

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 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)
Mon - 01/01/2018													
ELEM/MIDDLE SCHOOL BR HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 01/02/2018													
ELEM/MIDDLE SCHOOL BR HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 01/03/2018													
ELEM/MIDDLE SCHOOL BR HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 AM

	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 - 01/04/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	21	2	43	0.14	15.0	2	0.0	*N/A*	1.0	2.5	0.8	0.20
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
TATORTOT CASSEROLE	SERVING	115	15	257	0.62	40.1	39	0.89	*0	5.04	6.18	7.8	2.75
MOZZARELLA STICKS	5 EACH	146	11	205	0.23	1607.2	7569	10.92	*0	6.87	13.68	6.96	2.49
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
CARROT STICKS- baby	1bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	0.01
BAKED BEANS	1/2 CUP	63	0	73	14.20	229.8	3578	0.0	*N/A*	3.18	14.03	0.25	0.05
BREAD	2 SLICES	53	0	107	1.10	153.2	1	0.0	1	2.39	9.84	0.48	0.14
FRUIT,FRESH ASSORTED	1 EACH	38	0	3	0.15	9.4	761	16.14	7	0.58	9.59	0.15	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	61	3	55	0.00	165.0	275	1.32	10	4.4	10.45	0.0	0.00
Weighted Daily Average		643	36	911	17.99	2355.6	18624	44.10	*29	28.85	92.63	19.09	6.57
% of Calories									*18.0%	18.0%	57.6%	26.7%	9.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 01/05/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	26	1	27	0.18	4.0	0	0.0	*N/A*	0.7	3.7	1.0	0.50
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00

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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 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)
ELEM/MIDDLE LUNCH	Total												
HAMBURGER	1 EA	115	14	172	1.30	45.1	40	0.22	*1	6.46	9.23	5.83	2.15
CHEESEBURGER	1 EA	112	13	222	0.97	58.0	95	0.16	*1	6.8	6.87	6.47	2.33
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
BURGER FIXINS	1 EA	8	0	113	0.32	17.7	2431	2.87	1	0.49	1.63	0.14	0.02
PEACHES: canned,light syrup	1/2 CUP	39	0	4	0.26	2.2	255	1.73	10	0.32	10.49	0.02	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	61	3	55	0.00	165.0	275	1.32	10	4.4	10.45	0.0	0.00
CONDIMENTS	1 EA	26	0	141	0.07	2.8	0	0.0	*0	0.2	1.77	1.94	0.26
Weighted Daily Average		594	37	878	4.56	423.3	3635	22.14	*32	25.89	78.46	20.47	6.51
% of Calories									*21.5%	17.4%	52.8%	31.0%	9.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 01/08/2018													
ELEM/MIDDLE SCHOOL BR	Total												
PANCAKES	1 ea	21	1	32	0.29	6.6	53	0.0	0	0.42	3.61	0.58	0.12
SYRUP	POUCH	1	0	7	0.00	0.0	0	0.0	0	0.0	0.36	0.0	0.00
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CRISPITO EL/MS	1.5 ea	115	18	168	0.56	31.5	0	0.0	*N/A*	4.72	11.55	5.25	1.31
QUESADILLA	1 ea	112	16	210	0.95	87.5	105	0.0	0	6.3	11.2	4.55	2.10
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
PINTO BEANS	1/2 cup	93	0	103	1.43	32.4	0	0.0	0	5.64	17.37	0.3	0.08
SPANISH RICE	1/2 CUP	38	0	136	0.47	4.5	130	0.42	*0	0.69	8.68	0.17	0.00
SALAD EL/MS	1 cup	10	0	65	0.28	9.6	2533	1.16	*N/A*	0.36	1.96	0.09	0.01
PEACHES: canned,light syrup	1/2 CUP	39	0	4	0.26	2.2	255	1.73	10	0.32	10.49	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	38	0	3	0.15	9.4	761	16.14	7	0.58	9.59	0.15	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
TACO SAUCE	1 packet	2	0	29	0.04	0.5	19	0.85	*N/A*	0.04	0.47	0.01	0.00

