

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/03/2018													
HIGH SCHOOL BREAKFAST HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HIGH SCHOOL LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/04/2018													
HIGH SCHOOL BREAKFAST BRKFST BURRITO	Total 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 CHILI DOG	Total 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 % of Calories		738	82	1352	22.17	779.8	14477	38.16	*37 *20.2%	28.57 15.5%	112.12 60.8%	22.45 27.4%	5.65 6.9%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 2

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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 - 09/05/2018													
HIGH SCHOOL BREAKFAS	Total												
OATMEAL	1 CUP	24	0	5	0.20	5.9	19	0.0	*1	0.8	3.96	0.63	0.13
CEREAL	SERVING	16	0	27	0.89	16.9	82	1.16	1	0.26	3.42	0.21	0.04
TOAST	2 ea.	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	12	0	1	0.01	0.3	0	0.04	2	0.01	3.09	0.0	0.00
HIGH SCHOOL LUNCH	Total												
PORK CHOP	1 EA	124	46	139	1.05	24.2	39	0.0	*N/A*	6.52	7.43	7.69	2.37
SLIDERS	2 EACH	76	11	101	0.61	16.8	0	0.51	*N/A*	3.79	5.47	4.21	1.68
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
MACARONI & CHEESE	1/2 CUP	96	6	116	0.62	87.2	115	0.0	*2	4.16	13.72	2.51	1.39
BROCCOLI SALAD NEW	1/2 CUP	20	0	38	0.16	10.4	134	19.23	*1	0.62	2.39	1.04	0.13
SWEET POTATO	1/2 cup	48	0	15	0.30	5.8	2878	3.39	*2	0.46	11.32	0.19	0.04
STRAWBERRIES	1/2 cup	65	0	1	0.39	9.2	23	33.13	16	0.44	17.62	0.12	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
BREAD	2 SLICES	70	0	141	1.44	201.6	1	0.0	1	3.14	12.94	0.63	0.19
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
Weighted Daily Average		727	67	710	6.35	573.8	4879	90.44	*47	27.07	116.45	18.90	6.49
% of Calories									*26.0%	14.9%	64.1%	23.4%	8.0%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Thu - 09/06/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 3

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
STEAK FINGERS	4 ea	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		668-782		1207								<=30.0	<10.00

Fri - 09/07/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 4

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
HAMBURGER	1 EA	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		668-782		1207								<=30.0	<10.00

Mon - 09/10/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 5

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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												
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		699	51	949	6.14	545.2	5279	39.16	*34	32.56	114.14	13.67	5.58
% of Calories									*19.3%	18.6%	65.3%	17.6%	7.2%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Tue - 09/11/2018													
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	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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 6

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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												
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
Weighted Daily Average		686	52	1088	4.66	603.7	7551	58.30	*45	33.17	105.16	15.77	4.30
% of Calories									*26.0%	19.3%	61.3%	20.7%	5.6%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Wed - 09/12/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 7

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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 SANDWICH	1 EA	245	20	299	2.55	46.8	0	0.0	*2	11.07	22.1	12.49	2.95
TOASTED CHEESE SANDWICH	1 EACH	43	4	64	0.26	66.3	95	0.0	*0	2.89	3.6	1.71	0.94
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BROCCOLI, raw florettes	1/2 cup	5	0	4	0.15	8.0	497	15.45	*N/A*	0.49	0.87	0.06	0.01
VEGETABLE SOUP	1 CUP	52	0	278	0.67	17.1	3412	3.72	*0	1.91	10.55	0.54	0.04
CRACKERS	1 EACH	15	0	24	0.09	3.1	0	0.0	1	0.25	2.38	0.55	0.11
PEACHES: canned, light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT, FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK, 1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	110.5	184	0.88	7	2.95	7.0	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	23	0	124	0.06	2.4	0	0.0	*0	0.18	1.56	1.7	0.22
Weighted Daily Average		669	34	985	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		668-782		1207								<=30.0	<10.00

Thu - 09/13/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA		28	15	0.13	6.7	58	0.0	0	1.01	0.16	1.11	0.34
BACON WC	EA	14	4	45	0.00	0.0	0	0.0	*N/A*	0.99	0.0	1.19	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CRISPY CHICKEN WRAP	1 EA	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		668-782		1207								<=30.0	<10.00

Fri - 09/14/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 9

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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												
PEPPERONI PIZZA	1 EA	180	15	396	1.62	120.0	180	0.0	*N/A*	9.6	21.0	7.2	3.00
CHICKEN SANDWICH	1 EACH	26	2	53	0.21	8.3	0	0.04	*0	1.46	2.65	1.05	0.21
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
CORN	1/2 CUP	75	0	1	0.35	2.3	206	4.3	4	2.67	16.42	1.17	0.15
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	47	0	5	0.24	4.9	170	1.55	11	0.33	12.19	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	32	0	3	0.13	7.8	635	13.45	6	0.48	7.99	0.13	0.03
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	39	2	35	0.00	105.0	175	0.84	6	2.8	6.65	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.49	0.0	0.00
CONDIMENTS	1 EA	3	0	18	0.01	0.3	0	0.0	*0	0.03	0.22	0.24	0.03
RANCH DRESSING	1 EA	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		573	27	762	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		668-782		1207								<=30.0	<10.00

