

Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:08 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)
Mon - 10/02/2017														
HIGH SCHOOL BREAKFAST	Total													
PANCAKES	1 ea	213	9	318	3.32	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
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	Total													
CHEESE NACHOS	1 EA	300	38	886	2.00	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
HOAGIE SANDWICH	1 EA	385	76	1848	2.21	3.24	396.0	331	2.39	*2	28.25	42.11	12.3	5.70
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
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
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
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
OATMEAL COOKIES	1 EACH	161	20	129	0.84	0.75	12.1	116	0.0	*9	2.23	19.41	8.52	3.52
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
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		661	57	1252	*6.55	4.64	670.3	3972	56.13	*46	24.31	98.02	20.33	9.19
% of Calories										*28.0%	14.7%	59.3%	27.7%	12.5%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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)
Tue - 10/03/2017														
HIGH SCHOOL BREAKFAST														
	Total													
	BLUEBERRY MUFFINS	400	30	280	4.00	0.00	0.0	160	0.0	32	4.0	64.0	14.0	3.00
	FLAVORED YOGURT	110	5	85	0.00	0.00	150.0	0	1.24	0	3.96	21.02	1.02	0.45
	CEREAL	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
	TOAST	94	0	163	1.92	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
	FRUIT,FRESH ASSORTED	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
	FRUIT JUICE	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	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
	MILK, CHOC FATFREE	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	JELLY	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH														
	Total													
	SPAGHETTI	334	18	695	5.89	2.58	51.7	1676	15.5	*1	12.27	49.24	10.16	2.24
	B B-Q SANDWICH	266	23	767	2.83	2.61	98.6	260	1.32	*3	13.22	34.02	8.06	2.96
	BAKED POTATO	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	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
	GREEN BEANS	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
	SALAD	15	0	6	1.51	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
	BREAD STICKS	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
	APPLESAUCE	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
	FRUIT,FRESH ASSORTED	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
	MILK,1% Lowfat	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
	MILK, CHOC FATFREE	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	TEA	3	0	8	0.00	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
	RANCH DRESSING	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		739	27	1200	12.33	4.94	426.5	5646	52.22	*51	24.81	132.71	14.73	3.91
% of Calories										*27.5%	13.4%	71.9%	18.0%	4.8%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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)
Wed - 10/04/2017														
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
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														
CHICKEN TACO	1 EA	284	42	396	2.80	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
TOSTADA	1 EACH	312	51	334	2.43	1.55	205.9	428	0.69	*0	16.92	24.63	15.27	6.38
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
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
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
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
TACO SAUCE	1 pack	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
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		668	72	923	10.77	4.70	545.1	5121	41.91	*40	32.21	104.74	14.89	5.57
% of Calories										*23.8%	19.3%	62.7%	20.1%	7.5%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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)
Thu - 10/05/2017														
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
HIGH SCHOOL LUNCH	Total													
OVEN FRIED CHICKEN	1 EA	313	92	540	0.00	1.54	28.4	132	0.0	*N/A*	24.16	9.95	19.89	5.68
HAMBURGER HELPER	1 CUP	281	65	588	0.60	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
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
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
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
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
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		751	99	1167	12.43	6.55	689.6	4706	55.48	*48	38.34	109.56	19.31	6.13
% of Calories										*25.6%	20.4%	58.4%	23.1%	7.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

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Fri - 10/06/2017														
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
HIGH SCHOOL LUNCH														
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
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
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
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		671	37	988	8.32	4.84	496.1	10757	43.99	*43	27.44	96.29	20.96	6.42
% of Calories										*25.4%	16.4%	57.4%	28.1%	8.6%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Mon - 10/09/2017														
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

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

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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													
CHICKEN STRIPS	3 EA	240	52	375	1.50	1.62	0.0	7	0.0	2	22.5	13.5	10.5	2.25
SPICY CHICKEN SANDWICH	1 EACH	410	30	1010	3.99	2.69	120.0	0	0.0	0	22.99	56.99	10.49	1.99
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
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
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
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
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
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		685	55	1060	8.76	4.26	501.9	2790	76.14	*42	34.15	103.60	16.52	5.77
% of Calories										*24.8%	19.9%	60.5%	21.7%	7.6%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Tue - 10/10/2017														
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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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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													
MEATBALL SUB	1 EA	319	36	801	5.95	4.08	206.5	454	4.45	*0	23.57	28.56	14.18	5.27
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
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
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
TEDDY GRAHAMS	1 EA	90	0	96	0.71	0.79	16.2	0	0.0	5	1.4	16.31	2.23	0.34
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
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		662	74	959	10.78	5.26	513.8	11949	45.44	*43	28.15	103.79	16.96	5.41
% of Calories										*26.3%	17.0%	62.7%	23.1%	7.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Wed - 10/11/2017														
HIGH SCHOOL BREAKFAS	Total													
OATMEAL	1 CUP	231	1	50	4.21	1.89	56.0	183	0.01	*11	7.56	37.63	6.02	1.20
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

