

Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/01/2017														
ELEM/MIDDLE SCHOOL BR	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		578	27	890	9.20	4.29	455.8	5794	61.80	*42	25.99	91.26	13.75	4.27
% of Calories										*29.2%	18.0%	63.1%	21.4%	6.6%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Mon - 09/04/2017														
ELEM/MIDDLE SCHOOL BR	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ELEM/MIDDLE LUNCH	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	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		1091									<=30.0	<10.00

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/05/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BRKFST BURRITO	1 EA	257	207	362	3.00	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
ELEM/MIDDLE LUNCH	Total													
CHILI DOG	1 EA	313	33	1292	2.34	2.83	152.9	1533	0.67	*N/A*	15.01	23.01	18.47	5.01
HOT DOG ON A BUN:turkey hot	SERVING	232	25	827	2.00	2.53	121.0	0	0.0	*N/A*	12.09	18.01	13.15	3.54
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
HASH BROWN POTATOES	1 each	64	0	4	0.93	0.16	4.9	0	1.94	0	0.77	8.27	3.36	0.27
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		589	50	1188	8.34	4.31	454.2	10849	37.98	*38	23.20	83.57	19.85	4.96
% of Calories										*25.9%	15.7%	56.7%	30.3%	7.6%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Wed - 09/06/2017														
ELEM/MIDDLE SCHOOL BR	Total													
OATMEAL	1 CUP	231	1	50	4.21	1.89	56.0	183	0.01	*11	7.56	37.63	6.02	1.20
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Portion Values - Detailed

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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)	Fiber (g)	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	334	42	929	7.88	5.39	284.0	2534	7.77	*0	17.94	39.7	12.17	7.11
BURRITO	1 EA	369	40	858	1.99	2.69	199.5	748	1.2	*N/A*	17.95	32.92	18.95	7.98
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
REFRIED BEANS	1/2 cup	101	0	161	4.25	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		637	37	1211	11.23	6.50	534.2	6233	39.83	*31	28.92	98.46	15.83	6.79
% of Calories										*19.3%	18.2%	61.8%	22.4%	9.6%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Thu - 09/07/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
STEAK FINGERS	SERVING	77	9	80	0.75	0.68	10.0	1	0.0	0	4.0	5.0	4.75	1.12
TURKEY W/CHEESE SANDWICH	1 EACH	263	45	1093	4.20	2.41	207.4	184	4.09	6	21.62	26.2	7.73	3.25
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GRAVY LUNCH	1/4 CUP	48	0	226	0.49	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
SESAME-ROASTED GREEN BEANS	1/2 CUP	39	0	126	2.75	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43

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Sep 1, 2017 thru Sep 29, 2017

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

Portion Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		531	30	1002	8.28	4.24	557.5	1352	43.12	*37	24.28	81.31	12.96	4.11
% of Calories										*27.7%	18.3%	61.3%	22.0%	7.0%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Fri - 09/08/2017														
ELEM/MIDDLE SCHOOL BR	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	2.23	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		640	37	790	7.97	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		1091									<=30.0	<10.00

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Mon - 09/11/2017														
ELEM/MIDDLE SCHOOL BR	Total													
PIG IN A BLANKET	2 EACH	279	50	318	1.99	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
PARMESAN CHICKEN	1 EACH	248	56	777	1.17	0.63	57.6	8	0.23	*1	25.08	8.64	12.06	2.27
SALISBURY STEAK	1 EA	228	45	511	1.00	1.81	41.3	0	1.2	*N/A*	15.14	9.68	14.57	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD el/ms	1 EA	67	0	134	2.58	1.37	191.5	1	0.0	1	2.98	12.29	0.6	0.18
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		584	52	990	7.85	4.50	538.5	1032	41.83	*35	33.21	81.36	14.45	4.63
% of Calories										*23.7%	22.8%	55.8%	22.3%	7.1%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Tue - 09/12/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST SANDWICH	1 EA	314	156	541	3.85	1.93	269.1	576	0.06	*3	20.75	23.39	14.73	5.94
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	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

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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)	Fiber (g)	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 SALAD	1 CUP	292	50	470	2.48	1.79	233.8	1684	4.22	*0	19.38	21.85	12.82	5.45
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		628	58	969	9.89	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		1091									<=30.0	<10.00

Wed - 09/13/2017														
ELEM/MIDDLE SCHOOL BR	Total													
FRENCH TOAST	2 ea	251	97	584	1.30	2.61	126.3	221	0.35	0	8.73	37.88	7.2	1.81
SYRUP	POUCH	9	0	68	0.00	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
STEAK SANDWICH	1 EA	423	35	517	4.63	4.40	80.9	0	0.0	*3	19.13	38.18	21.58	5.10
TOASTED CHEESE SANDWICH	1 EACH	326	30	483	3.84	1.96	504.1	724	0.01	*3	22.0	27.37	12.98	7.13
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI,raw florettes	1/2 cup	9	0	9	*N/A*	0.28	15.1	945	29.36	*N/A*	0.94	1.65	0.11	0.02
VEGETABLE SOUP	1 CUP	79	1	422	4.56	1.02	25.9	5187	5.65	*0	2.9	16.03	0.81	0.07
CRACKERS	1 EACH	39	0	60	0.59	0.22	7.8	1	0.0	1	0.62	6.03	1.4	0.27
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43

