	35	0.00	105.0	175	0.84	6	2.8	6.65	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	3	0	18	0.01	0.3	0	0.0	*0	0.03	0.22	0.24	0.03
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		589	27	776	4.11	479.1	4566	38.41	*42	25.64	99.33	13.28	4.60
% of Calories									*28.2%	17.4%	67.4%	20.3%	7.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 02/12/2018													
HIGH SCHOOL BREAKFAS	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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
LASAGNA	SERVINGS	179	36	316	1.57	222.0	523	8.53	*1	11.98	13.67	8.64	4.38
CHICKEN SANDWICH	1 EACH	87	6	177	0.70	27.7	0	0.14	*1	4.86	8.85	3.5	0.69
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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
CARROTS (STEAMED)	1/2 CUP	19	0	28	0.43	25.9	9324	1.67	2	0.49	4.47	0.12	0.02
SALAD	1.25 cup	9	0	4	0.38	13.0	3072	4.08	1	0.59	1.88	0.14	0.02
BREAD STICKS	1 EA	61	0	127	0.59	0.0	6	0.0	1	1.65	9.35	2.2	0.55
PEARS: canned,light syrup	1/2 CUP	45	0	4	0.22	3.9	0	0.55	10	0.15	11.97	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	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
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	4	0	23	0.01	0.5	0	0.0	*0	0.03	0.3	0.32	0.04
RANCH DRESSING	1 EA	4	0	50	0.00	0.0	0	0.0	*N/A*	0.0	0.8	0.0	0.00
Weighted Daily Average		697	56	1099	5.92	543.8	14685	48.97	*41	30.56	105.57	19.67	7.55
% of Calories									*23.6%	17.5%	60.6%	25.4%	9.8%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 02/13/2018													
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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 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												
CHICKEN ALFREDO	1 CUP	143	29	255	0.74	51.1	216	0.19	*1	8.69	16.0	5.0	2.50
MINI CORN DOG BITES	1 EA	88	14	268	0.00	0.0	0	0.0	0	3.02	7.97	4.95	1.37
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
SEASONED NEW POTATOES	1/2 cup	72	0	44	0.13	3.5	163	5.84	*0	0.81	9.12	3.69	0.75
BROCCOLI: frozen, boiled	1/2 CUP	15	0	12	0.32	26.5	526	20.86	1	1.61	2.79	0.06	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	41	0	4	0.17	10.2	825	17.49	8	0.63	10.39	0.17	0.04
BREAD STICKS	1 EA	69	0	144	0.68	0.0	6	0.0	1	1.87	10.62	2.5	0.63
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	39	2	35	0.00	105.0	175	0.84	6	2.8	6.65	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	4	0	23	0.01	0.5	0	0.0	*0	0.03	0.3	0.32	0.04
Weighted Daily Average		708	91	986	3.46	391.4	2653	60.80	*39	28.26	104.86	21.56	7.09
% of Calories									*22.2%	16.0%	59.2%	27.4%	9.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 02/14/2018													
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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
ORANGE CHICKEN	1 EACH	63	22	66	0.27	7.4	14	0.0	*N/A*	5.16	4.05	2.58	0.55
HOT POCKET	1 EA	81	6	174	0.78	72.4	58	2.61	*N/A*	5.21	8.11	2.89	1.45
BAKED POTATO	1 EACH	46	3	54	0.36	23.5	82	2.15	*0	1.77	6.94	1.39	0.45
RICE	servings	143	0	84	0.58	10.9	0	0.0	*0	3.07	29.9	1.13	0.23
EGG ROLL	1 EA	84	16	216	0.95	21.1	395	3.16	*N/A*	5.26	10.53	2.63	0.53
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
ORIENTAL VEGGIES	1/2 CUP	9	0	6	0.10	6.4	88	4.73	*N/A*	0.38	1.51	0.0	0.00
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	43	0	4	0.18	10.7	868	18.41	8	0.66	10.94	0.18	0.04
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	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	6	0.04	0.0	0	0.0	0	0.0	0.56	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		719	51	837	5.32	451.6	4978	54.76	*40	31.02	121.59	13.05	3.88
% of Calories									*22.4%	17.2%	67.6%	16.3%	4.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 02/15/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	12	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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Feb 1, 2018 thru Feb 28, 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												
TATORTOT CASSEROLE	SERVING	172	23	386	0.93	60.3	58	1.33	*0	7.58	9.3	11.74	4.14
MOZZARELLA STICKS	5 EACH	77	6	108	0.12	845.9	3984	5.75	*0	3.61	7.2	3.66	1.31
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BROCCOLI SALAD NEW	1/2 CUP	27	0	51	0.21	13.8	178	25.64	*1	0.82	3.19	1.38	0.17
RANCH STYLE BEANS	1/2 CUP	62	0	269	1.39	0.0	103	0.0	*N/A*	3.62	10.85	0.52	0.00
SALAD	1.25 cup	9	0	4	0.38	13.2	3105	4.13	1	0.59	1.9	0.14	0.02
BREAD	2 SLICES	70	0	141	1.44	201.6	1	0.0	1	3.14	12.94	0.63	0.19
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	51	0	5	0.26	5.4	186	1.7	12	0.36	13.35	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
MILK,1% Lowfat	HALF PINT	10	1	11	0.01	29.8	47	0.0	1	0.8	1.19	0.23	0.15
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	6	0.04	0.0	0	0.0	0	0.0	0.56	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		724	60	1247	6.13	1422.0	9353	71.40	*45	30.19	105.71	21.86	7.03
% of Calories									*25.1%	16.7%	58.4%	27.2%	8.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 02/16/2018													
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

