

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 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)
Fri - 12/01/2017													
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.	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
HIGH SCHOOL LUNCH													
PEPPERONI PIZZA	1 EA	143	12	314	1.28	95.0	143	0.0	*N/A*	7.6	16.63	5.7	2.38
CHICKEN SANDWICH	1 EACH	61	4	124	0.49	19.4	0	0.1	*0	3.4	6.19	2.45	0.48
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
STEAMED VEGETABLES	1/2 cup	19	0	19	0.21	13.2	248	24.66	*0	1.54	3.1	0.0	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	47	0	5	0.24	4.9	170	1.55	11	0.33	12.19	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
SLUSH	1 EA	56	0	31	0.25	56.0	700	42.0	*N/A*	0.0	14.0	0.0	0.00
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	8	0	41	0.02	0.8	0	0.0	*0	0.06	0.52	0.57	0.07
RANCH DRESSING	1 EA	5	0	63	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00
Weighted Daily Average		605	27	845	4.28	532.9	5474	105.59	*39	24.80	102.31	12.57	4.19
% of Calories									*25.9%	16.4%	67.7%	18.7%	6.2%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Mon - 12/04/2017													
HIGH SCHOOL BREAKFAST	Total												
HAM & CHEESE CROISSANT	1 EA	56	10	145	0.29	20.8	134	0.02	*1	2.34	5.1	2.92	1.37
CEREAL	SERVING	8	0	14	0.44	8.4	41	0.58	0	0.13	1.71	0.1	0.02
TOAST	2 ea.	7	0	13	0.06	4.1	5	0.0	*0	0.32	1.08	0.21	0.05
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 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												
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		723	76	803	5.85	563.0	4928	89.86	*45	27.54	110.99	20.54	7.56
% of Calories									*24.8%	15.2%	61.4%	25.6%	9.4%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Tue - 12/05/2017													
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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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 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												
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		717	43	1339	22.44	731.9	14441	39.88	*39	25.88	112.63	21.37	4.98
% of Calories									*21.5%	14.4%	62.9%	26.8%	6.3%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Wed - 12/06/2017													
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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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												
BEEF ENCHILADAS	2 EA	114	14	318	1.84	97.2	867	2.66	*0	6.14	13.58	4.16	2.43
BURRITO	1 EA	117	13	271	0.85	63.0	236	0.38	*N/A*	5.67	10.39	5.98	2.52
BAKED POTATO	1 EACH	46	3	54	0.36	23.5	82	2.15	*0	1.77	6.94	1.39	0.45
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
SPANISH RICE	1/2 CUP	50	0	179	0.62	5.9	171	0.55	*0	0.91	11.42	0.23	0.00
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
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
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		705	46	1226	7.22	535.2	6099	46.66	*41	30.45	113.36	16.48	7.05
% of Calories									*23.1%	17.3%	64.3%	21.0%	9.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Thu - 12/07/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	16	29	15	0.14	7.0	61	0.0	0	1.06	0.17	1.17	0.35
BACON WC	EA	15	4	48	0.00	0.0	0	0.0	*N/A*	1.04	0.0	1.25	0.42
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea.	15	0	26	0.12	8.2	11	0.0	*0	0.63	2.16	0.42	0.10
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	7.5	12	0.0	0	0.2	0.3	0.06	0.04
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00

