

Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:13:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/01/2017														
HIGH SCHOOL BREAKFAST PIZZA	Total													
1 EA		210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH														
PEPPERONI PIZZA	Total													
1 EA		300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
SLUSH	1 EA	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		621	28	859	8.79	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		667-781		1204									<=30.0	<10.00

Mon - 09/04/2017														
HIGH SCHOOL BREAKFAST HOLIDAY	Total													
SERVING		0	0	0	0.00	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	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

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

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Portion Values - Detailed

Page 2

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/05/2017														
HIGH SCHOOL BREAKFAS	Total													
HAM & CHEESE CROISSANT	1 EA	303	55	790	1.47	1.58	112.7	725	0.11	*6	12.68	27.66	15.85	7.42
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH														
CHILI DOG	1 EA	313	33	1292	2.34	2.83	152.9	1533	0.67	*N/A*	15.01	23.01	18.47	5.01
HOT DOG ON A BUN:turkey hot	SERVING	232	25	827	2.00	2.53	121.0	0	0.0	*N/A*	12.09	18.01	13.15	3.54
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BAKED BEANS	1/2 CUP	125	0	146	5.43	28.40	459.7	7156	0.0	*N/A*	6.35	28.05	0.5	0.09
HASH BROWN POTATOES	1 each	64	0	4	0.93	0.16	4.9	0	1.94	0	0.77	8.27	3.36	0.27
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
CUP CAKE	1 EA	104	19	154	0.26	0.40	33.3	28	0.03	*0	1.52	17.63	3.05	0.52
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		742	49	1407	11.21	22.46	766.5	14514	38.57	*40	27.26	115.78	22.10	5.75
% of Calories										*21.6%	14.7%	62.4%	26.8%	7.0%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Wed - 09/06/2017														
HIGH SCHOOL BREAKFAS	Total													
BRKFST BURRITO	1 EA	257	207	362	3.00	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00

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Portion Values - Detailed

Page 3

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:13:59 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
BEEF ENCHILADAS	2 EA	334	42	929	7.88	5.39	284.0	2534	7.77	*0	17.94	39.7	12.17	7.11
BURRITO	1 EA	369	40	858	1.99	2.69	199.5	748	1.2	*N/A*	17.95	32.92	18.95	7.98
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
REFRIED BEANS	1/2 cup	101	0	161	4.25	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		692	76	1208	11.69	6.40	560.5	5803	44.56	*40	30.52	108.41	17.16	7.31
% of Calories										*23.0%	17.6%	62.7%	22.3%	9.5%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Thu - 09/07/2017														
HIGH SCHOOL BREAKFAS	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Page 4

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Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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	SERVING	77	9	80	0.75	0.68	10.0	1	0.0	0	4.0	5.0	4.75	1.12
TURKEY W/CHEESE SANDWICH	1 EACH	263	45	1093	4.20	2.41	207.4	184	4.09	6	21.62	26.2	7.73	3.25
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GRAVY LUNCH	1/4 CUP	48	0	226	0.49	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
BREAD	2 SLICES	133	0	268	5.15	2.74	383.0	2	0.0	3	5.97	24.59	1.2	0.35
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		635	47	991	12.21	5.81	745.6	2430	88.33	*47	27.06	106.77	12.58	4.29
% of Calories										*29.7%	17.0%	67.3%	17.8%	6.1%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Fri - 09/08/2017														
HIGH SCHOOL BREAKFAS	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Page 5