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Wolfe City ISD

Sep 1, 2017 thru Sep 29, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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		614	41	976	*9.04	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		1091									<=30.0	<10.00

Thu - 09/14/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
CRISPY CHICKEN WRAP	1 EA	443	50	719	4.31	1.42	294.5	2299	2.21	0	22.08	31.15	25.85	8.04
CHICKEN FAJITA	1 EA	345	85	684	3.66	0.97	372.6	404	16.45	*2	30.05	23.09	14.12	6.80
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
REFRIED BEANS	1/2 cup	101	0	161	4.25	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	3 packs	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		607	55	861	9.73	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		1091									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/15/2017														
ELEM/MIDDLE SCHOOL BR	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
PEPPERONI PIZZA	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN	1/2 CUP	120	0	1	3.01	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		603	27	828	8.49	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		1091									<=30.0	<10.00

Mon - 09/18/2017														
ELEM/MIDDLE SCHOOL BR	Total													
HAM & CHEESE CROISSANT	1 EA	303	55	790	1.47	1.58	112.7	725	0.11	*6	12.68	27.66	15.85	7.42
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
LASAGNA	SERVINGS	447	90	789	3.80	3.92	555.1	1307	21.32	*3	29.95	34.17	21.6	10.96
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CARROTS (STEAMED)	1/2 CUP	38	0	57	3.01	0.87	51.8	18648	3.34	4	0.98	8.95	0.23	0.04
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.02	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		608	57	953	7.92	4.77	612.0	13290	27.31	*37	30.26	83.50	18.00	6.99
% of Calories										*24.4%	19.9%	54.9%	26.6%	10.4%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Tue - 09/19/2017														
ELEM/MIDDLE SCHOOL BR	Total													
OATMEAL	1 CUP	231	1	50	4.21	1.89	56.0	183	0.01	*11	7.56	37.63	6.02	1.20
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
CHICKEN ALFREDO	1 CUP	381	79	681	2.02	1.96	136.3	575	0.52	*4	23.16	42.65	13.33	6.67
MINI CORN DOG BITES	1 EA	320	50	975	2.99	0.00	0.0	0	0.0	0	10.99	29.0	17.99	4.99
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SEASONED NEW POTATOES	1/2 cup	145	0	89	1.49	0.26	7.0	327	11.68	*1	1.63	18.25	7.39	1.50
BROCCOLI: frozen, boiled	1/2 CUP	23	0	20	2.50	0.51	42.4	841	33.37	1	2.58	4.46	0.09	0.01
APPLESAUCE	1/2 CUP	83	0	2	1.47	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
Weighted Daily Average		656	46	884	8.54	3.75	429.3	1794	43.21	*36	25.91	99.64	18.51	5.83
% of Calories										*22.0%	15.8%	60.8%	25.4%	8.0%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/20/2017														
ELEM/MIDDLE SCHOOL BR	Total													
PIG IN A BLANKET	2 EACH	279	50	318	1.99	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
ORANGE CHICKEN	1 EACH	170	60	180	0.00	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
HOT POCKET	1 EA	280	20	600	3.00	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
RICE	servings	218	0	128	2.04	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
EGG ROLL	1 EA	160	30	410	3.00	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
ORIENTAL VEGGIES	1/2 CUP	14	0	9	1.15	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		569	59	653	6.48	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		1091									<=30.0	<10.00

