

Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Mon - 09/03/2018													
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
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		483-600		1000								<=30.0	<10.00

	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 - 09/04/2018													
LEARNING CENTER/ PK B CEREAL	Total 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 HOT DOG ON A BUN:turkey hot	Total 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 % of Calories		461	24	960	5.13	504.2	9266	24.47	*37 *31.7%	19.52 16.9%	71.18 61.7%	12.99 25.3%	3.40 6.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

	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 - 09/05/2018													
LEARNING CENTER/ PK B OATMEAL LC	Total 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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
LEARNING CENTER/PK LU	Total												
PORK CHOP	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		644	74	564	4.10	530.6	8779	69.25	*37	26.22	98.17	17.52	5.82
% of Calories									*23.1%	16.3%	60.9%	24.5%	8.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 09/06/2018													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	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	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		544	32	806	3.98	559.1	1262	51.26	*37	25.09	81.15	15.00	4.10
% of Calories									*27.4%	18.4%	59.7%	24.8%	6.8%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/07/2018													
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	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	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												
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		509	31	761	5.05	443.1	4474	28.24	*40	22.12	76.51	13.93	4.73
% of Calories									*31.6%	17.4%	60.1%	24.6%	8.4%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 09/10/2018													
LEARNING CENTER/ PK B	Total												
PIG IN A BLANKET LC	1 EACH	46	8	53	0.90	13.3	133	0.8	*N/A*	2.32	5.64	1.49	0.50
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

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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)
Weighted Daily Average		505	45	722	4.37	524.1	5460	36.93	*28	27.82	73.76	11.60	5.20
% of Calories									*22.5%	22.0%	58.4%	20.7%	9.3%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Tue - 09/11/2018													
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												
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		578	47	1098	5.19	628.1	1185	53.06	*36	35.25	84.37	12.06	2.97
% of Calories									*24.9%	24.4%	58.4%	18.8%	4.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Wed - 09/12/2018													
LEARNING CENTER/ PK B	Total												
FRENCH TOAST	2 ea	84	32	195	0.87	42.1	74	0.12	0	2.91	12.63	2.4	0.60
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

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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
Weighted Daily Average		523	60	884	3.35	703.4	5140	41.28	*33	28.66	75.12	12.53	6.00
% of Calories									*25.4%	21.9%	57.5%	21.6%	10.3%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 09/13/2018													
	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 B	Total												
BREAKFAST PIZZA	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	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		623	45	844	3.30	612.3	15722	38.28	*31	31.74	79.25	21.38	6.74
% of Calories									*20.1%	20.4%	50.9%	30.9%	9.7%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Fri - 09/14/2018													
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												
PEPPERONI PIZZA	1 EA	200	17	440	1.80	133.3	200	0.0	*N/A*	10.67	23.33	8.0	3.33
SALAD EL/MS	cup	13	0	86	0.38	12.8	3377	1.55	*N/A*	0.48	2.61	0.12	0.02
CORN	1/2 CUP	80	0	1	0.38	2.5	220	4.59	4	2.85	17.51	1.25	0.16
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	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		557	29	732	3.56	466.2	4882	24.44	*36	25.23	90.52	13.71	5.78
% of Calories									*26.2%	18.1%	65.0%	22.2%	9.3%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 09/17/2018													
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												
LASAGNA LC	SERVINGS	180	36	317	1.60	224.2	523	8.53	*1	12.07	13.75	8.59	4.41
CORN ON THE COB	1 EACH	39	0	101	0.26	1.3	97	2.02	2	1.31	9.38	0.31	0.05
CARROTS (STEAMED)	1/2 CUP	26	0	38	0.58	34.5	12432	2.23	3	0.66	5.97	0.16	0.03
PEARS: canned,light syrup	1/2 CUP	48	0	4	0.24	4.2	0	0.59	10	0.16	12.77	0.03	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
Weighted Daily Average		477	43	672	5.15	662.6	14136	32.46	*37	24.30	74.92	10.82	5.24
% of Calories									*31.4%	20.4%	62.8%	20.4%	9.9%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Tue - 09/18/2018													
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												
CHICKEN ALFREDO LC	1/2 CUP	127	26	227	0.65	45.4	192	0.17	*1	7.72	14.0	4.44	2.22
SEASONED NEW POTATOES	1/2 cup	97	0	59	0.17	4.7	218	7.79	*0	1.08	12.16	4.92	1.00
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
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		461	33	459	2.11	442.8	2828	62.12	*32	20.88	70.03	11.92	4.15
% of Calories									*28.2%	18.1%	60.8%	23.3%	8.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Wed - 09/19/2018													
LEARNING CENTER/ PK B	Total												
PIG IN A BLANKET LC	1 EACH	46	8	53	0.90	13.3	133	0.8	*N/A*	2.32	5.64	1.49	0.50
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												
ORANGE CHICKEN	1 EACH	113	40	120	0.48	13.3	25	0.0	*N/A*	9.33	7.33	4.67	1.00
EGG ROLL	1 EA	107	20	273	1.20	26.7	500	4.0	*N/A*	6.67	13.33	3.33	0.67
RICE	servings	145	0	85	0.59	11.0	0	0.0	*0	3.11	30.3	1.14	0.23
ORIENTAL VEGGIES	1/2 CUP	10	0	6	0.10	6.5	89	4.8	*N/A*	0.38	1.54	0.0	0.00
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	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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Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Weighted Daily Average		604	75	648	3.52	372.2	1656	27.63	*32	30.50	94.15	11.72	3.01
% of Calories									*21.5%	20.2%	62.3%	17.5%	4.5%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 09/20/2018													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	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	Total												
MOZZARELLA STICKS	5 EACH	277	20	391	0.43	3061.3	14418	20.8	*1	13.08	26.05	13.25	4.74
CARROT STICKS- baby	1bag	20	0	44	0.51	18.0	7818	1.5	0	0.36	4.62	0.07	0.01
BAKED BEANS	1/2 CUP	84	0	98	18.93	306.4	4771	0.0	*N/A*	4.23	18.7	0.33	0.06
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		620	32	789	20.68	3745.2	28764	56.89	*29	30.21	90.10	17.44	6.11
% of Calories									*18.8%	19.5%	58.1%	25.3%	8.9%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Fri - 09/21/2018													
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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Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
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
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
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		549	35	796	3.97	421.8	4584	26.33	*37	24.18	79.06	16.58	6.21
% of Calories									*27.2%	17.6%	57.6%	27.2%	10.2%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Mon - 09/24/2018													
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												
FRITO CHILI PIE	1 EA	333	35	396	1.93	179.4	679	8.88	*1	15.86	33.0	15.25	5.08
STEAMED VEGETABLES	1/2 cup	20	0	20	0.22	13.5	254	25.29	*0	1.57	3.18	0.0	0.00
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
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		609	49	767	3.33	520.8	6070	70.31	*32	29.40	79.00	20.62	6.81
% of Calories									*20.8%	19.3%	51.9%	30.5%	10.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Tue - 09/25/2018													
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	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												
CRISPITO LC	1 ea	147	23	213	0.72	40.0	0	0.0	*N/A*	6.0	14.66	6.66	1.66
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
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
Weighted Daily Average		451	31	586	4.83	474.6	4741	22.57	*33	20.73	73.72	8.88	2.58
% of Calories									*29.3%	18.4%	65.3%	17.7%	5.1%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Wed - 09/26/2018													
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												
CHICKEN FRIED STEAK	1 EA	207	23	213	1.80	26.7	0	0.0	*N/A*	10.0	12.67	12.67	3.00
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
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
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

