

# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017														
LEARNING CENTER/ PK B	Total													
FRENCH TOAST STICKS LC	1 EA	250	0	300	4.00	5.04	2200.0	424	45.0	*N/A*	7.0	37.0	9.0	1.50
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CHEESE NACHOS	1 EA	300	38	886	2.00	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		476	33	918	*5.44	3.99	1372.0	6149	70.71	*28	20.27	66.06	14.99	6.95
% of Calories										*23.8%	17.0%	55.5%	28.3%	13.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 10/03/2017														
LEARNING CENTER/ PK B	Total													
BLUEBERRY MUFFINS LC	1 EA	200	15	140	2.00	0.00	0.0	80	0.0	16	2.0	32.0	7.0	1.50
FLAVORED YOGURT	1 EA	110	5	85	0.00	0.00	150.0	0	1.24	0	3.96	21.02	1.02	0.45
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
SPAGHETTI	1 CUP	334	18	695	5.89	2.58	51.7	1676	15.5	*1	12.27	49.24	10.16	2.24
CORN ON THE COB	1 EACH	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
BREAD STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

\*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  
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Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		635	26	1032	9.72	3.42	399.5	2334	33.24	*41	22.73	109.85	13.69	3.57
% of Calories										*26.0%	14.3%	69.2%	19.4%	5.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 10/04/2017														
LEARNING CENTER/ PK B	Total													
BRKFST BURRITO	1 EA	257	207	362	3.00	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	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	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
LEARNING CENTER/PK LU	Total													
CHICKEN TACO	1 EA	284	42	396	2.80	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
REFRIED BEANS	1/2 cup	101	0	161	4.25	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD EL/MS	1 cup	20	0	130	1.22	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	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		533	105	690	8.47	3.16	529.0	5700	38.78	*31	31.73	74.75	12.83	4.79
% of Calories										*22.9%	23.8%	56.1%	21.7%	8.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 10/05/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 HELPER	1 CUP	281	65	588	0.60	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
MASHED POTATOES	1/2 CUP	82	4	47	1.08	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	6.87	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	0.00
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		599	54	1071	10.44	7.01	628.7	1515	38.32	*39	32.59	89.55	12.94	5.13
% of Calories										*25.9%	21.8%	59.8%	19.4%	7.7%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Fri - 10/06/2017														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		542	36	543	7.19	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		483-600		1000									<=30.0	<10.00

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### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/09/2017														
LEARNING CENTER/ PK B	Total													
PANCAKES	1 ea	213	9	318	3.32	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CHICKEN NUGGETS	5 EACH	216	62	370	2.00	2.00	29.0	73	11.0	*N/A*	14.0	13.0	12.0	2.00
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
BROCCOLI & CHEESE	1/2 CUP	52	6	144	2.21	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	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
ROLL	1 EA	61	0	96	1.01	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	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average % of Calories		535	59	825	7.05	3.37	473.7	2092	65.09	*36 *27.1%	25.75 19.2%	81.14 60.6%	13.50 22.7%	3.87 6.5%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Tue - 10/10/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	2.01	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
CARROT STICKS- baby	bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
SALAD EL/MS	1 cup	20	0	130	1.22	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	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00

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004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		464	34	933	7.31	4.80	474.5	13273	46.76	*34	17.72	76.01	10.94	2.92
% of Calories										*29.1%	15.3%	65.6%	21.2%	5.7%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 10/11/2017														
LEARNING CENTER/ PK B	Total													
OATMEAL LC	1/2 CUP	115	1	25	2.10	0.94	28.0	92	0.0	*6	3.78	18.82	3.01	0.60
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
TACO BURGER	1 EA	269	37	704	1.09	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
LETTUCE & TOMATO	1 cup	14	0	6	1.44	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	0.02
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		545	32	778	9.62	5.15	552.8	5374	40.09	*33	31.39	83.33	10.52	3.38
% of Calories										*24.5%	23.1%	61.2%	17.4%	5.6%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 10/12/2017														
LEARNING CENTER/ PK B	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
FISH STICKS	4 EA	220	50	230	2.00	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
SESAME-ROASTED GREEN BEANS	1/2 CUP	39	0	126	2.75	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
BREAD STICKS	1 EA	110	0	230	2.00	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	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		501	46	730	7.30	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		483-600		1000									<=30.0	<10.00

Fri - 10/13/2017														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	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	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		490	29	749	8.69	3.32	481.4	5578	61.43	*28	24.21	73.79	12.70	5.73
% of Calories										*23.2%	19.8%	60.2%	23.3%	10.5%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Mon - 10/16/2017														
LEARNING CENTER/ PK B	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LEARNING CENTER/PK LU	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		0	0	0	0.00	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		483-600		1000									<=30.0	<10.00

