

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/19/2018 1:44:34 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 - 10/01/2018													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST STICKS	1 EA	38	0	46	0.78	338.5	65	6.92	*N/A*	1.08	5.69	1.38	0.23
SYRUP	POUCH	1	0	10	0.00	0.0	0	0.0	0	0.0	0.56	0.0	0.00
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHEESE NACHOS	1 EA	92	12	273	0.66	141.9	117	0.0	0	3.54	7.6	4.87	2.63
HOAGIE SANDWICH	1 EA	89	18	426	0.75	91.4	76	0.55	*0	6.52	9.72	2.84	1.31
BAKED POTATO	1 EACH	45	3	52	0.35	22.9	80	2.09	*0	1.72	6.76	1.35	0.44
BURGER FIXINS	1 EA	9	0	122	0.35	19.0	2619	3.09	1	0.53	1.75	0.15	0.02
BROCCOLI,raw florettes	1/2 cup	5	0	5	0.15	8.1	509	15.81	*N/A*	0.51	0.89	0.06	0.01
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.23	1.9	229	1.55	9	0.29	9.42	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	7	0	36	0.02	0.7	0	0.0	*0	0.05	0.45	0.5	0.07
TACO SAUCE	1 packet	1	0	17	0.02	0.3	11	0.49	*N/A*	0.02	0.27	0.01	0.00
Weighted Daily Average		550	38	1183	5.07	951.9	5370	63.74	*42	24.16	87.31	13.02	5.35
% of Calories									*30.6%	17.6%	63.6%	21.3%	8.8%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Tue - 10/02/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BLUEBERRY MUFFINS	2 EA	62	5	43	0.00	0.0	25	0.0	5	0.62	9.85	2.15	0.46
YOGURT	1 EA	17	1	13	0.00	23.1	0	0.19	0	0.61	3.23	0.16	0.07
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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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Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/19/2018 1:44:35 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)
ELEM/MIDDLE LUNCH	Total												
SPAGHETTI	1 CUP	103	5	214	0.80	15.9	516	4.77	*0	3.77	15.15	3.13	0.69
B B-Q SANDWICH	1 EA	72	6	207	0.70	26.5	70	0.36	*1	3.56	9.16	2.17	0.80
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
CORN ON THE COB	1 EACH	27	0	70	0.18	0.9	67	1.4	1	0.9	6.49	0.22	0.03
GREEN BEANS	1/2 CUP	8	0	90	0.32	9.3	125	1.69	*N/A*	0.43	1.86	0.04	0.01
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
BREAD STICKS	1 EA	51	0	106	0.50	0.0	5	0.0	1	1.38	7.85	1.85	0.46
APPLESAUCE	1/2 CUP	38	0	1	0.07	1.7	3	0.96	8	0.09	9.89	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		636	24	1022	4.77	424.8	4851	44.71	*48	22.46	112.85	12.40	3.39
% of Calories									*30.2%	14.1%	70.9%	17.5%	4.8%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Wed - 10/03/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	39	32	56	0.17	28.9	64	0.0	*0	2.46	3.04	1.85	0.73
CEREAL	1 SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN TACO	1 EA	98	15	137	0.51	63.6	208	0.72	*0	6.79	10.95	3.1	1.06
QUESADILLA	1 ea	74	10	138	0.62	57.7	69	0.0	0	4.15	7.38	3.0	1.38
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
SPANISH RICE	1/2 CUP	35	0	126	0.43	4.1	120	0.38	*0	0.64	8.01	0.16	0.00
REFRIED BEANS	1/2 cup	47	0	74	0.76	15.5	25	0.43	*0	2.61	7.14	1.06	0.33
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
TACO SAUCE	1 pack	2	0	28	0.04	0.5	19	0.81	*N/A*	0.04	0.45	0.01	0.00