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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		665	44	951	5.60	486.6	4692	34.52	*37	28.99	109.04	13.71	4.56
% of Calories									*22.3%	17.4%	65.5%	18.5%	6.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 01/09/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	26	21	36	0.11	18.8	42	0.0	*0	1.6	1.98	1.2	0.48
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
CINNAMON TOAST	2 EACH	12	0	16	0.08	3.6	15	0.01	0	0.42	1.57	0.47	0.10
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
FRITO CHILI PIE	1 EA	200	21	237	1.16	107.7	407	5.33	*0	9.51	19.8	9.15	3.05
HOT POCKET	1 EA	84	6	180	0.81	75.0	60	2.7	*N/A*	5.4	8.4	3.0	1.50
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
STEAMED VEGETABLES	1/2 cup	21	0	21	0.23	14.2	267	26.56	*0	1.65	3.34	0.0	0.00
SALAD EL/MS	1 cup	14	0	91	0.39	13.4	3546	1.63	*N/A*	0.5	2.74	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		582	56	759	4.04	539.7	6051	69.26	*29	29.19	80.34	16.40	6.00
% of Calories									*19.7%	20.1%	55.2%	25.4%	9.3%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 01/10/2018													
ELEM/MIDDLE SCHOOL BR	Total												
OATMEAL	1 CUP	23	0	5	0.19	5.6	18	0.0	*1	0.76	3.76	0.6	0.12
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	19	0	33	0.16	10.4	14	0.0	*0	0.8	2.74	0.53	0.12
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	4	0	1	0.00	0.1	0	0.02	1	0.0	1.18	0.0	0.00

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Planned Menu Spreadsheet

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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)
ELEM/MIDDLE LUNCH	Total												
CHICKEN FRIED STEAK	1 EA	109	12	112	0.94	14.0	0	0.0	*N/A*	5.25	6.65	6.65	1.57
BAR B-Q FRANKS	1 CUP	110	12	525	0.50	46.2	57	0.15	*8	3.52	10.82	5.83	1.67
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
GREEN BEANS	1/2 CUP	13	0	136	0.49	14.1	189	2.56	*N/A*	0.65	2.82	0.05	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
ROLL	1 EA	43	0	67	0.00	14.2	0	1.7	*N/A*	1.42	9.21	0.0	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	55	3	50	0.00	150.0	250	1.2	9	4.0	9.5	0.0	0.00
Weighted Daily Average		600	35	1081	3.84	427.7	1314	38.51	*43	23.57	90.22	16.96	4.85
% of Calories									*28.7%	15.7%	60.1%	25.4%	7.3%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 01/11/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	21	2	43	0.14	15.0	2	0.0	*N/A*	1.0	2.5	0.8	0.20
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN SPAGHETTI	SERVING	109	13	137	0.61	44.7	79	0.58	*1	7.19	13.6	2.64	0.97
CORN DOG:Turkey Jumbo State F	1 EACH	98	14	232	0.63	17.6	35	3.16	*N/A*	3.16	10.89	4.57	1.05
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
BROCCOLI & CHEESE	1/2 CUP	21	3	58	0.22	40.2	319	11.64	0	1.53	1.94	0.92	0.58
BLACKEYED PEAS	1/2 CUP	49	0	186	0.62	12.7	8	1.71	*N/A*	3.01	8.66	0.35	0.09
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	46	0	1	0.34	12.3	33	6.57	11	0.32	11.79	0.11	0.01
BREAD STICKS	1 EA	66	0	138	0.65	0.0	6	0.0	1	1.8	10.2	2.4	0.60
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	55	3	50	0.00	150.0	250	1.2	9	4.0	9.5	0.0	0.00
MUSTARD: individual PC	Pkt 5g	0	0	6	0.01	0.3	1	0.0	0	0.02	0.03	0.02	0.00
KETCHUP: individual	Pkt 6g	2	0	22	0.01	0.4	13	0.1	1	0.02	0.66	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 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)
Weighted Daily Average % of Calories		598	39	1006	4.41	415.5	1280	37.75	*32 *21.4%	27.17 18.2%	92.11 61.6%	14.39 21.7%	4.40 6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 01/12/2018													
ELEM/MIDDLE SCHOOL BR CINNAMON ROLL	Total 1 EA	26	1	27	0.18	4.0	0	0.0	*N/A*	0.7	3.7	1.0	0.50
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH PEPPERONI PIZZA	Total EA	90	8	198	0.81	60.0	90	0.0	*N/A*	4.8	10.5	3.6	1.50
CHICKEN SANDWICH	1 EACH	104	7	212	0.85	33.3	0	0.16	*1	5.83	10.62	4.2	0.83
BAKED POTATO	1 EACH	118	7	136	0.91	59.4	209	5.45	*1	4.47	17.58	3.52	1.15
CORN	1/2 CUP	72	0	1	0.34	2.3	198	4.13	3	2.56	15.76	1.13	0.15
SALAD EL/MS	1 cup	8	0	52	0.23	7.7	2026	0.93	*N/A*	0.29	1.57	0.07	0.01
CARROT STICKS- baby	1bag	6	0	13	0.15	5.4	2345	0.45	0	0.11	1.39	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	9	0	47	0.02	0.9	0	0.0	*0	0.07	0.59	0.65	0.09
Weighted Daily Average % of Calories		614	28	816	4.39	456.6	6487	41.45	*33 *21.7%	27.18 17.7%	97.86 63.8%	15.20 22.3%	4.59 6.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 01/15/2018													
ELEM/MIDDLE SCHOOL BR HOLIDAY	Total SERVING	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH 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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 AM

