

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:08 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 - 08/15/2018													
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
HIGH SCHOOL LUNCH													
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		668	45	992	4.95	443.1	2328	57.28	*44	26.75	99.25	19.29	5.73
% of Calories									*26.5%	16.0%	59.5%	26.0%	7.7%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Thu - 08/16/2018													
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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Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN SPAGHETTI	SERVING	148	17	186	0.83	60.6	106	0.79	*1	9.73	18.4	3.58	1.31
CORN DOG:Turkey Jumbo State F	1 EACH	59	8	139	0.38	10.6	21	1.9	*N/A*	1.9	6.55	2.75	0.63
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
BROCCOLI & CHEESE	1/2 CUP	34	4	95	0.37	66.1	524	19.15	0	2.52	3.18	1.51	0.95
BLACKEYED PEAS	1/2 CUP	51	0	196	0.65	13.4	9	1.8	*N/A*	3.17	9.11	0.37	0.10
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.32	11.5	31	6.18	10	0.3	11.08	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
GARLIC TOAST	1 EACH	62	0	130	0.74	0.0	275	0.0	*N/A*	2.06	10.3	1.72	0.34
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
MUSTARD: individual PC	Pkt 5g	0	0	6	0.01	0.3	1	0.0	0	0.02	0.03	0.02	0.00
KETCHUP: individual	Pkt 6g	5	0	46	0.02	0.8	27	0.21	1	0.05	1.38	0.01	0.00
Weighted Daily Average		657	71	1035	4.47	480.1	2764	62.46	*39	31.79	102.68	14.77	5.00
% of Calories									*23.8%	19.4%	62.5%	20.2%	6.8%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Fri - 08/17/2018													
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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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	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	EA	118	10	261	1.07	79.0	118	0.0	*N/A*	6.32	13.82	4.74	1.97
CHICKEN SANDWICH	1 EACH	91	6	186	0.74	29.2	0	0.14	*1	5.11	9.32	3.68	0.73
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
CORN	1/2 CUP	79	0	1	0.37	2.5	217	4.53	4	2.81	17.28	1.24	0.16
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
CARROT STICKS- baby	1bag	16	0	35	0.40	14.2	6172	1.19	0	0.28	3.65	0.05	0.01
BURGER FIXINS	1 EA	4	0	60	0.17	9.3	1280	1.51	0	0.26	0.86	0.08	0.01
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	12	0	62	0.03	1.2	0	0.0	*0	0.09	0.78	0.85	0.11
RANCH DRESSING	1 EA	7	0	82	0.00	0.0	0	0.0	*N/A*	0.0	1.32	0.0	0.00
Weighted Daily Average		644	28	942	4.65	496.6	12739	44.67	*43	27.47	108.16	14.59	4.30
% of Calories									*26.6%	17.1%	67.2%	20.4%	6.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Mon - 08/20/2018													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	55	3	57	0.38	8.4	0	0.0	*N/A*	1.47	7.79	2.11	1.05
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	10	0	17	0.08	5.5	7	0.0	*0	0.42	1.44	0.28	0.06
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	13	1	13	0.01	37.3	58	0.0	2	1.01	1.49	0.29	0.19
MILK, CHOC FATFREE	HALF PINT	14	1	13	0.00	39.5	66	0.32	2	1.05	2.5	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
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	60	1239	4.17	658.8	3855	55.34	*44	24.97	96.35	21.67	10.16
% of Calories									*26.5%	14.9%	57.6%	29.2%	13.7%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Tue - 08/21/2018													
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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	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	176	9	366	1.36	27.2	882	8.16	*1	6.46	25.92	5.35	1.18
B B-Q SANDWICH	1 EA	49	4	141	0.48	18.2	48	0.24	*0	2.43	6.27	1.48	0.55
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
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
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
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
BREAD STICKS	1 EA	81	0	169	0.80	0.0	7	0.0	1	2.21	12.53	2.95	0.74
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
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
Weighted Daily Average % of Calories		699	41	1226	5.43	427.5	5736	52.08	*45 *26.0%	26.41 15.1%	120.65 69.0%	14.98 19.3%	4.26 5.5%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Wed - 08/22/2018													
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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001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:09 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN TACO	1 EA	120	18	167	0.63	77.3	253	0.87	*0	8.25	13.32	3.77	1.29
QUESADILLA	1 ea	84	12	158	0.71	65.8	79	0.0	0	4.74	8.42	3.42	1.58
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		694	71	1010	5.36	568.8	5108	42.23	*41	32.59	112.99	14.14	5.20
% of Calories									*23.9%	18.8%	65.1%	18.3%	6.8%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Thu - 08/23/2018													
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

\*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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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:09 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	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		785	96	1232	6.72	713.2	4896	57.01	*49	40.15	114.30	20.20	6.38
% of Calories									*24.9%	20.5%	58.3%	23.2%	7.3%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Fri - 08/24/2018													
HIGH SCHOOL BREAKFAS	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