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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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		554	64	837	4.75	517.8	4547	37.70	*32	27.78	86.35	11.78	4.36
% of Calories									*23.4%	20.1%	62.3%	19.1%	7.1%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Thu - 10/04/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	32	2	66	0.22	23.1	3	0.0	*N/A*	1.54	3.85	1.23	0.31
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	108	32	187	0.53	9.8	46	0.0	*N/A*	8.36	3.44	6.89	1.97
HAMBURGER HELPER	1 CUP	65	15	136	0.48	17.1	19	0.02	*1	4.68	4.2	3.13	1.27
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
MASHED POTATOES	1/2 CUP	38	2	22	0.14	34.0	46	12.12	*1	1.44	6.57	0.63	0.35
RANCH STYLE BEANS	1/2 CUP	45	0	196	1.02	0.0	75	0.0	*N/A*	2.64	7.93	0.38	0.00
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	40	0	4	0.20	4.2	146	1.34	10	0.28	10.5	0.05	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		587	59	890	4.81	435.7	4377	48.83	*43	30.04	85.87	14.90	4.75
% of Calories									*29.6%	20.5%	58.5%	22.8%	7.3%
Nutrient Guideline		523-592		965								<=30.0	<10.00

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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 - 10/05/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	40	2	42	0.28	6.2	0	0.0	*N/A*	1.08	5.69	1.54	0.77
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
HAMBURGER	1 EA	88	11	132	1.00	34.7	31	0.17	*1	4.97	7.1	4.49	1.65
CHEESEBURGER	1 EA	101	12	199	0.87	52.0	85	0.15	*1	6.1	6.16	5.81	2.09
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
POTATO WEDGES	8 PCS	60	0	8	0.22	4.8	2	2.36	*N/A*	1.08	9.21	1.9	0.27
CARROT STICKS- baby	1bag	16	0	36	0.41	14.5	6314	1.21	0	0.29	3.73	0.05	0.01
BURGER FIXINS	1 EA	8	0	105	0.30	16.3	2244	2.65	1	0.45	1.5	0.13	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		561	32	740	5.03	467.2	10381	40.81	*34	24.73	80.97	16.44	5.66
% of Calories									*24.3%	17.6%	57.7%	26.3%	9.1%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Mon - 10/08/2018													
ELEM/MIDDLE SCHOOL BR	Total												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH	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		523-592		965								<=30.0	<10.00

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Tue - 10/09/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	39	32	56	0.17	28.9	64	0.0	*0	2.46	3.04	1.85	0.73
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
CINNAMON TOAST	2 EACH	31	0	41	0.21	9.3	39	0.01	1	1.08	4.01	1.2	0.25
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
MEATBALL SUB	1 EA	86	10	216	1.10	55.6	122	1.2	*0	6.35	7.69	3.82	1.42
CORN DOG:Turkey Jumbo State F	1 EACH	86	12	204	0.56	15.4	31	2.78	*N/A*	2.78	9.57	4.01	0.93
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
CARROT STICKS- baby	bag	16	0	36	0.41	14.5	6314	1.21	0	0.29	3.73	0.05	0.01
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
APPLESAUCE	1/2 CUP	45	0	1	0.08	2.0	4	1.12	10	0.11	11.53	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	7	0	36	0.02	0.7	0	0.0	*0	0.05	0.45	0.5	0.07
Weighted Daily Average		534	61	817	4.51	457.8	10594	41.66	*41	22.97	83.70	13.34	4.09
% of Calories									*30.8%	17.2%	62.7%	22.5%	6.9%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Wed - 10/10/2018													
ELEM/MIDDLE SCHOOL BR	Total												
OATMEAL	1 CUP	36	0	8	0.29	8.6	28	0.0	*2	1.16	5.79	0.93	0.18
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	58	0	101	0.49	32.1	42	0.0	*1	2.46	8.42	1.63	0.37
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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)
ELEM/MIDDLE LUNCH	Total												
TACO,BEEF	2 EACH	78	13	140	0.44	38.7	554	0.57	*0	4.01	5.35	4.46	1.87
TACO,BEEF:Soft Shell LC	1 EACH	62	6	45	0.21	29.9	330	0.58	*0	3.28	8.77	1.53	0.58
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
LETTUCE & TOMATO	1 cup	6	0	3	0.27	9.4	2248	2.67	1	0.41	1.29	0.1	0.01
SPANISH RICE	1/2 CUP	35	0	126	0.43	4.1	120	0.38	*0	0.64	8.01	0.16	0.00
PINTO BEANS	1/2 cup	86	0	95	1.32	29.9	0	0.0	0	5.21	16.03	0.28	0.08
PEARS: canned,light syrup	1/2 CUP	39	0	3	0.19	3.4	0	0.48	8	0.13	10.31	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
TACO SAUCE	3 packs	1	0	22	0.03	0.4	15	0.65	*N/A*	0.03	0.36	0.01	0.00
Weighted Daily Average		596	25	688	5.37	409.9	4905	39.06	*39	25.01	103.31	10.82	3.76
% of Calories									*26.2%	16.8%	69.3%	16.3%	5.7%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Thu - 10/11/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	32	2	66	0.22	23.1	3	0.0	*N/A*	1.54	3.85	1.23	0.31
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN NUGGETS	5 EACH	75	21	128	0.69	10.0	25	3.81	*N/A*	4.85	4.5	4.15	0.69
CHICKEN SANDWICH	1 EACH	80	6	163	0.65	25.6	0	0.13	*1	4.49	8.17	3.23	0.64
BAKED POTATO el/ms	1 EACH	17	1	21	0.13	9.4	25	0.63	*0	0.72	2.29	0.54	0.19
MASHED POTATOES	1/2 CUP	44	2	25	0.16	39.7	54	14.14	*1	1.68	7.66	0.74	0.40
BROCCOLI & CHEESE	1/2 CUP	24	3	67	0.26	46.4	368	13.44	0	1.77	2.23	1.06	0.67
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.23	1.9	229	1.55	9	0.29	9.42	0.02	0.00
ROLL	1 EA	19	0	30	0.00	6.2	0	0.75	*N/A*	0.62	4.05	0.0	0.00
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	7	0	36	0.02	0.7	0	0.0	*0	0.05	0.45	0.5	0.07

