

# Wolfe City ISD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:38 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 - 05/01/2018													
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												
CHILI DOG	1 EA	110	12	452	0.99	53.5	537	0.24	*N/A*	5.25	8.05	6.46	1.75
HOT DOG ON A BUN:turkey hot	SERVING	75	8	269	0.82	39.3	0	0.0	*N/A*	3.93	5.85	4.27	1.15
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
BAKED BEANS	1/2 CUP	78	0	91	17.75	287.3	4473	0.0	*N/A*	3.97	17.53	0.31	0.06
HASH BROWN POTATOES	1 each	44	0	3	0.11	3.5	0	1.36	0	0.54	5.79	2.35	0.19
CARROT STICKS- baby	1bag	19	0	41	0.48	16.9	7329	1.41	0	0.33	4.33	0.06	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	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
CUP CAKE	1 EA	73	13	108	0.28	23.3	19	0.02	*0	1.07	12.34	2.13	0.37
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		738	82	1352	22.17	779.8	14477	38.16	*37	28.57	112.12	22.45	5.65
% of Calories									*20.2%	15.5%	60.8%	27.4%	6.9%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Wed - 05/02/2018													
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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May 1, 2018 thru May 18, 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												
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		711	36	1220	7.05	554.2	6032	46.45	*45	29.53	117.72	15.98	6.74
% of Calories									*25.1%	16.6%	66.2%	20.2%	8.5%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Thu - 05/03/2018													
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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Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:38 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												
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		764	62	1123	6.93	762.2	2432	88.33	*48	33.69	115.06	20.45	6.15
% of Calories									*25.0%	17.6%	60.3%	24.1%	7.3%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Fri - 05/04/2018													
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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Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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	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		665	39	993	4.39	486.8	5538	43.04	*43	27.92	92.88	21.53	6.61
% of Calories									*25.7%	16.8%	55.9%	29.1%	9.0%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Mon - 05/07/2018													
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	5 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	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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Weighted Daily Average % of Calories		686	52	1088	4.66	603.7	7551	58.30	*45 *26.0%	33.17 19.3%	105.16 61.3%	15.77 20.7%	4.30 5.6%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Tue - 05/08/2018													
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
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		699	51	949	6.14	545.2	5279	39.16	*34 *19.3%	32.56 18.6%	114.14 65.3%	13.67 17.6%	5.58 7.2%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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 - 05/09/2018													
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.	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
HIGH SCHOOL LUNCH	Total												
STEAK SANDWICH	1 EA	233	19	284	2.42	44.5	0	0.0	*1	10.52	21.0	11.87	2.80
TOASTED CHEESE SANDWICH	1 EACH	41	4	60	0.24	63.0	90	0.0	*0	2.75	3.42	1.62	0.89
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
BROCCOLI,raw florettes	1/2 cup	4	0	4	0.14	7.6	472	14.68	*N/A*	0.47	0.83	0.06	0.01
VEGETABLE SOUP	1 CUP	49	0	264	0.64	16.2	3242	3.53	*0	1.81	10.02	0.51	0.04
CRACKERS	1 EACH	15	0	22	0.08	2.9	0	0.0	0	0.23	2.26	0.52	0.10
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	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	22	0	117	0.06	2.3	0	0.0	*0	0.17	1.48	1.62	0.21
Weighted Daily Average		642	33	982	5.20	455.8	5693	51.27	*38	26.87	93.25	19.44	5.15
% of Calories									*23.6%	16.8%	58.1%	27.3%	7.2%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Thu - 05/10/2018													
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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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												
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		792	85	947	4.92	587.6	12008	43.28	*42	36.58	116.96	21.59	8.16
% of Calories									*21.1%	18.5%	59.1%	24.5%	9.3%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Fri - 05/11/2018													
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

