

# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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 - 09/03/2018                     |               |             |             |           |           |           |            |            |            |           |          |           |           |
| ELEM/MIDDLE SCHOOL BR HOLIDAY        | Total SERVING | 0           | 0           | 0         | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      |
| Weighted Daily Average % of Calories |               | 0           | 0           | 0         | 0.00      | 0.0       | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      |
| Nutrient Guideline                   |               | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

|                                      | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)      | S-Fat (g)    |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|
| Tue - 09/04/2018                     |              |             |             |           |           |           |            |            |               |                |                |                |              |
| ELEM/MIDDLE SCHOOL BR BRKFST BURRITO | Total 1 EA   | 26          | 21          | 36        | 0.11      | 18.8      | 42         | 0.0        | *0            | 1.6            | 1.98           | 1.2            | 0.48         |
| CEREAL                               | SERVING      | 10          | 0           | 17        | 0.56      | 10.7      | 52         | 0.73       | 0             | 0.17           | 2.17           | 0.13           | 0.02         |
| CINNAMON TOAST                       | 2 EACH       | 12          | 0           | 16        | 0.08      | 3.6       | 15         | 0.01       | 0             | 0.42           | 1.57           | 0.47           | 0.10         |
| FRUIT,FRESH ASSORTED                 | 1 EACH       | 13          | 0           | 1         | 0.05      | 3.1       | 254        | 5.38       | 2             | 0.19           | 3.2            | 0.05           | 0.01         |
| JUICE                                | 1/2 CUP      | 9           | 0           | 3         | 0.00      | 0.0       | 0          | 3.69       | 2             | 0.09           | 2.17           | 0.0            | 0.00         |
| MILK,1% Lowfat                       | HALF PINT    | 5           | 1           | 5         | 0.00      | 14.2      | 22         | 0.0        | 1             | 0.38           | 0.57           | 0.11           | 0.07         |
| MILK, CHOC FATFREE                   | HALF PINT    | 11          | 1           | 10        | 0.00      | 30.0      | 50         | 0.24       | 2             | 0.8            | 1.9            | 0.0            | 0.00         |
| ELEM/MIDDLE LUNCH                    |              |             |             |           |           |           |            |            |               |                |                |                |              |
| CHILI DOG                            | 1 EA         | 94          | 10          | 388       | 0.85      | 45.9      | 460        | 0.2        | *N/A*         | 4.5            | 6.9            | 5.54           | 1.50         |
| HOT DOG ON A BUN:turkey hot          | SERVING      | 93          | 10          | 331       | 1.01      | 48.4      | 0          | 0.0        | *N/A*         | 4.84           | 7.21           | 5.26           | 1.42         |
| BAKED POTATO                         | 1 EACH       | 59          | 3           | 68        | 0.46      | 29.7      | 104        | 2.72       | *0            | 2.24           | 8.79           | 1.76           | 0.57         |
| HASH BROWN POTATOES                  | 1 each       | 44          | 0           | 3         | 0.11      | 3.5       | 0          | 1.36       | 0             | 0.54           | 5.79           | 2.35           | 0.19         |
| CARROT STICKS- baby                  | 1bag         | 21          | 0           | 46        | 0.54      | 18.9      | 8209       | 1.58       | 0             | 0.38           | 4.85           | 0.07           | 0.01         |
| PEACHES: canned,light syrup          | 1/2 CUP      | 39          | 0           | 4         | 0.26      | 2.2       | 255        | 1.73       | 10            | 0.32           | 10.49          | 0.02           | 0.00         |
| FRUIT,FRESH ASSORTED                 | 1 EACH       | 44          | 0           | 4         | 0.18      | 11.0      | 888        | 18.83      | 8             | 0.67           | 11.19          | 0.18           | 0.04         |
| MILK,1% Lowfat                       | HALF PINT    | 10          | 1           | 10        | 0.01      | 28.3      | 44         | 0.0        | 1             | 0.76           | 1.13           | 0.22           | 0.14         |
| MILK, CHOC FATFREE                   | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11            | 4.8            | 11.4           | 0.0            | 0.00         |
| KETCHUP: individual                  | Pkt 6g       | 15          | 0           | 131       | 0.05      | 2.2       | 76         | 0.59       | 3             | 0.15           | 3.95           | 0.01           | 0.00         |
| Weighted Daily Average % of Calories |              | 569         | 49          | 1132      | 4.27      | 450.4     | 10772      | 38.51      | *41<br>*28.8% | 22.85<br>16.1% | 85.25<br>59.9% | 17.39<br>27.5% | 4.56<br>7.2% |
| Nutrient Guideline                   |              | 560-620     |             | 1092      |           |           |            |            |               |                |                | <=30.0         | <10.00       |

\*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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Page 2