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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		525	42	729	4.00	481.8	1683	53.18	*36	25.39	78.21	13.17	3.56
% of Calories									*27.6%	19.3%	59.6%	22.6%	6.1%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Fri - 10/12/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	40	2	42	0.28	6.2	0	0.0	*N/A*	1.08	5.69	1.54	0.77
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	42	2	38	0.00	115.4	192	0.92	7	3.08	7.31	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
PIZZA- SAUSAGE	1 EACH	89	8	145	0.83	61.5	62	0.0	3	4.92	10.15	3.08	1.38
CHICKEN SANDWICH	1 EACH	93	6	190	0.76	29.9	0	0.15	*1	5.23	9.53	3.77	0.74
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
STEAMED VEGETABLES	1/2 cup	16	0	16	0.18	10.9	205	20.43	*0	1.27	2.57	0.0	0.00
SALAD EL/MS	1 cup	11	0	70	0.30	10.3	2727	1.25	*N/A*	0.39	2.11	0.09	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	40	0	4	0.20	4.2	146	1.34	10	0.28	10.5	0.05	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	10	0	54	0.03	1.1	0	0.0	*0	0.08	0.68	0.75	0.10
Weighted Daily Average		566	25	755	4.52	508.8	4921	57.81	*48	25.24	91.73	11.80	3.86
% of Calories									*34.0%	17.8%	64.8%	18.8%	6.1%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Mon - 10/15/2018													
ELEM/MIDDLE SCHOOL BR	Total												
HOLIDAY	SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
HOLIDAY	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

Oct 1, 2018 thru Oct 31, 2018

Planned Menu Spreadsheet

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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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		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		523-592		965								<=30.0	<10.00

