

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:58 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)
Tue - 05/01/2018													
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												
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	38	0	3	0.09	3.0	0	1.17	0	0.46	4.96	2.02	0.16
CARROT STICKS- baby	1bag	15	0	33	0.38	13.5	5863	1.13	0	0.27	3.47	0.05	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	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
CONDIMENTS	1 EA	22	0	117	0.06	2.3	0	0.0	*0	0.17	1.48	1.62	0.21
Weighted Daily Average		532	51	1148	3.88	444.0	8243	35.37	*28	22.62	69.80	19.37	5.03
% of Calories									*21.0%	17.0%	52.5%	32.8%	8.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 05/02/2018													
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

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

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Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:58 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												
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	56	0	88	0.91	18.5	30	0.52	*0	3.11	8.5	1.26	0.39
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
SPANISH RICE	1/2 CUP	42	0	150	0.52	4.9	143	0.46	*0	0.76	9.55	0.19	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	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
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		617	38	1163	6.24	525.0	5072	36.34	*29	28.29	93.67	15.86	6.89
% of Calories									*18.7%	18.4%	60.8%	23.2%	10.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 05/03/2018													
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	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												
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	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
CONDIMENTS	1 EA	18	0	94	0.04	1.8	0	0.0	*0	0.14	1.18	1.3	0.17

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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)
Weighted Daily Average		622	41	1098	5.06	567.9	1348	42.88	*36	29.05	86.54	18.88	5.61
% of Calories									*23.4%	18.7%	55.7%	27.3%	8.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 05/04/2018													
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
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		577	37	743	4.42	442.7	4287	39.12	*31	26.40	77.57	18.90	6.44
% of Calories									*21.3%	18.3%	53.8%	29.5%	10.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 05/07/2018													
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	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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May 1, 2018 thru May 18, 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												
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		583	52	990	4.50	537.3	1030	41.82	*34	33.18	81.28	14.45	4.63
% of Calories									*23.6%	22.8%	55.7%	22.3%	7.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 05/08/2018													
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												
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		628	58	969	5.34	555.2	5745	37.61	*29	32.57	93.74	14.02	5.63
% of Calories									*18.3%	20.8%	59.8%	20.1%	8.1%
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)
Wed - 05/09/2018													
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												
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		614	41	976	4.79	574.1	5124	37.28	*35	28.48	87.66	17.37	5.80
% of Calories									*22.5%	18.6%	57.1%	25.5%	8.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 05/10/2018													
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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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:58 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												
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
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 - 05/11/2018													
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												
PEPPERONI PIZZA	1 EA	120	10	264	1.08	80.0	120	0.0	*N/A*	6.4	14.0	4.8	2.00
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
CORN	1/2 CUP	84	0	1	0.39	2.6	231	4.82	4	2.99	18.39	1.31	0.17
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
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		603	27	828	4.30	440.2	4415	22.33	*38	26.69	97.05	14.72	4.51
% of Calories									*25.2%	17.7%	64.4%	22.0%	6.7%
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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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:58 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 - 05/14/2018													
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													
LASAGNA	Total SERVINGS	179	36	316	1.57	222.0	523	8.53	*1	11.98	13.67	8.64	4.38
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
CARROTS (STEAMED)	1/2 CUP	19	0	28	0.43	25.9	9324	1.67	2	0.49	4.47	0.12	0.02
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
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
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	57	953	4.77	611.9	13290	27.07	*37	30.29	82.82	18.02	7.01
% of Calories									*24.2%	20.0%	54.7%	26.8%	10.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 05/15/2018													
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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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:59 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												
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		525	36	707	3.00	343.5	1435	34.56	*29	20.72	79.71	14.81	4.66
% of Calories									*22.0%	15.8%	60.8%	25.4%	8.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 05/16/2018													
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												
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		569	59	653	3.91	406.8	2226	42.26	*30	28.60	87.54	11.75	3.50
% of Calories									*20.9%	20.1%	61.6%	18.6%	5.5%
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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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:59 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 - 05/17/2018													
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
CARROTS (STEAMED)	1/2 CUP	19	0	28	0.43	25.9	9324	1.67	2	0.49	4.47	0.12	0.02
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		647	36	906	18.04	2368.0	22084	44.64	*31	29.08	93.64	19.15	6.58
% of Calories									*19.1%	18.0%	57.9%	26.6%	9.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 05/18/2018													
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 18, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 4/20/2018 11:04:59 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												
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		579	42	1350	4.42	467.1	10665	43.15	*49	27.87	95.24	9.86	3.47
% of Calories									*34.1%	19.3%	65.8%	15.3%	5.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Weighted Average		593	45	953	5.45	634.8	7069	37.61	*33 *50.6%	28.30 19.1%	86.08 58.0%	16.17 24.5%	5.46 8.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	593		560 - 620	100%				
Cholesterol (mg)	45							
Sodium (mg)	953		1092					
Iron (mg)	5.45							
Calcium (mg)	634.8							
Vitamin A (IU)	7069							
Sugars (g)	33	22.49%			Missing			
Vitamin C (mg)	37.61							
Protein (g)	28.30	19.07%						
Carbohydrate (g)	86.08	58.02%						
Total Fat (g)	16.17	24.52%	<=30.00%					
Saturated Fat (g)	5.46	8.28%	<10.00%					

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