Tue - 10/17/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
HOT DOG ON A BUN:turkey hot	SERVING	232	25	827	2.00	2.53	121.0	0	0.0	*N/A*	12.09	18.01	13.15	3.54
BAKED BEANS LC	3/8 CUP	100	0	117	4.35	22.72	367.7	5725	0.0	*N/A*	5.08	22.44	0.4	0.08
HASH BROWN POTATOES	1 each	64	0	4	0.93	0.16	4.9	0	1.94	0	0.77	8.27	3.36	0.27
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		528	24	1038	9.73	20.27	749.3	13083	24.47	*37	22.90	86.14	13.26	3.45
% of Calories										*27.7%	17.3%	65.2%	22.6%	5.9%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 10/18/2017														
LEARNING CENTER/ PK B	Total													
FRENCH TOAST	2 ea	251	97	584	1.30	2.61	126.3	221	0.35	0	8.73	37.88	7.2	1.81
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
BURRITO	1 EA	369	40	858	1.99	2.69	199.5	748	1.2	*N/A*	17.95	32.92	18.95	7.98
REFRIED BEANS LC	3/8 cup	94	0	145	3.89	1.51	30.5	0	0.84	1	5.24	14.25	2.11	0.66
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD EL/MS	cup	20	0	130	1.22	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	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		630	66	1267	7.60	5.00	522.6	5869	38.17	*29	28.93	91.80	18.05	7.09
% of Calories										*18.3%	18.4%	58.3%	25.8%	10.1%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 10/19/2017														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 B	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
STEAK FINGERS LC	3 EACH	232	26	240	2.25	2.03	30.0	4	0.0	1	12.0	15.0	14.25	3.37
MASHED POTATOES LC	3/8 CUP	112	3	44	1.84	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		544	32	806	7.46	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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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/20/2017														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		562	36	793	6.38	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		483-600		1000									<=30.0	<10.00

Mon - 10/23/2017														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
PARMESAN CHICKEN	1 EACH	248	56	777	1.17	0.63	57.6	8	0.23	*1	25.08	8.64	12.06	2.27
MASHED POTATOES LC	3/8 CUP	112	3	44	1.84	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	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	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		578	47	1098	9.34	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

Tue - 10/24/2017														
LEARNING CENTER/ PK B	Total													
OATMEAL LC	1/2 CUP	115	1	25	2.10	0.94	28.0	92	0.0	*6	3.78	18.82	3.01	0.60
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
PINTO BEANS EL/MS	3/8 cup	95	0	105	3.37	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
SALAD EL/MS	cup	20	0	130	1.22	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	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		521	37	724	8.59	4.24	584.1	5365	36.14	*31	27.76	78.49	11.46	4.99
% of Calories										*23.6%	21.3%	60.2%	19.8%	8.6%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Wed - 10/25/2017														
LEARNING CENTER/ PK B	Total													
PIG IN A BLANKET LC	1 EACH	139	25	159	0.99	2.69	39.8	398	2.39	*N/A*	6.96	16.91	4.48	1.49
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
TOASTED CHEESE SANDWICH	1 EACH	326	30	483	3.84	1.96	504.1	724	0.01	*3	22.0	27.37	12.98	7.13
VEGETABLE SOUP LC	3/4 CUP	63	1	338	3.64	0.81	20.7	4149	4.52	*0	2.32	12.83	0.65	0.05
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	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	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		482	36	719	*7.02	3.37	674.6	5199	41.96	*33	28.07	66.92	11.62	5.89
% of Calories										*27.5%	23.3%	55.5%	21.7%	11.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

Thu - 10/26/2017														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 B	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
CRISPY CHICKEN WRAP	1 EA	443	50	719	4.31	1.42	294.5	2299	2.21	0	22.08	31.15	25.85	8.04
PINTO BEANS EL/MS	3/8 cup	95	0	105	3.37	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		623	45	844	9.76	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

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 10/27/2017</b>														
LEARNING CENTER/ PK B	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
CORN	1/2 CUP	120	0	1	3.01	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	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		557	29	732	8.68	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

<b>Mon - 10/30/2017</b>														
LEARNING CENTER/ PK B	Total													
PANCAKE ON A STICK	1 EA	210	20	390	0.00	1.44	20.0	40	0.0	8	7.0	20.0	12.0	3.00
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
LASAGNA LC	SERVINGS	270	54	475	1.63	2.40	336.3	784	12.79	*1	18.11	20.63	12.88	6.62
CORN ON THE COB	1 EACH	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.02	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		494	50	721	6.27	3.31	568.8	13966	30.01	*38	25.05	71.42	14.16	6.16
% of Calories										*30.8%	20.3%	57.8%	25.8%	11.2%
Nutrient Guideline		483-600		1000									<=30.0	<10.00

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# Wolfe City ISD

Oct 2, 2017 thru Oct 31, 2017

## Planned Menu Spreadsheet

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

### Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 10/31/2017</b>														
LEARNING CENTER/ PK B	Total													
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	2.58	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total													
ORANGE CHICKEN	1 EACH	170	60	180	0.00	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
EGG ROLL	1 EA	160	30	410	3.00	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
RICE	servings	218	0	128	2.04	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
ORIENTAL VEGGIES	1/2 CUP	14	0	9	1.15	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		615	67	698	7.26	4.94	457.4	1700	29.28	*34	29.69	99.78	11.16	2.77
% of Calories										*22.4%	19.3%	64.9%	16.3%	4.0%
Nutrient Guideline		483-600		1000									<=30.0	<10.00
Weighted Average		546	44	843	*8.06	4.88	570.9	6139	40.65	*34 *56.3%	26.64 19.5%	81.61 59.8%	13.87 22.9%	4.86 8.0%

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Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	546		483 - 600	100%											
Cholesterol (mg)	44														
Sodium (mg)	843		1000												
Fiber (g)	8.06				Missing										
Iron (mg)	4.88														
Calcium (mg)	570.9														
Vitamin A (IU)	6139														
Sugars (g)	34	25.01%			Missing										
Vitamin C (mg)	40.65														
Protein (g)	26.64	19.54%													
Carbohydrate (g)	81.61	59.84%													
Total Fat (g)	13.87	22.89%		<=30.00%											
Saturated Fat (g)	4.86	8.02%		<10.00%											

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