Tue - 10/16/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST SANDWICH	1 EA	48	24	83	0.30	41.4	89	0.01	*1	3.19	3.6	2.27	0.91
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
CINNAMON TOAST	2 EACH	31	0	41	0.21	9.3	39	0.01	1	1.08	4.01	1.2	0.25
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHILI DOG	1 EA	72	8	298	0.65	35.3	354	0.16	*N/A*	3.46	5.31	4.26	1.16
HOT DOG ON A BUN:turkey hot	SERVING	71	8	254	0.78	37.2	0	0.0	*N/A*	3.72	5.54	4.05	1.09
BAKED POTATO	1 EACH	45	3	52	0.35	22.9	80	2.09	*0	1.72	6.76	1.35	0.44
HASH BROWN POTATOES	1 each	34	0	2	0.08	2.7	0	1.05	0	0.41	4.45	1.81	0.15
CARROT STICKS- baby	1bag	16	0	36	0.41	14.5	6314	1.21	0	0.29	3.73	0.05	0.01
PEACHES: canned,light syrup	1/2 CUP	30	0	3	0.20	1.7	196	1.33	7	0.25	8.07	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
KETCHUP: individual	Pkt 6g	11	0	100	0.04	1.7	58	0.45	2	0.12	3.04	0.01	0.00
Weighted Daily Average		552	48	1012	4.55	477.6	8773	39.53	*42	22.91	82.99	16.05	4.45
% of Calories									*30.3%	16.6%	60.2%	26.2%	7.3%
Nutrient Guideline		523-592		965								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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)
Wed - 10/17/2018													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST	2 ea	39	15	90	0.40	19.4	34	0.05	0	1.34	5.83	1.11	0.28
SYRUP	POUCH	1	0	10	0.00	0.0	0	0.0	0	0.0	0.56	0.0	0.00
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
PORK CHOP	1 EA	67	25	75	0.57	13.0	21	0.0	*N/A*	3.51	4.0	4.14	1.28
SLIDERS	2 EACH	97	13	129	0.78	21.5	0	0.65	*N/A*	4.85	7.0	5.38	2.15
BAKED POTATO	1 EACH	45	3	52	0.35	22.9	80	2.09	*0	1.72	6.76	1.35	0.44
MACARONI & CHEESE	1/2 CUP	65	4	78	0.42	58.8	78	0.0	*1	2.8	9.25	1.7	0.93
BROCCOLI SALAD NEW	1/2 CUP	16	0	30	0.13	8.1	104	14.99	*1	0.48	1.86	0.81	0.10
DRAGON PUNCH	1 EA	31	0	22	0.00	0.0	308	18.46	7	0.0	8.0	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		587	66	679	4.41	470.9	2288	69.48	*41	24.61	87.46	16.33	5.81
% of Calories									*28.1%	16.8%	59.6%	25.0%	8.9%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Thu - 10/18/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	32	2	66	0.22	23.1	3	0.0	*N/A*	1.54	3.85	1.23	0.31
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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)
ELEM/MIDDLE LUNCH	Total												
STEAK FINGERS	4 ea	119	13	123	1.04	15.4	2	0.0	0	6.15	7.69	7.31	1.73
TURKEY W/CHEESE SANDWICH	1 EACH	41	7	168	0.37	31.9	28	0.63	1	3.33	4.03	1.19	0.50
BAKED POTATO	1 EACH	45	3	52	0.35	22.9	80	2.09	*0	1.72	6.76	1.35	0.44
MASHED POTATOES	1/2 CUP	44	2	25	0.16	39.7	54	14.14	*1	1.68	7.66	0.74	0.40
GRAVY LUNCH	1/4 CUP	19	0	87	0.22	2.3	2	0.07	*0	0.31	2.06	1.0	0.40