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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 - 09/05/2018       |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| ELEM/MIDDLE LUNCH      | Total        |             |             |           |           |           |            |            |            |           |          |           |           |
| PORK CHOP              | 1 EA         | 112         | 41          | 125       | 0.94      | 21.8      | 36         | 0.0        | *N/A*      | 5.87      | 6.68     | 6.92      | 2.13      |
| SLIDERS                | 2 EACH       | 108         | 15          | 144       | 0.86      | 24.0      | 0          | 0.72       | *N/A*      | 5.4       | 7.8      | 6.0       | 2.40      |
| BAKED POTATO           | 1 EACH       | 29          | 2           | 34        | 0.23      | 14.9      | 52         | 1.36       | *0         | 1.12      | 4.4      | 0.88      | 0.29      |
| MACARONI & CHEESE      | 1/2 CUP      | 84          | 5           | 102       | 0.54      | 76.4      | 101        | 0.0        | *2         | 3.65      | 12.03    | 2.2       | 1.22      |
| BROCCOLI SALAD NEW     | 1/2 CUP      | 26          | 0           | 48        | 0.20      | 13.1      | 170        | 24.36      | *1         | 0.78      | 3.03     | 1.31      | 0.16      |
| DRAGON PUNCH           | 1 EA         | 25          | 0           | 18        | 0.00      | 0.0       | 250        | 15.0       | 6          | 0.0       | 6.5      | 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 |              | 598         | 68          | 619       | 3.93      | 443.6     | 2251       | 71.77      | *39        | 26.24     | 81.84    | 19.14     | 6.73      |
| % of Calories          |              |             |             |           |           |           |            |            | *25.9%     | 17.6%     | 54.8%    | 28.8%     | 10.1%     |
| Nutrient Guideline     |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

|                       |           |    |   |    |      |      |     |      |       |      |      |      |      |
|-----------------------|-----------|----|---|----|------|------|-----|------|-------|------|------|------|------|
| Thu - 09/06/2018      |           |    |   |    |      |      |     |      |       |      |      |      |      |
| 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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Page 3

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| ELEM/MIDDLE LUNCH              | Total        |             |             |           |           |           |            |            |            |           |          |           |           |
| STEAK FINGERS                  | 4 ea         | 170         | 19          | 176       | 1.49      | 22.0      | 3          | 0.0        | 1          | 8.8       | 11.0     | 10.45     | 2.47      |
| TURKEY W/CHEESE SANDWICH       | 1 EACH       | 40          | 7           | 164       | 0.36      | 31.1      | 28         | 0.61       | 1          | 3.24      | 3.93     | 1.16      | 0.49      |
| 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      |
| PINEAPPLE CHUNKS:canned,lt syr | 1/2 CUP      | 46          | 0           | 1         | 0.34      | 12.3      | 33         | 6.57       | 11         | 0.32      | 11.79    | 0.11      | 0.01      |
| MILK,1% Lowfat                 | HALF PINT    | 10          | 1           | 10        | 0.01      | 28.3      | 44         | 0.0        | 1          | 0.76      | 1.13     | 0.22      | 0.14      |
| MILK, CHOC FATFREE             | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11         | 4.8       | 11.4     | 0.0       | 0.00      |
| CONDIMENTS                     | 1 EA         | 18          | 0           | 94        | 0.04      | 1.8       | 0          | 0.0        | *0         | 0.14      | 1.18     | 1.3       | 0.17      |
| Weighted Daily Average         |              | 604         | 39          | 928       | 4.55      | 467.8     | 1326       | 42.50      | *36        | 27.05     | 81.46    | 20.11     | 5.58      |
| % of Calories                  |              |             |             |           |           |           |            |            | *23.7%     | 17.9%     | 54.0%    | 30.0%     | 8.3%      |
| Nutrient Guideline             |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

| Fri - 09/07/2018      |           |     |    |     |      |       |      |       |       |      |       |      |      |
|-----------------------|-----------|-----|----|-----|------|-------|------|-------|-------|------|-------|------|------|
| ELEM/MIDDLE SCHOOL BR | Total     |     |    |     |      |       |      |       |       |      |       |      |      |
| BISCUIT               | 1 EA      | 22  | 0  | 67  | 0.25 | 4.1   | 39   | *0.03 | 0     | 0.38 | 2.98  | 0.9  | 0.19 |
| GRAVY BREAKFAST       | 1/2 CUP   | 10  | 0  | 45  | 0.11 | 1.2   | 1    | 0.04  | *0    | 0.16 | 1.07  | 0.52 | 0.21 |
| 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     |     |    |     |      |       |      |       |       |      |       |      |      |
| HAMBURGER             | 1 EA      | 129 | 16 | 194 | 1.46 | 50.7  | 45   | 0.25  | *1    | 7.27 | 10.38 | 6.56 | 2.42 |
| 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    | 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 |
| BURGER FIXINS         | 1 EA      | 11  | 0  | 159 | 0.45 | 24.8  | 3404 | 4.02  | 1     | 0.69 | 2.28  | 0.2  | 0.03 |
| APPLESAUCE            | 1/2 CUP   | 58  | 0  | 2   | 0.10 | 2.6   | 5    | 1.46  | 13    | 0.14 | 14.99 | 0.15 | 0.03 |
| FRUIT,FRESH ASSORTED  | 1 EACH    | 44  | 0  | 4   | 0.18 | 11.0  | 888  | 18.83 | 8     | 0.67 | 11.19 | 0.18 | 0.04 |
| MILK,1% Lowfat        | HALF PINT | 10  | 1  | 10  | 0.01 | 28.3  | 44   | 0.0   | 1     | 0.76 | 1.13  | 0.22 | 0.14 |
| MILK, CHOC FATFREE    | HALF PINT | 66  | 3  | 60  | 0.00 | 180.0 | 300  | 1.44  | 11    | 4.8  | 11.4  | 0.0  | 0.00 |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Page 4

