

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:03 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)
Thu - 03/01/2018													
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
HIGH SCHOOL LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	165	49	284	0.81	15.0	70	0.0	*N/A*	12.71	5.24	10.47	2.99
HAMBURGER HELPER	1 CUP	52	12	108	0.38	13.6	15	0.02	*0	3.74	3.35	2.5	1.01
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
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	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	51	0	5	0.26	5.4	186	1.7	12	0.36	13.35	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
BREAD	2 SLICES	98	0	197	2.02	282.2	2	0.0	2	4.4	18.12	0.89	0.26
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
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		739	104	1183	6.45	687.9	4874	56.95	*45	38.99	104.88	19.77	6.31
% of Calories									*24.4%	21.1%	56.7%	24.1%	7.7%
Nutrient Guideline		665-779		1199								<=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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:03 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 - 03/02/2018													
HIGH SCHOOL BREAKFAST PIZZA	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
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
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	10	0	143	0.41	22.3	3071	3.62	1	0.62	2.06	0.18	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	31	0	167	0.08	3.3	0	0.0	*0	0.24	2.1	2.3	0.30
Weighted Daily Average		681	39	1016	4.73	497.5	11199	43.62	*43	28.11	96.34	21.72	6.64
% of Calories									*25.0%	16.5%	56.6%	28.7%	8.8%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Mon - 03/05/2018													
HIGH SCHOOL BREAKFAST PIZZA	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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Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:03 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
GREEN BEANS	1/2 CUP	13	0	143	0.51	14.8	199	2.69	*N/A*	0.68	2.97	0.06	0.01
PEACHES: canned,light syrup	1/2 CUP	48	0	4	0.32	2.7	314	2.13	12	0.4	12.89	0.03	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
BREAD	2 SLICES	98	0	197	2.02	282.2	2	0.0	2	4.4	18.12	0.89	0.26
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	46	2	42	0.00	126.3	211	1.01	8	3.37	8.0	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	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
Weighted Daily Average		732	48	1181	6.12	704.4	2393	58.01	*44	35.59	115.21	16.02	5.14
% of Calories									*24.2%	19.5%	63.0%	19.7%	6.3%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Tue - 03/06/2018													
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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Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:03 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	134	15	337	1.72	87.0	191	1.88	*0	9.92	12.02	5.97	2.22
CORN DOG:Turkey Jumbo State F	1 EACH	52	7	122	0.33	9.2	18	1.66	*N/A*	1.66	5.73	2.4	0.55
BAKED POTATO	1 EACH	77	4	90	0.60	39.1	137	3.58	*0	2.94	11.57	2.32	0.75
STEAMED VEGETABLES	1/2 cup	20	0	19	0.21	13.3	251	24.96	*0	1.55	3.13	0.0	0.00
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
APPLESAUCE	1/2 CUP	57	0	2	0.10	2.5	5	1.42	12	0.13	14.66	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
TEDDY GRAHAMS	1 EA	67	0	71	0.58	11.9	0	0.0	4	1.04	12.02	1.64	0.25
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	46	2	42	0.00	126.3	211	1.01	8	3.37	8.0	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
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
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		689	54	990	5.51	531.9	5755	71.57	*46	30.34	107.61	17.34	5.45
% of Calories									*27.0%	17.6%	62.5%	22.6%	7.1%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Wed - 03/07/2018													
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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## Planned Menu Spreadsheet

### Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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	46	2	42	0.00	126.3	211	1.01	8	3.37	8.0	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
Weighted Daily Average		729	72	1038	6.03	553.4	5880	41.27	*42	34.01	115.72	16.13	6.10
% of Calories									*23.1%	18.7%	63.5%	19.9%	7.5%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Thu - 03/08/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	23	42	22	0.20	10.0	87	0.0	0	1.51	0.24	1.66	0.50
BACON WC	EA	21	6	68	0.00	0.0	0	0.0	*N/A*	1.48	0.0	1.78	0.59
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	32	0	3	0.13	7.8	635	13.45	6	0.48	7.99	0.13	0.03
FRUIT JUICE	1 EA	27	0	3	0.12	4.1	30	8.28	*N/A*	0.19	6.6	0.05	0.01
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	44	2	40	0.00	120.0	200	0.96	7	3.2	7.6	0.0	0.00
JELLY	2 ea	37	0	4	0.03	1.0	1	0.13	7	0.02	9.79	0.0	0.00
HIGH SCHOOL LUNCH	Total												
TURKEY W/CHEESE SANDWICH	1 EACH	132	22	546	1.20	103.7	92	2.05	3	10.81	13.1	3.86	1.62
PRETZELS	1 EA	45	0	150	0.54	0.0	0	0.0	0	1.0	7.5	1.0	0.00
CARROT STICKS- baby	1bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	0.01
DRAGON PUNCH	1 EA	25	0	18	0.00	0.0	250	15.0	6	0.0	6.5	0.0	0.00
APPLESAUCE	1/2 CUP	42	0	1	0.07	1.8	4	1.04	9	0.1	10.71	0.1	0.02
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	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	44	2	40	0.00	120.0	200	0.96	7	3.2	7.6	0.0	0.00
CONDIMENTS	1 EA	22	0	117	0.06	2.3	0	0.0	*0	0.17	1.48	1.62	0.21

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 6

Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:03 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)
Weighted Daily Average % of Calories		662	76	1249	4.22	511.6	8206	57.18	*56 *33.9%	28.61 17.3%	108.69 65.6%	13.60 18.5%	3.95 5.4%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Fri - 03/09/2018													
HIGH SCHOOL BREAKFAS 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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Mon - 03/12/2018													
HIGH SCHOOL BREAKFAS 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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Tue - 03/13/2018													
HIGH SCHOOL BREAKFAS 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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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)
Wed - 03/14/2018													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Thu - 03/15/2018													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Fri - 03/16/2018													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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)
Mon - 03/19/2018													
HIGH SCHOOL BREAKFAS	Total												
BISCUIT	1 EA	29	0	108	0.33	5.4	51	*0.04	0	0.51	3.93	1.18	0.25
SAUSAGE	PATTY	8	2	25	0.04	2.1	0	0.0	*N/A*	0.63	0.11	0.63	0.21
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
HIGH SCHOOL LUNCH													
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		736	69	871	6.42	567.2	4889	*90.33	*46	27.05	115.04	20.39	7.02
% of Calories									*24.9%	14.7%	62.6%	24.9%	8.6%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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)
Tue - 03/20/2018													
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
HIGH SCHOOL LUNCH													
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		803	48	1399	23.04	804.7	15131	39.64	*45	27.64	128.96	22.91	5.35
% of Calories									*22.2%	13.8%	64.2%	25.7%	6.0%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Wed - 03/21/2018													
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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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												
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		715	69	1276	6.50	582.5	6065	45.66	*42	32.09	111.46	17.75	7.71
% of Calories									*23.4%	18.0%	62.4%	22.4%	9.7%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Thu - 03/22/2018													
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.	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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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												
STEAK FINGERS	4 ea	163	18	168	1.42	21.0	3	0.0	1	8.4	10.5	9.97	2.36
TURKEY W/CHEESE SANDWICH	1 EACH	33	6	137	0.30	25.9	23	0.51	1	2.7	3.27	0.97	0.41
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
GRAVY LUNCH	1/4 CUP	34	0	158	0.40	4.2	3	0.13	*0	0.57	3.75	1.83	0.73
GREEN BEANS	1/2 CUP	9	0	97	0.35	10.1	135	1.83	*N/A*	0.46	2.01	0.04	0.01
STEAMED VEGETABLES	1/2 cup	19	0	18	0.20	12.7	238	23.71	*0	1.48	2.98	0.0	0.00
BREAD	2 SLICES	93	0	187	1.92	268.1	2	0.0	2	4.18	17.21	0.84	0.25
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	42	0	1	0.32	11.4	31	6.1	10	0.29	10.95	0.1	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
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	6	0	29	0.01	0.6	0	0.0	*0	0.04	0.37	0.4	0.05
Weighted Daily Average		749	67	1096	6.67	743.9	2356	84.87	*47	33.13	112.62	20.14	6.06
% of Calories									*25.1%	17.7%	60.1%	24.2%	7.3%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Fri - 03/23/2018													
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.	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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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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												
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
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	28	0	147	0.07	2.9	0	0.0	*0	0.21	1.85	2.02	0.27
Weighted Daily Average		656	37	966	4.52	485.9	5380	43.44	*43	27.25	93.01	20.78	6.40
% of Calories									*26.1%	16.6%	56.7%	28.5%	8.8%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Mon - 03/26/2018													
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	1 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
HIGH SCHOOL LUNCH	Total												
PARMESAN CHICKEN	1 EACH	124	28	388	0.32	28.8	4	0.12	*0	12.54	4.32	6.03	1.13
SALISBURY STEAK	1 EA	40	8	89	0.32	7.2	0	0.21	*N/A*	2.65	1.69	2.55	1.05
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
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
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
CARROT STICKS- baby	bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	0.01
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
BREAD	2 SLICES	83	0	167	1.71	239.4	1	0.0	2	3.73	15.37	0.75	0.22
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