	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		560-620		1092								<=30.0	<10.00

Tue - 01/16/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST SANDWICH	1 EA	31	16	54	0.19	26.9	58	0.01	*0	2.08	2.34	1.47	0.59
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
CINNAMON TOAST	2 EACH	12	0	16	0.08	3.6	15	0.01	0	0.42	1.57	0.47	0.10
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
SPAGHETTI	1 CUP	134	7	278	1.03	20.7	670	6.2	*0	4.91	19.7	4.06	0.90
B B-Q SANDWICH	1 EA	80	7	230	0.78	29.6	78	0.4	*1	3.97	10.21	2.42	0.89
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
CORN ON THE COB	1 EACH	36	0	91	0.23	1.1	88	1.81	1	1.18	8.44	0.28	0.04
GREEN BEANS	1/2 CUP	11	0	116	0.42	12.1	162	2.19	*N/A*	0.56	2.41	0.05	0.01
SALAD EL/MS	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
BREAD STICKS	1 EA	77	0	161	0.76	0.0	7	0.0	1	2.1	11.9	2.8	0.70
APPLESAUCE	1/2 CUP	50	0	1	0.09	2.2	4	1.25	11	0.12	12.85	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		668	38	1204	5.18	414.7	5836	46.30	*43	25.85	114.28	14.23	4.13
% of Calories									*26.0%	15.5%	68.4%	19.2%	5.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 AM

	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 - 01/17/2018													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST	2 ea	25	10	58	0.26	12.6	22	0.04	0	0.87	3.79	0.72	0.18
SYRUP	POUCH	1	0	7	0.00	0.0	0	0.0	0	0.0	0.36	0.0	0.00
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN TACO	1 EA	114	17	158	0.59	73.5	241	0.83	*0	7.84	12.65	3.58	1.22
TOSTADA	1 EACH	94	15	100	0.47	61.8	128	0.21	*0	5.08	7.39	4.58	1.91
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
SPANISH RICE	1/2 CUP	46	0	164	0.56	5.4	156	0.5	*0	0.83	10.41	0.21	0.00
REFRIED BEANS	1/2 cup	61	0	96	0.99	20.2	33	0.56	*0	3.39	9.28	1.37	0.43
SALAD EL/MS	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
TACO SAUCE	1 pack	2	0	36	0.05	0.7	24	1.06	*N/A*	0.05	0.59	0.01	0.00
Weighted Daily Average		594	50	895	4.62	498.9	5367	37.64	*29	29.08	91.77	13.35	4.70
% of Calories									*19.6%	19.6%	61.8%	20.2%	7.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 01/18/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	21	2	43	0.14	15.0	2	0.0	*N/A*	1.0	2.5	0.8	0.20
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:23 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)
ELEM/MIDDLE LUNCH	Total												
OVEN FRIED CHICKEN	1 EA	125	37	216	0.61	11.4	53	0.0	*N/A*	9.66	3.98	7.96	2.27
HAMBURGER HELPER	1 CUP	84	19	176	0.63	22.2	25	0.03	*1	6.09	5.45	4.07	1.65
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
RANCH STYLE BEANS	1/2 CUP	71	0	306	1.59	0.0	118	0.0	*N/A*	4.12	12.36	0.59	0.00
SALAD EL/MS	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		662	69	1056	5.15	430.5	5220	54.59	*44	34.44	95.21	17.31	5.61
% of Calories									*26.5%	20.8%	57.5%	23.5%	7.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 01/19/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	26	1	27	0.18	4.0	0	0.0	*N/A*	0.7	3.7	1.0	0.50
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
HAMBURGER	1 EA	115	14	172	1.30	45.1	40	0.22	*1	6.46	9.23	5.83	2.15
CHEESEBURGER	1 EA	131	15	259	1.13	67.6	110	0.19	*1	7.93	8.01	7.55	2.72
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
POTATO WEDGES	8 PCS	77	0	11	0.29	6.3	3	3.06	*N/A*	1.41	11.97	2.46	0.35
CARROT STICKS- baby	1bag	21	0	46	0.54	18.9	8209	1.58	0	0.38	4.85	0.07	0.01
BURGER FIXINS	1 EA	11	0	159	0.45	24.8	3404	4.02	1	0.69	2.28	0.2	0.03
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		592	37	837	5.01	465.1	13438	40.75	*32	27.03	80.59	19.01	6.42
% of Calories									*21.3%	18.3%	54.4%	28.9%	9.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

