

Wolfe City ISD

Mar 1, 2018 thru Mar 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 1

Generated on: 2/23/2018 12:47:28 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)
Thu - 03/01/2018													
LEARNING CENTER/ PK B BREAKFAST PIZZA	Total												
1 EA		70	5	143	0.48	50.0	7	0.0	*N/A*	3.34	8.34	2.67	0.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU													
HAMBURGER HELPER	1 CUP	187	43	392	1.39	49.3	55	0.06	*1	13.53	12.12	9.04	3.66
MASHED POTATOES	1/2 CUP	54	3	31	0.20	49.2	66	17.51	*2	2.08	9.49	0.91	0.50
RANCH STYLE BEANS	1/2 CUP	79	0	340	1.77	0.0	131	0.0	*N/A*	4.58	13.74	0.65	0.00
BREAD el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	0.12
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	50	0	5	0.25	5.2	181	1.65	12	0.35	13.0	0.06	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		612	59	1110	5.16	579.3	1341	35.87	*37	34.38	86.56	14.82	5.63
% of Calories									*24.0%	22.5%	56.5%	21.8%	8.3%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Fri - 03/02/2018													
LEARNING CENTER/ PK B CINNAMON ROLL	Total												
1 EA		87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU													
HAMBURGER	1 EA	191	23	287	2.16	75.1	67	0.36	*2	10.76	15.38	9.72	3.58
POTATO WEDGES	8 PCS	74	0	10	0.27	6.0	3	2.92	*N/A*	1.34	11.4	2.35	0.34
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		542	36	543	3.87	420.8	9635	39.37	*30	23.95	76.06	16.72	6.31
% of Calories									*22.3%	17.7%	56.1%	27.8%	10.5%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 2

Generated on: 2/23/2018 12:47:28 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 - 03/05/2018													
LEARNING CENTER/ PK B	Total												
PANCAKE ON A STICK	1 EA	70	7	130	0.48	6.7	13	0.0	3	2.33	6.67	4.0	1.00
SYRUP	POUCH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03
LEARNING CENTER/PK LU	Total												
CHICKEN NUGGETS LC	3 EACH	86	25	148	0.80	11.6	29	4.4	*N/A*	5.6	5.2	4.8	0.80
MASHED POTATOES	1/2 CUP	54	3	31	0.20	49.2	66	17.51	*2	2.08	9.49	0.91	0.50
BROCCOLI & CHEESE	1/2 CUP	35	4	96	0.37	67.0	531	19.41	0	2.56	3.23	1.53	0.96
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
ROLL	1 EA	40	0	64	0.00	13.5	0	1.62	*N/A*	1.35	8.77	0.0	0.00
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		477	46	750	2.36	450.7	1909	62.16	*39	22.97	72.29	12.37	3.94
% of Calories									*32.7%	19.3%	60.6%	23.3%	7.4%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Tue - 03/06/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03

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004 - WC LEARNING CENTER/PK

Page 3

Generated on: 2/23/2018 12:47:28 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)
LEARNING CENTER/PK LU	Total												
CORN DOG:Turkey Jumbo State F	1 EACH	187	27	442	1.20	33.5	67	6.02	*N/A*	6.02	20.74	8.7	2.01
CARROT STICKS- baby	bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		465	35	933	4.80	473.5	13269	46.76	*34	17.68	75.95	11.08	3.01
% of Calories									*29.0%	15.2%	65.4%	21.5%	5.8%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Wed - 03/07/2018													
LEARNING CENTER/ PK B	Total												
SCRAMBLED EGGS	1 EA	25	47	24	0.22	11.1	97	0.0	0	1.68	0.27	1.84	0.56
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	13	2	13	0.01	37.8	59	0.0	2	1.02	1.51	0.29	0.19
MILK,Skim	HALF PINT	17	1	21	0.01	59.8	100	0.0	2	1.65	2.43	0.04	0.03
LEARNING CENTER/PK LU	Total												
TACO BURGER	1 EA	179	25	470	1.75	114.5	342	1.65	*2	11.86	15.61	7.37	2.26
LETTUCE &TOMATO	1 cup	9	0	4	0.39	13.5	3247	3.86	1	0.59	1.86	0.14	0.02
PINTO BEANS	1/2 cup	124	0	137	1.90	43.2	0	0.0	0	7.52	23.16	0.4	0.11
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	50	0	5	0.25	5.2	181	1.65	12	0.35	13.0	0.06	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		539	79	795	5.13	548.4	4772	23.81	*36	31.47	79.62	11.39	3.80
% of Calories									*26.6%	23.3%	59.0%	19.0%	6.3%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