SESAME-ROASTED GREEN BEANS	1/2 CUP	21	0	68	0.34	21.5	272	2.0	1	0.75	3.18	0.91	0.15
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	40	0	1	0.30	10.8	29	5.78	10	0.28	10.36	0.09	0.01
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	14	0	72	0.03	1.4	0	0.0	*0	0.1	0.91	1.0	0.13
Weighted Daily Average		567	34	852	4.67	487.7	1450	43.46	*39	25.24	82.09	16.53	4.66
% of Calories									*27.4%	17.8%	57.9%	26.2%	7.4%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Fri - 10/19/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	40	2	42	0.28	6.2	0	0.0	*N/A*	1.08	5.69	1.54	0.77
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
HAMBURGER	1 EA	99	12	149	1.12	39.0	35	0.19	*1	5.59	7.98	5.05	1.86
CHEESEBURGER	1 EA	86	10	171	0.75	44.6	73	0.13	*1	5.23	5.28	4.98	1.80
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
POTATO WEDGES	8 PCS	60	0	8	0.22	4.8	2	2.36	*N/A*	1.08	9.21	1.9	0.27
BURGER FIXINS	1 EA	9	0	122	0.35	19.0	2619	3.09	1	0.53	1.75	0.15	0.02
APPLESAUCE	1/2 CUP	45	0	1	0.08	2.0	4	1.12	10	0.11	11.53	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		588	32	711	4.74	454.2	4436	41.16	*44	24.37	89.03	16.25	5.58
% of Calories									*29.9%	16.6%	60.6%	24.9%	8.5%
Nutrient Guideline		523-592		965								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/19/2018 1:44:35 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 - 10/22/2018													
ELEM/MIDDLE SCHOOL BR	Total												
HAM & CHEESE CROISSANT	1 EA	47	8	121	0.24	17.3	112	0.02	*1	1.95	4.26	2.44	1.14
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK,Skim	HALF PINT	19	1	24	0.02	69.0	115	0.0	3	1.91	2.8	0.05	0.03
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH													
TACO SALAD	1 CUP	90	16	144	0.55	71.9	518	1.3	*0	5.96	6.72	3.95	1.68
QUESADILLA	1 ea	86	12	162	0.73	67.3	81	0.0	0	4.85	8.62	3.5	1.62
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
PINTO BEANS	1/2 cup	71	0	79	1.10	24.9	0	0.0	0	4.34	13.36	0.23	0.06
SPANISH RICE	1/2 CUP	29	0	105	0.36	3.5	100	0.32	*0	0.53	6.68	0.13	0.00
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
TACO SAUCE	3 packs	2	0	28	0.04	0.5	19	0.81	*N/A*	0.04	0.45	0.01	0.00
Weighted Daily Average		578	43	919	5.24	532.7	4870	37.25	*32	28.82	87.88	12.90	5.39
% of Calories									*22.0%	20.0%	60.8%	20.1%	8.4%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Tue - 10/23/2018													
ELEM/MIDDLE SCHOOL BR	Total												
OATMEAL	1 CUP	36	0	8	0.29	8.6	28	0.0	*2	1.16	5.79	0.93	0.18
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	43	0	75	0.36	24.0	32	0.0	*1	1.85	6.32	1.22	0.28
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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Wolfe City ISD