	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 - 01/22/2018													
ELEM/MIDDLE SCHOOL BR	Total												
HAM & CHEESE CROISSANT	1 EA	30	5	79	0.16	11.3	72	0.01	*1	1.27	2.77	1.58	0.74
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	15	0	26	0.13	8.3	11	0.0	*0	0.64	2.19	0.42	0.10
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK,Skim	HALF PINT	8	0	10	0.01	29.9	50	0.0	1	0.83	1.22	0.02	0.01
JELLY	2 ea	7	0	1	0.01	0.2	0	0.03	1	0.0	1.96	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN NUGGETS	5 EACH	86	25	148	0.80	11.6	29	4.4	*N/A*	5.6	5.2	4.8	0.80
CHICKEN SANDWICH	1 EACH	104	7	212	0.85	33.3	0	0.16	*1	5.83	10.62	4.2	0.83
BAKED POTATO el/ms	1 EACH	43	3	54	0.33	24.3	64	1.63	*0	1.86	5.95	1.4	0.50
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
BROCCOLI & CHEESE	1/2 CUP	31	4	86	0.33	60.3	478	17.47	0	2.3	2.9	1.38	0.86
PEACHES: canned,light syrup	1/2 CUP	45	0	4	0.30	2.5	298	2.02	11	0.38	12.24	0.03	0.00
ROLL	1 EA	24	0	38	0.00	8.1	0	0.97	*N/A*	0.81	5.26	0.0	0.00
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	9	0	47	0.02	0.9	0	0.0	*0	0.07	0.59	0.65	0.09
Weighted Daily Average		576	52	836	3.77	478.7	1745	57.24	*36	28.19	82.04	15.95	4.71
% of Calories									*24.7%	19.6%	57.0%	24.9%	7.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 01/23/2018													
ELEM/MIDDLE SCHOOL BR	Total												
OATMEAL	1 CUP	12	0	3	0.09	2.8	9	0.0	*1	0.38	1.88	0.3	0.06
CEREAL	SERVING	15	0	26	0.84	16.0	78	1.1	1	0.25	3.25	0.2	0.04
TOAST	2 ea	38	0	65	0.32	20.8	27	0.0	*1	1.6	5.47	1.06	0.24
FRUIT,FRESH ASSORTED	1 EACH	9	0	1	0.04	2.3	190	4.04	2	0.14	2.4	0.04	0.01
JUICE	1/2 CUP	9	0	2	0.00	0.0	0	3.46	2	0.08	2.04	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