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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)    |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|
| Weighted Daily Average % of Calories |              | 630         | 36          | 863       | 4.77      | 446.0      | 5263       | *40.70     | *44<br>*28.2% | 26.31<br>16.7% | 91.10<br>57.8% | 19.15<br>27.3% | 6.21<br>8.9% |
| Nutrient Guideline                   |              | 560-620     |             | 1092      |           |            |            |            |               |                |                | <=30.0         | <10.00       |

| Mon - 09/10/2018                     |           |         |    |      |      |       |      |       |               |                |                |                |              |
|--------------------------------------|-----------|---------|----|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|
| 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         |
| 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      | 112     | 16 | 210  | 0.95 | 87.5  | 105  | 0.0   | 0             | 6.3            | 11.2           | 4.55           | 2.10         |
| BAKED POTATO                         | 1 EACH    | 29      | 2  | 34   | 0.23 | 14.9  | 52   | 1.36  | *0            | 1.12           | 4.4            | 0.88           | 0.29         |
| 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 % of Calories |           | 613     | 48 | 947  | 5.61 | 536.6 | 5723 | 36.72 | *29<br>*18.7% | 31.73<br>20.7% | 92.85<br>60.6% | 13.06<br>19.2% | 5.33<br>7.8% |
| Nutrient Guideline                   |           | 560-620 |    | 1092 |      |       |      |       |               |                |                | <=30.0         | <10.00       |

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

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 5

Sep 3, 2018 thru Sep 28, 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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 09/11/2018               |              |             |             |           |           |            |            |            |            |           |          |           |           |
| 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        |             |             |           |           |            |            |            |            |           |          |           |           |
| 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         | 80          | 16          | 179       | 0.63      | 14.5       | 0          | 0.42       | *N/A*      | 5.3       | 3.39     | 5.1       | 2.10      |
| BAKED POTATO                   | 1 EACH       | 29          | 2           | 34        | 0.23      | 14.9       | 52         | 1.36       | *0         | 1.12      | 4.4      | 0.88      | 0.29      |
| 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         |              | 567         | 63          | 1000      | 4.00      | 540.8      | 962        | 40.04      | *34        | 33.44     | 75.47    | 15.03     | 4.97      |
| % of Calories                  |              |             |             |           |           |            |            |            | *24.2%     | 23.6%     | 53.3%    | 23.9%     | 7.9%      |
| Nutrient Guideline             |              | 560-620     |             | 1092      |           |            |            |            |            |           |          | <=30.0    | <10.00    |

|                       |           |    |    |    |      |      |     |      |    |      |      |      |      |
|-----------------------|-----------|----|----|----|------|------|-----|------|----|------|------|------|------|
| Wed - 09/12/2018      |           |    |    |    |      |      |     |      |    |      |      |      |      |
| 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 |

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**Wolfe City ISD**

**Sep 3, 2018 thru Sep 28, 2018**

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

Page 6

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|                             | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| ELEM/MIDDLE LUNCH           | Total        |             |             |           |           |           |            |            |            |           |          |           |           |
| STEAK SANDWICH              | 1 EA         | 148         | 12          | 181       | 1.54      | 28.3      | 0          | 0.0        | *1         | 6.69      | 13.36    | 7.55      | 1.78      |
| 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       | 29          | 2           | 34        | 0.23      | 14.9      | 52         | 1.36       | *0         | 1.12      | 4.4      | 0.88      | 0.29      |
| 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      |              | 606         | 41          | 968       | 4.78      | 563.3     | 5072       | 35.91      | *35        | 28.31     | 85.17    | 17.56     | 5.77      |
| % of Calories               |              |             |             |           |           |           |            |            | *22.8%     | 18.7%     | 56.2%    | 26.1%     | 8.6%      |
| Nutrient Guideline          |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

