

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:43 PM

	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)
Mon - 10/01/2018													
HIGH SCHOOL BREAKFAST													
	Total												
BISCUIT	1 EA	29	0	79	0.33	5.3	51	*0.04	0	0.51	3.93	1.18	0.25
SAUSAGE	PATTY	11	3	32	0.05	2.6	0	0.0	*N/A*	0.79	0.13	0.79	0.26
GRAVY BREAKFAST	1/2 CUP	13	0	59	0.15	1.6	1	0.05	*0	0.21	1.41	0.69	0.27
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
TOAST	2 ea.	12	0	22	0.10	6.9	9	0.0	*0	0.53	1.8	0.35	0.08
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	10	0	1	0.01	0.3	0	0.03	2	0.01	2.58	0.0	0.00
HIGH SCHOOL LUNCH													
	Total												
CHEESE NACHOS	1 EA	158	20	466	1.12	242.7	200	0.0	0	6.06	13.0	8.32	4.51
HOAGIE SANDWICH	1 EA	71	14	340	0.60	72.9	61	0.44	*0	5.2	7.76	2.27	1.05
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BURGER FIXINS	1 EA	3	0	42	0.12	6.5	896	1.06	0	0.18	0.6	0.05	0.01
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.18	9.9	622	19.31	*N/A*	0.62	1.09	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.28	2.4	280	1.9	10	0.36	11.51	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
OATMEAL COOKIES	1 EACH	79	10	63	0.37	6.0	57	0.0	*5	1.1	9.53	4.18	1.73
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	6	0.04	0.0	0	0.0	0	0.0	0.56	0.0	0.00
CONDIMENTS	1 EA	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
TACO SAUCE	1 packet	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		644	54	1340	4.60	668.2	3926	*56.22	*44	24.72	93.49	20.13	8.96
% of Calories									*27.6%	15.4%	58.1%	28.1%	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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Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:43 PM

