

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:12 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 - 04/02/2018													
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	0.00	0.00	0.00	0.00
Nutrient Guideline		560-620		1092								<=30.0	<10.00

	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)
Tue - 04/03/2018													
ELEM/MIDDLE SCHOOL BR 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 CHICKEN ALFREDO	1 CUP	76	16	136	0.39	27.3	115	0.1	*1	4.63	8.53	2.67	1.33
MINI CORN DOG BITES	1 EA	64	10	195	0.00	0.0	0	0.0	0	2.2	5.8	3.6	1.00
BAKED POTATO	1 EACH	118	7	136	0.91	59.4	209	5.45	*1	4.47	17.58	3.52	1.15
SEASONED NEW POTATOES	1/2 cup	58	0	36	0.10	2.8	131	4.67	*0	0.65	7.3	2.95	0.60
BROCCOLI: frozen, boiled	1/2 CUP	9	0	8	0.20	17.0	337	13.35	0	1.03	1.78	0.04	0.00
APPLESAUCE	1/2 CUP	42	0	1	0.07	1.8	4	1.04	9	0.1	10.71	0.1	0.02
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	44	2	40	0.00	120.0	200	0.96	7	3.2	7.6	0.0	0.00
KETCHUP: individual	Pkt 6g	4	0	33	0.01	0.5	19	0.15	1	0.04	0.99	0.0	0.00
Weighted Daily Average % of Calories		515	52	701	2.59	345.7	1509	35.77	*28 *22.0%	21.21 16.5%	75.33 58.5%	15.34 26.8%	5.04 8.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Weighted Values - Detailed

Page 2

Apr 1, 2018 thru Apr 30, 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 - 04/04/2018													
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												
ORANGE CHICKEN	1 EACH	85	30	90	0.36	10.0	19	0.0	*N/A*	7.0	5.5	3.5	0.75
HOT POCKET	1 EA	56	4	120	0.54	50.0	40	1.8	*N/A*	3.6	5.6	2.0	1.00
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
RICE	servings	87	0	51	0.35	6.6	0	0.0	*0	1.87	18.18	0.69	0.14
EGG ROLL	1 EA	64	12	164	0.72	16.0	300	2.4	*N/A*	4.0	8.0	2.0	0.40
ORIENTAL VEGGIES	1/2 CUP	7	0	4	0.07	4.9	67	3.6	*N/A*	0.29	1.15	0.0	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
Weighted Daily Average		566	64	692	3.66	413.5	2171	40.88	*29	28.21	87.53	11.68	3.41
% of Calories									*20.3%	20.0%	61.9%	18.6%	5.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 04/05/2018													
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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Weighted Values - Detailed

Page 3

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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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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		641	36	910	17.99	2355.6	18624	43.17	*28	28.83	92.08	19.09	6.57
% of Calories									*17.7%	18.0%	57.5%	26.8%	9.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 04/06/2018													
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	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

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Page 4

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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)
Mon - 04/09/2018													
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												
CRISPITO EL/MS	1.5 ea	132	21	192	0.64	36.0	0	0.0	*N/A*	5.4	13.2	6.0	1.50
QUESADILLA	1 ea	64	9	120	0.54	50.0	60	0.0	0	3.6	6.4	2.6	1.20
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
Weighted Daily Average		650	44	933	5.19	460.3	4669	35.22	*39	28.03	106.26	13.64	4.51
% of Calories									*23.7%	17.2%	65.4%	18.9%	6.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 04/10/2018													
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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Page 5

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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		598	35	783	4.53	545.6	5994	68.06	*29	29.18	85.08	16.14	5.74
% of Calories									*19.7%	19.5%	56.9%	24.3%	8.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 04/11/2018													
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												
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		597	40	1089	4.10	423.9	1367	39.91	*43	23.75	89.14	16.94	4.96
% of Calories									*28.6%	15.9%	59.7%	25.5%	7.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 6

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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 - 04/12/2018													
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 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
Weighted Daily Average		600	39	1006	4.41	415.5	1280	38.67	*32	27.19	92.65	14.39	4.40
% of Calories									*21.7%	18.1%	61.7%	21.6%	6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 04/13/2018													
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