	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												
MEATBALL SUB	1 EA	127	14	321	1.63	82.6	181	1.78	*0	9.43	11.42	5.67	2.11
CORN DOG:Turkey Jumbo State F	1 EACH	84	12	199	0.54	15.1	30	2.71	*N/A*	2.71	9.33	3.91	0.90
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
CARROT STICKS- baby	bag	21	0	46	0.54	18.9	8209	1.58	0	0.38	4.85	0.07	0.01
SALAD EL/MS	1 cup	14	0	91	0.39	13.4	3546	1.63	*N/A*	0.5	2.74	0.12	0.02
APPLESAUCE	1/2 CUP	58	0	2	0.10	2.6	5	1.46	13	0.14	14.99	0.15	0.03
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	9	0	47	0.02	0.9	0	0.0	*0	0.07	0.59	0.65	0.09
Weighted Daily Average		593	35	959	5.17	468.8	13685	41.00	*42	25.33	94.74	14.44	4.33
% of Calories									*28.2%	17.1%	63.9%	21.9%	6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 01/24/2018													
ELEM/MIDDLE SCHOOL BR	Total												
PIG IN A BLANKET	2 EACH	28	5	32	0.54	8.0	80	0.48	*N/A*	1.39	3.38	0.9	0.30
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	8	0	13	0.06	4.2	5	0.0	*0	0.32	1.09	0.21	0.05
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	6	0	1	0.00	0.2	0	0.02	1	0.0	1.57	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
TACO,BEEF	2 EACH	116	19	208	0.65	57.5	824	0.84	*0	5.95	7.95	6.63	2.77
TACO BURGER	1 EA	81	11	211	0.79	51.5	154	0.74	*1	5.34	7.02	3.32	1.02
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
LETTUCE & TOMATO	1 cup	8	0	3	0.35	12.2	2922	3.47	1	0.53	1.68	0.13	0.01
SPANISH RICE	1/2 CUP	46	0	164	0.56	5.4	156	0.5	*0	0.83	10.41	0.21	0.00
PINTO BEANS	1/2 cup	111	0	124	1.71	38.9	0	0.0	0	6.77	20.84	0.36	0.10
PEARS: canned,light syrup	1/2 CUP	50	0	4	0.25	4.4	0	0.62	11	0.17	13.41	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	33	2	30	0.00	90.0	150	0.72	5	2.4	5.7	0.0	0.00
TACO SAUCE	3 packs	2	0	29	0.04	0.5	19	0.85	*N/A*	0.04	0.47	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

	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		651	42	937	6.21	399.8	5726	40.76	*37	29.08	105.19	14.24	5.12
% of Calories									*22.6%	17.9%	64.6%	19.7%	7.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 01/25/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	21	2	43	0.14	15.0	2	0.0	*N/A*	1.0	2.5	0.8	0.20
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN & RICE CASSEROLE	1 CUP	146	22	291	0.65	95.2	359	4.89	*0	8.13	14.25	6.39	2.34
FISH STICKS	4 EA	66	15	69	0.43	6.0	30	0.0	0	4.5	5.7	2.7	0.45
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
SALAD EL/MS	1 cup	14	0	91	0.39	13.4	3546	1.63	*N/A*	0.5	2.74	0.12	0.02
SESAME-ROASTED GREEN BEANS	1/2 CUP	28	0	88	0.44	28.0	354	2.6	1	0.97	4.13	1.19	0.19
BREAD STICKS	1 EA	77	0	161	0.76	0.0	7	0.0	1	2.1	11.9	2.8	0.70
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	46	0	1	0.34	12.3	33	6.57	11	0.32	11.79	0.11	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		640	47	942	4.51	483.3	6054	49.67	*43	28.12	98.50	16.88	4.84
% of Calories									*27.0%	17.6%	61.6%	23.7%	6.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

	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 - 01/26/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	26	1	27	0.18	4.0	0	0.0	*N/A*	0.7	3.7	1.0	0.50
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
PIZZA- SAUSAGE	1 EACH	116	10	188	1.08	80.0	80	0.0	4	6.4	13.2	4.0	1.80
CHICKEN SANDWICH	1 EACH	121	8	247	0.99	38.8	0	0.19	*1	6.8	12.39	4.9	0.97
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
STEAMED VEGETABLES	1/2 cup	21	0	21	0.23	14.2	267	26.56	*0	1.65	3.34	0.0	0.00
SALAD EL/MS	1 cup	14	0	91	0.39	13.4	3546	1.63	*N/A*	0.5	2.74	0.12	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	13	0	70	0.03	1.4	0	0.0	*0	0.1	0.89	0.97	0.13
Weighted Daily Average		576	27	814	4.29	455.8	5754	62.73	*46	26.01	91.00	12.95	4.07
% of Calories									*32.2%	18.1%	63.1%	20.2%	6.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 01/29/2018													
ELEM/MIDDLE SCHOOL BR	Total												
PANCAKE ON A STICK	1 EA	21	2	39	0.14	2.0	4	0.0	1	0.7	2.0	1.2	0.30
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	19	0	33	0.16	10.4	14	0.0	*0	0.8	2.74	0.53	0.12
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	4	0	1	0.00	0.1	0	0.02	1	0.0	1.18	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