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:09 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
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
STRAWBERRIES: frozen	1/2 CUP	81	0	3	0.49	9.2	20	34.73	20	0.44	21.74	0.11	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	31	0	167	0.08	3.3	0	0.0	*0	0.24	2.1	2.3	0.30
Weighted Daily Average		724	37	1032	5.62	512.1	11268	77.58	*53	28.61	108.15	21.72	6.61
% of Calories									*29.1%	15.8%	59.8%	27.0%	8.2%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Mon - 08/27/2018													
HIGH SCHOOL BREAKFAS	Total												
BISCUIT	1 EA	29	0	89	0.33	5.4	51	*0.04	0	0.51	3.93	1.18	0.25
SAUSAGE	PATTY	11	3	32	0.05	2.6	0	0.0	*N/A*	0.79	0.13	0.79	0.26
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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:09 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 CORDON BLUE	1 EACH	144	26	316	0.69	121.3	90	0.0	*0	10.95	6.63	8.23	3.00
FISH STICKS	4 EA	64	14	67	0.42	5.8	29	0.0	0	4.34	5.5	2.61	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
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
SESAME-ROASTED GREEN BEANS	1/2 CUP	27	0	86	0.43	27.3	346	2.54	1	0.95	4.04	1.16	0.19
BREAD STICKS	1 EA	75	0	157	0.74	0.0	7	0.0	1	2.05	11.63	2.74	0.68
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	45	0	1	0.33	12.0	33	6.43	11	0.31	11.52	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		661	51	1061	4.92	512.7	5004	*47.65	*44	30.85	94.33	20.03	6.05
% of Calories									*26.6%	18.7%	57.1%	27.3%	8.2%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Tue - 08/28/2018													
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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:10 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												
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
CARROT STICKS- baby	bag	20	0	43	0.50	17.8	7715	1.48	0	0.35	4.56	0.07	0.01
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
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	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
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		724	40	984	5.23	524.6	12470	47.31	*51	27.20	120.20	17.13	5.11
% of Calories									*28.2%	15.0%	66.4%	21.3%	6.4%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Wed - 08/29/2018													
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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Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:10 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												
TACO,BEEF	2 EACH	114	19	205	0.64	56.8	813	0.83	*0	5.87	7.84	6.54	2.74
TACO,BEEF:Soft Shell	2 EACH	127	13	93	0.42	61.4	678	1.19	*0	6.72	18.0	3.15	1.20
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
LETTUCE &TOMATO	1 cup	7	0	3	0.31	10.7	2563	3.05	1	0.47	1.47	0.11	0.01
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
PINTO BEANS	1/2 cup	122	0	136	1.88	42.6	0	0.0	0	7.42	22.85	0.4	0.11
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	3 packs	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		742	72	913	5.39	544.1	6159	41.15	*39	35.19	119.98	15.21	6.03
% of Calories									*21.2%	19.0%	64.7%	18.4%	7.3%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Thu - 08/30/2018													
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

Page 12

Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:10 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	90	20	141	0.61	0.0	3	0.0	1	8.44	5.06	3.94	0.84
SPICY CHICKEN SANDWICH	1 EACH	113	8	278	0.74	33.0	0	0.0	0	6.32	15.67	2.89	0.55
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
BROCCOLI & CHEESE	1/2 CUP	37	4	101	0.39	70.3	558	20.38	0	2.68	3.39	1.61	1.01
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
ROLL	1 EA	43	0	67	0.00	14.2	0	1.7	*N/A*	1.42	9.21	0.0	0.00
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	8	0	41	0.02	0.8	0	0.0	*0	0.06	0.52	0.57	0.07
Weighted Daily Average		715	75	1090	4.18	514.7	2752	76.60	*44	34.83	110.11	16.84	5.45
% of Calories									*24.6%	19.5%	61.6%	21.2%	6.9%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Fri - 08/31/2018													
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

Page 13

Aug 15, 2018 thru Aug 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 6/25/2018 9:01:10 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	143	12	314	1.28	95.0	143	0.0	*N/A*	7.6	16.63	5.7	2.38
CHICKEN SANDWICH	1 EACH	61	4	124	0.49	19.4	0	0.1	*0	3.4	6.19	2.45	0.48
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	19	0.21	13.2	248	24.66	*0	1.54	3.1	0.0	0.00
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
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	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
SLUSH	1 EA	56	0	31	0.25	56.0	700	42.0	*N/A*	0.0	14.0	0.0	0.00
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	8	0	41	0.02	0.8	0	0.0	*0	0.06	0.52	0.57	0.07
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		621	28	859	4.34	550.5	5563	106.95	*41	25.44	105.34	12.82	4.29
% of Calories									*26.5%	16.4%	67.9%	18.6%	6.2%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Weighted Average		692	55	1047	5.03	534.4	6203	*59.10	*44	30.17	108.65	17.18	5.74
									*57.8%	17.4%	62.8%	22.3%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	692		669 - 783	100%				
Cholesterol (mg)	55							
Sodium (mg)	1047		1210					
Iron (mg)	5.03							
Calcium (mg)	534.4							
Vitamin A (IU)	6203							
Sugars (g)	44	25.71%			Missing			
Vitamin C (mg)	59.10				Missing			
Protein (g)	30.17	17.43%						
Carbohydrate (g)	108.65	62.77%						
Total Fat (g)	17.18	22.34%	<=30.00%					
Saturated Fat (g)	5.74	7.46%	<10.00%					

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