

# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:24 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)
Wed - 11/01/2017													
ELEM/MIDDLE SCHOOL BR	Total												
SCRAMBLED EGGS	1 EA	75	140	73	0.66	33.4	291	0.0	1	5.03	0.81	5.53	1.68
BACON WC	EA	69	20	227	0.00	0.0	0	0.0	*N/A*	4.94	0.0	5.93	1.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total												
ORANGE CHICKEN	1 EACH	170	60	180	0.72	20.0	38	0.0	*N/A*	14.0	11.0	7.0	1.50
HOT POCKET	1 EA	280	20	600	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
RICE	servings	218	0	128	0.88	16.5	0	0.0	*0	4.67	45.45	1.71	0.35
EGG ROLL	1 EA	160	30	410	1.80	40.0	750	6.0	*N/A*	10.0	20.0	5.0	1.00
ORIENTAL VEGGIES	1/2 CUP	14	0	9	0.15	9.8	134	7.2	*N/A*	0.57	2.3	0.0	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		575	70	687	3.61	413.6	2191	41.78	*30	29.08	86.85	12.58	3.70
% of Calories									*20.7%	20.2%	60.5%	19.7%	5.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 11/02/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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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Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:24 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 & DRESSING	3/4 CUP	372	42	1214	1.43	61.4	149	0.25	*6	10.45	39.2	13.39	2.05
HAM SANDWICH	1 EACH	332	60	1392	2.81	249.7	217	13.21	*3	21.37	30.73	13.23	5.75
CRANBERRY SAUCE	1/4 CUP	105	0	20	0.15	2.8	29	1.39	26	0.14	26.94	0.1	0.01
SWEET POTATO	1/2 cup	182	0	55	1.15	22.1	10935	12.86	*9	1.75	43.03	0.72	0.15
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
ROLL HS	1 EA	139	0	249	1.43	39.8	20	0.0	4	5.97	26.86	1.99	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		669	47	1465	4.32	461.4	7286	42.98	*45	25.87	108.33	13.66	3.76
% of Calories									*27.1%	15.5%	64.8%	18.4%	5.1%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 11/03/2017													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		594	37	878	4.56	423.3	3635	22.14	*32	25.89	78.46	20.47	6.51
% of Calories									*21.5%	17.4%	52.8%	31.0%	9.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/06/2017													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST STICKS	1 EA	250	0	300	5.04	2200.0	424	45.0	*N/A*	7.0	37.0	9.0	1.50
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH													
CRISPITO EL/MS	1.5 ea	330	52	480	1.61	90.0	0	0.0	*N/A*	13.5	32.99	14.99	3.74
QUESADILLA	1 ea	320	45	600	2.70	250.0	300	0.0	0	18.0	32.0	13.0	6.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
PINTO BEANS	1/2 cup	186	0	206	2.85	64.8	0	0.0	0	11.28	34.73	0.6	0.16
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
SALAD EL/MS	1 cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
PEACHES: canned,light syrup	1/2 CUP	65	0	6	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	1 packet	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		669	43	949	5.82	700.0	4681	39.02	*37	29.27	109.12	14.04	4.59
% of Calories									*22.1%	17.5%	65.2%	18.9%	6.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/07/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BLUEBERRY MUFFINS	2 EA	400	30	280	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	150.0	0	1.24	0	3.96	21.02	1.02	0.45
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total												
FRITO CHILI PIE	1 EA	499	52	593	2.90	269.2	1018	13.32	*1	23.79	49.51	22.87	7.62
HOT POCKET	1 EA	280	20	600	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
STEAMED VEGETABLES	1/2 cup	30	0	30	0.33	20.2	381	37.94	*0	2.36	4.76	0.0	0.00
SALAD EL/MS	1 cup	20	0	130	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	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		610	39	763	3.95	538.6	6019	69.39	*32	28.45	87.72	16.54	5.85
% of Calories									*21.1%	18.7%	57.5%	24.4%	8.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 11/08/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	257	207	362	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00