| Thu - 09/13/2018      |           |     |    |     |      |       |       |       |       |       |       |       |      |
|-----------------------|-----------|-----|----|-----|------|-------|-------|-------|-------|-------|-------|-------|------|
| ELEM/MIDDLE SCHOOL BR | Total     |     |    |     |      |       |       |       |       |       |       |       |      |
| BREAKFAST PIZZA       | 1 EA      | 21  | 2  | 43  | 0.14 | 15.0  | 2     | 0.0   | *N/A* | 1.0   | 2.5   | 0.8   | 0.20 |
| CEREAL                | SERVING   | 10  | 0  | 17  | 0.56 | 10.7  | 52    | 0.73  | 0     | 0.17  | 2.17  | 0.13  | 0.02 |
| TOAST                 | 2 ea      | 11  | 0  | 20  | 0.09 | 6.3   | 8     | 0.0   | *0    | 0.48  | 1.64  | 0.32  | 0.07 |
| FRUIT,FRESH ASSORTED  | 1 EACH    | 13  | 0  | 1   | 0.05 | 3.1   | 254   | 5.38  | 2     | 0.19  | 3.2   | 0.05  | 0.01 |
| JUICE                 | 1/2 CUP   | 9   | 0  | 3   | 0.00 | 0.0   | 0     | 3.69  | 2     | 0.09  | 2.17  | 0.0   | 0.00 |
| MILK,1% Lowfat        | HALF PINT | 5   | 1  | 5   | 0.00 | 14.2  | 22    | 0.0   | 1     | 0.38  | 0.57  | 0.11  | 0.07 |
| MILK, CHOC FATFREE    | HALF PINT | 11  | 1  | 10  | 0.00 | 30.0  | 50    | 0.24  | 2     | 0.8   | 1.9   | 0.0   | 0.00 |
| JELLY                 | 2 ea      | 3   | 0  | 0   | 0.00 | 0.1   | 0     | 0.01  | 1     | 0.0   | 0.78  | 0.0   | 0.00 |
| ELEM/MIDDLE LUNCH     | Total     |     |    |     |      |       |       |       |       |       |       |       |      |
| CRISPY CHICKEN WRAP   | 1 EA      | 177 | 20 | 288 | 0.57 | 117.8 | 920   | 0.88  | 0     | 8.83  | 12.46 | 10.34 | 3.22 |
| CHICKEN FAJITA        | 1 EA      | 121 | 30 | 239 | 0.34 | 130.4 | 141   | 5.76  | *1    | 10.52 | 8.08  | 4.94  | 2.38 |
| BAKED POTATO          | 1 EACH    | 29  | 2  | 34  | 0.23 | 14.9  | 52    | 1.36  | *0    | 1.12  | 4.4   | 0.88  | 0.29 |
| REFRIED BEANS         | 1/2 cup   | 40  | 0  | 64  | 0.66 | 13.4  | 22    | 0.37  | *0    | 2.26  | 6.18  | 0.92  | 0.29 |
| CARROTS (STEAMED)     | 1/2 CUP   | 23  | 0  | 34  | 0.52 | 31.1  | 11189 | 2.0   | 2     | 0.59  | 5.37  | 0.14  | 0.02 |
| FRUIT,FRESH ASSORTED  | 1 EACH    | 44  | 0  | 4   | 0.18 | 11.0  | 888   | 18.83 | 8     | 0.67  | 11.19 | 0.18  | 0.04 |
| MILK,1% Lowfat        | HALF PINT | 10  | 1  | 10  | 0.01 | 28.3  | 44    | 0.0   | 1     | 0.76  | 1.13  | 0.22  | 0.14 |
| MILK, CHOC FATFREE    | HALF PINT | 66  | 3  | 60  | 0.00 | 180.0 | 300   | 1.44  | 11    | 4.8   | 11.4  | 0.0   | 0.00 |
| TACO SAUCE            | 3 packs   | 2   | 0  | 29  | 0.04 | 0.5   | 19    | 0.85  | *N/A* | 0.04  | 0.47  | 0.01  | 0.00 |

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# Wolfe City ISD

Sep 3, 2018 thru Sep 28, 2018

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

Page 7

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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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              | 595         | 58          | 861       | 3.40      | 606.7      | 13964      | 41.55      | *32        | 32.71     | 75.62    | 19.04     | 6.76      |
| % of Calories          |              |             |             |           |           |            |            |            | *21.5%     | 22.0%     | 50.8%    | 28.8%     | 10.2%     |
| Nutrient Guideline     |              | 560-620     |             | 1092      |           |            |            |            |            |           |          | <=30.0    | <10.00    |

| Fri - 09/14/2018               |           |         |    |      |      |       |      |       |        |       |       |        |        |
|--------------------------------|-----------|---------|----|------|------|-------|------|-------|--------|-------|-------|--------|--------|
| 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      | 135     | 11 | 297  | 1.22 | 90.0  | 135  | 0.0   | *N/A*  | 7.2   | 15.75 | 5.4    | 2.25   |
| 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    | 29      | 2  | 34   | 0.23 | 14.9  | 52   | 1.36  | *0     | 1.12  | 4.4   | 0.88   | 0.29   |
| 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         |           | 589     | 27 | 827  | 4.21 | 435.3 | 4378 | 20.97 | *38    | 26.37 | 94.41 | 14.44  | 4.47   |
| % of Calories                  |           |         |    |      |      |       |      |       | *25.7% | 17.9% | 64.2% | 22.1%  | 6.8%   |
| Nutrient Guideline             |           | 560-620 |    | 1092 |      |       |      |       |        |       |       | <=30.0 | <10.00 |