	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 - 10/02/2018													
HIGH SCHOOL BREAKFAS	Total												
BLUEBERRY MUFFINS	2 EA	63	5	44	0.00	0.0	25	0.0	5	0.63	10.11	2.21	0.47
YOGURT	1 EA	29	1	22	0.00	39.5	0	0.33	0	1.04	5.53	0.27	0.12
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea.	10	0	17	0.08	5.5	7	0.0	*0	0.42	1.44	0.28	0.06
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	8	0	1	0.01	0.2	0	0.03	2	0.0	2.06	0.0	0.00
HIGH SCHOOL LUNCH	Total												
SPAGHETTI	1 CUP	176	9	366	1.36	27.2	882	8.16	*1	6.46	25.92	5.35	1.18
B B-Q SANDWICH	1 EA	49	4	141	0.48	18.2	48	0.24	*0	2.43	6.27	1.48	0.55
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
CORN ON THE COB	1 EACH	39	0	99	0.25	1.2	96	1.99	1	1.29	9.26	0.31	0.05
GREEN BEANS	1/2 CUP	12	0	128	0.46	13.2	178	2.4	*N/A*	0.61	2.65	0.05	0.01
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
BREAD STICKS	1 EA	81	0	169	0.80	0.0	7	0.0	1	2.21	12.53	2.95	0.74
APPLESAUCE	1/2 CUP	57	0	2	0.10	2.5	5	1.42	12	0.13	14.66	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		739	27	1200	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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/03/2018													
HIGH SCHOOL BREAKFAST SANDWICH	Total												
BREAKFAST SANDWICH	1 EA	66	33	114	0.41	56.7	121	0.01	*1	4.37	4.92	3.1	1.25
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00
HIGH SCHOOL LUNCH													
CHICKEN TACO	1 EA	120	18	167	0.63	77.3	253	0.87	*0	8.25	13.32	3.77	1.29
QUESADILLA	1 ea	84	12	158	0.71	65.8	79	0.0	0	4.74	8.42	3.42	1.58
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
REFRIED BEANS	1/2 cup	67	0	106	1.09	22.1	36	0.62	*0	3.72	10.17	1.51	0.47
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	1 pack	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		670	71	993	5.00	556.7	5088	41.73	*40	32.49	106.68	14.30	5.47
% of Calories									*23.7%	19.4%	63.7%	19.2%	7.3%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/04/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	15	28	15	0.13	6.7	58	0.0	0	1.01	0.16	1.11	0.34
BACON WC	EA	14	4	45	0.00	0.0	0	0.0	*N/A*	0.99	0.0	1.19	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	28	0	49	0.24	15.6	21	0.0	*0	1.2	4.11	0.79	0.18
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	28	1	25	0.00	75.0	125	0.6	5	2.0	4.75	0.0	0.00
JELLY	2 ea	22	0	3	0.02	0.6	0	0.08	4	0.01	5.88	0.0	0.00
HIGH SCHOOL LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	156	46	270	0.77	14.2	66	0.0	*N/A*	12.08	4.97	9.95	2.84
HAMBURGER HELPER	1 CUP	49	11	103	0.36	12.9	14	0.02	*0	3.55	3.18	2.37	0.96
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
MASHED POTATOES	1/2 CUP	53	3	31	0.20	47.9	65	17.07	*2	2.03	9.25	0.89	0.49
RANCH STYLE BEANS	1/2 CUP	59	0	255	1.32	0.0	98	0.0	*N/A*	3.43	10.3	0.49	0.00
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	48	0	5	0.25	5.1	177	1.61	12	0.34	12.68	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
BREAD	2 SLICES	93	0	187	1.92	268.1	2	0.0	2	4.18	17.21	0.84	0.25
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	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		751	99	1167	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 - 10/05/2018													
HIGH SCHOOL BREAKFAST PIZZA	Total												
BREAKFAST PIZZA	1 EA	42	3	86	0.29	30.0	4	0.0	*N/A*	2.0	5.0	1.6	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	9	0	16	0.08	5.2	7	0.0	*0	0.4	1.37	0.26	0.06
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.7	381	8.07	4	0.29	4.8	0.08	0.02
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	7	0	1	0.01	0.2	0	0.03	1	0.0	1.96	0.0	0.00
HIGH SCHOOL LUNCH													
HAMBURGER	1 EA	86	11	129	0.97	33.8	30	0.16	*1	4.84	6.92	4.37	1.61
CHEESEBURGER	1 EA	140	16	277	1.21	72.5	118	0.2	*1	8.5	8.58	8.09	2.92
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
CARROT STICKS- baby	1bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	0.01
BURGER FIXINS	1 EA	10	0	136	0.39	21.2	2918	3.44	1	0.59	1.96	0.17	0.03
STRAWBERRIES: frozen	1/2 CUP	77	0	2	0.47	8.8	19	32.99	19	0.42	20.66	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
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	30	0	159	0.07	3.1	0	0.0	*0	0.23	1.99	2.19	0.29
Weighted Daily Average		696	37	989	5.22	502.5	10771	75.68	*51	27.74	103.56	20.94	6.41
% of Calories									*29.1%	16.0%	59.6%	27.1%	8.3%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Mon - 10/08/2018													
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		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

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001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:43 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/09/2018													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	51	41	72	0.23	37.6	83	0.0	*0	3.2	3.95	2.41	0.95
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
CINNAMON TOAST	2 EACH	20	0	26	0.13	6.0	25	0.01	1	0.7	2.61	0.78	0.16
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
HIGH SCHOOL LUNCH	Total												
MEATBALL SUB	1 EA	127	14	321	1.63	82.6	181	1.78	*0	9.43	11.42	5.67	2.11
CORN DOG:Turkey Jumbo State F	1 EACH	49	7	116	0.32	8.8	18	1.58	*N/A*	1.58	5.44	2.28	0.53
BAKED POTATO	1 EACH	73	4	85	0.57	37.1	131	3.4	*0	2.8	10.99	2.2	0.72
CARROT STICKS- baby	bag	19	0	41	0.48	16.9	7329	1.41	0	0.33	4.33	0.06	0.01
SALAD	1.25 cup	7	0	3	0.30	10.4	2458	3.27	1	0.47	1.5	0.11	0.01
APPLESAUCE	1/2 CUP	54	0	2	0.10	2.4	5	1.35	12	0.13	13.92	0.14	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
TEDDY GRAHAMS	1 EA	63	0	67	0.56	11.3	0	0.0	4	0.98	11.42	1.56	0.24
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
RANCH DRESSING FAT FREE	1 EACH	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
CONDIMENTS	1 EA	8	0	41	0.02	0.8	0	0.0	*0	0.06	0.52	0.57	0.07
Weighted Daily Average		662	74	959	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 - 10/10/2018													
HIGH SCHOOL BREAKFAS	Total												
OATMEAL	1 CUP	24	0	5	0.20	5.9	19	0.0	*1	0.8	3.96	0.63	0.13
CEREAL	SERVING	16	0	27	0.89	16.9	82	1.16	1	0.26	3.42	0.21	0.04
TOAST	2 ea.	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	12	0	1	0.01	0.3	0	0.04	2	0.01	3.09	0.0	0.00