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ELEM/MIDDLE LUNCH	Total												
CHICKEN FRIED STEAK	1 EA	310	35	320	2.70	40.0	0	0.0	*N/A*	15.0	19.0	19.0	4.50
BAR B-Q FRANKS	1 CUP	314	34	1501	1.44	131.9	162	0.44	*24	10.04	30.92	16.66	4.76
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GREEN BEANS	1/2 CUP	18	0	194	0.70	20.1	270	3.65	*N/A*	0.93	4.02	0.08	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	74	0	8	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
ROLL	1 EA	61	0	96	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		594	56	1099	3.70	436.7	1332	38.51	*42	24.10	86.95	17.35	5.16
% of Calories									*28.0%	16.2%	58.6%	26.3%	7.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 11/09/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN SPAGHETTI	SERVING	312	36	392	1.75	127.8	224	1.66	*2	20.54	38.85	7.55	2.77
CORN DOG:Turkey Jumbo State F	1 EACH	281	40	662	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BROCCOLI & CHEESE	1/2 CUP	52	6	144	0.56	100.5	797	29.11	0	3.84	4.84	2.3	1.44
BLACKEYED PEAS	1/2 CUP	98	0	372	1.23	25.4	17	3.43	*N/A*	6.02	17.31	0.7	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	65	0	1	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
BREAD STICKS	1 EA	110	0	230	1.08	0.0	10	0.0	2	3.0	17.0	4.0	1.00
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01
KETCHUP: individual	Pkt 6g	24	0	218	0.08	3.6	126	0.98	5	0.25	6.58	0.02	0.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 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		600	39	1006	4.41	415.5	1280	38.67	*32	27.19	92.65	14.39	4.40
% of Calories									*21.7%	18.1%	61.7%	21.6%	6.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 11/10/2017													
ELEM/MIDDLE SCHOOL BR	Total												
CINNAMON ROLL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total												
PEPPERONI PIZZA	EA	300	25	660	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CORN	1/2 CUP	120	0	1	0.56	3.8	329	6.89	6	4.27	26.27	1.88	0.25
SALAD EL/MS	1 cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		614	28	816	4.39	456.6	6487	41.45	*33	27.18	97.86	15.20	4.59
% of Calories									*21.7%	17.7%	63.8%	22.3%	6.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/13/2017													
ELEM/MIDDLE SCHOOL BR	Total												
PANCAKES	1 ea	213	9	318	2.89	66.0	532	0.0	0	4.17	36.15	5.78	1.19
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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	2.14	461.0	380	0.0	0	11.51	24.7	15.81	8.56
HOAGIE SANDWICH	1 EA	385	76	1848	3.24	396.0	331	2.39	*2	28.25	42.11	12.3	5.70
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
BURGER FIXINS	1 EA	16	0	227	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	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	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
TACO SAUCE	1 packet	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		563	44	1286	4.36	668.9	6411	60.75	*41	24.23	86.32	14.67	6.61
% of Calories									*29.4%	17.2%	61.3%	23.5%	10.6%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 11/14/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	257	207	362	1.13	188.1	417	0.0	*0	16.0	19.75	12.05	4.75
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	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 8

Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
ELEM/MIDDLE LUNCH	Total												
TURKEY W/CHEESE SANDWICH	1 EACH	263	45	1093	2.41	207.4	184	4.09	6	21.62	26.2	7.73	3.25
PRETZELS	1 EA	90	0	300	1.08	0.0	0	0.0	0	2.0	15.0	2.0	0.00
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
DRAGON PUNCH	1 EA	50	0	35	0.00	0.0	500	30.0	12	0.0	13.0	0.0	0.00
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		574	62	1355	4.34	479.2	10713	42.23	*49	28.69	92.12	10.22	3.47
% of Calories									*33.8%	20.0%	64.2%	16.0%	5.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 11/15/2017													
ELEM/MIDDLE SCHOOL BR	Total												
OATMEAL	1 CUP	231	1	50	1.89	56.0	183	0.01	*11	7.56	37.63	6.02	1.20
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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	1.49	183.6	601	2.07	*0	19.6	31.63	8.96	3.05
TOSTADA	1 EACH	312	51	334	1.55	205.9	428	0.69	*0	16.92	24.63	15.27	6.38
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
REFRIED BEANS	1/2 cup	101	0	161	1.66	33.6	55	0.94	*1	5.65	15.46	2.29	0.71
SALAD EL/MS	1 cup	20	0	130	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	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	1 pack	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		601	41	848	4.61	496.1	5369	37.61	*31	29.28	92.87	13.45	4.69
% of Calories									*20.4%	19.5%	61.9%	20.2%	7.0%
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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Nov 1, 2017 thru Nov 30, 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)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/16/2017													
ELEM/MIDDLE SCHOOL BR BREAKFAST PIZZA	Total												
CEREAL	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
TOAST	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
FRUIT,FRESH ASSORTED	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
JUICE	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
JELLY	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	2 ea	74	0	8	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	1.54	28.4	132	0.0	*N/A*	24.16	9.95	19.89	5.68
HAMBURGER HELPER	1 CUP	281	65	588	2.08	73.9	82	0.09	*2	20.3	18.18	13.55	5.49
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
GREEN BEANS	1/2 CUP	18	0	194	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	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	0.38	7.8	272	2.48	18	0.52	19.51	0.09	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		604	69	885	4.04	444.6	5291	57.15	*44	30.97	85.66	16.78	5.62
% of Calories									*29.1%	20.5%	56.7%	25.0%	8.4%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 11/17/2017													
ELEM/MIDDLE SCHOOL BR CINNAMON ROLL	Total												
CEREAL	1 EA	260	15	270	1.80	40.0	0	0.0	*N/A*	7.0	37.0	10.0	5.00
TOAST	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
FRUIT,FRESH ASSORTED	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
JUICE	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
JELLY	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
	2 ea	74	0	8	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