Mon - 09/17/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 10

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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												
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		668-782		1207								<=30.0	<10.00

Tue - 09/18/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 11

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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 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		668-782		1207								<=30.0	<10.00

Wed - 09/19/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 12

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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		668-782		1207								<=30.0	<10.00

Thu - 09/20/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 13

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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												
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		668-782		1207								<=30.0	<10.00

Fri - 09/21/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 14

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 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
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	10	1	11	0.01	29.8	47	0.0	1	0.8	1.19	0.23	0.15
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
Weighted Daily Average		609	37	825	4.49	439.0	5743	43.57	*39	26.71	86.56	18.94	6.08
% of Calories									*25.8%	17.6%	56.9%	28.0%	9.0%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Mon - 09/24/2018													
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
HIGH SCHOOL LUNCH	Total												
FRITO CHILI PIE	1 EA	289	30	343	1.68	155.8	589	7.71	*1	13.77	28.66	13.24	4.41
HOT POCKET	1 EA	37	3	79	0.36	32.9	26	1.18	*N/A*	2.37	3.68	1.32	0.66
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
STEAMED VEGETABLES	1/2 cup	20	0	19	0.21	13.3	251	24.96	*0	1.55	3.13	0.0	0.00
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
APPLESAUCE	1/2 CUP	44	0	1	0.08	1.9	4	1.1	9	0.1	11.27	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 15

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		663	44	718	3.96	531.5	5790	70.77	*37 *22.4%	29.20 17.6%	96.70 58.3%	18.86 25.6%	7.01 9.5%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Tue - 09/25/2018													
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
HIGH SCHOOL LUNCH	Total												
CRISPITO	2 ea	255	41	371	1.24	69.5	0	0.0	*N/A*	10.42	25.47	11.57	2.89
QUESADILLA	1 ea	42	6	79	0.36	32.9	39	0.0	0	2.37	4.21	1.71	0.79
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
PINTO BEANS	1/2 cup	122	0	136	1.88	42.6	0	0.0	0	7.42	22.85	0.4	0.11
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
TACO SAUCE	1 packet	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average % of Calories		795	74	1126	6.39	517.9	4936	39.29	*39 *19.5%	34.74 17.5%	124.19 62.5%	18.62 21.1%	5.50 6.2%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 16

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:19 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 - 09/26/2018													
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
HIGH SCHOOL LUNCH	Total												
CHICKEN FRIED STEAK	1 EA	171	19	177	1.49	22.1	0	0.0	*N/A*	8.29	10.5	10.5	2.49
BAR B-Q FRANKS	1 CUP	50	5	237	0.23	20.8	26	0.07	*4	1.59	4.88	2.63	0.75
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
MASHED POTATOES	1/2 CUP	56	3	32	0.21	50.4	68	17.97	*2	2.14	9.74	0.94	0.51
GRAVY LUNCH	1/4 CUP	30	0	143	0.36	3.8	2	0.12	*0	0.51	3.39	1.65	0.66
GREEN BEANS	1/2 CUP	12	0	128	0.46	13.2	178	2.4	*N/A*	0.61	2.65	0.05	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	43	0	4	0.18	10.7	868	18.41	8	0.66	10.94	0.18	0.04
ROLL	1 EA	42	0	66	0.00	13.9	0	1.66	*N/A*	1.39	9.01	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
Weighted Daily Average		701	68	1059	4.58	502.6	2314	56.78	*47	28.49	103.66	20.41	6.13
% of Calories									*26.8%	16.3%	59.1%	26.2%	7.9%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Thu - 09/27/2018													
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
 * - 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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 17

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:19 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 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		702	63	1083	4.74	505.4	2786	62.51	*43	32.95	112.10	15.20	5.07
% of Calories									*24.4%	18.8%	63.9%	19.5%	6.5%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Fri - 09/28/2018													
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

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.

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 18

Sep 3, 2018 thru Sep 28, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 8/21/2018 10:17:19 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												
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		661	26	957	5.15	504.3	12793	45.27	*45	27.66	112.33	14.62	4.29
% of Calories									*27.0%	16.7%	68.0%	19.9%	5.8%
Nutrient Guideline		668-782		1207								<=30.0	<10.00

Weighted Average		697	55	993	6.06	577.7	6809	55.14	*41	30.03	106.81	18.48	5.95
									*53.2%	17.2%	61.3%	23.8%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	697		668 - 782	100%				
Cholesterol (mg)	55							
Sodium (mg)	993		1207					
Iron (mg)	6.06							
Calcium (mg)	577.7							
Vitamin A (IU)	6809							
Sugars (g)	41	23.65%			Missing			
Vitamin C (mg)	55.14							
Protein (g)	30.03	17.22%						
Carbohydrate (g)	106.81	61.27%						
Total Fat (g)	18.48	23.85%	<=30.00%					
Saturated Fat (g)	5.95	7.67%	<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.