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004 - WC LEARNING CENTER/PK

Page 4

Generated on: 2/23/2018 12:47:28 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)
Thu - 03/08/2018													
LEARNING CENTER/ PK B BREAKFAST PIZZA	Total												
1 EA		70	5	143	0.48	50.0	7	0.0	*N/A*	3.34	8.34	2.67	0.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU FISH STICKS	Total												
4 EA		147	33	153	0.96	13.3	67	0.0	1	10.0	12.67	6.0	1.00
SALAD EL/MS	1 cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
SESAME-ROASTED GREEN BEANS	1/2 CUP	26	0	84	0.42	26.6	337	2.48	1	0.92	3.93	1.13	0.18
BREAD STICKS	1 EA	73	0	153	0.72	0.0	7	0.0	1	2.0	11.33	2.67	0.67
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.33	11.7	32	6.26	11	0.3	11.23	0.1	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		501	46	730	3.44	412.4	4726	26.94	*34	25.55	71.78	13.77	3.21
% of Calories									*27.0%	20.4%	57.3%	24.7%	5.8%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Fri - 03/09/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU PIZZA- SAUSAGE	Total												
1 EACH		290	25	470	2.70	200.0	200	0.0	9	16.0	33.0	10.0	4.50
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 EL/MS	1 cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
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	48	6	50	0.03	141.7	222	0.0	6	3.82	5.66	1.1	0.72
MILK,Skim	HALF PINT	42	2	51	0.04	149.5	250	0.0	6	4.13	6.08	0.1	0.07
Weighted Daily Average		492	33	736	3.92	546.3	7387	67.17	*33	27.99	69.40	11.63	5.37
% of Calories									*26.8%	22.8%	56.4%	21.3%	9.8%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

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004 - WC LEARNING CENTER/PK

Page 5

Generated on: 2/23/2018 12:47:28 PM

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Mon - 03/12/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU 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		489-604		1019								<=30.0	<10.00

Tue - 03/13/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU 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		489-604		1019								<=30.0	<10.00

Wed - 03/14/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU 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		489-604		1019								<=30.0	<10.00

Thu - 03/15/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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004 - WC LEARNING CENTER/PK

Page 6

Generated on: 2/23/2018 12:47:28 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)
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		489-604		1019								<=30.0	<10.00

Fri - 03/16/2018													
LEARNING CENTER/ PK B HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU 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		489-604		1019								<=30.0	<10.00

Mon - 03/19/2018													
LEARNING CENTER/ PK B FRENCH TOAST STICKS LC SYRUP	Total 1 EA	83	0	100	1.68	733.3	141	15.0	*N/A*	2.33	12.33	3.0	0.50
FRUIT,FRESH ASSORTED JUICE	POUCH 1 EACH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
MILK,1% Lowfat	1/2 CUP	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
MILK,Skim	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU PORK CHOP	Total 1 EA	165	61	185	1.40	32.2	53	0.0	*N/A*	8.7	9.9	10.25	3.16
MACARONI & CHEESE	1/2 CUP	94	6	113	0.60	84.9	112	0.0	*2	4.05	13.37	2.45	1.35
BROCCOLI SALAD NEW	1/2 CUP	34	0	65	0.27	17.5	226	32.48	*1	1.04	4.04	1.75	0.21
SWEET POTATO	1/2 cup	121	0	37	0.76	14.8	7290	8.58	*6	1.17	28.69	0.48	0.10
FRESH FRUIT	1 EACH	39	0	1	0.14	10.0	160	11.55	*5	0.49	10.13	0.15	0.03
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average % of Calories		669	74	632	5.01	1190.7	8883	84.25	*35 *20.8%	26.30 15.7%	101.34 60.6%	19.16 25.8%	6.03 8.1%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