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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
TACO,BEEF	2 EACH	114	19	205	0.64	56.8	813	0.83	*0	5.87	7.84	6.54	2.74
TACO,BEEF:Soft Shell	2 EACH	127	13	93	0.42	61.4	678	1.19	*0	6.72	18.0	3.15	1.20
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
LETTUCE &TOMATO	1 cup	7	0	3	0.31	10.7	2563	3.05	1	0.47	1.47	0.11	0.01
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
PINTO BEANS	1/2 cup	122	0	136	1.88	42.6	0	0.0	0	7.42	22.85	0.4	0.11
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
TACO SAUCE	3 packs	3	0	38	0.05	0.7	25	1.11	*N/A*	0.05	0.62	0.02	0.00
Weighted Daily Average		739	39	858	5.94	515.8	6126	41.94	*42	32.64	126.24	13.44	5.05
% of Calories									*22.9%	17.7%	68.4%	16.4%	6.2%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Thu - 10/11/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	12	22	12	0.10	5.3	46	0.0	0	0.79	0.13	0.87	0.27
BACON WC	EA	11	3	36	0.00	0.0	0	0.0	*N/A*	0.78	0.0	0.94	0.31
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea.	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.15	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN STRIPS	3 EA	95	21	148	0.64	0.0	3	0.0	1	8.88	5.33	4.14	0.89
SPICY CHICKEN SANDWICH	1 EACH	119	9	292	0.78	34.7	0	0.0	0	6.65	16.5	3.04	0.58
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
BROCCOLI & CHEESE	1/2 CUP	38	5	106	0.41	74.0	587	21.45	0	2.83	3.57	1.69	1.06
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
ROLL	1 EA	45	0	71	0.00	14.9	0	1.79	*N/A*	1.49	9.7	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	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
Weighted Daily Average		727	71	1117	4.31	521.0	2848	79.62	*44	35.48	112.42	16.98	5.51
% of Calories									*24.5%	19.5%	61.8%	21.0%	6.8%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Fri - 10/12/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	44	3	91	0.30	31.6	4	0.0	*N/A*	2.11	5.27	1.69	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	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	150	13	330	1.35	100.0	150	0.0	*N/A*	8.0	17.5	6.0	2.50
CHICKEN SANDWICH	1 EACH	64	4	130	0.52	20.4	0	0.1	*0	3.58	6.52	2.58	0.51
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
STEAMED VEGETABLES	1/2 cup	20	0	20	0.22	13.9	261	25.96	*0	1.62	3.26	0.0	0.00
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
SLUSH	1 EA	59	0	33	0.26	58.9	737	44.21	*N/A*	0.0	14.74	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	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	8	0	43	0.02	0.9	0	0.0	*0	0.06	0.54	0.6	0.08
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average % of Calories		628	28	880	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 - 10/15/2018													
HIGH SCHOOL BREAKFAS 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	0.00	0.00	0.00	0.00
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Tue - 10/16/2018													
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