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HIGH SCHOOL LUNCH	Total												
STEAK FINGERS	SERVING	43	5	44	0.37	5.5	1	0.0	0	2.21	2.76	2.62	0.62
TURKEY W/CHEESE SANDWICH	1 EACH	35	6	144	0.32	27.3	24	0.54	1	2.84	3.45	1.02	0.43
BAKED POTATO	1 EACH	31	2	36	0.24	15.6	55	1.43	*0	1.18	4.63	0.93	0.30
MASHED POTATOES	1/2 CUP	60	3	35	0.23	54.3	73	19.35	*2	2.3	10.49	1.01	0.55
GRAVY LUNCH	1/4 CUP	35	0	166	0.42	4.4	3	0.14	*0	0.6	3.95	1.92	0.77
GREEN BEANS	1/2 CUP	10	0	102	0.37	10.6	142	1.92	*N/A*	0.49	2.12	0.04	0.01
STEAMED VEGETABLES	1/2 cup	20	0	19	0.21	13.3	251	24.96	*0	1.55	3.13	0.0	0.00
BREAD	2 SLICES	98	0	197	2.02	282.2	2	0.0	2	4.4	18.12	0.89	0.26
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	45	0	1	0.33	12.0	33	6.43	11	0.31	11.52	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	6	0	31	0.01	0.6	0	0.0	*0	0.04	0.39	0.43	0.06
Weighted Daily Average		609	55	976	5.46	728.4	2399	87.89	*44	26.87	99.81	12.78	4.36
% of Calories									*28.6%	17.6%	65.5%	18.9%	6.4%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Fri - 12/08/2017													
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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Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
HAMBURGER	1 EA	91	11	136	1.02	35.6	32	0.17	*1	5.1	7.28	4.6	1.70
CHEESEBURGER	1 EA	147	17	292	1.28	76.3	125	0.22	*1	8.94	9.04	8.52	3.07
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
POTATO WEDGES	8 PCS	82	0	11	0.30	6.6	3	3.22	*N/A*	1.48	12.6	2.59	0.37
BURGER FIXINS	1 EA	12	0	167	0.48	26.1	3583	4.23	1	0.73	2.4	0.21	0.03
APPLESAUCE	1/2 CUP	55	0	2	0.10	2.4	5	1.37	12	0.13	14.09	0.14	0.02
FRUIT,FRESH ASSORTED	1 EACH	46	0	4	0.19	11.5	935	19.83	9	0.71	11.78	0.19	0.04
MILK,1% Lowfat	HALF PINT	25	3	26	0.02	74.6	117	0.0	3	2.01	2.98	0.58	0.38
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	5	0.03	0.0	0	0.0	0	0.0	0.51	0.0	0.00
CONDIMENTS	1 EA	29	0	154	0.07	3.0	0	0.0	*0	0.22	1.94	2.13	0.28
Weighted Daily Average		665	39	993	4.39	486.8	5538	43.04	*43	27.92	92.88	21.53	6.61
% of Calories									*25.7%	16.8%	55.9%	29.1%	9.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Mon - 12/11/2017													
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	1 SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	10	0	17	0.08	5.5	7	0.0	*0	0.42	1.44	0.28	0.06
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	13	1	13	0.01	37.3	58	0.0	2	1.01	1.49	0.29	0.19
MILK, CHOC FATFREE	HALF PINT	14	1	13	0.00	39.5	66	0.32	2	1.05	2.5	0.0	0.00
JELLY	2 ea	4	0	0	0.00	0.1	0	0.01	1	0.0	1.03	0.0	0.00
HIGH SCHOOL LUNCH	Total												
PARMESAN CHICKEN	1 EACH	130	29	409	0.33	30.3	4	0.12	*0	13.2	4.55	6.35	1.19
SALISBURY STEAK	1 EA	42	8	94	0.33	7.6	0	0.22	*N/A*	2.79	1.78	2.68	1.11
BAKED POTATO	1 EACH	15	1	18	0.12	7.8	27	0.72	*0	0.59	2.31	0.46	0.15
BLACKEYED PEAS	1/2 CUP	51	0	196	0.65	13.4	9	1.8	*N/A*	3.17	9.11	0.37	0.10
MASHED POTATOES	1/2 CUP	60	3	35	0.23	54.3	73	19.35	*2	2.3	10.49	1.01	0.55
CARROT STICKS- baby	bag	16	0	35	0.40	14.2	6172	1.19	0	0.28	3.65	0.05	0.01
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.32	11.5	31	6.18	10	0.3	11.08	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	41	0	4	0.17	10.3	835	17.7	8	0.63	10.52	0.17	0.04
BREAD	2 SLICES	88	0	176	1.80	252.0	1	0.0	2	3.93	16.18	0.79	0.23
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