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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	91	11	136	1.02	35.6	32	0.17	*1	5.1	7.28	4.6	1.70
CHEESEBURGER	1 EA	147	17	292	1.28	76.3	125	0.22	*1	8.94	9.04	8.52	3.07
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
POTATO WEDGES	8 PCS	82	0	11	0.30	6.6	3	3.22	*N/A*	1.48	12.6	2.59	0.37
BURGER FIXINS	1 EA	12	0	167	0.48	26.1	3583	4.23	1	0.73	2.4	0.21	0.03
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
MILK,1% Lowfat	HALF PINT	10	1	11	0.01	29.8	47	0.0	1	0.8	1.19	0.23	0.15
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
Weighted Daily Average		609	37	825	4.49	439.0	5743	43.57	*39	26.71	86.56	18.94	6.08
% of Calories									*25.8%	17.6%	56.9%	28.0%	9.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 02/19/2018													
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		667-781		1204								<=30.0	<10.00

Tue - 02/20/2018													
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	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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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
CRISPITO	2 ea	255	41	371	1.24	69.5	0	0.0	*N/A*	10.42	25.47	11.57	2.89
QUESADILLA	1 ea	42	6	79	0.36	32.9	39	0.0	0	2.37	4.21	1.71	0.79
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
PINTO BEANS	1/2 cup	122	0	136	1.88	42.6	0	0.0	0	7.42	22.85	0.4	0.11
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	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
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	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	0.04	0.0	0	0.0	0	0.0	0.53	0.0	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
TACO SAUCE	1 packet	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		787	64	1082	6.69	485.7	4957	39.71	*38	34.09	124.84	17.57	5.14
% of Calories									*19.3%	17.3%	63.5%	20.1%	5.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 02/21/2018													
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.	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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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
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		666	38	985	4.20	442.2	2172	56.27	*45	25.50	100.22	19.57	6.19
% of Calories									*26.8%	15.3%	60.2%	26.4%	8.4%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 02/22/2018													
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.	19	0	33	0.16	10.4	14	0.0	*0	0.8	2.74	0.53	0.12
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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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	141	16	176	0.79	57.5	101	0.75	*1	9.25	17.48	3.4	1.24
CORN DOG:Turkey Jumbo State F	1 EACH	56	8	132	0.36	10.0	20	1.81	*N/A*	1.81	6.22	2.61	0.60
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	19	0	18	0.20	12.7	238	23.71	*0	1.48	2.98	0.0	0.00
BLACKEYED PEAS	1/2 CUP	49	0	186	0.62	12.7	8	1.71	*N/A*	3.01	8.66	0.35	0.09
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	41	0	1	0.31	11.0	30	5.87	10	0.28	10.53	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	39	0	4	0.16	9.8	793	16.82	7	0.6	9.99	0.16	0.04
GARLIC TOAST	1 EACH	59	0	124	0.70	0.0	261	0.0	*N/A*	1.96	9.79	1.63	0.33
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
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	44	0.02	0.7	25	0.2	1	0.05	1.32	0.0	0.00
Weighted Daily Average		632	64	932	4.44	421.6	2410	66.07	*39	29.78	102.17	12.85	3.93
% of Calories									*24.8%	18.8%	64.7%	18.3%	5.6%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 02/23/2018													
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