Page 10

Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
ELEM/MIDDLE LUNCH	Total												
HAMBURGER	1 EA	287	35	430	3.24	112.7	100	0.55	*3	16.15	23.06	14.58	5.37
CHEESEBURGER	1 EA	373	43	739	3.23	193.3	316	0.55	*3	22.65	22.89	21.58	7.78
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
POTATO WEDGES	8 PCS	111	0	15	0.41	9.0	5	4.37	*N/A*	2.01	17.1	3.52	0.50
CARROT STICKS- baby	1bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
BURGER FIXINS	1 EA	16	0	227	0.65	35.4	4863	5.74	1	0.98	3.26	0.29	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		592	37	837	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 - 11/20/2017													
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
ELEM/MIDDLE LUNCH 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		0	0	0	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 - 11/21/2017													
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
ELEM/MIDDLE LUNCH 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		0	0	0	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

Wed - 11/22/2017													
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

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# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 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 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					0.0%	0.0%	0.0%	<=30.0	<10.00

Thu - 11/23/2017													
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
ELEM/MIDDLE LUNCH 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					0.0%	0.0%	0.0%	<=30.0	<10.00

Fri - 11/24/2017													
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
ELEM/MIDDLE LUNCH 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					0.0%	0.0%	0.0%	<=30.0	<10.00

Mon - 11/27/2017													
ELEM/MIDDLE SCHOOL BR PIG IN A BLANKET	Total 2 EACH	279	50	318	5.37	79.6	796	4.78	*N/A*	13.93	33.82	8.95	2.98
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 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 NUGGETS	5 EACH	216	62	370	2.00	29.0	73	11.0	*N/A*	14.0	13.0	12.0	2.00
CHICKEN SANDWICH	1 EACH	346	24	707	2.82	110.9	0	0.55	*3	19.44	35.4	14.0	2.76
BAKED POTATO el/ms	1 EACH	431	30	543	3.34	243.1	639	16.34	*2	18.61	59.46	13.97	5.04
MASHED POTATOES	1/2 CUP	82	4	47	0.31	73.7	99	26.26	*3	3.13	14.23	1.37	0.75
BROCCOLI & CHEESE	1/2 CUP	52	6	144	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	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00
ROLL	1 EA	61	0	96	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	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		565	52	781	4.11	473.3	1749	57.01	*34	28.10	81.08	15.13	4.23
% of Calories									*24.1%	19.9%	57.4%	24.1%	6.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 11/28/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST SANDWICH	1 EA	314	156	541	1.93	269.1	576	0.06	*3	20.75	23.39	14.73	5.94
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
CINNAMON TOAST	2 EACH	201	0	264	1.34	60.5	251	0.08	6	7.03	26.09	7.82	1.62
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	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	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	1.81	50.2	100	9.03	*N/A*	9.03	31.11	13.05	3.01
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
CARROT STICKS- baby	bag	30	0	66	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02
SALAD EL/MS	1 cup	20	0	130	0.56	19.2	5065	2.33	*N/A*	0.72	3.91	0.17	0.02
APPLESAUCE	1/2 CUP	83	0	2	0.15	3.7	7	2.08	18	0.2	21.42	0.21	0.04
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
CONDIMENTS	1 EA	44	0	235	0.11	4.6	0	0.0	*0	0.34	2.95	3.24	0.43
Weighted Daily Average		583	50	953	4.76	471.1	13759	42.20	*41	25.82	90.35	14.97	4.71
% of Calories									*28.3%	17.7%	62.0%	23.1%	7.3%
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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Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 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 - 11/29/2017													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST	2 ea	251	97	584	2.61	126.3	221	0.35	0	8.73	37.88	7.2	1.81
SYRUP	POUCH	9	0	68	0.00	0.0	0	0.0	0	0.0	3.64	0.0	0.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	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	1.63	143.9	2059	2.11	*1	14.88	19.87	16.56	6.93
TACO BURGER	1 EA	269	37	704	2.63	171.7	514	2.47	*3	17.79	23.41	11.06	3.39
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
LETTUCE &TOMATO	1 cup	14	0	6	0.59	20.3	4870	5.79	1	0.89	2.79	0.21	0.02
SPANISH RICE	1/2 CUP	76	0	273	0.94	9.0	260	0.83	*0	1.39	17.36	0.35	0.00
PINTO BEANS	1/2 cup	186	0	206	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	0.35	6.3	0	0.88	15	0.24	19.15	0.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
TACO SAUCE	3 packs	5	0	72	0.09	1.4	48	2.12	*N/A*	0.1	1.18	0.03	0.00
Weighted Daily Average		648	47	976	5.97	406.4	5671	39.39	*36	28.69	105.18	14.17	5.02
% of Calories									*22.1%	17.7%	65.0%	19.7%	7.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 14

Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/30/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BREAKFAST PIZZA	1 EA	210	15	430	1.44	150.1	20	0.0	*N/A*	10.01	25.01	8.0	2.00
CEREAL	SERVING	100	0	172	5.61	106.8	518	7.34	5	1.65	21.67	1.32	0.25
TOAST	2 ea	188	0	327	1.58	104.2	137	0.01	*3	8.0	27.37	5.28	1.21
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	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	0.0	0	23.04	13	0.55	13.58	0.0	0.00
MILK,1% Lowfat	HALF PINT	95	11	100	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	300.0	500	2.4	18	8.0	19.0	0.0	0.00
JELLY	2 ea	74	0	8	0.05	2.0	1	0.25	14	0.04	19.59	0.01	0.00
ELEM/MIDDLE LUNCH	Total												
CHICKEN & RICE CASSEROLE	1 CUP	365	56	726	1.63	238.1	898	12.23	*1	20.32	35.63	15.97	5.85
FISH STICKS	4 EA	220	50	230	1.44	20.0	100	0.0	1	15.0	19.0	9.0	1.50
BAKED POTATO	1 EACH	588	33	681	4.56	297.2	1045	27.23	*4	22.37	87.91	17.61	5.73
SALAD EL/MS	1 cup	20	0	130	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	0.63	40.0	505	3.72	1	1.38	5.9	1.7	0.27
BREAD STICKS	1 EA	110	0	230	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	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01
FRUIT,FRESH ASSORTED	1 EACH	63	0	6	0.26	15.7	1269	26.91	12	0.96	15.99	0.26	0.06
MILK,1% Lowfat	HALF PINT	95	11	100	0.07	283.5	445	0.0	12	7.64	11.32	2.2	1.44
MILK, CHOC FATFREE	HALF PINT	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00
Weighted Daily Average		637	47	941	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

Weighted Average		605	47	972	4.50	484.3	5963	44.69	*37 *55.4%	27.53 18.2%	91.77 60.6%	15.26 22.7%	4.95 7.4%
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# Wolfe City ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 15

Nov 1, 2017 thru Nov 30, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 10/24/2017 7:05:25 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	605		560 - 620	100%										
Cholesterol (mg)	47													
Sodium (mg)	972		1092											
Iron (mg)	4.50													
Calcium (mg)	484.3													
Vitamin A (IU)	5963													
Sugars (g)	37	24.62%			Missing									
Vitamin C (mg)	44.69													
Protein (g)	27.53	18.19%												
Carbohydrate (g)	91.77	60.63%												
Total Fat (g)	15.26	22.69%		<=30.00%										
Saturated Fat (g)	4.95	7.36%		<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.

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