

Wolfe City ISD

Nov 1, 2017 thru Nov 30, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

004 - WC LEARNING CENTER/PK

Page 1

Generated on: 10/24/2017 7:06:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/01/2017													
LEARNING CENTER/ PK B	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
TOAST/ LEARNING CENTER	1 EA	71	0	139	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
EGG ROLL	1 EA	160	30	410	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
RICE	servings	218	0	128	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
ORIENTAL VEGGIES	1/2 CUP	14	0	9	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		607	114	665	3.30	432.9	1625	26.83	*33	30.82	92.82	12.56	3.24
% of Calories									*21.8%	20.3%	61.2%	18.6%	4.8%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Thu - 11/02/2017													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
CHICKEN & DRESSING	3/4 CUP	372	42	1214	1.43	61.4	149	0.25	*6	10.45	39.2	13.39	2.05
SWEET POTATO LC	3/8 cup	154	0	47	0.97	18.7	9240	10.87	*8	1.48	36.36	0.61	0.13
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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)	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		602	40	1226	2.87	426.2	8196	44.43	*38	21.11	93.79	13.17	2.76
% of Calories									*25.0%	14.0%	62.3%	19.7%	4.1%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 11/03/2017													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		550	36	796	3.97	420.8	4581	26.33	*37	24.14	79.00	16.71	6.29
% of Calories									*27.1%	17.5%	57.4%	27.3%	10.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 11/06/2017													
LEARNING CENTER/ PK B	Total												
FRENCH TOAST STICKS LC	1 EA	250	0	300	5.04	2200.0	424	45.0	*N/A*	7.0	37.0	9.0	1.50
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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)	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												
CRISPITO LC	1 ea	220	35	320	1.07	60.0	0	0.0	*N/A*	9.0	21.99	9.99	2.49
PINTO BEANS EL/MS	3/8 cup	95	0	105	1.45	33.0	0	0.0	0	5.74	17.68	0.31	0.08
SALAD EL/MS	cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		480	30	605	4.19	1109.5	4706	35.12	*31	21.56	76.00	10.96	2.82
% of Calories									*25.9%	18.0%	63.3%	20.5%	5.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 11/07/2017													
LEARNING CENTER/ PK B	Total												
BLUEBERRY MUFFINS LC	1 EA	200	15	140	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	150.0	0	1.24	0	3.96	21.02	1.02	0.45
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
FRITO CHILI PIE	1 EA	499	52	593	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
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	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		639	48	689	2.85	565.1	6087	70.72	*34	29.09	88.85	19.16	6.37
% of Calories									*21.5%	18.2%	55.6%	27.0%	9.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Portion Values - Detailed

004 - WC LEARNING CENTER/PK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/08/2017													
LEARNING CENTER/ PK B	Total												
BRKFST BURRITO	1 EA	257	207	362	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
LEARNING CENTER/PK LU	Total												
CHICKEN FRIED STEAK	1 EA	310	35	320	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
MASHED POTATOES LC	3/8 CUP	112	3	44	0.35	53.9	83	37.89	*2	3.25	21.97	1.76	0.55
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
ROLL	1 EA	61	0	96	0.00	20.2	0	2.43	*N/A*	2.03	13.16	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		604	102	670	3.26	456.7	1460	48.25	*36	28.30	81.92	18.87	5.52
% of Calories									*23.6%	18.8%	54.3%	28.1%	8.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Thu - 11/09/2017													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
CHICKEN SPAGHETTI LC	1/2 CUP	223	23	631	1.44	90.4	150	1.11	*2	15.51	26.19	5.58	2.05
BROCCOLI & CHEESE	1/2 CUP	52	6	144	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD STICKS	1 EA	110	0	230	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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Weighted Daily Average		550	27	1132	5.68	554.3	1765	47.79	*35	29.32	87.84	10.23	3.88
% of Calories									*25.8%	21.3%	63.9%	16.7%	6.4%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 11/10/2017													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CORN LC	3/8 CUP	86	0	183	0.93	5.2	86	9.17	0	2.81	19.95	1.07	0.17
CARROT STICKS- baby	bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	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	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		534	29	809	3.86	477.6	9826	42.20	*28	24.43	85.98	13.24	5.75
% of Calories									*21.3%	18.3%	64.4%	22.3%	9.7%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 11/13/2017													
LEARNING CENTER/ PK B	Total												
PANCAKES	1 ea	213	9	318	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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Portion Values - Detailed

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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												
CHEESE NACHOS	1 EA	300	38	886	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
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
BROCCOLI,raw florettes	1/2 cup	9	0	9	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		506	36	928	3.57	664.1	6472	57.63	*39	19.72	77.49	13.80	6.76
% of Calories									*30.9%	15.6%	61.3%	24.6%	12.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 11/14/2017													
LEARNING CENTER/ PK B	Total												
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST/ LEARNING CENTER	1 EA	71	0	139	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
TURKEY W/CHEESE SANDWICH	1 EACH	263	45	1093	2.41	207.4	184	4.09	6	21.62	26.2	7.73	3.25
PRETZELS	1 EA	90	0	300	1.08	0.0	0	0.0	0	2.0	15.0	2.0	0.00
PICKLES	8 ea	7	0	453	0.15	31.9	70	1.29	1	0.28	1.35	0.17	0.04
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		500	37	1489	5.51	578.4	9076	25.57	39	26.52	80.32	8.55	2.99
% of Calories									31.2%	21.2%	64.3%	15.4%	5.4%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Wolfe City ISD

Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/15/2017													
LEARNING CENTER/ PK B	Total												
OATMEAL LC	1/2 CUP	115	1	25	0.94	28.0	92	0.0	*6	3.78	18.82	3.01	0.60
TOAST/ LEARNING CENTER	1 EA	71	0	139	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
CHICKEN TACO	1 EA	284	42	396	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
REFRIED BEANS	1/2 cup	101	0	161	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD 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	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		502	35	625	3.57	540.2	5603	38.15	*31	28.76	76.77	10.09	3.44
% of Calories									*25.0%	22.9%	61.2%	18.1%	6.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Thu - 11/16/2017													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
HAMBURGER HELPER	1 CUP	281	65	588	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
BREAD el/ms	1 EA	67	0	134	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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Wolfe City ISD

Nov 1, 2017 thru Nov 30, 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)	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		545	58	900	3.86	593.8	1394	38.30	*37	30.46	75.56	14.08	5.55
% of Calories									*27.0%	22.3%	55.4%	23.2%	9.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Fri - 11/17/2017													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		552	35	695	4.31	445.4	12880	43.19	*31	24.65	78.29	16.78	6.25
% of Calories									*22.6%	17.9%	56.7%	27.4%	10.2%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Mon - 11/20/2017													
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												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories									0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Wolfe City ISD

Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/21/2017													
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		483-600		999					0.0%	0.0%	0.0%	<=30.0	<10.00

Wed - 11/22/2017													
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		483-600		999					0.0%	0.0%	0.0%	<=30.0	<10.00

Thu - 11/23/2017													
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		483-600		999					0.0%	0.0%	0.0%	<=30.0	<10.00

Fri - 11/24/2017													
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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Wolfe City ISD

Nov 1, 2017 thru Nov 30, 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)	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	0.0	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		999								<=30.0	<10.00

Mon - 11/27/2017													
LEARNING CENTER/ PK B	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
TOAST/ LEARNING CENTER	1 EA	71	0	139	1.37	191.5	22	0.0	1	2.98	12.29	1.06	0.26
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
CHICKEN NUGGETS LC	3 EACH	130	37	222	1.20	17.4	44	6.6	*N/A*	8.4	7.8	7.2	1.20
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
BROCCOLI & CHEESE	1/2 CUP	52	6	144	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
ROLL	1 EA	61	0	96	0.00	20.2	0	2.43	*N/A*	2.03	13.16	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		453	86	668	2.55	518.0	1996	62.16	*37	23.26	68.72	10.70	3.67
% of Calories									*32.6%	20.5%	60.7%	21.2%	7.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Tue - 11/28/2017													
LEARNING CENTER/ PK B	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14

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Nov 1, 2017 thru Nov 30, 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)	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												
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
CARROT STICKS- baby	bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
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	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
KETCHUP: individual	Pkt 6g	24	0	218	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		477	39	973	2.95	425.1	13099	44.32	*32	19.51	73.03	12.82	3.42
% of Calories									*26.6%	16.4%	61.2%	24.2%	6.4%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Wed - 11/29/2017													
LEARNING CENTER/ PK B	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	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	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
LETTUCE & TOMATO	1 cup	14	0	6	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	0.02
PINTO BEANS	1/2 cup	186	0	206	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
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	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		578	38	815	5.06	486.7	4667	23.81	*35	31.13	87.58	12.53	4.82
% of Calories									*24.4%	21.6%	60.7%	19.5%	7.5%
Nutrient Guideline		483-600		999								<=30.0	<10.00

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Wolfe City ISD

Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/30/2017													
LEARNING CENTER/ PK B	Total												
FRENCH TOAST STICKS LC	1 EA	250	0	300	5.04	2200.0	424	45.0	*N/A*	7.0	37.0	9.0	1.50
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
LEARNING CENTER/PK LU	Total												
FISH STICKS	4 EA	220	50	230	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
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
SESAME-ROASTED GREEN BEANS	1/2 CUP	39	0	126	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
BREAD STICKS	1 EA	110	0	230	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK,Skim	HALF PINT	83	5	103	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
Weighted Daily Average		517	41	709	4.64	1095.8	4861	41.94	*34	24.55	76.99	14.10	3.05
% of Calories									*26.1%	19.0%	59.5%	24.5%	5.3%
Nutrient Guideline		483-600		999								<=30.0	<10.00

Weighted Average		541	49	847	3.88	575.9	5782	42.16	*35	25.73	81.23	13.43	4.51
									*57.6%	19.0%	60.1%	22.3%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	541		483 - 600	100%				
Cholesterol (mg)	49							
Sodium (mg)	847		999					
Iron (mg)	3.88							
Calcium (mg)	575.9							
Vitamin A (IU)	5782							
Sugars (g)	35	25.58%			Missing			
Vitamin C (mg)	42.16							
Protein (g)	25.73	19.02%						
Carbohydrate (g)	81.23	60.07%						
Total Fat (g)	13.43	22.35%	<=30.00%					
Saturated Fat (g)	4.51	7.50%	<10.00%					

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