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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													
TACO,BEEF	2 EACH	290	48	520	2.50	1.63	143.9	2059	2.11	*1	14.88	19.87	16.56	6.93
TACO BURGER	1 EA	269	37	704	1.09	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
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
LETTUCE & TOMATO	1 cup	14	0	6	1.44	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	0.02
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
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
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
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		699	39	963	12.01	6.22	505.0	5813	41.49	*43	31.15	115.17	14.51	5.39
% of Calories										*24.4%	17.8%	65.9%	18.7%	6.9%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Thu - 10/12/2017														
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

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Oct 1, 2017 thru Oct 31, 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)	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 & RICE CASSEROLE	1 CUP	365	56	726	2.70	1.63	238.1	898	12.23	*1	20.32	35.63	15.97	5.85
FISH STICKS	4 EA	220	50	230	2.00	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
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
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
SESAME-ROASTED GREEN BEANS	1/2 CUP	39	0	126	2.75	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
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
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		724	66	985	11.29	5.11	526.5	5394	56.99	*46	29.76	114.32	19.05	5.82
% of Calories										*25.7%	16.5%	63.2%	23.7%	7.2%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Fri - 10/13/2017														
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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Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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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
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 % of Calories		628	28	880	8.92	4.20	554.8	5732	109.89	*41 *26.1%	26.00 16.6%	105.86 67.4%	13.15 18.8%	4.40 6.3%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Mon - 10/16/2017														
HIGH SCHOOL BREAKFAS 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 % of Calories		0	0	0	0.00	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		667-781		1205									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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)
Tue - 10/17/2017														
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
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		756	53	1381	11.55	23.83	773.5	15242	39.92	*38	28.60	117.56	22.11	5.34
% of Calories										*20.3%	15.1%	62.2%	26.3%	6.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Wed - 10/18/2017														
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 12

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:09 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													
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		704	38	1222	12.26	6.72	540.7	5975	46.05	*42	29.12	115.27	16.44	7.30
% of Calories										*24.0%	16.6%	65.5%	21.0%	9.3%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Thu - 10/19/2017														
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 13

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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 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		610	53	964	11.68	5.60	712.8	2329	84.71	*44	26.42	100.86	12.66	4.29
% of Calories										*28.5%	17.3%	66.1%	18.7%	6.3%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Fri - 10/20/2017														
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 14

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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
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		674	37	977	7.05	4.46	468.2	5640	63.08	*49	26.62	99.08	20.52	6.29
% of Calories										*29.2%	15.8%	58.8%	27.4%	8.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Mon - 10/23/2017														
	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													
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

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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		671	56	1218	11.82	5.33	652.2	8031	60.72	*40	35.97	99.27	15.60	5.03
% of Calories										*23.8%	21.4%	59.2%	20.9%	6.7%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Tue - 10/24/2017														
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

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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													
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		663	42	928	11.16	5.64	515.1	4976	39.15	*34 *20.6%	29.64 17.9%	109.38 66.0%	13.35 18.1%	5.21 7.1%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Wed - 10/25/2017														
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 17

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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		679	42	998	*10.19	5.99	451.4	6114	53.72	*39	28.80	97.87	20.53	5.58
% of Calories										*23.1%	17.0%	57.6%	27.2%	7.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Thu - 10/26/2017														
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 18

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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		815	89	983	12.37	4.86	604.8	12598	44.27	*42	38.19	118.92	22.60	8.54
% of Calories										*20.5%	18.7%	58.3%	24.9%	9.4%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Fri - 10/27/2017														
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

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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		595	28	793	8.84	3.96	479.7	4682	37.75	*41	26.22	99.54	13.64	4.72
% of Calories										*27.8%	17.6%	66.9%	20.6%	7.1%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Mon - 10/30/2017														
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 20

Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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	53	1056	12.27	5.72	532.2	15255	49.67	*39	30.80	107.59	20.08	7.81
% of Calories										*22.1%	17.4%	60.8%	25.5%	9.9%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Tue - 10/31/2017														
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/21/2017 9:28:10 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
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
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		779	72	1294	12.04	4.88	368.9	2324	41.37	*41	30.84	117.18	22.67	7.21
% of Calories										*20.8%	15.8%	60.1%	26.2%	8.3%
Nutrient Guideline		667-781		1205									<=30.0	<10.00

Weighted Average		693	53	1057	*10.64	6.08	549.0	6907	54.29	*43	29.88	107.93	17.65	5.97
										*55.3%	17.3%	62.3%	22.9%	7.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	693		667 - 781	100%				
Cholesterol (mg)	53							
Sodium (mg)	1057		1205					
Fiber (g)	10.64				Missing			
Iron (mg)	6.08							
Calcium (mg)	549.0							
Vitamin A (IU)	6907							
Sugars (g)	43	24.57%			Missing			
Vitamin C (mg)	54.29							
Protein (g)	29.88	17.26%						
Carbohydrate (g)	107.93	62.34%						
Total Fat (g)	17.65	22.94%	<=30.00%					
Saturated Fat (g)	5.97	7.76%	<10.00%					

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