

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:47 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 - 03/01/2018													
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												
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	59	0	255	1.32	0.0	98	0.0	*N/A*	3.43	10.3	0.49	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	32	0	3	0.13	7.8	635	13.45	6	0.48	7.99	0.13	0.03
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	69	1004	4.83	427.4	4946	50.13	*42	33.58	90.49	17.16	5.59
% of Calories									*26.3%	21.0%	56.5%	24.1%	7.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 03/02/2018													
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

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Wolfe City ISD

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Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:48 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												
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		594	37	838	5.01	465.1	13438	41.67	*32	27.05	81.13	19.01	6.42
% of Calories									*21.6%	18.2%	54.6%	28.8%	9.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 03/05/2018													
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
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		570	49	802	3.78	471.5	1679	57.46	*36	27.75	81.72	15.65	4.28
% of Calories									*25.1%	19.5%	57.4%	24.7%	6.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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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)
Tue - 03/06/2018													
ELEM/MIDDLE SCHOOL BR BREAKFAST SANDWICH	Total												
CEREAL	1 EA	31	16	54	0.19	26.9	58	0.01	*0	2.08	2.34	1.47	0.59
CINNAMON TOAST	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
FRUIT,FRESH ASSORTED	2 EACH	20	0	26	0.13	6.0	25	0.01	1	0.7	2.61	0.78	0.16
JUICE	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
MILK,1% Lowfat	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
ELEM/MIDDLE LUNCH	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
ELEM/MIDDLE LUNCH													
MEATBALL SUB	Total												
CORN DOG:Turkey Jumbo State F	1 EA	127	14	321	1.63	82.6	181	1.78	*0	9.43	11.42	5.67	2.11
BAKED POTATO	1 EACH	84	12	199	0.54	15.1	30	2.71	*N/A*	2.71	9.33	3.91	0.90
CARROT STICKS- baby	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
SALAD EL/MS	bag	21	0	46	0.54	18.9	8209	1.58	0	0.38	4.85	0.07	0.01
APPLESAUCE	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	1/2 CUP	58	0	2	0.10	2.6	5	1.46	13	0.14	14.99	0.15	0.03
MILK,1% Lowfat	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK, CHOC FATFREE	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
CONDIMENTS	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average	1 EA	9	0	47	0.02	0.9	0	0.0	*0	0.07	0.59	0.65	0.09
% of Calories		594	50	964	4.82	473.5	13769	43.13	*42	26.12	91.94	15.28	4.77
Nutrient Guideline		560-620		1092					*28.4%	17.6%	62.0%	23.2%	7.2%
												<=30.0	<10.00

Wed - 03/07/2018													
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

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Mar 1, 2018 thru Mar 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	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
Weighted Daily Average		657	53	971	5.92	406.6	5690	40.28	*37	29.56	104.50	15.07	5.32
% of Calories									*22.5%	18.0%	63.6%	20.6%	7.3%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 03/08/2018													
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												
TURKEY W/CHEESE SANDWICH	1 EACH	211	36	874	1.93	165.9	147	3.27	5	17.29	20.96	6.18	2.60
PRETZELS	1 EA	72	0	240	0.86	0.0	0	0.0	0	1.6	12.0	1.6	0.00
CARROT STICKS- baby	1bag	24	0	53	0.61	21.6	9381	1.8	0	0.43	5.55	0.08	0.01
DRAGON PUNCH	1 EA	40	0	28	0.00	0.0	400	24.0	10	0.0	10.4	0.0	0.00
APPLESAUCE	1/2 CUP	67	0	2	0.12	2.9	6	1.67	14	0.16	17.14	0.17	0.03
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		574	42	1366	4.38	478.1	10667	43.15	*49	28.17	94.04	9.66	3.17
% of Calories									*34.4%	19.6%	65.5%	15.2%	5.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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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 - 03/09/2018													
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

Mon - 03/12/2018													
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 - 03/13/2018													
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 - 03/14/2018													
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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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:48 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 % 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

Thu - 03/15/2018													
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
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

Fri - 03/16/2018													
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

Mon - 03/19/2018													
ELEM/MIDDLE SCHOOL BR FRENCH TOAST STICKS	Total 1 EA	25	0	30	0.50	220.0	42	4.5	*N/A*	0.7	3.7	0.9	0.15
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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:48 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		701	65	721	5.43	753.9	7536	69.06	*36	28.40	104.24	19.94	6.91
% of Calories									*20.7%	16.2%	59.5%	25.6%	8.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 03/20/2018													
ELEM/MIDDLE SCHOOL BR	Total												
BLUEBERRY MUFFINS	2 EA	40	3	28	0.00	0.0	16	0.0	3	0.4	6.4	1.4	0.30
FLAVORED YOGURT	1 EA	11	0	8	0.00	15.0	0	0.12	0	0.4	2.1	0.1	0.05
CEREAL	1 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												
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