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Wolfe City ISD

Mar 1, 2018 thru Mar 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 7

Generated on: 2/23/2018 12:47:28 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 - 03/20/2018													
LEARNING CENTER/ PK B	Total												
BLUEBERRY MUFFINS LC	1 EA	67	5	47	0.00	0.0	27	0.0	5	0.67	10.67	2.33	0.50
FLAVORED YOGURT	1 EA	37	2	28	0.00	50.0	0	0.41	0	1.32	7.01	0.34	0.15
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
HOT DOG ON A BUN:turkey hot	SERVING	154	17	551	1.69	80.7	0	0.0	*N/A*	8.06	12.01	8.77	2.36
HASH BROWN POTATOES	1 each	42	0	3	0.10	3.3	0	1.3	0	0.51	5.51	2.24	0.18
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		508	31	931	2.80	454.7	9113	22.44	*40	19.95	77.53	14.87	3.89
% of Calories									*31.4%	15.7%	61.1%	26.4%	6.9%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Wed - 03/21/2018													
LEARNING CENTER/ PK B	Total												
BRKFST BURRITO	1 EA	86	69	121	0.38	62.7	139	0.0	*0	5.33	6.58	4.02	1.58
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK, CHOC FATFREE	HALF PINT	29	1	27	0.00	80.0	133	0.64	5	2.13	5.07	0.0	0.00
LEARNING CENTER/PK LU	Total												
BURRITO	1 EA	246	27	572	1.80	133.0	499	0.8	*N/A*	11.97	21.94	12.63	5.32
REFRIED BEANS LC	3/8 cup	62	0	97	1.01	20.3	0	0.56	0	3.49	9.5	1.41	0.44
SPANISH RICE	1/2 CUP	51	0	182	0.62	6.0	174	0.56	*0	0.93	11.57	0.23	0.00
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05

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Mar 1, 2018 thru Mar 31, 2018

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 8

Generated on: 2/23/2018 12:47:28 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)
Weighted Daily Average		636	103	1169	4.49	543.5	5935	38.69	*30	31.28	86.37	19.61	8.04
% of Calories									*19.1%	19.7%	54.4%	27.8%	11.4%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Thu - 03/22/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
STEAK FINGERS LC	3 EACH	155	17	160	1.35	20.0	3	0.0	0	8.0	10.0	9.5	2.25
MASHED POTATOES LC	3/8 CUP	75	2	29	0.23	36.0	55	25.26	*1	2.16	14.65	1.18	0.36
GREEN BEANS	1/2 CUP	12	0	129	0.46	13.4	180	2.43	*N/A*	0.62	2.68	0.05	0.01
BREAD el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	0.12
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.33	11.7	32	6.26	11	0.3	11.23	0.1	0.01
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		531	27	766	5.82	608.5	1435	53.70	*39	23.30	84.14	13.12	3.60
% of Calories									*29.6%	17.6%	63.4%	22.2%	6.1%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Fri - 03/23/2018													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 9

