

Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017														
ELEM/MIDDLE SCHOOL BR	Total													
FRENCH TOAST STICKS	1 EA	250	0	300	4.00	5.04	2200.0	424	45.0	*N/A*	7.0	37.0	9.0	1.50
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													
CHEESE NACHOS	1 EA	300	38	886	2.00	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
HOAGIE SANDWICH	1 EA	385	76	1848	2.21	3.24	396.0	331	2.39	*2	28.25	42.11	12.3	5.70
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
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
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
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
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		575	46	1381	*7.32	4.68	875.8	6395	65.49	*42	26.19	88.15	14.64	6.35
% of Calories										*28.9%	18.2%	61.3%	22.9%	9.9%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Tue - 10/03/2017														
ELEM/MIDDLE SCHOOL BR	Total													
BLUEBERRY MUFFINS	2 EA	400	30	280	4.00	0.00	0.0	160	0.0	32	4.0	64.0	14.0	3.00
FLAVORED YOGURT	1 EA	110	5	85	0.00	0.00	150.0	0	1.24	0	3.96	21.02	1.02	0.45
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

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

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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:36 PM

	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													
SPAGHETTI	1 CUP	334	18	695	5.89	2.58	51.7	1676	15.5	*1	12.27	49.24	10.16	2.24
B B-Q SANDWICH	1 EA	266	23	767	2.83	2.61	98.6	260	1.32	*3	13.22	34.02	8.06	2.96
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 ON THE COB	1 EACH	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07
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
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
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
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		690	26	1190	11.72	5.00	405.5	5788	46.42	*47	24.63	121.31	14.11	3.86
% of Calories										*27.0%	14.3%	70.3%	18.4%	5.0%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Wed - 10/04/2017														
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
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 TACO	1 EA	284	42	396	2.80	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
TOSTADA	1 EACH	312	51	334	2.43	1.55	205.9	428	0.69	*0	16.92	24.63	15.27	6.38
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
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
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
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 pack	5	0	72	0.12	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00

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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:36 PM

	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		594	61	866	9.07	4.47	505.1	5386	37.60	*29	29.81	89.59	13.84	4.99
% of Calories										*19.7%	20.1%	60.3%	21.0%	7.6%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Thu - 10/05/2017														
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													
OVEN FRIED CHICKEN	1 EA	313	92	540	0.00	1.54	28.4	132	0.0	*N/A*	24.16	9.95	19.89	5.68
HAMBURGER HELPER	1 CUP	281	65	588	0.60	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
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
RANCH STYLE BEANS	1/2 CUP	118	0	510	6.87	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	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
Weighted Daily Average		611	66	1018	10.19	5.20	280.4	5474	54.67	*36	30.48	86.92	17.20	5.52
% of Calories										*23.3%	19.9%	56.9%	25.3%	8.1%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

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Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 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 - 10/06/2017														
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
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
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
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		592	37	837	8.30	5.01	465.1	13438	40.75	*32	27.03	80.59	19.01	6.42
% of Calories										*21.3%	18.3%	54.4%	28.9%	9.8%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Mon - 10/09/2017														
ELEM/MIDDLE SCHOOL BR	Total													
PANCAKES	1 ea	213	9	318	3.32	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
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

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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													
CHICKEN NUGGETS	5 EACH	216	62	370	2.00	2.00	29.0	73	11.0	*N/A*	14.0	13.0	12.0	2.00
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
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
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
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
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
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		560	48	788	7.10	3.86	471.9	1723	56.53	*34	27.13	81.67	14.82	4.05
% of Calories										*24.4%	19.4%	58.4%	23.8%	6.5%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Tue - 10/10/2017														
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													
MEATBALL SUB	1 EA	319	36	801	5.95	4.08	206.5	454	4.45	*0	23.57	28.56	14.18	5.27
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	2.01	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
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	bag	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
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
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
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		577	56	935	10.06	4.68	462.9	13743	42.20	*41	25.34	89.99	14.70	4.59
% of Calories										*28.4%	17.6%	62.3%	22.9%	7.1%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:37 PM

	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)
Wed - 10/11/2017														
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													
TACO,BEEF	2 EACH	290	48	520	2.50	1.63	143.9	2059	2.11	*1	14.88	19.87	16.56	6.93
TACO BURGER	1 EA	269	37	704	1.09	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
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
LETTUCE & TOMATO	1 cup	14	0	6	1.44	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	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
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
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
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		654	37	929	11.78	5.96	403.6	5673	39.36	*37	28.90	106.27	14.26	5.01
% of Calories										*22.9%	17.7%	65.0%	19.6%	6.9%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Thu - 10/12/2017														
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

Oct 1, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

	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													
CHICKEN & RICE CASSEROLE	1 CUP	365	56	726	2.70	1.63	238.1	898	12.23	*1	20.32	35.63	15.97	5.85
FISH STICKS	4 EA	220	50	230	2.00	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
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
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
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 STICKS	1 EA	110	0	230	2.00	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
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
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		637	47	941	9.92	4.51	483.3	6054	48.75	*43	28.10	97.96	16.88	4.84
% of Calories										*26.7%	17.6%	61.5%	23.8%	6.8%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Fri - 10/13/2017														
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

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 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)
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		1092									<=30.0	<10.00