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Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
Weighted Daily Average		561	80	621	3.58	467.7	1422	47.61	*35	25.67	77.82	17.24	4.71
% of Calories									*24.8%	18.3%	55.5%	27.7%	7.6%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Thu - 09/27/2018													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	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	Total												
CHICKEN SPAGHETTI LC	1/2 CUP	149	15	421	0.96	60.3	100	0.74	*1	10.34	17.46	3.72	1.37
BROCCOLI & CHEESE	1/2 CUP	35	4	96	0.37	67.0	531	19.41	0	2.56	3.23	1.53	0.96
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 STICKS	1 EA	73	0	153	0.72	0.0	7	0.0	1	2.0	11.33	2.67	0.67
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		563	32	1171	3.83	504.9	1592	45.34	*33	31.10	84.86	12.10	4.38
% of Calories									*23.8%	22.1%	60.3%	19.3%	7.0%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Fri - 09/28/2018													
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	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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Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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Weighted Values - Detailed

004 - WC LEARNING CENTER/PK

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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)
LEARNING CENTER/PK LU	Total												
PEPPERONI PIZZA	1 EA	200	17	440	1.80	133.3	200	0.0	*N/A*	10.67	23.33	8.0	3.33
CORN LC	3/8 CUP	58	0	122	0.62	3.5	58	6.11	0	1.87	13.3	0.72	0.11
CARROT STICKS- baby	bag	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	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		535	29	809	3.86	476.6	9822	42.20	*28	24.39	85.92	13.37	5.84
% of Calories									*21.2%	18.2%	64.3%	22.5%	9.8%
Nutrient Guideline		483-600		1000								<=30.0	<10.00

Weighted Average		546	44	773	4.89	687.4	6936	42.14	*34	26.47	81.03	14.28	4.94
									*56.1%	19.4%	59.4%	23.5%	8.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	546		483 - 600	100%				
Cholesterol (mg)	44							
Sodium (mg)	773		1000					
Iron (mg)	4.89							
Calcium (mg)	687.4							
Vitamin A (IU)	6936							
Sugars (g)	34	24.93%			Missing			
Vitamin C (mg)	42.14							
Protein (g)	26.47	19.39%						
Carbohydrate (g)	81.03	59.35%						
Total Fat (g)	14.28	23.54%	<=30.00%					
Saturated Fat (g)	4.94	8.13%	<10.00%					

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