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHILI DOG	1 EA	110	12	452	0.99	53.5	537	0.24	*N/A*	5.25	8.05	6.46	1.75
HOT DOG ON A BUN:turkey hot	SERVING	75	8	269	0.82	39.3	0	0.0	*N/A*	3.93	5.85	4.27	1.15
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
BAKED BEANS	1/2 CUP	78	0	91	17.75	287.3	4473	0.0	*N/A*	3.97	17.53	0.31	0.06
HASH BROWN POTATOES	1 each	44	0	3	0.11	3.5	0	1.36	0	0.54	5.79	2.35	0.19
CARROT STICKS- baby	1bag	19	0	41	0.48	16.9	7329	1.41	0	0.33	4.33	0.06	0.01
PEACHES: canned,light syrup	1/2 CUP	41	0	4	0.27	2.3	266	1.8	10	0.34	10.93	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
CUP CAKE	1 EA	73	13	108	0.28	23.3	19	0.02	*0	1.07	12.34	2.13	0.37
MILK,1% Lowfat	HALF PINT	24	3	25	0.02	70.9	111	0.0	3	1.91	2.83	0.55	0.36
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	112.5	187	0.9	7	3.0	7.13	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.49	0.0	0.00
CONDIMENTS	1 EA	28	0	147	0.07	2.9	0	0.0	*0	0.21	1.85	2.02	0.27
Weighted Daily Average		767	48	1323	21.60	719.6	14373	37.79	*44	25.56	121.21	22.98	5.28
% of Calories									*23.0%	13.3%	63.3%	27.0%	6.2%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Wed - 10/17/2018													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	41	2	43	0.28	6.3	0	0.0	*N/A*	1.11	5.84	1.58	0.79
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	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												
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		711	69	703	5.97	557.4	4818	90.03	*44	26.45	112.24	19.22	7.01
% of Calories									*24.8%	14.9%	63.1%	24.3%	8.9%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Thu - 10/18/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	15	28	15	0.13	6.7	58	0.0	0	1.01	0.16	1.11	0.34
BACON WC	EA	14	4	45	0.00	0.0	0	0.0	*N/A*	0.99	0.0	1.19	0.40
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea.	14	0	25	0.12	7.8	10	0.0	*0	0.6	2.05	0.4	0.09
FRUIT,FRESH ASSORTED	1 EACH	16	0	1	0.06	3.9	317	6.73	3	0.24	4.0	0.06	0.01
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	11	0	1	0.01	0.3	0	0.04	2	0.01	2.94	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
STEAK FINGERS	4 ea	163	18	168	1.42	21.0	3	0.0	1	8.4	10.5	9.97	2.36
TURKEY W/CHEESE SANDWICH	1 EACH	33	6	137	0.30	25.9	23	0.51	1	2.7	3.27	0.97	0.41
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
GRAVY LUNCH	1/4 CUP	34	0	158	0.40	4.2	3	0.13	*0	0.57	3.75	1.83	0.73
GREEN BEANS	1/2 CUP	9	0	97	0.35	10.1	135	1.83	*N/A*	0.46	2.01	0.04	0.01
STEAMED VEGETABLES	1/2 cup	19	0	18	0.20	12.7	238	23.71	*0	1.48	2.98	0.0	0.00
BREAD	2 SLICES	93	0	187	1.92	268.1	2	0.0	2	4.18	17.21	0.84	0.25
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	42	0	1	0.32	11.4	31	6.1	10	0.29	10.95	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
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	6	0	29	0.01	0.6	0	0.0	*0	0.04	0.37	0.4	0.05
Weighted Daily Average		718	67	1065	6.55	720.8	2321	84.71	*44	32.12	106.68	19.74	5.97
% of Calories									*24.3%	17.9%	59.4%	24.7%	7.5%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Fri - 10/19/2018													
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