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Sep 3, 2018 thru Sep 28, 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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/17/2018          |              |             |             |           |           |            |            |            |            |           |          |           |           |
| ELEM/MIDDLE SCHOOL BR     | Total        |             |             |           |           |            |            |            |            |           |          |           |           |
| HAM & CHEESE CROISSANT    | 1 EA         | 30          | 5           | 79        | 0.16      | 11.3       | 72         | 0.01       | *1         | 1.27      | 2.77     | 1.58      | 0.74      |
| CEREAL                    | SERVING      | 10          | 0           | 17        | 0.56      | 10.7       | 52         | 0.73       | 0          | 0.17      | 2.17     | 0.13      | 0.02      |
| TOAST                     | 2 ea         | 15          | 0           | 26        | 0.13      | 8.3        | 11         | 0.0        | *0         | 0.64      | 2.19     | 0.42      | 0.10      |
| FRUIT,FRESH ASSORTED      | 1 EACH       | 13          | 0           | 1         | 0.05      | 3.1        | 254        | 5.38       | 2          | 0.19      | 3.2      | 0.05      | 0.01      |
| JUICE                     | 1/2 CUP      | 11          | 0           | 3         | 0.00      | 0.0        | 0          | 4.61       | 3          | 0.11      | 2.72     | 0.0       | 0.00      |
| MILK,1% Lowfat            | HALF PINT    | 5           | 1           | 5         | 0.00      | 14.2       | 22         | 0.0        | 1          | 0.38      | 0.57     | 0.11      | 0.07      |
| MILK,Skim                 | HALF PINT    | 8           | 0           | 10        | 0.01      | 29.9       | 50         | 0.0        | 1          | 0.83      | 1.22     | 0.02      | 0.01      |
| JELLY                     | 2 ea         | 7           | 0           | 1         | 0.01      | 0.2        | 0          | 0.03       | 1          | 0.0       | 1.96     | 0.0       | 0.00      |
| ELEM/MIDDLE LUNCH         | Total        |             |             |           |           |            |            |            |            |           |          |           |           |
| LASAGNA                   | SERVINGS     | 179         | 36          | 316       | 1.57      | 222.0      | 523        | 8.53       | *1         | 11.98     | 13.67    | 8.64      | 4.38      |
| 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      |
| 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    |              | 593         | 57          | 954       | 4.69      | 602.5      | 13238      | 25.73      | *37        | 30.14     | 80.19    | 17.84     | 6.86      |
| % of Calories             |              |             |             |           |           |            |            |            | *24.6%     | 20.3%     | 54.1%    | 27.1%     | 10.4%     |
| Nutrient Guideline        |              | 560-620     |             | 1092      |           |            |            |            |            |           |          | <=30.0    | <10.00    |

|                       |           |    |   |    |      |      |     |      |    |      |      |      |      |
|-----------------------|-----------|----|---|----|------|------|-----|------|----|------|------|------|------|
| Tue - 09/18/2018      |           |    |   |    |      |      |     |      |    |      |      |      |      |
| 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 |

\*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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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 9

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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        | 152         | 31          | 272       | 0.79      | 54.5      | 230        | 0.21       | *1         | 9.26      | 17.06    | 5.33      | 2.67      |
| MINI CORN DOG BITES      | 1 EA         | 112         | 17          | 341       | 0.00      | 0.0       | 0          | 0.0        | 0          | 3.85      | 10.15    | 6.3       | 1.75      |
| BAKED POTATO             | 1 EACH       | 29          | 2           | 34        | 0.23      | 14.9      | 52         | 1.36       | *0         | 1.12      | 4.4      | 0.88      | 0.29      |
| SEASONED NEW POTATOES    | 1/2 cup      | 72          | 0           | 44        | 0.13      | 3.5       | 163        | 5.84       | *0         | 0.81      | 9.12     | 3.69      | 0.75      |
| 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    | 5           | 1           | 5         | 0.00      | 14.2      | 22         | 0.0        | 1          | 0.38      | 0.57     | 0.11      | 0.07      |
| MILK, CHOC FATFREE       | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11         | 4.8       | 11.4     | 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   |              | 593         | 55          | 911       | 2.73      | 372.6     | 1504       | 32.23      | *32        | 25.03     | 84.47    | 18.16     | 5.97      |
| % of Calories            |              |             |             |           |           |           |            |            | *21.7%     | 16.9%     | 57.0%    | 27.6%     | 9.1%      |
| Nutrient Guideline       |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

| Wed - 09/19/2018       |           |         |    |      |      |       |      |       |        |       |       |        |        |
|------------------------|-----------|---------|----|------|------|-------|------|-------|--------|-------|-------|--------|--------|
| 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    | 94      | 33 | 99   | 0.40 | 11.0  | 21   | 0.0   | *N/A*  | 7.7   | 6.05  | 3.85   | 0.83   |
| 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    | 29      | 2  | 34   | 0.23 | 14.9  | 52   | 1.36  | *0     | 1.12  | 4.4   | 0.88   | 0.29   |
| RICE                   | servings  | 109     | 0  | 64   | 0.44 | 8.3   | 0    | 0.0   | *0     | 2.34  | 22.72 | 0.86   | 0.17   |
| 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 |           | 570     | 61 | 641  | 3.80 | 394.6 | 2176 | 40.90 | *30    | 28.64 | 88.24 | 11.39  | 3.32   |
| % of Calories          |           |         |    |      |      |       |      |       | *20.7% | 20.1% | 62.0% | 18.0%  | 5.3%   |
| Nutrient Guideline     |           | 560-620 |    | 1092 |      |       |      |       |        |       |       | <=30.0 | <10.00 |

