

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:03 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/01/2017													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	257	207	362	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH	Total												
ORANGE CHICKEN	1 EACH	170	60	180	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
HOT POCKET	1 EA	280	20	600	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
RICE	servings	218	0	128	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
EGG ROLL	1 EA	160	30	410	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
ORIENTAL VEGGIES	1/2 CUP	14	0	9	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	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	0.0	0	0.0	*N/A*	0.0	2.0	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		1204								<=30.0	<10.00

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 2

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/02/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH	Total												
CHICKEN & DRESSING	3/4 CUP	372	42	1214	1.43	61.4	149	0.25	*6	10.45	39.2	13.39	2.05
HAM SANDWICH	1 EACH	332	60	1392	2.81	249.7	217	13.21	*3	21.37	30.73	13.23	5.75
CRANBERRY SAUCE	1/4 CUP	105	0	20	0.15	2.8	29	1.39	26	0.14	26.94	0.1	0.01
SWEET POTATO	1/2 cup	182	0	55	1.15	22.1	10935	12.86	*9	1.75	43.03	0.72	0.15
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
STRAWBERRIES: frozen	1/2 CUP	122	0	4	0.75	14.0	31	52.79	31	0.68	33.05	0.17	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
ROLL HS	1 EA	139	0	249	1.43	39.8	20	0.0	4	5.97	26.86	1.99	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		787	64	1423	4.69	378.4	7628	69.96	*63	24.70	136.74	15.30	3.58
% of Calories									*32.1%	12.6%	69.5%	17.5%	4.1%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 11/03/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
HAMBURGER	1 EA	287	35	430	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		626	36	840	4.99	446.7	5797	44.17	*41	26.90	90.72	18.97	6.07
% of Calories									*26.2%	17.2%	58.0%	27.3%	8.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 11/06/2017													
HIGH SCHOOL BREAKFAS	Total												
PANCAKES	1 ea	213	9	318	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CRISPITO	2 ea	440	70	640	2.15	120.0	0	0.0	*N/A*	18.0	43.99	19.98	4.99
QUESADILLA	1 ea	320	45	600	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING	1 EA	10	0	125	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
TACO SAUCE	1 packet	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		778	55	1093	6.45	490.3	4906	39.31	*40	32.16	127.29	16.76	4.74
% of Calories									*20.3%	16.5%	65.4%	19.4%	5.5%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 11/07/2017													
HIGH SCHOOL BREAKFAS	Total												
BLUEBERRY MUFFINS	2 EA	400	30	280	0.00	0.0	160	0.0	32	4.0	64.0	14.0	3.00
FLAVORED YOGURT	1 EA	110	5	85	0.00	150.0	0	1.24	0	3.96	21.02	1.02	0.45
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
FRITO CHILI PIE	1 EA	499	52	593	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
HOT POCKET	1 EA	280	20	600	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		716	45	739	3.85	567.0	5170	70.35	*46	29.17	110.07	18.65	6.33
% of Calories									*25.7%	16.3%	61.5%	23.5%	8.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 11/08/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST SANDWICH	1 EA	314	156	541	1.93	269.1	576	0.06	*3	20.75	23.39	14.73	5.94
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN FRIED STEAK	1 EA	310	35	320	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
BAR B-Q FRANKS	1 CUP	314	34	1501	1.44	131.9	162	0.44	*24	10.04	30.92	16.66	4.76
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GRAVY LUNCH	1/4 CUP	48	0	226	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
ROLL	1 EA	61	0	96	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
Weighted Daily Average		678	68	1042	4.22	490.5	2294	56.28	*45	28.39	97.35	20.56	6.39
% of Calories									*26.7%	16.8%	57.5%	27.3%	8.5%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 11/09/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN SPAGHETTI	SERVING	312	36	392	1.75	127.8	224	1.66	*2	20.54	38.85	7.55	2.77
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI & CHEESE	1/2 CUP	52	6	144	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
GARLIC TOAST	1 EACH	90	0	191	1.08	0.0	401	0.0	*N/A*	3.01	15.06	2.51	0.50
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
MUSTARD: individual PC	Pkt 5g	3	0	55	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01
KETCHUP: individual	Pkt 6g	24	0	218	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		672	68	1026	4.67	492.2	2702	60.71	*42	31.51	107.48	14.55	4.89
% of Calories									*25.2%	18.8%	64.0%	19.5%	6.5%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 11/10/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
PEPPERONI PIZZA	EA	300	25	660	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN	1/2 CUP	120	0	1	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEARS: canned,light syrup	1/2 CUP	72	0	6	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		621	26	902	4.71	470.5	12120	43.65	*41	26.01	105.19	13.88	4.06
% of Calories									*26.6%	16.8%	67.8%	20.1%	5.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 11/13/2017													
HIGH SCHOOL BREAKFAS	Total												
HAM & CHEESE CROISSANT	1 EA	303	55	790	1.58	112.7	725	0.11	*6	12.68	27.66	15.85	7.42
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**



# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHEESE NACHOS	1 EA	300	38	886	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
HOAGIE SANDWICH	1 EA	385	76	1848	3.24	396.0	331	2.39	*2	28.25	42.11	12.3	5.70
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BURGER FIXINS	1 EA	16	0	227	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	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	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
OATMEAL COOKIES	1 EACH	0	0	0	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
TACO SAUCE	1 packet	0	0	0	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		535	46	1206	4.08	623.9	5264	55.16	*38	22.58	80.08	14.97	7.12
% of Calories									*28.6%	16.9%	59.8%	25.2%	12.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 11/14/2017													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	257	207	362	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
SPAGHETTI	1 CUP	334	18	695	2.58	51.7	1676	15.5	*1	12.27	49.24	10.16	2.24
B B-Q SANDWICH	1 EA	266	23	767	2.61	98.6	260	1.32	*3	13.22	34.02	8.06	2.96
BAKED POTATO	1 EACH	588	33	681	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	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
BREAD STICKS	1 EA	110	0	230	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
RANCH DRESSING	1 EA	10	0	125	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average % of Calories		676	62	1163	4.98	420.5	5466	50.11	*43 *25.5%	25.88 15.3%	115.68 68.4%	14.68 19.5%	4.28 5.7%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 11/15/2017													
HIGH SCHOOL BREAKFAS	Total												
OATMEAL	1 CUP	231	1	50	1.89	56.0	183	0.01	*11	7.56	37.63	6.02	1.20
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN TACO	1 EA	284	42	396	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
TOSTADA	1 EACH	312	51	334	1.55	205.9	428	0.69	*0	16.92	24.63	15.27	6.38
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
REFRIED BEANS	1/2 cup	101	0	161	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD	1.25 cup	15	0	6	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	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
TACO SAUCE	1 pack	5	0	72	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		665	39	867	5.26	516.7	5088	42.70	*43	29.66	111.00	13.12	4.60
% of Calories									*25.6%	17.8%	66.8%	17.8%	6.2%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 11/16/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	313	92	540	1.54	28.4	132	0.0	*N/A*	24.16	9.95	19.89	5.68
HAMBURGER HELPER	1 CUP	281	65	588	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	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	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	0.00
SALAD	1.25 cup	15	0	6	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	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
BREAD	2 SLICES	133	0	268	2.74	383.0	2	0.0	3	5.97	24.59	1.2	0.35
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		765	96	1198	6.80	705.1	4905	57.39	*49	39.18	111.84	19.57	6.23
% of Calories									*25.5%	20.5%	58.5%	23.0%	7.3%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 11/17/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 13

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
HAMBURGER	1 EA	287	35	430	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		681	39	1016	4.73	497.5	11199	43.62	*43	28.11	96.34	21.72	6.64
% of Calories									*25.0%	16.5%	56.6%	28.7%	8.8%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Mon - 11/20/2017													
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		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		1204								<=30.0	<10.00

Tue - 11/21/2017													
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		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		1204								<=30.0	<10.00

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 14

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/22/2017													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 11/23/2017													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Fri - 11/24/2017													
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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 15