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	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	86	11	129	0.97	33.8	30	0.16	*1	4.84	6.92	4.37	1.61
CHEESEBURGER	1 EA	140	16	277	1.21	72.5	118	0.2	*1	8.5	8.58	8.09	2.92
BAKED POTATO	1 EACH	15	1	17	0.11	7.4	26	0.68	*0	0.56	2.2	0.44	0.14
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
BURGER FIXINS	1 EA	11	0	159	0.45	24.8	3404	4.02	1	0.69	2.28	0.2	0.03
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	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		639	37	952	4.46	468.2	5290	42.08	*41	26.62	89.98	20.52	6.29
% of Calories									*25.5%	16.7%	56.3%	28.9%	8.9%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Mon - 10/22/2018													
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	1 SERVING	8	0	14	0.44	8.4	41	0.58	0	0.13	1.71	0.1	0.02
TOAST	2 ea.	7	0	13	0.06	4.1	5	0.0	*0	0.32	1.08	0.21	0.05
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	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	1034	5.47	546.0	5248	38.37	*35	31.92	112.75	14.75	6.30
% of Calories									*19.9%	18.3%	64.5%	19.0%	8.1%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Tue - 10/23/2018													
HIGH SCHOOL BREAKFAS	Total												
PANCAKE ON A STICK	1 EA	32	3	59	0.22	3.0	6	0.0	1	1.05	3.0	1.8	0.45
CEREAL	SERVING	15	0	26	0.84	16.0	78	1.1	1	0.25	3.25	0.2	0.04
TOAST	2 ea.	14	0	25	0.12	7.8	10	0.0	*0	0.6	2.05	0.4	0.09
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.7	381	8.07	4	0.29	4.8	0.08	0.02
FRUIT JUICE	1 EA	16	0	2	0.07	2.5	18	4.97	*N/A*	0.12	3.96	0.03	0.00
MILK,1% Lowfat	HALF PINT	2	0	2	0.00	7.1	11	0.0	0	0.19	0.28	0.05	0.04
MILK, CHOC FATFREE	HALF PINT	22	1	20	0.00	60.0	100	0.48	4	1.6	3.8	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	0.98	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
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		637	47	1104	5.50	616.0	7619	60.39	*39	33.49	96.58	14.16	4.00
% of Calories									*24.6%	21.0%	60.7%	20.0%	5.7%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Wed - 10/24/2018													
HIGH SCHOOL BREAKFAS	Total												
PIG IN A BLANKET	2 EACH	59	10	67	1.13	16.8	168	1.01	*N/A*	2.93	7.12	1.88	0.63
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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**Wolfe City ISD**

Planned Menu Spreadsheet

Weighted Values - Detailed

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**Oct 1, 2018 thru Oct 31, 2018**