Generated on: 2/23/2018 12:47:29 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)
LEARNING CENTER/PK LU	Total												
HAMBURGER	1 EA	191	23	287	2.16	75.1	67	0.36	*2	10.76	15.38	9.72	3.58
POTATO WEDGES	8 PCS	74	0	10	0.27	6.0	3	2.92	*N/A*	1.34	11.4	2.35	0.34
BURGER FIXINS	1 EA	11	0	151	0.43	23.6	3242	3.82	1	0.66	2.17	0.19	0.03
APPLESAUCE	1/2 CUP	56	0	2	0.10	2.4	5	1.39	12	0.13	14.28	0.14	0.02
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
KETCHUP: individual	Pkt 6g	16	0	145	0.06	2.4	84	0.66	3	0.17	4.38	0.02	0.00
Weighted Daily Average		562	36	793	3.78	420.8	4302	25.80	*39	23.91	81.62	16.83	6.32
% of Calories									*27.5%	17.0%	58.1%	26.9%	10.1%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Mon - 03/26/2018													
LEARNING CENTER/ PK B	Total												
PANCAKES	1 ea	71	3	106	0.96	22.0	177	0.0	0	1.39	12.05	1.93	0.40
SYRUP	POUCH	3	0	23	0.00	0.0	0	0.0	0	0.0	1.21	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
PARMESAN CHICKEN	1 EACH	165	37	518	0.42	38.4	5	0.16	*1	16.72	5.76	8.04	1.51
MASHED POTATOES LC	3/8 CUP	75	2	29	0.23	36.0	55	25.26	*1	2.16	14.65	1.18	0.36
BLACKEYED PEAS	1/2 CUP	65	0	248	0.82	16.9	11	2.29	*N/A*	4.01	11.54	0.47	0.12
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	43	0	1	0.33	11.7	32	6.26	11	0.3	11.23	0.1	0.01
BREAD el/ms	1 EA	44	0	89	0.91	127.7	1	0.0	1	1.99	8.2	0.4	0.12
MILK,1% Lowfat	HALF PINT	32	4	33	0.02	94.5	148	0.0	4	2.55	3.77	0.73	0.48
MILK,Skim	HALF PINT	28	2	34	0.02	99.6	167	0.0	4	2.75	4.05	0.07	0.05
Weighted Daily Average		595	50	1123	3.83	550.6	1182	50.61	*34	35.09	86.31	13.19	3.20
% of Calories									*22.8%	23.6%	58.0%	20.0%	4.8%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

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004 - WC LEARNING CENTER/PK

Page 10

Generated on: 2/23/2018 12:47:29 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 - 03/27/2018													
LEARNING CENTER/ PK B	Total												
CEREAL	1 EA	33	0	57	1.87	35.6	173	2.45	2	0.55	7.22	0.44	0.08
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
QUESADILLA	1 ea	213	30	400	1.80	166.7	200	0.0	0	12.0	21.33	8.67	4.00
PINTO BEANS EL/MS	3/8 cup	63	0	70	0.97	22.0	0	0.0	0	3.83	11.79	0.2	0.06
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		516	37	773	5.80	610.3	5507	38.58	*30	27.05	79.44	10.90	4.87
% of Calories									*23.6%	21.0%	61.6%	19.0%	8.5%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Wed - 03/28/2018													
LEARNING CENTER/ PK B	Total												
OATMEAL LC	1/2 CUP	38	0	8	0.31	9.3	31	0.0	*2	1.26	6.27	1.0	0.20
TOAST/ LEARNING CENTER	1 EA	24	0	46	0.46	63.8	7	0.0	0	0.99	4.1	0.35	0.09
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
TOASTED CHEESE SANDWICH	1 EACH	217	20	322	1.30	336.0	482	0.0	*2	14.67	18.24	8.65	4.76
VEGETABLE SOUP LC	3/4 CUP	42	0	225	0.54	13.8	2766	3.01	*0	1.55	8.55	0.43	0.04
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.18	10.1	630	19.57	*N/A*	0.63	1.1	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	43	0	4	0.29	2.4	284	1.92	11	0.36	11.66	0.02	0.00
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05