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 10

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| <b>Thu - 09/20/2018</b> |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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       | 166         | 12          | 235       | 0.26      | 1836.8    | 8651       | 12.48      | *0         | 7.85      | 15.63    | 7.95      | 2.85      |
| 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     | 1bag         | 15          | 0           | 33        | 0.38      | 13.5      | 5863       | 1.13       | 0          | 0.27      | 3.47     | 0.05      | 0.01      |
| BAKED BEANS             | 1/2 CUP      | 63          | 0           | 73        | 14.20     | 229.8     | 3578       | 0.0        | *N/A*      | 3.18      | 14.03    | 0.25      | 0.05      |
| BREAD                   | 2 SLICES     | 53          | 0           | 107       | 1.10      | 153.2     | 1          | 0.0        | 1          | 2.39      | 9.84     | 0.48      | 0.14      |
| FRUIT,FRESH ASSORTED    | 1 EACH       | 38          | 0           | 3         | 0.15      | 9.4       | 761        | 16.14      | 7          | 0.58      | 9.59     | 0.15      | 0.04      |
| MILK,1% Lowfat          | HALF PINT    | 10          | 1           | 10        | 0.01      | 28.3      | 44         | 0.0        | 1          | 0.76      | 1.13     | 0.22      | 0.14      |
| MILK, CHOC FATFREE      | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11         | 4.8       | 11.4     | 0.0       | 0.00      |
| Weighted Daily Average  |              | 640         | 36          | 911       | 17.80     | 2585.3    | 19678      | 44.41      | *30        | 29.11     | 91.14    | 19.20     | 6.64      |
| % of Calories           |              |             |             |           |           |           |            |            | *18.5%     | 18.2%     | 57.0%    | 27.0%     | 9.3%      |
| Nutrient Guideline      |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

|                         |           |    |   |    |      |      |     |      |       |      |      |      |      |
|-------------------------|-----------|----|---|----|------|------|-----|------|-------|------|------|------|------|
| <b>Fri - 09/21/2018</b> |           |    |   |    |      |      |     |      |       |      |      |      |      |
| ELEM/MIDDLE SCHOOL BR   | Total     |    |   |    |      |      |     |      |       |      |      |      |      |
| CINNAMON ROLL           | 1 EA      | 26 | 1 | 27 | 0.18 | 4.0  | 0   | 0.0  | *N/A* | 0.7  | 3.7  | 1.0  | 0.50 |
| CEREAL                  | SERVING   | 10 | 0 | 17 | 0.56 | 10.7 | 52  | 0.73 | 0     | 0.17 | 2.17 | 0.13 | 0.02 |
| TOAST                   | 2 ea      | 11 | 0 | 20 | 0.09 | 6.3  | 8   | 0.0  | *0    | 0.48 | 1.64 | 0.32 | 0.07 |
| FRUIT,FRESH ASSORTED    | 1 EACH    | 13 | 0 | 1  | 0.05 | 3.1  | 254 | 5.38 | 2     | 0.19 | 3.2  | 0.05 | 0.01 |
| JUICE                   | 1/2 CUP   | 11 | 0 | 3  | 0.00 | 0.0  | 0   | 4.61 | 3     | 0.11 | 2.72 | 0.0  | 0.00 |
| MILK,1% Lowfat          | HALF PINT | 5  | 1 | 5  | 0.00 | 14.2 | 22  | 0.0  | 1     | 0.38 | 0.57 | 0.11 | 0.07 |
| MILK, CHOC FATFREE      | HALF PINT | 11 | 1 | 10 | 0.00 | 30.0 | 50  | 0.24 | 2     | 0.8  | 1.9  | 0.0  | 0.00 |
| JELLY                   | 2 ea      | 3  | 0 | 0  | 0.00 | 0.1  | 0   | 0.01 | 1     | 0.0  | 0.78 | 0.0  | 0.00 |

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 11

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 AM

|                             | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| ELEM/MIDDLE LUNCH           | Total        |             |             |           |           |           |            |            |            |           |          |           |           |
| HAMBURGER                   | 1 EA         | 129         | 16          | 194       | 1.46      | 50.7      | 45         | 0.25       | *1         | 7.27      | 10.38    | 6.56      | 2.42      |
| 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       | 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      |
| BURGER FIXINS               | 1 EA         | 8           | 0           | 113       | 0.32      | 17.7      | 2431       | 2.87       | 1          | 0.49      | 1.63     | 0.14      | 0.02      |
| PEACHES: canned,light syrup | 1/2 CUP      | 39          | 0           | 4         | 0.26      | 2.2       | 255        | 1.73       | 10         | 0.32      | 10.49    | 0.02      | 0.00      |
| MILK,1% Lowfat              | HALF PINT    | 10          | 1           | 10        | 0.01      | 28.3      | 44         | 0.0        | 1          | 0.76      | 1.13     | 0.22      | 0.14      |
| MILK, CHOC FATFREE          | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11         | 4.8       | 11.4     | 0.0       | 0.00      |
| CONDIMENTS                  | 1 EA         | 26          | 0           | 141       | 0.07      | 2.8       | 0          | 0.0        | *0         | 0.2       | 1.77     | 1.94      | 0.26      |
| Weighted Daily Average      |              | 587         | 37          | 871       | 4.49      | 429.1     | 3613       | 21.85      | *33        | 26.00     | 76.71    | 20.32     | 6.49      |
| % of Calories               |              |             |             |           |           |           |            |            | *22.7%     | 17.7%     | 52.3%    | 31.1%     | 10.0%     |
| Nutrient Guideline          |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