Oct 1, 2018 thru Oct 31, 2018

Planned Menu Spreadsheet

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

	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)
ELEM/MIDDLE LUNCH	Total												
PARMESAN CHICKEN	1 EACH	76	17	239	0.19	17.7	2	0.07	*0	7.72	2.66	3.71	0.70
SALISBURY STEAK	1 EA	61	12	138	0.49	11.1	0	0.32	*N/A*	4.08	2.61	3.92	1.62
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
BLACKEYED PEAS	1/2 CUP	38	0	143	0.47	9.8	6	1.32	*N/A*	2.32	6.66	0.27	0.07
MASHED POTATOES	1/2 CUP	44	2	25	0.16	39.7	54	14.14	*1	1.68	7.66	0.74	0.40
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	35	0	1	0.26	9.4	26	5.06	9	0.24	9.07	0.08	0.01
BREAD el/ms	1 EA	31	0	62	0.63	88.4	1	0.0	1	1.38	5.67	0.28	0.08
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		551	39	856	4.44	523.0	1147	40.70	*38	29.43	81.19	12.71	3.97
% of Calories									*27.9%	21.4%	59.0%	20.8%	6.5%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Wed - 10/24/2018													
ELEM/MIDDLE SCHOOL BR	Total												
PIG IN A BLANKET	2 EACH	43	8	49	0.83	12.2	122	0.73	*N/A*	2.14	5.2	1.38	0.46
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
STEAK SANDWICH	1 EA	114	9	139	1.18	21.8	0	0.0	*1	5.15	10.28	5.81	1.37
TOASTED CHEESE SANDWICH	1 EACH	100	9	149	0.60	155.1	223	0.0	*1	6.77	8.42	3.99	2.19
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
BROCCOLI,raw florettes	1/2 cup	4	0	4	0.13	7.0	436	13.55	*N/A*	0.43	0.76	0.05	0.01
VEGETABLE SOUP	1 CUP	36	0	195	0.47	12.0	2394	2.61	*0	1.34	7.4	0.38	0.03
CRACKERS	1 EACH	18	0	27	0.10	3.6	0	0.0	1	0.29	2.78	0.64	0.13
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.23	1.9	229	1.55	9	0.29	9.42	0.02	0.00
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	10	0	54	0.03	1.1	0	0.0	*0	0.08	0.68	0.75	0.10
Weighted Daily Average		576	34	836	5.38	544.9	4425	38.24	*37	26.73	83.91	15.40	5.10
% of Calories									*25.4%	18.6%	58.3%	24.1%	8.0%
Nutrient Guideline		523-592		965								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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)
Thu - 10/25/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	32	2	66	0.22	23.1	3	0.0	*N/A*	1.54	3.85	1.23	0.31
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CRISPY CHICKEN WRAP	1 EA	136	15	221	0.44	90.6	707	0.68	0	6.79	9.59	7.95	2.47
CHICKEN FAJITA	1 EA	93	23	184	0.26	100.3	109	4.43	*1	8.09	6.22	3.8	1.83
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
REFRIED BEANS	1/2 cup	31	0	49	0.51	10.3	17	0.29	*0	1.74	4.76	0.7	0.22
CARROTS (STEAMED)	1/2 CUP	18	0	26	0.40	23.9	8607	1.54	2	0.45	4.13	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
TACO SAUCE	3 packs	1	0	22	0.03	0.4	15	0.65	*N/A*	0.03	0.36	0.01	0.00
Weighted Daily Average		561	48	788	3.81	587.3	11161	41.87	*35	29.41	76.47	16.33	5.70
% of Calories									*24.7%	21.0%	54.5%	26.2%	9.1%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Fri - 10/26/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	40	2	42	0.28	6.2	0	0.0	*N/A*	1.08	5.69	1.54	0.77
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/19/2018 1:44:35 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)
ELEM/MIDDLE LUNCH	Total												
PEPPERONI PIZZA	1 EA	104	9	228	0.93	69.2	104	0.0	*N/A*	5.54	12.12	4.15	1.73
CHICKEN SANDWICH	1 EACH	80	6	163	0.65	25.6	0	0.13	*1	4.49	8.17	3.23	0.64
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
CORN	1/2 CUP	65	0	1	0.30	2.0	177	3.71	3	2.3	14.14	1.01	0.13
SALAD EL/MS	1 cup	9	0	60	0.26	8.9	2338	1.07	*N/A*	0.33	1.81	0.08	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	40	0	4	0.20	4.2	146	1.34	10	0.28	10.5	0.05	0.01
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	7	0	36	0.02	0.7	0	0.0	*0	0.05	0.45	0.5	0.07
Weighted Daily Average		560	24	750	4.46	447.0	3785	26.04	*39	24.31	91.85	12.94	4.17
% of Calories									*27.9%	17.4%	65.6%	20.8%	6.7%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Mon - 10/29/2018													
ELEM/MIDDLE SCHOOL BR	Total												
PANCAKE ON A STICK	1 EA	32	3	60	0.22	3.1	6	0.0	1	1.08	3.08	1.85	0.46
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	29	0	50	0.24	16.0	21	0.0	*0	1.23	4.21	0.81	0.19
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
LASAGNA	SERVINGS	138	28	243	1.21	170.8	402	6.56	*1	9.22	10.51	6.65	3.37
CHICKEN SANDWICH	1 EACH	93	6	190	0.76	29.9	0	0.15	*1	5.23	9.53	3.77	0.74
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
CARROTS (STEAMED)	1/2 CUP	15	0	22	0.33	19.9	7172	1.28	2	0.38	3.44	0.09	0.02
SALAD EL/MS	1 cup	8	0	50	0.22	7.4	1948	0.89	*N/A*	0.28	1.51	0.07	0.01
PEARS: canned,light syrup	1/2 CUP	39	0	3	0.19	3.4	0	0.48	8	0.13	10.31	0.02	0.00
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
CONDIMENTS	1 EA	7	0	36	0.02	0.7	0	0.0	*0	0.05	0.45	0.5	0.07
Weighted Daily Average		546	45	820	4.76	565.3	10549	29.15	*38	26.60	77.80	15.32	5.48
% of Calories									*27.9%	19.5%	56.9%	25.2%	9.0%
Nutrient Guideline		523-592		965								<=30.0	<10.00