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 7

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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												
PEPPERONI PIZZA	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		616	28	816	4.39	456.6	6487	42.37	*34	27.20	98.40	15.20	4.59
% of Calories									*22.0%	17.7%	63.9%	22.2%	6.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 04/16/2018													
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												
CHEESE NACHOS	1 EA	120	15	354	0.85	184.4	152	0.0	0	4.6	9.88	6.33	3.42
HOAGIE SANDWICH	1 EA	116	23	554	0.97	118.8	99	0.72	*1	8.47	12.63	3.69	1.71
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
BURGER FIXINS	1 EA	11	0	159	0.45	24.8	3404	4.02	1	0.69	2.28	0.2	0.03
BROCCOLI,raw florettes	1/2 cup	6	0	6	0.19	10.6	661	20.55	*N/A*	0.66	1.16	0.08	0.01
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
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
TACO SAUCE	1 packet	1	0	21	0.03	0.4	14	0.63	*N/A*	0.03	0.35	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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		581	48	1397	4.39	662.0	6362	61.92	*43	26.53	88.11	15.16	6.55
% of Calories									*29.8%	18.2%	60.6%	23.5%	10.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 04/17/2018													
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												
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
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		634	38	1211	5.05	406.2	4958	28.39	*36	25.48	104.68	14.37	4.15
% of Calories									*22.6%	16.1%	66.0%	20.4%	5.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 9

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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 - 04/18/2018													
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												
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		604	56	890	4.57	499.1	5386	38.53	*30	29.95	91.09	14.26	4.99
% of Calories									*20.1%	19.8%	60.4%	21.3%	7.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 04/19/2018													
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

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Planned Menu Spreadsheet

Weighted Values - Detailed

Page 10

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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
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		621	69	1052	4.97	419.6	4331	36.68	*36	33.79	84.56	17.13	5.57
% of Calories									*23.3%	21.8%	54.5%	24.8%	8.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 04/20/2018													
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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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 11

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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 - 04/23/2018													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST STICKS	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
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		564	47	786	4.08	685.3	1712	61.03	*34	27.41	81.76	15.14	4.08
% of Calories									*24.2%	19.5%	58.0%	24.2%	6.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 04/24/2018													
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	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

Page 12

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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		605	38	939	4.59	461.8	13710	42.33	*45	24.60	97.38	14.85	4.43
% of Calories									*29.4%	16.3%	64.4%	22.1%	6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 04/25/2018													
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												
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

Page 13

Apr 1, 2018 thru Apr 30, 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		647	58	947	5.82	412.6	5691	39.35	*36	29.42	103.00	14.65	5.32
% of Calories									*22.1%	18.2%	63.6%	20.4%	7.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 04/26/2018													
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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Planned Menu Spreadsheet

Weighted Values - Detailed

Page 14

Apr 1, 2018 thru Apr 30, 2018

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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 - 04/27/2018													
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												
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		574	27	814	4.29	455.8	5754	61.80	*46	25.99	90.45	12.95	4.07
% of Calories									*32.0%	18.1%	63.0%	20.3%	6.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 04/30/2018													
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

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

Page 15

Apr 1, 2018 thru Apr 30, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 3/26/2018 7:09:13 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												
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	73	0	22	0.46	8.9	4374	5.15	*4	0.7	17.21	0.29	0.06
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	19	2	20	0.01	56.7	89	0.0	2	1.53	2.26	0.44	0.29
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		651	67	664	4.56	460.1	6447	63.03	*34	26.71	94.17	19.52	6.93
% of Calories									*21.0%	16.4%	57.9%	27.0%	9.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Weighted Average		604	45	914	5.16	562.5	5979	44.48	*35	27.23	90.96	15.84	5.15
									*52.8%	18.0%	60.2%	23.6%	7.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	604		560 - 620	100%				
Cholesterol (mg)	45							
Sodium (mg)	914		1092					
Iron (mg)	5.16							
Calcium (mg)	562.5							
Vitamin A (IU)	5979							
Sugars (g)	35	23.46%			Missing			
Vitamin C (mg)	44.48							
Protein (g)	27.23	18.02%						
Carbohydrate (g)	90.96	60.19%						
Total Fat (g)	15.84	23.58%	<=30.00%					
Saturated Fat (g)	5.15	7.67%	<10.00%					

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