| Mon - 09/24/2018       |           |         |    |      |      |       |      |       |        |       |       |        |        |
|------------------------|-----------|---------|----|------|------|-------|------|-------|--------|-------|-------|--------|--------|
| 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     |         |    |      |      |       |      |       |        |       |       |        |        |
| FRITO CHILI PIE        | 1 EA      | 175     | 18 | 208  | 1.01 | 94.2  | 356  | 4.66  | *0     | 8.33  | 17.33 | 8.01   | 2.67   |
| HOT POCKET             | 1 EA      | 112     | 8  | 240  | 1.08 | 100.0 | 80   | 3.6   | *N/A*  | 7.2   | 11.2  | 4.0    | 2.00   |
| 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,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 |           | 565     | 35 | 776  | 4.05 | 526.5 | 5929 | 69.06 | *31    | 28.19 | 79.18 | 15.43  | 5.68   |
| % of Calories          |           |         |    |      |      |       |      |       | *21.6% | 20.0% | 56.1% | 24.6%  | 9.1%   |
| Nutrient Guideline     |           | 560-620 |    | 1092 |      |       |      |       |        |       |       | <=30.0 | <10.00 |

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 12

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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 - 09/25/2018            |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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        |             |             |           |           |           |            |            |            |           |          |           |           |
| CRISPITO EL/MS              | 1.5 ea       | 132         | 21          | 192       | 0.64      | 36.0      | 0          | 0.0        | *N/A*      | 5.4       | 13.2     | 6.0       | 1.50      |
| QUESADILLA                  | 1 ea         | 112         | 16          | 210       | 0.95      | 87.5      | 105        | 0.0        | 0          | 6.3       | 11.2     | 4.55      | 2.10      |
| BAKED POTATO                | 1 EACH       | 29          | 2           | 34        | 0.23      | 14.9      | 52         | 1.36       | *0         | 1.12      | 4.4      | 0.88      | 0.29      |
| PINTO BEANS                 | 1/2 cup      | 93          | 0           | 103       | 1.43      | 32.4      | 0          | 0.0        | 0          | 5.64      | 17.37    | 0.3       | 0.08      |
| SPANISH RICE                | 1/2 CUP      | 38          | 0           | 136       | 0.47      | 4.5       | 130        | 0.42       | *0         | 0.69      | 8.68     | 0.17      | 0.00      |
| SALAD EL/MS                 | 1 cup        | 10          | 0           | 65        | 0.28      | 9.6       | 2533       | 1.16       | *N/A*      | 0.36      | 1.96     | 0.09      | 0.01      |
| PEACHES: canned,light syrup | 1/2 CUP      | 39          | 0           | 4         | 0.26      | 2.2       | 255        | 1.73       | 10         | 0.32      | 10.49    | 0.02      | 0.00      |
| FRUIT,FRESH ASSORTED        | 1 EACH       | 38          | 0           | 3         | 0.15      | 9.4       | 761        | 16.14      | 7          | 0.58      | 9.59     | 0.15      | 0.04      |
| MILK,1% Lowfat              | HALF PINT    | 10          | 1           | 10        | 0.01      | 28.3      | 44         | 0.0        | 1          | 0.76      | 1.13     | 0.22      | 0.14      |
| MILK, CHOC FATFREE          | HALF PINT    | 66          | 3           | 60        | 0.00      | 180.0     | 300        | 1.44       | 11         | 4.8       | 11.4     | 0.0       | 0.00      |
| TACO SAUCE                  | 1 packet     | 2           | 0           | 29        | 0.04      | 0.5       | 19         | 0.85       | *N/A*      | 0.04      | 0.47     | 0.01      | 0.00      |
| Weighted Daily Average      |              | 670         | 59          | 963       | 5.40      | 496.2     | 4661       | 34.08      | *38        | 30.45     | 105.38   | 14.94     | 5.02      |
| % of Calories               |              |             |             |           |           |           |            |            | *22.5%     | 18.2%     | 62.9%    | 20.1%     | 6.7%      |
| Nutrient Guideline          |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

|                       |           |    |    |    |      |      |     |      |       |      |      |      |      |
|-----------------------|-----------|----|----|----|------|------|-----|------|-------|------|------|------|------|
| Wed - 09/26/2018      |           |    |    |    |      |      |     |      |       |      |      |      |      |
| ELEM/MIDDLE SCHOOL BR | Total     |    |    |    |      |      |     |      |       |      |      |      |      |
| SCRAMBLED EGGS        | 1 EA      |    | 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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 13