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/27/2017													
HIGH SCHOOL BREAKFAS	Total												
PIG IN A BLANKET	2 EACH	279	50	318	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
HIGH SCHOOL LUNCH													
CHICKEN STRIPS	3 EA	240	52	375	1.62	0.0	7	0.0	2	22.5	13.5	10.5	2.25
SPICY CHICKEN SANDWICH	1 EACH	410	30	1010	2.69	120.0	0	0.0	0	22.99	56.99	10.49	1.99
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GRAVY LUNCH	1/4 CUP	48	0	226	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
BROCCOLI & CHEESE	1/2 CUP	52	6	144	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	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
ROLL	1 EA	61	0	96	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		695	59	1016	4.67	495.0	2901	79.46	*41	35.85	104.73	16.24	5.36
% of Calories									*23.5%	20.6%	60.2%	21.0%	6.9%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Tue - 11/28/2017													
HIGH SCHOOL BREAKFAS	Total												
BLUEBERRY MUFFINS	2 EA	400	30	280	0.00	0.0	160	0.0	32	4.0	64.0	14.0	3.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 16

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
MEATBALL SUB	1 EA	319	36	801	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	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CARROT STICKS- baby	bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
SALAD	1.25 cup	15	0	6	0.60	20.8	4916	6.53	1	0.94	3.01	0.22	0.03
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
TEDDY GRAHAMS	1 EA	90	0	96	0.79	16.2	0	0.0	5	1.4	16.31	2.23	0.34
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		691	39	930	4.69	453.6	11845	45.07	*50	25.14	112.89	17.48	5.05
% of Calories									*29.1%	14.6%	65.3%	22.8%	6.6%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Wed - 11/29/2017													
HIGH SCHOOL BREAKFAS	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**



# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 17

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:05 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
TACO,BEEF	2 EACH	290	48	520	1.63	143.9	2059	2.11	*1	14.88	19.87	16.56	6.93
TACO BURGER	1 EA	269	37	704	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
LETTUCE & TOMATO	1 cup	14	0	6	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	0.02
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
PINTO BEANS	1/2 cup	186	0	206	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	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	0.05	0.0	0	0.0	0	0.0	0.81	0.0	0.01
TACO SAUCE	3 packs	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		683	42	956	5.84	488.6	5752	41.07	*39	30.53	110.97	14.83	5.91
% of Calories									*23.1%	17.9%	65.0%	19.5%	7.8%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Thu - 11/30/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea.	94	0	163	0.79	52.1	69	0.0	*1	4.0	13.68	2.64	0.61
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
FRUIT JUICE	1 EA	54	0	6	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 18

Nov 1, 2017 thru Nov 30, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 10/27/2017 9:38:05 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN & RICE CASSEROLE	1 CUP	365	56	726	1.63	238.1	898	12.23	*1	20.32	35.63	15.97	5.85
FISH STICKS	4 EA	220	50	230	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SALAD	1.25 cup	15	0	6	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	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
BREAD STICKS	1 EA	110	0	230	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	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TEA	1.25 CUP	3	0	8	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	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00
Weighted Daily Average		681	71	934	4.81	496.9	5135	54.94	*43	28.39	105.98	18.41	5.65
% of Calories									*25.0%	16.7%	62.3%	24.3%	7.5%
Nutrient Guideline		667-781		1204								<=30.0	<10.00

Weighted Average		688	55	1015	4.98	501.5	6071	53.44	*44	29.28	108.59	16.73	5.38
									*57.4%	17.0%	63.1%	21.9%	7.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		667 - 781	100%				
Cholesterol (mg)	55							
Sodium (mg)	1015		1204					
Iron (mg)	4.98							
Calcium (mg)	501.5							
Vitamin A (IU)	6071							
Sugars (g)	44	25.52%			Missing			
Vitamin C (mg)	53.44							
Protein (g)	29.28	17.02%						
Carbohydrate (g)	108.59	63.13%						
Total Fat (g)	16.73	21.88%	<=30.00%					
Saturated Fat (g)	5.38	7.04%	<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.**