Mon - 10/16/2017														
ELEM/MIDDLE SCHOOL BR HOLIDAY	Total 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 HOLIDAY	Total 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		1092									<=30.0	<10.00

Tue - 10/17/2017														
ELEM/MIDDLE SCHOOL BR PIG IN A BLANKET	Total 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 CHILI DOG	Total 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

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:37 PM

	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		588	34	1181	7.94	4.67	443.1	9708	38.14	*38	22.96	84.73	19.21	4.75
% of Calories										*26.2%	15.6%	57.7%	29.4%	7.3%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Wed - 10/18/2017														
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													
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 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
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		676	47	1263	11.57	6.74	541.7	6394	41.35	*40	29.03	109.07	15.79	6.81
% of Calories										*23.7%	17.2%	64.6%	21.0%	9.1%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:37 PM

	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)
Thu - 10/19/2017														
ELEM/MIDDLE SCHOOL BR BREAKFAST PIZZA	Total													
CEREAL	1 EA	210	15	430	2.00	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
TOAST	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
FRUIT,FRESH ASSORTED	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
JUICE	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	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, CHOC FATFREE	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
JELLY	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	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														
STEAK FINGERS	Total													
BAKED POTATO	SERVING	77	9	80	0.75	0.68	10.0	1	0.0	0	4.0	5.0	4.75	1.12
MASHED POTATOES	1 EACH	263	45	1093	4.20	2.41	207.4	184	4.09	6	21.62	26.2	7.73	3.25
GRAVY LUNCH	1 EACH	588	33	681	9.60	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CONDIMENTS	1/2 CUP	82	4	47	1.08	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
	1/4 CUP	48	0	226	0.49	0.57	6.0	4	0.19	*0	0.81	5.36	2.61	1.04
	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
	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		521	30	978	7.93	4.12	552.3	1299	42.27	*36	24.08	79.61	12.65	4.03
% of Calories										*27.5%	18.5%	61.1%	21.9%	7.0%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Fri - 10/20/2017														
ELEM/MIDDLE SCHOOL BR CINNAMON ROLL	Total													
CEREAL	1 EA	260	15	270	5.00	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
TOAST	SERVING	100	0	172	1.93	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
FRUIT,FRESH ASSORTED	2 ea	188	0	327	3.84	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
JUICE	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	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, CHOC FATFREE	HALF PINT	95	11	100	0.00	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
JELLY	HALF PINT	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	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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Oct 1, 2017 thru Oct 31, 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)	Calcm (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	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		1092									<=30.0	<10.00

Mon - 10/23/2017														
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,Skim	HALF PINT	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14
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		594	53	1045	7.89	4.16	542.7	1025	42.05	*36	33.27	82.25	15.27	5.11
% of Calories										*24.3%	22.4%	55.4%	23.2%	7.8%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:37 PM

	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 - 10/24/2017														
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													
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		638	42	975	10.25	5.74	552.9	5671	36.40	*29	32.08	98.13	13.49	5.25
% of Calories										*18.3%	20.1%	61.6%	19.0%	7.4%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Wed - 10/25/2017														
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

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:37 PM

	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													
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
Weighted Daily Average		617	36	937	*9.04	5.03	567.5	5179	38.65	*36	28.86	87.67	17.44	5.90
% of Calories										*23.1%	18.7%	56.8%	25.4%	8.6%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Thu - 10/26/2017														
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

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		610	55	861	9.73	3.58	603.0	13996	43.02	*33	32.35	79.40	19.21	6.71
% of Calories										*21.4%	21.2%	52.1%	28.4%	9.9%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Fri - 10/27/2017														
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		605	27	829	8.49	4.30	440.2	4415	23.25	*38	26.71	97.60	14.72	4.51
% of Calories										*25.4%	17.7%	64.5%	21.9%	6.7%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2017 thru Oct 31, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 9/21/2017 1:32:38 PM

	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 - 10/30/2017														
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													
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		599	54	919	7.84	4.78	604.7	13224	27.29	*37	29.85	82.50	17.72	6.58
% of Calories										*24.5%	19.9%	55.1%	26.6%	9.9%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Tue - 10/31/2017														
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

Page 16

Oct 1, 2017 thru Oct 31, 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)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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
RANCH STYLE BEANS	1/2 CUP	118	0	510	6.87	2.65	0.0	196	0.0	*N/A*	6.87	20.61	0.98	0.00
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		563	52	908	8.39	3.50	331.2	1261	23.35	*29	23.23	83.38	16.01	5.10
% of Calories										*20.3%	16.5%	59.2%	25.6%	8.2%
Nutrient Guideline		560-620		1092									<=30.0	<10.00

Weighted Average		606	44	974	*9.13	4.71	497.3	6520	42.44	*37 *55.0%	27.75 18.3%	91.05 60.1%	15.89 23.6%	5.29 7.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		560 - 620	100%				
Cholesterol (mg)	44							
Sodium (mg)	974		1092					
Fiber (g)	9.13				Missing			
Iron (mg)	4.71							
Calcium (mg)	497.3							
Vitamin A (IU)	6520							
Sugars (g)	37	24.45%			Missing			
Vitamin C (mg)	42.44							
Protein (g)	27.75	18.33%						
Carbohydrate (g)	91.05	60.13%						
Total Fat (g)	15.89	23.60%	<=30.00%					
Saturated Fat (g)	5.29	7.85%	<10.00%					

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