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HIGH SCHOOL LUNCH	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	2.23	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
DRAGON PUNCH	1 EA	50	0	35	0.00	0.00	0.0	500	30.0	12	0.0	13.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		702	39	1019	7.31	4.39	486.8	5907	65.14	*52	27.92	102.46	21.53	6.61
% of Calories										*29.4%	15.9%	58.4%	27.6%	8.5%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Mon - 09/11/2017														
HIGH SCHOOL BREAKFAS	Total													
PIG IN A BLANKET	2 EACH	279	50	318	1.99	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
PARMESAN CHICKEN	1 EACH	248	56	777	1.17	0.63	57.6	8	0.23	*1	25.08	8.64	12.06	2.27
SALISBURY STEAK	1 EA	228	45	511	1.00	1.81	41.3	0	1.2	*N/A*	15.14	9.68	14.57	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
CARROT STICKS- baby	bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
BREAD	2 SLICES	133	0	268	5.15	2.74	383.0	2	0.0	3	5.97	24.59	1.2	0.35
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		686	59	1150	11.86	6.01	696.2	8132	61.51	*41	37.82	102.45	14.87	4.54
% of Calories										*23.8%	22.0%	59.7%	19.5%	5.9%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Tue - 09/12/2017														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL BREAKFAS	Total													
BLUEBERRY MUFFINS	2 EA	400	30	280	4.00	0.00	0.0	160	0.0	32	4.0	64.0	14.0	3.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protin (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
TACO SALAD	1 CUP	292	50	470	2.48	1.79	233.8	1684	4.22	*0	19.38	21.85	12.82	5.45
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
CINNAMON APPLES	1/2 cup	108	0	1	3.44	0.31	14.2	58	0.28	*10	0.41	27.86	0.51	0.08
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average % of Calories		721	44	909	12.48	5.07	499.2	4823	36.85	*40 *21.9%	29.76 16.5%	121.12 67.2%	14.39 18.0%	5.25 6.6%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Wed - 09/13/2017														
HIGH SCHOOL BREAKFAS	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 SANDWICH	1 EA	423	35	517	4.63	4.40	80.9	0	0.0	*3	19.13	38.18	21.58	5.10
TOASTED CHEESE SANDWICH	1 EACH	326	30	483	3.84	1.96	504.1	724	0.01	*3	22.0	27.37	12.98	7.13
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
VEGETABLE SOUP	1 CUP	79	1	422	4.56	1.02	25.9	5187	5.65	*0	2.9	16.03	0.81	0.07
CRACKERS	1 EACH	39	0	60	0.59	0.22	7.8	1	0.0	1	0.62	6.03	1.4	0.27
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		669	34	985	*10.67	5.44	454.1	5986	53.10	*40	27.26	98.03	20.35	5.79
% of Calories										*23.8%	16.3%	58.6%	27.4%	7.8%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Thu - 09/14/2017														
HIGH SCHOOL BREAKFAS	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
CRISPY CHICKEN WRAP	1 EA	443	50	719	4.31	1.42	294.5	2299	2.21	0	22.08	31.15	25.85	8.04
CHICKEN FAJITA	1 EA	345	85	684	3.66	0.97	372.6	404	16.45	*2	30.05	23.09	14.12	6.80
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
BROWNIE	1 EA	167	0	150	1.11	1.20	0.4	0	0.0	*0	2.22	28.91	5.0	2.22
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		792	85	947	11.88	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		667-781		1204									<=30.0	<10.00

Fri - 09/15/2017														
HIGH SCHOOL BREAKFAS	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN	1/2 CUP	120	0	1	3.01	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		573	27	762	8.50	4.05	461.4	4477	37.06	*40	25.01	96.30	13.02	4.50
% of Calories										*27.6%	17.5%	67.3%	20.5%	7.1%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Mon - 09/18/2017														
HIGH SCHOOL BREAKFAS	Total													
HAM & CHEESE CROISSANT	1 EA	303	55	790	1.47	1.58	112.7	725	0.11	*6	12.68	27.66	15.85	7.42
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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	447	90	789	3.80	3.92	555.1	1307	21.32	*3	29.95	34.17	21.6	10.96
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN ON THE COB	1 EACH	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
BREAD STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.02	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		708	59	1142	11.49	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		667-781		1204									<=30.0	<10.00

Tue - 09/19/2017														
HIGH SCHOOL BREAKFAS	Total													
PANCAKE ON A STICK	1 EA	210	20	390	0.00	1.44	20.0	40	0.0	8	7.0	20.0	12.0	3.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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	381	79	681	2.02	1.96	136.3	575	0.52	*4	23.16	42.65	13.33	6.67
MINI CORN DOG BITES	1 EA	320	50	975	2.99	0.00	0.0	0	0.0	0	10.99	29.0	17.99	4.99
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SEASONED NEW POTATOES	1/2 cup	145	0	89	1.49	0.26	7.0	327	11.68	*1	1.63	18.25	7.39	1.50
BROCCOLI: frozen, boiled	1/2 CUP	23	0	20	2.50	0.51	42.4	841	33.37	1	2.58	4.46	0.09	0.01
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
BREAD STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		687	52	972	9.02	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		667-781		1204									<=30.0	<10.00

Wed - 09/20/2017														
HIGH SCHOOL BREAKFAS	Total													
PIG IN A BLANKET	2 EACH	279	50	318	1.99	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 13

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
ORANGE CHICKEN	1 EACH	170	60	180	0.00	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
HOT POCKET	1 EA	280	20	600	3.00	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
RICE	servings	218	0	128	2.04	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
EGG ROLL	1 EA	160	30	410	3.00	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
ORIENTAL VEGGIES	1/2 CUP	14	0	9	1.15	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING FAT FREE	1 EACH	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		713	62	843	9.27	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		667-781		1204									<=30.0	<10.00

Thu - 09/21/2017														
HIGH SCHOOL BREAKFAS	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 14