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004 - WC LEARNING CENTER/PK

Page 11

Generated on: 2/23/2018 12:47:29 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)
Weighted Daily Average		498	28	721	3.25	734.5	5105	41.16	*36	28.01	71.65	11.49	5.68
% of Calories									*28.6%	22.5%	57.6%	20.8%	10.3%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Thu - 03/29/2018													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	87	5	90	0.60	13.3	0	0.0	*N/A*	2.33	12.33	3.33	1.67
FRUIT,FRESH ASSORTED	1 EACH	21	0	2	0.09	5.2	423	8.97	4	0.32	5.33	0.09	0.02
JUICE	1/2 CUP	19	0	5	0.00	0.0	0	7.68	4	0.18	4.53	0.0	0.00
MILK,1% Lowfat	HALF PINT	6	1	7	0.00	18.9	30	0.0	1	0.51	0.75	0.15	0.10
MILK,Skim	HALF PINT	22	1	27	0.02	79.7	133	0.0	3	2.2	3.24	0.05	0.04
LEARNING CENTER/PK LU	Total												
CRISPY CHICKEN WRAP	1 EA	295	33	480	0.95	196.3	1533	1.47	0	14.72	20.77	17.23	5.36
PINTO BEANS EL/MS	3/8 cup	63	0	70	0.97	22.0	0	0.0	0	3.83	11.79	0.2	0.06
CARROTS (STEAMED)	1/2 CUP	26	0	38	0.58	34.5	12432	2.23	3	0.66	5.97	0.16	0.03
FRUIT,FRESH ASSORTED	1 EACH	42	0	4	0.17	10.4	846	17.94	8	0.64	10.66	0.17	0.04
MILK,1% Lowfat	HALF PINT	25	3	27	0.02	75.6	119	0.0	3	2.04	3.02	0.59	0.38
MILK,Skim	HALF PINT	33	2	41	0.03	119.6	200	0.0	5	3.3	4.86	0.08	0.05
Weighted Daily Average		640	45	790	3.42	575.6	15715	38.28	*31	30.74	83.25	22.04	7.74
% of Calories									*19.5%	19.2%	52.0%	31.0%	10.9%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Fri - 03/30/2018													
LEARNING CENTER/ PK B	Total												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU	Total												
PEPPERONI PIZZA	1 EA	300	25	660	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
SALAD EL/MS	cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
CORN	1/2 CUP	120	0	1	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
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
MILK,1% Lowfat	HALF PINT	38	5	40	0.03	113.4	178	0.0	5	3.06	4.53	0.88	0.57
MILK,Skim	HALF PINT	50	3	62	0.04	179.3	300	0.0	7	4.95	7.29	0.12	0.08

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

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Wolfe City ISD

Mar 1, 2018 thru Mar 31, 2018

Planned Menu Spreadsheet

Combined: LEARNING CENTER/ PK BREAKFAST/LEARNING CENTER/PK LUNCH

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

Page 12

Generated on: 2/23/2018 12:47:29 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)
Weighted Daily Average		603	32	900	4.28	523.5	6444	11.70	*36	29.52	96.51	15.14	5.94
% of Calories									*24.0%	19.6%	64.1%	22.6%	8.9%
Nutrient Guideline		489-604		1019								<=30.0	<10.00

Weighted Average		552	47	835	4.19	567.3	6274	41.61	*35	27.01	81.17	14.60	5.09
									*56.8%	19.6%	58.8%	23.8%	8.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	552		489 - 604	100%				
Cholesterol (mg)	47							
Sodium (mg)	835		1019					
Iron (mg)	4.19							
Calcium (mg)	567.3							
Vitamin A (IU)	6274							
Sugars (g)	35	25.25%			Missing			
Vitamin C (mg)	41.61							
Protein (g)	27.01	19.57%						
Carbohydrate (g)	81.17	58.81%						
Total Fat (g)	14.60	23.79%	<=30.00%					
Saturated Fat (g)	5.09	8.30%	<10.00%					

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

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