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
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		679	42	998	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 - 10/25/2018													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA		29	15	0.14	7.0	61	0.0	0	1.06	0.17	1.17	0.35
BACON WC	EA	15	4	48	0.00	0.0	0	0.0	*N/A*	1.04	0.0	1.25	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	15	0	26	0.12	8.2	11	0.0	*0	0.63	2.16	0.42	0.10
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CRISPY CHICKEN WRAP	1 EA	151	17	246	0.48	100.7	786	0.76	0	7.55	10.66	8.84	2.75
CHICKEN FAJITA	1 EA	127	31	252	0.36	137.3	149	6.06	*1	11.07	8.51	5.2	2.51
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
CARROTS (STEAMED)	1/2 CUP	20	0	30	0.46	27.2	9815	1.76	2	0.52	4.71	0.12	0.02
BROWNIE	1 EA	123	0	111	0.88	0.3	0	0.0	*0	1.64	21.3	3.69	1.64
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	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	1	0	19	0.02	0.4	13	0.56	*N/A*	0.03	0.31	0.01	0.00
Weighted Daily Average		815	89	983	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 - 10/26/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	44	3	91	0.30	31.6	4	0.0	*N/A*	2.11	5.27	1.69	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	5	0	9	0.04	2.7	4	0.0	*0	0.21	0.72	0.14	0.03
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
PEPPERONI PIZZA	1 EA	189	16	417	1.71	126.3	189	0.0	*N/A*	10.11	22.11	7.58	3.16
CHICKEN SANDWICH	1 EACH	27	2	56	0.22	8.8	0	0.04	*0	1.53	2.79	1.11	0.22
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
CORN	1/2 CUP	79	0	1	0.37	2.5	217	4.53	4	2.81	17.28	1.24	0.16
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	49	0	5	0.25	5.2	179	1.63	12	0.34	12.83	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	33	0	3	0.14	8.2	668	14.16	6	0.51	8.42	0.13	0.03
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	41	2	37	0.00	110.5	184	0.88	7	2.95	7.0	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	3	0	19	0.01	0.4	0	0.0	*0	0.03	0.23	0.26	0.03
RANCH DRESSING	1 EA	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		595	28	793	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 - 10/29/2018													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	55	3	57	0.38	8.4	0	0.0	*N/A*	1.47	7.79	2.11	1.05
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	10	0	17	0.08	5.5	7	0.0	*0	0.42	1.44	0.28	0.06
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	13	1	13	0.01	37.3	58	0.0	2	1.01	1.49	0.29	0.19
MILK, CHOC FATFREE	HALF PINT	14	1	13	0.00	39.5	66	0.32	2	1.05	2.5	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
LASAGNA	SERVINGS	188	38	332	1.65	233.7	550	8.98	*1	12.61	14.39	9.09	4.61
CHICKEN SANDWICH	1 EACH	91	6	186	0.74	29.2	0	0.14	*1	5.11	9.32	3.68	0.73
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
CORN ON THE COB	1 EACH	39	0	99	0.25	1.2	96	1.99	1	1.29	9.26	0.31	0.05
CARROTS (STEAMED)	1/2 CUP	20	0	30	0.46	27.2	9815	1.76	2	0.52	4.71	0.12	0.02
SALAD	1.25 cup	10	0	4	0.40	13.7	3234	4.3	1	0.62	1.98	0.15	0.02
BREAD STICKS	1 EA	64	0	133	0.63	0.0	6	0.0	1	1.74	9.84	2.32	0.58
PEARS: canned,light syrup	1/2 CUP	47	0	4	0.23	4.2	0	0.58	10	0.16	12.6	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	29	1	26	0.00	78.9	132	0.63	5	2.11	5.0	0.0	0.00
TEA	1.25 CUP	2	0	5	0.04	0.0	0	0.0	0	0.0	0.53	0.0	0.00
CONDIMENTS	1 EA	5	0	25	0.01	0.5	0	0.0	*0	0.04	0.31	0.34	0.04
RANCH DRESSING	1 EA	4	0	53	0.00	0.0	0	0.0	*N/A*	0.0	0.84	0.0	0.00
Weighted Daily Average		708	53	1056	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 - 10/30/2018													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST SANDWICH	1 EA	41	20	71	0.25	35.4	76	0.01	*0	2.73	3.08	1.94	0.78
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
CINNAMON TOAST	2 EACH	26	0	35	0.18	8.0	33	0.01	1	0.92	3.43	1.03	0.21
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	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	150	31	269	0.78	53.8	227	0.2	*1	9.14	16.84	5.26	2.63
MINI CORN DOG BITES	1 EA	93	14	282	0.00	0.0	0	0.0	0	3.18	8.39	5.21	1.45
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
SEASONED NEW POTATOES	1/2 cup	76	0	47	0.13	3.7	172	6.15	*0	0.86	9.6	3.89	0.79
BROCCOLI: frozen, boiled	1/2 CUP	15	0	13	0.33	27.9	554	21.96	1	1.7	2.93	0.06	0.01
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	43	0	4	0.18	10.7	868	18.41	8	0.66	10.94	0.18	0.04
BREAD STICKS	1 EA	72	0	151	0.71	0.0	7	0.0	1	1.97	11.18	2.63	0.66
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	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	5	0	25	0.01	0.5	0	0.0	*0	0.04	0.31	0.34	0.04
Weighted Daily Average		733	72	1039	3.82	396.8	2774	63.33	*41	28.92	109.26	22.21	7.22
% of Calories									*22.6%	15.8%	59.7%	27.3%	8.9%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Wed - 10/31/2018													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	41	33	57	0.18	29.7	66	0.0	*0	2.53	3.12	1.9	0.75
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea	40	0	69	0.33	21.9	29	0.0	*1	1.68	5.76	1.11	0.25
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	28	1	26	0.00	77.4	129	0.62	5	2.06	4.9	0.0	0.00
JELLY	2 ea	8	0	1	0.01	0.2	0	0.03	2	0.0	2.06	0.0	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 9/19/2018 1:43:44 PM

	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		747	84	910	5.13	492.1	5032	54.48	*39	33.67	121.64	14.67	4.59
% of Calories									*21.0%	18.0%	65.2%	17.7%	5.5%
Nutrient Guideline		667-781		1205								<=30.0	<10.00

Weighted Average		700	57	1022	5.96	549.2	6806	*57.85	*43	30.15	108.98	17.86	5.93
									*54.7%	17.2%	62.3%	23.0%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	700		667 - 781	100%				
Cholesterol (mg)	57							
Sodium (mg)	1022		1205					
Iron (mg)	5.96							
Calcium (mg)	549.2							
Vitamin A (IU)	6806							
Sugars (g)	43	24.31%			Missing			
Vitamin C (mg)	57.85				Missing			
Protein (g)	30.15	17.23%						
Carbohydrate (g)	108.98	62.26%						
Total Fat (g)	17.86	22.96%	<=30.00%					
Saturated Fat (g)	5.93	7.62%	<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.