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:48 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		617	33	1193	4.22	453.1	10817	38.11	*42	22.45	90.96	19.99	4.81
% of Calories									*27.0%	14.6%	59.0%	29.2%	7.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 03/21/2018													
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
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												
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		683	58	1235	6.63	548.7	6441	41.56	*42	29.81	108.84	16.29	7.10
% of Calories									*24.5%	17.5%	63.8%	21.5%	9.4%
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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Mar 1, 2018 thru Mar 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 2/22/2018 11:13:48 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 - 03/22/2018													
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												
STEAK FINGERS	4 ea	124	14	128	1.08	16.0	2	0.0	0	6.4	8.0	7.6	1.80
TURKEY W/CHEESE SANDWICH	1 EACH	79	13	328	0.72	62.2	55	1.23	2	6.48	7.86	2.32	0.97
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
GRAVY LUNCH	1/4 CUP	29	0	136	0.34	3.6	2	0.11	*0	0.49	3.22	1.57	0.63
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 el/ms	1 EA	27	0	54	0.55	76.6	0	0.0	1	1.19	4.92	0.24	0.07
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
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	18	0	94	0.04	1.8	0	0.0	*0	0.14	1.18	1.3	0.17
Weighted Daily Average		626	40	1098	5.05	569.5	1354	44.04	*38	29.11	87.85	18.66	5.46
% of Calories									*24.0%	18.6%	56.2%	26.8%	7.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 03/23/2018													
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

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Wolfe City ISD

Mar 1, 2018 thru Mar 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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Generated on: 2/22/2018 11:13:48 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	11	0	159	0.45	24.8	3404	4.02	1	0.69	2.28	0.2	0.03
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
Weighted Daily Average		640	37	790	4.65	454.0	5271	41.97	*44	26.77	93.98	18.89	6.33
% of Calories									*27.6%	16.7%	58.7%	26.6%	8.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 03/26/2018													
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												
PARMESAN CHICKEN	1 EACH	99	22	311	0.25	23.0	3	0.09	*0	10.03	3.46	4.82	0.91
SALISBURY STEAK	1 EA	69	14	153	0.54	12.4	0	0.36	*N/A*	4.54	2.91	4.37	1.80
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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
MASHED POTATOES	1/2 CUP	57	3	33	0.21	51.6	70	18.38	*2	2.19	9.96	0.96	0.52
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 el/ms	1 EA	40	0	80	0.82	114.9	1	0.0	1	1.79	7.38	0.36	0.11
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		578	48	997	4.25	535.9	1003	41.34	*34	32.21	81.88	14.14	4.45
% of Calories									*23.9%	22.3%	56.7%	22.0%	6.9%
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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Mar 1, 2018 thru Mar 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)
Tue - 03/27/2018													
ELEM/MIDDLE SCHOOL BR BRKFST BURRITO	Total 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													
TACO SALAD	1 CUP	117	20	188	0.72	93.5	674	1.69	*0	7.75	8.74	5.13	2.18
QUESADILLA	1 ea	96	14	180	0.81	75.0	90	0.0	0	5.4	9.6	3.9	1.80
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	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	3 packs	2	0	36	0.05	0.7	24	1.06	*N/A*	0.05	0.59	0.01	0.00
Weighted Daily Average		622	63	951	5.26	547.1	5729	37.60	*28	32.09	93.38	13.75	5.51
% of Calories									*18.3%	20.6%	60.1%	19.9%	8.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 03/28/2018													
ELEM/MIDDLE SCHOOL BR OATMEAL	Total 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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Wolfe City ISD

Mar 1, 2018 thru Mar 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)
ELEM/MIDDLE LUNCH	Total												
STEAK SANDWICH	1 EA	127	10	155	1.32	24.3	0	0.0	*1	5.74	11.45	6.47	1.53
TOASTED CHEESE SANDWICH	1 EACH	130	12	193	0.78	201.6	289	0.0	*1	8.8	10.95	5.19	2.85
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
BROCCOLI,raw florettes	1/2 cup	5	0	5	0.17	9.1	567	17.61	*N/A*	0.56	0.99	0.07	0.01
VEGETABLE SOUP	1 CUP	47	0	253	0.61	15.6	3112	3.39	*0	1.74	9.62	0.49	0.04
CRACKERS	1 EACH	23	0	36	0.13	4.7	0	0.0	1	0.37	3.62	0.84	0.16
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
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		620	32	929	4.78	571.3	5126	37.25	*36	28.68	88.76	17.46	5.79
% of Calories									*23.3%	18.5%	57.3%	25.3%	8.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 03/29/2018													
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												
CRISPY CHICKEN WRAP	1 EA	177	20	288	0.57	117.8	920	0.88	0	8.83	12.46	10.34	3.22
CHICKEN FAJITA	1 EA	103	25	205	0.29	111.8	121	4.94	*1	9.01	6.93	4.24	2.04
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	40	0	64	0.66	13.4	22	0.37	*0	2.26	6.18	0.92	0.29
CARROTS (STEAMED)	1/2 CUP	23	0	34	0.52	31.1	11189	2.0	2	0.59	5.37	0.14	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
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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Mar 1, 2018 thru Mar 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		607	55	861	3.58	603.0	13996	42.09	*32	32.32	78.86	19.21	6.71
% of Calories									*21.1%	21.3%	51.9%	28.5%	9.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 03/30/2018													
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		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

Weighted Average		621	49	981	4.84	517.2	7164	44.59	*38 *55.1%	28.94 18.6%	91.51 58.9%	16.68 24.2%	5.51 8.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	621		560 - 620	100%			1	Correction Required - Calories too High
Cholesterol (mg)	49							
Sodium (mg)	981		1092					
Iron (mg)	4.84							
Calcium (mg)	517.2							
Vitamin A (IU)	7164							
Sugars (g)	38	24.50%			Missing			
Vitamin C (mg)	44.59							
Protein (g)	28.94	18.63%						
Carbohydrate (g)	91.51	58.89%						
Total Fat (g)	16.68	24.15%	<=30.00%					
Saturated Fat (g)	5.51	7.98%	<10.00%					

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