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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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	113	9	248	1.01	75.0	113	0.0	*N/A*	6.0	13.13	4.5	1.88
CHICKEN SANDWICH	1 EACH	87	6	177	0.70	27.7	0	0.14	*1	4.86	8.85	3.5	0.69
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
CORN	1/2 CUP	75	0	1	0.35	2.3	206	4.3	4	2.67	16.42	1.17	0.15
SALAD	1.25 cup	9	0	4	0.38	13.0	3072	4.08	1	0.59	1.88	0.14	0.02
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	4	0	57	0.16	8.8	1216	1.43	0	0.25	0.81	0.07	0.01
PEARS: canned,light syrup	1/2 CUP	45	0	4	0.22	3.9	0	0.55	10	0.15	11.97	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	0.49	0.0	0.00
CONDIMENTS	1 EA	11	0	59	0.03	1.2	0	0.0	*0	0.08	0.74	0.81	0.11
RANCH DRESSING	1 EA	6	0	78	0.00	0.0	0	0.0	*N/A*	0.0	1.25	0.0	0.00
Weighted Daily Average		619	26	904	4.71	477.5	12131	43.64	*41	26.20	104.50	13.93	4.09
% of Calories									*26.4%	16.9%	67.5%	20.2%	5.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 02/26/2018													
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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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
CHEESE NACHOS	1 EA	158	20	466	1.12	242.7	200	0.0	0	6.06	13.0	8.32	4.51
HOAGIE SANDWICH	1 EA	71	14	340	0.60	72.9	61	0.44	*0	5.2	7.76	2.27	1.05
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BURGER FIXINS	1 EA	3	0	42	0.12	6.5	896	1.06	0	0.18	0.6	0.05	0.01
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.18	9.9	622	19.31	*N/A*	0.62	1.09	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	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
OATMEAL COOKIES	1 EACH	119	15	95	0.55	9.0	85	0.0	*7	1.65	14.3	6.27	2.60
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	6	0.04	0.0	0	0.0	0	0.0	0.56	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
TACO SAUCE	1 packet	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		669	66	1326	4.20	666.4	3993	55.75	*46	25.60	94.18	22.22	10.32
% of Calories									*27.3%	15.3%	56.3%	29.9%	13.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 02/27/2018													
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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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
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 % of Calories		655	23	1149	5.25	372.6	5430	51.82	*45 *27.2%	23.19 14.2%	116.18 70.9%	13.60 18.7%	3.61 5.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 02/28/2018													
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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Feb 1, 2018 thru Feb 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 1/29/2018 12:28:59 PM

	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												
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		658	49	873	5.42	497.7	5156	42.91	*39	30.57	106.64	13.62	4.91
% of Calories									*23.6%	18.6%	64.8%	18.6%	6.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Weighted Average		691	52	1019	5.13	564.0	6183	52.73	*42	29.71	107.02	17.75	5.89
									*54.6%	17.2%	62.0%	23.1%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	691		667 - 781	100%				
Cholesterol (mg)	52							
Sodium (mg)	1019		1204					
Iron (mg)	5.13							
Calcium (mg)	564.0							
Vitamin A (IU)	6183							
Sugars (g)	42	24.27%			Missing			
Vitamin C (mg)	52.73							
Protein (g)	29.71	17.21%						
Carbohydrate (g)	107.02	61.97%						
Total Fat (g)	17.75	23.13%	<=30.00%					
Saturated Fat (g)	5.89	7.68%	<10.00%					

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