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Wolfe City ISD

Oct 1, 2018 thru Oct 31, 2018

Planned Menu Spreadsheet

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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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 - 10/30/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST SANDWICH	1 EA	48	24	83	0.30	41.4	89	0.01	*1	3.19	3.6	2.27	0.91
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
CINNAMON TOAST	2 EACH	31	0	41	0.21	9.3	39	0.01	1	1.08	4.01	1.2	0.25
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN ALFREDO	1 CUP	117	24	210	0.60	41.9	177	0.16	*1	7.13	13.12	4.1	2.05
MINI CORN DOG BITES	1 EA	86	13	262	0.00	0.0	0	0.0	0	2.96	7.81	4.84	1.34
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
SEASONED NEW POTATOES	1/2 cup	56	0	34	0.10	2.7	126	4.49	*0	0.63	7.02	2.84	0.58
BROCCOLI: frozen, boiled	1/2 CUP	7	0	6	0.16	13.1	259	10.27	0	0.79	1.37	0.03	0.00
APPLESAUCE	1/2 CUP	32	0	1	0.06	1.4	3	0.8	7	0.08	8.24	0.08	0.01
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	10.9	17	0.0	0	0.29	0.44	0.08	0.06
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
KETCHUP: individual	Pkt 6g	3	0	25	0.01	0.4	15	0.11	1	0.03	0.76	0.0	0.00
Weighted Daily Average		557	68	823	2.99	413.3	1688	35.63	*34	24.60	78.74	16.85	5.73
% of Calories									*24.6%	17.7%	56.5%	27.2%	9.2%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Wed - 10/31/2018													
ELEM/MIDDLE SCHOOL BR	Total												
SCRAMBLED EGGS	1 EA	12	21	11	0.10	5.1	45	0.0	0	0.77	0.12	0.85	0.26
BACON WC	EA	11	3	35	0.00	0.0	0	0.0	*N/A*	0.76	0.0	0.91	0.30
CEREAL	SERVING	23	0	40	1.29	24.6	119	1.69	1	0.38	5.0	0.3	0.06
TOAST	2 ea	58	0	101	0.49	32.1	42	0.0	*1	2.46	8.42	1.63	0.37
FRUIT,FRESH ASSORTED	1 EACH	19	0	2	0.08	4.8	391	8.28	4	0.3	4.92	0.08	0.02
JUICE	1/2 CUP	18	0	5	0.00	0.0	0	7.09	4	0.17	4.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	15	2	15	0.01	43.6	68	0.0	2	1.18	1.74	0.34	0.22
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	69.2	115	0.55	4	1.85	4.38	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.51	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: ELEM/MIDDLE SCHOOL BREAKFAST/ELEM/MIDDLE LUNCH

002 - WOLFE CITY ELEM/MIDDLE

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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)
ELEM/MIDDLE LUNCH	Total												
ORANGE CHICKEN	1 EACH	72	25	76	0.30	8.5	16	0.0	*N/A*	5.92	4.65	2.96	0.63
HOT POCKET	1 EA	43	3	92	0.42	38.5	31	1.38	*N/A*	2.77	4.31	1.54	0.77
BAKED POTATO	1 EACH	23	1	26	0.18	11.4	40	1.05	*0	0.86	3.38	0.68	0.22
RICE	servings	84	0	49	0.34	6.4	0	0.0	*0	1.8	17.48	0.66	0.13
EGG ROLL	1 EA	49	9	126	0.55	12.3	231	1.85	*N/A*	3.08	6.15	1.54	0.31
ORIENTAL VEGGIES	1/2 CUP	6	0	3	0.06	3.8	52	2.77	*N/A*	0.22	0.89	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.4	683	14.49	6	0.52	8.61	0.14	0.03
MILK,1% Lowfat	HALF PINT	7	1	8	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11
MILK, CHOC FATFREE	HALF PINT	51	2	46	0.00	138.5	231	1.11	8	3.69	8.77	0.0	0.00
Weighted Daily Average		554	70	662	3.96	429.1	2098	40.28	*32	27.31	85.39	11.79	3.44
% of Calories									*23.4%	19.7%	61.6%	19.2%	5.6%
Nutrient Guideline		523-592		965								<=30.0	<10.00

Weighted Average		566	44	827	4.58	504.2	5157	43.35	*39	25.82	86.43	14.15	4.68
									*61.8%	18.2%	61.1%	22.5%	7.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	566		523 - 592	100%				
Cholesterol (mg)	44							
Sodium (mg)	827		965					
Iron (mg)	4.58							
Calcium (mg)	504.2							
Vitamin A (IU)	5157							
Sugars (g)	39	27.45%			Missing			
Vitamin C (mg)	43.35							
Protein (g)	25.82	18.24%						
Carbohydrate (g)	86.43	61.07%						
Total Fat (g)	14.15	22.49%	<=30.00%					
Saturated Fat (g)	4.68	7.44%	<10.00%					

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