	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												
PORK CHOP	1 EA	99	36	111	0.84	19.3	32	0.0	*N/A*	5.22	5.94	6.15	1.90
SLIDERS	2 EACH	108	15	144	0.86	24.0	0	0.72	*N/A*	5.4	7.8	6.0	2.40
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
MACARONI & CHEESE	1/2 CUP	84	5	102	0.54	76.4	101	0.0	*2	3.65	12.03	2.2	1.22
BROCCOLI SALAD NEW	1/2 CUP	26	0	48	0.20	13.1	170	24.36	*1	0.78	3.03	1.31	0.16
SWEET POTATO	1/2 cup	91	0	28	0.57	11.1	5468	6.43	*4	0.88	21.52	0.36	0.08
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
BREAD el/ms	1 EA	27	0	54	0.55	76.6	0	0.0	1	1.19	4.92	0.24	0.07
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		707	67	737	5.13	540.1	7503	65.49	*38	28.74	104.21	20.45	7.10
% of Calories									*21.5%	16.3%	58.9%	26.0%	9.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 01/30/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST SANDWICH	1 EA	31	16	54	0.19	26.9	58	0.01	*0	2.08	2.34	1.47	0.59
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
CINNAMON TOAST	2 EACH	20	0	26	0.13	6.0	25	0.01	1	0.7	2.61	0.78	0.16
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
CHILI DOG	1 EA	125	13	517	1.13	61.2	613	0.27	*N/A*	6.0	9.2	7.39	2.00
HOT DOG ON A BUN:turkey hot	SERVING	70	8	248	0.76	36.3	0	0.0	*N/A*	3.63	5.4	3.95	1.06
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
HASH BROWN POTATOES	1 each	44	0	3	0.11	3.5	0	1.36	0	0.54	5.79	2.35	0.19
CARROT STICKS- baby	1bag	21	0	46	0.54	18.9	8209	1.58	0	0.38	4.85	0.07	0.01
PEACHES: canned,light syrup	1/2 CUP	39	0	4	0.26	2.2	255	1.73	10	0.32	10.49	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	26	0	141	0.07	2.8	0	0.0	*0	0.2	1.77	1.94	0.26
Weighted Daily Average		605	45	1218	4.45	464.7	10875	38.91	*39	23.97	85.52	20.43	5.15
% of Calories									*25.9%	15.8%	56.5%	30.4%	7.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Jan 1, 2018 thru Jan 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 - 01/31/2018													
ELEM/MIDDLE SCHOOL BR	Total												
SCRAMBLED EGGS	1 EA	8	14	7	0.07	3.3	29	0.0	0	0.5	0.08	0.55	0.17
BACON WC	EA	7	2	23	0.00	0.0	0	0.0	*N/A*	0.49	0.0	0.59	0.20
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	28	0	49	0.24	15.6	21	0.0	*0	1.2	4.11	0.79	0.18
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	4	0	1	0.00	0.1	0	0.02	1	0.0	1.18	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
BEEF ENCHILADAS	2 EA	134	17	372	2.16	113.6	1014	3.11	*0	7.18	15.88	4.87	2.84
BURRITO	1 EA	111	12	257	0.81	59.8	224	0.36	*N/A*	5.39	9.87	5.69	2.39
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
REFRIED BEANS	1/2 cup	61	0	96	0.99	20.2	33	0.56	*0	3.39	9.28	1.37	0.43
SALAD EL/MS	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
SPANISH RICE	1/2 CUP	46	0	164	0.56	5.4	156	0.5	*0	0.83	10.41	0.21	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
TACO SAUCE	3 packs	2	0	29	0.04	0.5	19	0.85	*N/A*	0.04	0.47	0.01	0.00
Weighted Daily Average		692	53	1259	6.73	542.7	6441	42.49	*43	29.95	110.34	16.70	7.10
% of Calories									*24.8%	17.3%	63.7%	21.7%	9.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00
Weighted Average		624	44	952	5.53	565.7	6828	45.54	*37	27.72	94.42	16.43	5.30
									*53.7%	17.8%	60.5%	23.7%	7.6%

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Wolfe City ISD

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Weighted Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 12/15/2017 8:29:24 AM

Nutrient	Menu AVG	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)
Calories	624		560 - 620	101%					4	Correction Required - Calories too High				
Cholesterol (mg)	44													
Sodium (mg)	952		1092											
Iron (mg)	5.53													
Calcium (mg)	565.7													
Vitamin A (IU)	6828													
Sugars (g)	37	23.85%			Missing									
Vitamin C (mg)	45.54													
Protein (g)	27.72	17.77%												
Carbohydrate (g)	94.42	60.53%												
Total Fat (g)	16.43	23.70%	<=30.00%											
Saturated Fat (g)	5.30	7.65%	<10.00%											

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