

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:41 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 - 08/15/2018													
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	124	14	128	1.08	16.0	0	0.0	*N/A*	6.0	7.6	7.6	1.80
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	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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		583	40	1071	4.00	411.0	1315	38.55	*42	23.38	85.69	17.01	4.89
% of Calories									*29.1%	16.0%	58.8%	26.2%	7.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 08/16/2018													
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:41 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												
CHICKEN SPAGHETTI	SERVING	125	14	157	0.70	51.1	90	0.67	*1	8.22	15.54	3.02	1.11
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	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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		586	39	992	4.27	407.1	1239	37.39	*32	27.10	90.20	13.89	4.25
% of Calories									*22.1%	18.5%	61.5%	21.3%	6.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 08/17/2018													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	26	1	27	0.18	4.0	0	0.0	*N/A*	0.7	3.7	1.0	0.50
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
PEPPERONI PIZZA	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	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
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:41 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		575	27	816	4.11	437.6	6360	38.31	*33 *23.2%	26.41 18.4%	90.49 62.9%	14.46 22.6%	4.36 6.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 08/20/2018													
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
Weighted Daily Average % of Calories		581	48	1397	4.39	662.0	6362	61.92	*43 *29.8%	26.53 18.2%	88.11 60.6%	15.16 23.5%	6.55 10.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:42 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 - 08/21/2018													
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	93	8	269	0.91	34.5	91	0.46	*1	4.63	11.91	2.82	1.04
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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	66	0	138	0.65	0.0	6	0.0	1	1.8	10.2	2.4	0.60
APPLESAUCE	1/2 CUP	50	0	1	0.09	2.2	4	1.25	11	0.12	12.85	0.12	0.02
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
Weighted Daily Average		652	37	1196	5.03	407.2	5806	45.93	*44	25.40	111.48	13.67	3.96
% of Calories									*27.0%	15.6%	68.4%	18.9%	5.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 08/22/2018													
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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002 - WOLFE CITY ELEM/MIDDLE

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
ELEM/MIDDLE LUNCH	Total												
CHICKEN TACO	1 EA	128	19	178	0.67	82.6	271	0.93	*0	8.82	14.23	4.03	1.37
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	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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		591	55	956	4.76	506.6	5326	37.06	*30	30.13	90.49	13.14	4.75
% of Calories									*20.4%	20.4%	61.3%	20.0%	7.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 08/23/2018													
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	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	141	42	243	0.69	12.8	59	0.0	*N/A*	10.87	4.48	8.95	2.56
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	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
MASHED POTATOES	1/2 CUP	49	2	28	0.18	44.2	60	15.76	*2	1.88	8.54	0.82	0.45
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	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

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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:42 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		631	72	994	4.70	409.7	5144	51.53	*44	33.55	88.37	17.19	5.53
% of Calories									*27.9%	21.3%	56.0%	24.5%	7.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 08/24/2018													
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	10	0	136	0.39	21.2	2918	3.44	1	0.59	1.96	0.17	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		590	37	814	4.95	461.6	12952	40.18	*31	26.93	80.26	18.98	6.41
% of Calories									*21.3%	18.2%	54.4%	28.9%	9.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:42 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 - 08/27/2018													
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 CORDON BLUE	1 EACH	127	23	280	0.61	107.6	80	0.0	*0	9.71	5.88	7.3	2.66
FISH STICKS	4 EA	88	20	92	0.58	8.0	40	0.0	0	6.0	7.6	3.6	0.60
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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
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		614	49	901	4.70	685.8	5267	46.76	*42	29.69	88.26	17.88	4.98
% of Calories									*27.5%	19.3%	57.5%	26.2%	7.3%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 08/28/2018													
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

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:42 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												
MEATBALL SUB	1 EA	112	13	281	1.43	72.3	159	1.56	*0	8.25	9.99	4.96	1.84
CORN DOG:Turkey Jumbo State F	1 EACH	112	16	265	0.72	20.1	40	3.61	*N/A*	3.61	12.44	5.22	1.20
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
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	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
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		586	39	918	4.28	439.7	13139	41.41	*44	23.13	94.27	14.54	4.18
% of Calories									*30.3%	15.8%	64.4%	22.3%	6.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 08/29/2018													
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	101	17	182	0.57	50.4	721	0.74	*0	5.21	6.95	5.8	2.43
TACO,BEEF:Soft Shell LC	1 EACH	80	8	59	0.27	38.9	429	0.75	*0	4.26	11.4	1.99	0.76
BAKED POTATO	1 EACH	29	2	34	0.23	14.9	52	1.36	*0	1.12	4.4	0.88	0.29
LETTUCE &TOMATO	1 cup	8	0	3	0.35	12.2	2922	3.47	1	0.53	1.68	0.13	0.01
SPANISH RICE	1/2 CUP	46	0	164	0.56	5.4	156	0.5	*0	0.83	10.41	0.21	0.00
PINTO BEANS	1/2 cup	111	0	124	1.71	38.9	0	0.0	0	6.77	20.84	0.36	0.10
PEARS: canned,light syrup	1/2 CUP	50	0	4	0.25	4.4	0	0.62	11	0.17	13.41	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	33	2	30	0.00	90.0	150	0.72	5	2.4	5.7	0.0	0.00
TACO SAUCE	3 packs	2	0	29	0.04	0.5	19	0.85	*N/A*	0.04	0.47	0.01	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Aug 15, 2018 thru Aug 31, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 6/25/2018 9:02:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		603	51	735	4.99	377.9	5811	37.90	*35 *23.1%	26.48 17.6%	101.99 67.6%	11.62 17.3%	4.43 6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 08/30/2018													
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 NUGGETS	5 EACH	97	28	167	0.90	13.1	33	4.95	*N/A*	6.3	5.85	5.4	0.90
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	22	1	27	0.17	12.2	32	0.82	*0	0.93	2.97	0.7	0.25
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
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 % of Calories		579	50	920	3.99	473.2	1645	57.30	*35 *23.8%	27.99 19.3%	81.63 56.4%	16.51 25.7%	4.61 7.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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**Wolfe City ISD**

**Aug 15, 2018 thru Aug 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 08/31/2018													
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

Weighted Average		596	44	963	4.50	471.9	5855	45.85	*39 *58.4%	27.13 18.2%	90.90 61.0%	15.15 22.9%	4.84 7.3%
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\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