Page 8

May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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	189	16	417	1.71	126.3	189	0.0	*N/A*	10.11	22.11	7.58	3.16
CHICKEN SANDWICH	1 EACH	27	2	56	0.22	8.8	0	0.04	*0	1.53	2.79	1.11	0.22
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
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	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	33	0	3	0.14	8.2	668	14.16	6	0.51	8.42	0.13	0.03
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	3	0	19	0.01	0.4	0	0.0	*0	0.03	0.23	0.26	0.03
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		597	27	754	4.23	460.0	4706	38.14	*42	25.30	101.25	13.60	5.10
% of Calories									*27.9%	17.0%	67.9%	20.5%	7.7%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Mon - 05/14/2018													
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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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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												
LASAGNA	SERVINGS	188	38	332	1.65	233.7	550	8.98	*1	12.61	14.39	9.09	4.61
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 ON THE COB	1 EACH	39	0	99	0.25	1.2	96	1.99	1	1.29	9.26	0.31	0.05
CARROTS (STEAMED)	1/2 CUP	20	0	30	0.46	27.2	9815	1.76	2	0.52	4.71	0.12	0.02
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
BREAD STICKS	1 EA	64	0	133	0.63	0.0	6	0.0	1	1.74	9.84	2.32	0.58
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	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	29	1	26	0.00	78.9	132	0.63	5	2.11	5.0	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
CONDIMENTS	1 EA	5	0	25	0.01	0.5	0	0.0	*0	0.04	0.31	0.34	0.04
RANCH DRESSING	1 EA	4	0	53	0.00	0.0	0	0.0	*N/A*	0.0	0.84	0.0	0.00
Weighted Daily Average		708	59	1142	5.75	539.9	15393	50.07	*41	31.42	105.41	20.63	7.96
% of Calories									*23.0%	17.8%	59.6%	26.2%	10.1%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Tue - 05/15/2018													
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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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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												
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		687	52	972	3.72	343.5	2617	62.52	*41	25.57	105.37	20.47	6.43
% of Calories									*23.6%	14.9%	61.3%	26.8%	8.4%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Wed - 05/16/2018													
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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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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												
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		713	62	843	5.49	432.6	5045	54.97	*37	31.93	117.23	13.55	4.19
% of Calories									*20.5%	17.9%	65.8%	17.1%	5.3%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Thu - 05/17/2018													
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

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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												
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		698	68	1232	5.77	1404.8	9322	70.96	*42	29.99	98.75	22.05	7.11
% of Calories									*23.9%	17.2%	56.6%	28.4%	9.2%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Fri - 05/18/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	84	6	172	0.58	60.0	8	0.0	*N/A*	4.0	10.01	3.2	0.80
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	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	7	0	1	0.01	0.2	0	0.03	1	0.0	1.96	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	19	2	20	0.01	56.7	89	0.0	2	1.53	2.26	0.44	0.29
MILK, CHOC FATFREE	HALF PINT	33	2	30	0.00	90.0	150	0.72	5	2.4	5.7	0.0	0.00
CONDIMENTS	1 EA	18	0	94	0.04	1.8	0	0.0	*0	0.14	1.18	1.3	0.17

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 4/20/2018 11:06:39 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		583	35	1157	3.86	511.8	8059	56.83	*48	25.93	97.24	10.88	3.21
% of Calories									*33.1%	17.8%	66.8%	16.8%	5.0%
Nutrient Guideline		664-778		1197								<=30.0	<10.00

Weighted Average		692	53	1054	6.45	604.9	7439	52.96	*41	29.93	106.61	18.01	5.88
									*53.8%	17.3%	61.7%	23.4%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	692		664 - 778	100%				
Cholesterol (mg)	53							
Sodium (mg)	1054		1197					
Iron (mg)	6.45							
Calcium (mg)	604.9							
Vitamin A (IU)	7439							
Sugars (g)	41	23.93%			Missing			
Vitamin C (mg)	52.96							
Protein (g)	29.93	17.31%						
Carbohydrate (g)	106.61	61.66%						
Total Fat (g)	18.01	23.43%	<=30.00%					
Saturated Fat (g)	5.88	7.65%	<10.00%					

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