Thu - 09/21/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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	327	44	733	1.43	1.77	114.6	110	2.54	*1	14.4	17.66	22.3	7.87
MOZZARELLA STICKS	5 EACH	416	30	587	3.91	0.64	4591.9	21627	31.2	*1	19.62	39.08	19.87	7.11
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
BAKED BEANS	1/2 CUP	125	0	146	5.43	28.40	459.7	7156	0.0	*N/A*	6.35	28.05	0.5	0.09
BREAD	2 SLICES	133	0	268	5.15	2.74	383.0	2	0.0	3	5.97	24.59	1.2	0.35
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		643	36	911	11.04	17.99	2355.6	18624	44.10	*29	28.85	92.63	19.09	6.57
% of Calories										*18.0%	18.0%	57.6%	26.7%	9.2%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Fri - 09/22/2017														
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
ELEM/MIDDLE SCHOOL BR	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
HAMBURGER	1 EA	287	35	430	1.88	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	2.23	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	1.01	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	1.65	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		570	37	738	6.18	4.49	420.5	3635	23.06	*32	25.71	77.23	18.52	6.26
% of Calories										*22.6%	18.0%	54.2%	29.2%	9.9%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/25/2017														
ELEM/MIDDLE SCHOOL BR	Total													
PANCAKE ON A STICK	1 EA	210	20	390	0.00	1.44	20.0	40	0.0	8	7.0	20.0	12.0	3.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
CRISPITO	2 ea	440	70	640	3.99	2.15	120.0	0	0.0	*N/A*	18.0	43.99	19.98	4.99
QUESADILLA	1 ea	320	45	600	3.00	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	6.62	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.69	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	1 packet	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		714	51	1021	10.82	5.71	496.7	4648	35.44	*39	31.19	112.94	16.29	5.22
% of Calories										*21.7%	17.5%	63.3%	20.5%	6.6%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Tue - 09/26/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST SANDWICH	1 EA	314	156	541	3.85	1.93	269.1	576	0.06	*3	20.75	23.39	14.73	5.94
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	4.10	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/25/2017 9:15:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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													
FRITO CHILI PIE	1 EA	499	52	593	6.17	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
HOT POCKET	1 EA	280	20	600	3.00	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	2.36	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		598	51	788	9.59	4.18	550.3	6077	70.19	*30	29.97	82.29	16.98	6.18
% of Calories										*19.9%	20.0%	55.0%	25.5%	9.3%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Wed - 09/27/2017														
ELEM/MIDDLE SCHOOL BR	Total													
SCRAMBLED EGGS	1 EA	75	140	73	0.00	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
CHICKEN FRIED STEAK	1 EA	310	35	320	3.00	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
BAR B-Q FRANKS el/ms	1/2 CUP	267	25	1312	0.65	1.19	104.9	162	0.44	*24	7.68	30.58	12.61	3.58
BAKED POTATO el/ms	1 EACH	431	30	543	7.10	3.34	243.1	639	16.34	*2	18.61	59.46	13.97	5.04
MASHED POTATOES	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GREEN BEANS	1/2 CUP	18	0	194	1.47	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	1.31	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
ROLL	1 EA	61	0	96	1.01	0.00	20.2	0	2.43	*N/A*	2.03	13.16	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		569	48	1024	6.43	3.52	413.8	1265	37.98	*43	22.94	85.09	15.98	4.67
% of Calories										*29.9%	16.1%	59.8%	25.3%	7.4%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/28/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BREAKFAST PIZZA	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total													
CHICKEN SPAGHETTI	SERVING	312	36	392	1.84	1.75	127.8	224	1.66	*2	20.54	38.85	7.55	2.77
CORN DOG	1 EA	320	30	670	0.00	1.80	20.0	0	1.2	*N/A*	9.0	28.0	19.0	6.00
BAKED POTATO el/ms	1 EACH	431	30	543	7.10	3.34	243.1	639	16.34	*2	18.61	59.46	13.97	5.04
BROCCOLI & CHEESE	1/2 CUP	52	6	144	2.21	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	4.19	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
KETCHUP: individual	Pkt 6g	24	0	218	0.07	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01
Weighted Daily Average		598	35	995	7.29	4.28	399.6	1205	34.84	*32	26.80	88.72	16.11	5.37
% of Calories										*21.6%	17.9%	59.3%	24.2%	8.1%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Fri - 09/29/2017														
ELEM/MIDDLE SCHOOL BR	Total													
CINNAMON ROLL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
JUICE	1/2 CUP	57	0	16	0.00	0.00	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.28	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

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)	Fiber (g)	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	1 EA	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.79	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO el/ms	1 EACH	431	30	543	7.10	3.34	243.1	639	16.34	*2	18.61	59.46	13.97	5.04
CORN	1/2 CUP	120	0	1	3.01	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD EL/MS	cup	20	0	130	1.22	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
CARROT STICKS- baby	1bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	1.96	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.06	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		582	27	788	8.96	4.14	445.8	6406	39.27	*33	26.42	92.17	14.47	4.45
% of Calories										*22.7%	18.2%	63.3%	22.4%	6.9%
Nutrient Guideline		560-620		1091									<=30.0	<10.00

Weighted Average		606	43	923	*8.66	5.16	584.8	5949	40.17	*35	27.95	89.45	16.34	5.44
										*52.0%	18.5%	59.1%	24.3%	8.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		560 - 620	100%				
Cholesterol (mg)	43							
Sodium (mg)	923		1091					
Fiber (g)	8.66				Missing			
Iron (mg)	5.16							
Calcium (mg)	584.8							
Vitamin A (IU)	5949							
Sugars (g)	35	23.11%			Missing			
Vitamin C (mg)	40.17							
Protein (g)	27.95	18.45%						
Carbohydrate (g)	89.45	59.05%						
Total Fat (g)	16.34	24.27%	<=30.00%					
Saturated Fat (g)	5.44	8.08%	<10.00%					

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