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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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		671	50	1132	5.29	644.6	7893	60.32	*39 *23.0%	35.34 21.1%	101.44 60.4%	15.05 20.2%	4.88 6.5%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Tue - 12/12/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST SANDWICH	1 EA	41	20	71	0.25	35.4	76	0.01	*0	2.73	3.08	1.94	0.78
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
CINNAMON TOAST	2 EACH	26	0	35	0.18	8.0	33	0.01	1	0.92	3.43	1.03	0.21
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
HIGH SCHOOL LUNCH	Total												
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 % of Calories		707	61	993	5.84	577.4	5257	38.74	*35 *19.5%	33.21 18.8%	113.49 64.2%	14.71 18.7%	5.94 7.6%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:20 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 - 12/13/2017													
HIGH SCHOOL BREAKFAS	Total												
BRKFST BURRITO	1 EA	41	33	57	0.18	29.7	66	0.0	*0	2.53	3.12	1.9	0.75
CEREAL	SERVING	10	0	18	0.59	11.2	55	0.77	0	0.17	2.28	0.14	0.03
TOAST	2 ea	40	0	69	0.33	21.9	29	0.0	*1	1.68	5.76	1.11	0.25
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	28	1	26	0.00	77.4	129	0.62	5	2.06	4.9	0.0	0.00
JELLY	2 ea	8	0	1	0.01	0.2	0	0.03	2	0.0	2.06	0.0	0.00
HIGH SCHOOL LUNCH	Total												
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		713	65	1065	5.63	511.0	6100	53.22	*42	30.54	102.28	21.65	5.97
% of Calories									*23.6%	17.1%	57.4%	27.3%	7.5%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Thu - 12/14/2017													
HIGH SCHOOL BREAKFAS	Total												
SCRAMBLED EGGS	1 EA	12	22	12	0.10	5.3	46	0.0	0	0.79	0.13	0.87	0.27
BACON WC	EA	11	3	36	0.00	0.0	0	0.0	*N/A*	0.78	0.0	0.94	0.31
CEREAL	SERVING	5	0	9	0.30	5.6	27	0.39	0	0.09	1.14	0.07	0.01
TOAST	2 ea	50	0	86	0.42	27.4	36	0.0	*1	2.11	7.2	1.39	0.32
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.15	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	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		861	81	1032	5.13	630.1	12620	44.32	*46	39.35	128.34	23.03	8.61
% of Calories									*21.2%	18.3%	59.6%	24.1%	9.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Fri - 12/15/2017													
HIGH SCHOOL BREAKFAS	Total												
BREAKFAST PIZZA	1 EA	28	2	57	0.19	19.7	3	0.0	*N/A*	1.32	3.29	1.05	0.26
CEREAL	SERVING	13	0	23	0.74	14.1	68	0.97	1	0.22	2.85	0.17	0.03
TOAST	2 ea	25	0	43	0.21	13.7	18	0.0	*0	1.05	3.6	0.7	0.16
FRUIT,FRESH ASSORTED	1 EACH	17	0	1	0.07	4.1	334	7.08	3	0.25	4.21	0.07	0.02
FRUIT JUICE	1 EA	14	0	1	0.06	2.2	16	4.36	*N/A*	0.1	3.47	0.03	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.9	23	0.0	1	0.4	0.6	0.12	0.08
MILK, CHOC FATFREE	HALF PINT	23	1	21	0.00	63.2	105	0.51	4	1.68	4.0	0.0	0.00
JELLY	2 ea	10	0	1	0.01	0.3	0	0.03	2	0.01	2.58	0.0	0.00