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
TATORTOT CASSEROLE	SERVING	327	44	733	1.43	1.77	114.6	110	2.54	*1	14.4	17.66	22.3	7.87
MOZZARELLA STICKS	5 EACH	416	30	587	3.91	0.64	4591.9	21627	31.2	*1	19.62	39.08	19.87	7.11
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI SALAD NEW	1/2 CUP	51	0	97	1.45	0.41	26.3	339	48.72	*2	1.56	6.06	2.62	0.32
RANCH STYLE BEANS	1/2 CUP	118	0	510	6.87	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	0.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
BREAD	2 SLICES	133	0	268	5.15	2.74	383.0	2	0.0	3	5.97	24.59	1.2	0.35
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING FAT FREE	1 EACH	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		698	68	1232	12.96	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		667-781		1204									<=30.0	<10.00

Fri - 09/22/2017														
HIGH SCHOOL BREAKFAS	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 15

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	2.23	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		609	37	825	7.34	4.49	439.0	5743	43.57	*39	26.71	86.56	18.94	6.08
% of Calories										*25.8%	17.6%	56.9%	28.0%	9.0%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Mon - 09/25/2017														
HIGH SCHOOL BREAKFAS	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 16

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
CRISPITO	2 ea	440	70	640	3.99	2.15	120.0	0	0.0	*N/A*	18.0	43.99	19.98	4.99
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
TACO SAUCE	1 packet	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		796	56	1099	12.94	6.41	493.8	4845	39.31	*40	33.06	128.73	17.67	5.32
% of Calories										*20.0%	16.6%	64.7%	20.0%	6.0%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Tue - 09/26/2017														
HIGH SCHOOL BREAKFAS	Total													
BREAKFAST SANDWICH	1 EA	314	156	541	3.85	1.93	269.1	576	0.06	*3	20.75	23.39	14.73	5.94
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 17

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
FRITO CHILI PIE	1 EA	499	52	593	6.17	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
HOT POCKET	1 EA	280	20	600	3.00	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING FAT FREE	1 EACH	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		674	59	762	10.61	4.33	560.6	5248	70.21	*40	30.57	97.71	18.84	6.64
% of Calories										*24.0%	18.2%	58.0%	25.2%	8.9%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Wed - 09/27/2017														
HIGH SCHOOL BREAKFAS	Total													
BRKFST BURRITO	1 EA	257	207	362	3.00	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 18

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:01 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
CHICKEN FRIED STEAK	1 EA	310	35	320	3.00	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
BAR B-Q FRANKS	1 CUP	314	34	1501	0.65	1.44	131.9	162	0.44	*24	10.04	30.92	16.66	4.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GRAVY LUNCH	1/4 CUP	48	0	226	0.49	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
ROLL	1 EA	61	0	96	1.01	0.00	20.2	0	2.43	*N/A*	2.03	13.16	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		681	57	1033	8.73	4.51	470.3	2190	55.27	*46	27.02	101.61	19.70	5.84
% of Calories										*27.0%	15.9%	59.7%	26.1%	7.7%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Thu - 09/28/2017														
HIGH SCHOOL BREAKFAS	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 19

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:01 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 SPAGHETTI	SERVING	312	36	392	1.84	1.75	127.8	224	1.66	*2	20.54	38.85	7.55	2.77
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	2.01	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI & CHEESE	1/2 CUP	52	6	144	2.21	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
GARLIC TOAST	1 EACH	90	0	191	2.01	1.08	0.0	401	0.0	*N/A*	3.01	15.06	2.51	0.50
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		701	63	1090	10.54	5.02	502.7	2735	61.48	*42	32.79	112.11	15.20	5.04
% of Calories										*24.1%	18.7%	63.9%	19.5%	6.5%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Fri - 09/29/2017														
HIGH SCHOOL BREAKFAS	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	0.08	0.24	8.3	61	16.55	*N/A*	0.39	13.19	0.1	0.02
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 20

Sep 1, 2017 thru Sep 29, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/25/2017 9:14:01 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total													
PEPPERONI PIZZA	EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN	1/2 CUP	120	0	1	3.01	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD	1.25 cup	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.02	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
RANCH DRESSING	1 EA	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		656	26	954	11.74	5.14	496.8	12781	45.27	*44	27.46	111.51	14.56	4.25
% of Calories										*26.7%	16.7%	67.9%	20.0%	5.8%
Nutrient Guideline		667-781		1204									<=30.0	<10.00

Weighted Average		688	51	1009	*10.56	5.98	574.6	6778	56.45	*42	29.56	106.93	17.60	5.77
										*54.4%	17.2%	62.2%	23.0%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		667 - 781	100%				
Cholesterol (mg)	51							
Sodium (mg)	1009		1204					
Fiber (g)	10.56				Missing			
Iron (mg)	5.98							
Calcium (mg)	574.6							
Vitamin A (IU)	6778							
Sugars (g)	42	24.19%			Missing			
Vitamin C (mg)	56.45							
Protein (g)	29.56	17.19%						
Carbohydrate (g)	106.93	62.19%						
Total Fat (g)	17.60	23.03%	<=30.00%					
Saturated Fat (g)	5.77	7.55%	<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.

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.