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:00 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 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         |              | 589         | 51          | 1105      | 3.71      | 417.8     | 1280       | 38.07      | *43        | 23.87     | 85.01    | 17.84     | 5.09      |
| % of Calories                  |              |             |             |           |           |           |            |            | *28.9%     | 16.2%     | 57.7%    | 27.2%     | 7.8%      |
| Nutrient Guideline             |              | 560-620     |             | 1092      |           |           |            |            |            |           |          | <=30.0    | <10.00    |

| Thu - 09/27/2018               |           |     |    |     |      |       |     |       |       |      |       |      |      |
|--------------------------------|-----------|-----|----|-----|------|-------|-----|-------|-------|------|-------|------|------|
| ELEM/MIDDLE SCHOOL BR          | Total     |     |    |     |      |       |     |       |       |      |       |      |      |
| BREAKFAST PIZZA                | 1 EA      | 21  | 2  | 43  | 0.14 | 15.0  | 2   | 0.0   | *N/A* | 1.0  | 2.5   | 0.8  | 0.20 |
| CEREAL                         | SERVING   | 10  | 0  | 17  | 0.56 | 10.7  | 52  | 0.73  | 0     | 0.17 | 2.17  | 0.13 | 0.02 |
| TOAST                          | 2 ea      | 11  | 0  | 20  | 0.09 | 6.3   | 8   | 0.0   | *0    | 0.48 | 1.64  | 0.32 | 0.07 |
| FRUIT,FRESH ASSORTED           | 1 EACH    | 13  | 0  | 1   | 0.05 | 3.1   | 254 | 5.38  | 2     | 0.19 | 3.2   | 0.05 | 0.01 |
| JUICE                          | 1/2 CUP   | 11  | 0  | 3   | 0.00 | 0.0   | 0   | 4.61  | 3     | 0.11 | 2.72  | 0.0  | 0.00 |
| MILK,1% Lowfat                 | HALF PINT | 5   | 1  | 5   | 0.00 | 14.2  | 22  | 0.0   | 1     | 0.38 | 0.57  | 0.11 | 0.07 |
| MILK, CHOC FATFREE             | HALF PINT | 11  | 1  | 10  | 0.00 | 30.0  | 50  | 0.24  | 2     | 0.8  | 1.9   | 0.0  | 0.00 |
| JELLY                          | 2 ea      | 3   | 0  | 0   | 0.00 | 0.1   | 0   | 0.01  | 1     | 0.0  | 0.78  | 0.0  | 0.00 |
| ELEM/MIDDLE LUNCH              | Total     |     |    |     |      |       |     |       |       |      |       |      |      |
| CHICKEN SPAGHETTI              | SERVING   | 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 |

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Planned Menu Spreadsheet

Weighted Values - Detailed

Page 14

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:01 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 |              | 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 - 09/28/2018       |           |         |    |      |      |       |      |       |        |       |       |        |        |
|------------------------|-----------|---------|----|------|------|-------|------|-------|--------|-------|-------|--------|--------|
| 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        | 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   |
| Weighted Daily Average |           | 573     | 27 | 815  | 4.11 | 437.6 | 6360 | 37.39 | *33    | 26.39 | 89.94 | 14.46  | 4.36   |
| % of Calories          |           |         |    |      |      |       |      |       | *23.0% | 18.4% | 62.8% | 22.7%  | 6.9%   |
| Nutrient Guideline     |           | 560-620 |    | 1092 |      |       |      |       |        |       |       | <=30.0 | <10.00 |

|                  |  |     |    |     |      |       |      |        |        |       |       |       |      |
|------------------|--|-----|----|-----|------|-------|------|--------|--------|-------|-------|-------|------|
| Weighted Average |  | 597 | 47 | 899 | 4.98 | 587.4 | 5757 | *39.46 | *35    | 27.89 | 85.98 | 16.76 | 5.48 |
|                  |  |     |    |     |      |       |      |        | *52.7% | 18.7% | 57.6% | 25.3% | 8.3% |

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

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# Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 15

Sep 3, 2018 thru Sep 28, 2018

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 8/21/2018 10:19:01 AM

| Nutrient          | Menu AVG | 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) |
|-------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|-----------|----------|-----------|-----------|
|                   |          | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   | Error Messages (if any) |            |            |           |          |           |           |
| Calories          | 597      |              | 560 - 620     | 100%        |           |           |           |                         |            |            |           |          |           |           |
| Cholesterol (mg)  | 47       |              |               |             |           |           |           |                         |            |            |           |          |           |           |
| Sodium (mg)       | 899      |              | 1092          |             |           |           |           |                         |            |            |           |          |           |           |
| Iron (mg)         | 4.98     |              |               |             |           |           |           |                         |            |            |           |          |           |           |
| Calcium (mg)      | 587.4    |              |               |             |           |           |           |                         |            |            |           |          |           |           |
| Vitamin A (IU)    | 5757     |              |               |             |           |           |           |                         |            |            |           |          |           |           |
| Sugars (g)        | 35       | 23.43%       |               |             | Missing   |           |           |                         |            |            |           |          |           |           |
| Vitamin C (mg)    | 39.46    |              |               |             | Missing   |           |           |                         |            |            |           |          |           |           |
| Protein (g)       | 27.89    | 18.70%       |               |             |           |           |           |                         |            |            |           |          |           |           |
| Carbohydrate (g)  | 85.98    | 57.65%       |               |             |           |           |           |                         |            |            |           |          |           |           |
| Total Fat (g)     | 16.76    | 25.28%       |               | <=30.00%    |           |           |           |                         |            |            |           |          |           |           |
| Saturated Fat (g) | 5.48     | 8.26%        |               | <10.00%     |           |           |           |                         |            |            |           |          |           |           |

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