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Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	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		612	27	808	4.46	487.4	4736	38.35	*43	26.40	103.70	13.66	4.71
% of Calories									*28.2%	17.3%	67.8%	20.1%	6.9%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Mon - 12/18/2017													
HIGH SCHOOL BREAKFAS	Total												
BISCUITS: PLAIN,PURCH (2.5")	1 EACH	22	0	26	0.14	26.2	0	0.0	*N/A*	0.52	2.75	1.05	0.52
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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:21 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												
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		706	50	1103	6.09	562.8	15303	50.51	*41	30.33	108.18	19.71	7.47
% of Calories									*23.4%	17.2%	61.3%	25.1%	9.5%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Tue - 12/19/2017													
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
FLAVORED 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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
CHICKEN ALFREDO	1 CUP	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		772	58	1013	3.33	395.8	2684	63.47	*47	27.32	121.32	21.97	6.87
% of Calories									*24.2%	14.2%	62.8%	25.6%	8.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Wed - 12/20/2017													
HIGH SCHOOL BREAKFAS	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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH

001 - WOLFE CITY HIGH SCHOOL

Generated on: 11/17/2017 11:25:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH SCHOOL LUNCH	Total												
ORANGE CHICKEN	1 EACH	63	22	66	0.27	7.4	14	0.0	*N/A*	5.16	4.05	2.58	0.55
HOT POCKET	1 EA	81	6	174	0.78	72.4	58	2.61	*N/A*	5.21	8.11	2.89	1.45
BAKED POTATO	1 EACH	46	3	54	0.36	23.5	82	2.15	*0	1.77	6.94	1.39	0.45
RICE	servings	143	0	84	0.58	10.9	0	0.0	*0	3.07	29.9	1.13	0.23
EGG ROLL	1 EA	84	16	216	0.95	21.1	395	3.16	*N/A*	5.26	10.53	2.63	0.53
SALAD	1.25 cup	8	0	3	0.32	11.0	2587	3.44	1	0.49	1.58	0.12	0.01
ORIENTAL VEGGIES	1/2 CUP	9	0	6	0.10	6.4	88	4.73	*N/A*	0.38	1.51	0.0	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.32	11.5	31	6.18	10	0.3	11.08	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	43	0	4	0.18	10.7	868	18.41	8	0.66	10.94	0.18	0.04
MILK,1% Lowfat	HALF PINT	13	1	13	0.01	37.3	58	0.0	2	1.01	1.49	0.29	0.19
MILK, CHOC FATFREE	HALF PINT	43	2	39	0.00	118.4	197	0.95	7	3.16	7.5	0.0	0.00
TEA	1.25 CUP	2	0	6	0.04	0.0	0	0.0	0	0.0	0.56	0.0	0.00
RANCH DRESSING FAT FREE	1 EACH	5	0	66	0.00	0.0	0	0.0	*N/A*	0.0	1.05	0.0	0.00
Weighted Daily Average		723	84	892	4.77	480.0	5011	53.98	*38	33.57	115.33	14.82	4.85
% of Calories									*20.8%	18.6%	63.8%	18.5%	6.0%
Nutrient Guideline		669-783		1210								<=30.0	<10.00

Weighted Average		699	54	1016	6.44	561.9	7035	58.27	*41	29.96	109.01	17.85	6.00
									*53.2%	17.1%	62.4%	23.0%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	699		669 - 783	100%				
Cholesterol (mg)	54							
Sodium (mg)	1016		1210					
Iron (mg)	6.44							
Calcium (mg)	561.9							
Vitamin A (IU)	7035							
Sugars (g)	41	23.66%			Missing			
Vitamin C (mg)	58.27							
Protein (g)	29.96	17.14%						
Carbohydrate (g)	109.01	62.37%						
Total Fat (g)	17.85	22.98%	<=30.00%					
Saturated Fat (g)	6.00	7.73%	<10.00%					

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