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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)
Weighted Daily Average % of Calories		662	53	1172	5.52	650.6	7692	59.09	*41 *24.5%	34.87 21.1%	99.73 60.3%	14.89 20.2%	4.77 6.5%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Tue - 03/27/2018													
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
HIGH SCHOOL LUNCH	Total												
TACO SALAD	1 CUP	88	15	141	0.54	70.1	505	1.26	*0	5.81	6.55	3.85	1.63
QUESADILLA	1 ea	120	17	225	1.01	93.7	112	0.0	0	6.75	12.0	4.88	2.25
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
SPANISH RICE	1/2 CUP	38	0	136	0.47	4.5	130	0.42	*0	0.69	8.68	0.17	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
CINNAMON APPLES	1/2 cup	67	0	1	0.19	8.9	36	0.18	*6	0.26	17.41	0.32	0.05
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	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	2	0	36	0.05	0.7	24	1.06	*N/A*	0.05	0.59	0.01	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		684	81	942	5.37	563.0	5012	37.43	*33 *19.2%	32.34 18.9%	108.88 63.7%	14.43 19.0%	5.87 7.7%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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)
Wed - 03/28/2018													
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
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		685	32	992	5.83	470.5	6047	53.51	*43	27.89	102.24	20.03	5.27
% of Calories									*25.1%	16.3%	59.7%	26.3%	6.9%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Thu - 03/29/2018													
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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Mar 1, 2018 thru Mar 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 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												
CRISPY CHICKEN WRAP	1 EA	151	17	246	0.48	100.7	786	0.76	0	7.55	10.66	8.84	2.75
CHICKEN FAJITA	1 EA	127	31	252	0.36	137.3	149	6.06	*1	11.07	8.51	5.2	2.51
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
CARROTS (STEAMED)	1/2 CUP	20	0	30	0.46	27.2	9815	1.76	2	0.52	4.71	0.12	0.02
BROWNIE	1 EA	123	0	111	0.88	0.3	0	0.0	*0	1.64	21.3	3.69	1.64
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	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	1	0	19	0.02	0.4	13	0.56	*N/A*	0.03	0.31	0.01	0.00
Weighted Daily Average		841	81	998	5.22	622.0	12629	44.71	*46	38.39	125.88	22.40	8.46
% of Calories									*21.7%	18.3%	59.9%	24.0%	9.1%
Nutrient Guideline		665-779		1199								<=30.0	<10.00

Fri - 03/30/2018													
HIGH SCHOOL BREAKFAS 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		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		665-779		1199								<=30.0	<10.00

Weighted Average		718	62	1091	6.81	598.5	6900	*55.15	*44	31.75	109.75	18.55	6.03
									*55.2%	17.7%	61.2%	23.3%	7.6%

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**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Wolfe City ISD**

Planned Menu Spreadsheet

Weighted Values - Detailed

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**Mar 1, 2018 thru Mar 31, 2018**

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 2/22/2018 11:02:04 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	718		665 - 779	100%										
Cholesterol (mg)	62													
Sodium (mg)	1091		1199											
Iron (mg)	6.81													
Calcium (mg)	598.5													
Vitamin A (IU)	6900													
Sugars (g)	44	24.54%			Missing									
Vitamin C (mg)	55.15				Missing									
Protein (g)	31.75	17.70%												
Carbohydrate (g)	109.75	61.18%												
Total Fat (g)	18.55	23.27%		<=30.00%										
Saturated Fat (g)	6.03	7.57%		<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*  
*1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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