

Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:52 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)
Fri - 12/01/2017													
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	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
STEAMED VEGETABLES	1/2 cup	21	0	21	0.23	14.2	267	26.56	*0	1.65	3.34	0.0	0.00
SALAD EL/MS	1 cup	14	0	91	0.39	13.4	3546	1.63	*N/A*	0.5	2.74	0.12	0.02
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
CONDIMENTS	1 EA	13	0	70	0.03	1.4	0	0.0	*0	0.1	0.89	0.97	0.13
Weighted Daily Average		578	27	890	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 - 12/04/2017													
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

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Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:52 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												
PORK CHOP	1 EA	99	36	111	0.84	19.3	32	0.0	*N/A*	5.22	5.94	6.15	1.90
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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
SWEET POTATO	1/2 cup	91	0	28	0.57	11.1	5468	6.43	*4	0.88	21.52	0.36	0.08
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
BREAD el/ms	1 EA	27	0	54	0.55	76.6	0	0.0	1	1.19	4.92	0.24	0.07
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		713	71	771	5.13	547.3	7569	65.27	*38	29.18	104.53	20.75	7.54
% of Calories									*21.2%	16.4%	58.6%	26.2%	9.5%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 12/05/2017													
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
ELEM/MIDDLE LUNCH	Total												
CHILI DOG	1 EA	125	13	517	1.13	61.2	613	0.27	*N/A*	6.0	9.2	7.39	2.00
HOT DOG ON A BUN:turkey hot	SERVING	70	8	248	0.76	36.3	0	0.0	*N/A*	3.63	5.4	3.95	1.06
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
CONDIMENTS	1 EA	26	0	141	0.07	2.8	0	0.0	*0	0.2	1.77	1.94	0.26

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Weighted Values - Detailed

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

002 - WOLFE CITY ELEM/MIDDLE

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		605	29	1213	4.80	460.0	10791	36.78	*39 *25.8%	23.18 15.3%	88.32 58.4%	19.59 29.1%	4.70 7.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 12/06/2017													
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												
BEEF ENCHILADAS	2 EA	134	17	372	2.16	113.6	1014	3.11	*0	7.18	15.88	4.87	2.84
BURRITO	1 EA	111	12	257	0.81	59.8	224	0.36	*N/A*	5.39	9.87	5.69	2.39
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
REFRIED BEANS	1/2 cup	61	0	96	0.99	20.2	33	0.56	*0	3.39	9.28	1.37	0.43
SALAD EL/MS	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
SPANISH RICE	1/2 CUP	46	0	164	0.56	5.4	156	0.5	*0	0.83	10.41	0.21	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	52	0	5	0.27	5.5	190	1.74	13	0.37	13.65	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
MILK,1% Lowfat	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
TACO SAUCE	3 packs	2	0	29	0.04	0.5	19	0.85	*N/A*	0.04	0.47	0.01	0.00
Weighted Daily Average % of Calories		687	42	1225	7.02	535.8	6476	42.97	*43 *25.0%	29.46 17.2%	111.03 64.7%	15.87 20.8%	6.90 9.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/07/2017													
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												
STEAK FINGERS	SERVING	31	3	32	0.27	4.0	1	0.0	0	1.6	2.0	1.9	0.45
TURKEY W/CHEESE SANDWICH	1 EACH	79	13	328	0.72	62.2	55	1.23	2	6.48	7.86	2.32	0.97
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
BREAD el/ms	1 EA	27	0	54	0.55	76.6	0	0.0	1	1.19	4.92	0.24	0.07
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		533	30	1002	4.24	557.5	1352	44.04	*37	24.31	81.85	12.96	4.11
% of Calories									*28.0%	18.2%	61.5%	21.9%	6.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Fri - 12/08/2017													
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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	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	115	14	172	1.30	45.1	40	0.22	*1	6.46	9.23	5.83	2.15
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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
Weighted Daily Average		642	37	790	4.65	454.0	5271	42.89	*45	26.80	94.53	18.89	6.33
% of Calories									*27.8%	16.7%	58.9%	26.5%	8.9%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Mon - 12/11/2017													
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												
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	69	14	153	0.54	12.4	0	0.36	*N/A*	4.54	2.91	4.37	1.80
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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		588	49	1011	4.17	535.5	960	42.27	*36	32.83	81.93	14.97	4.68
% of Calories									*24.6%	22.3%	55.8%	22.9%	7.2%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:53 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 - 12/12/2017													
ELEM/MIDDLE SCHOOL BR BREAKFAST SANDWICH CEREAL	Total												
	1 EA	31	16	54	0.19	26.9	58	0.01	*0	2.08	2.34	1.47	0.59
	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
	2 EACH	20	0	26	0.13	6.0	25	0.01	1	0.7	2.61	0.78	0.16
	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
	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												
	1 CUP	117	20	188	0.72	93.5	674	1.69	*0	7.75	8.74	5.13	2.18
	1 ea	96	14	180	0.81	75.0	90	0.0	0	5.4	9.6	3.9	1.80
	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
	1/2 cup	93	0	103	1.43	32.4	0	0.0	0	5.64	17.37	0.3	0.08
	1/2 CUP	38	0	136	0.47	4.5	130	0.42	*0	0.69	8.68	0.17	0.00
	1 cup	12	0	78	0.34	11.5	3039	1.4	*N/A*	0.43	2.35	0.1	0.01
	1 EACH	44	0	4	0.18	11.0	888	18.83	8	0.67	11.19	0.18	0.04
	HALF PINT	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
	HALF PINT	66	3	60	0.00	180.0	300	1.44	11	4.8	11.4	0.0	0.00
	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		638	58	980	5.39	557.6	5755	38.53	*30	32.87	95.33	14.33	5.70
% of Calories									*18.5%	20.6%	59.8%	20.2%	8.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 12/13/2017													
ELEM/MIDDLE SCHOOL BR	Total												
	1 EA	8	14	7	0.07	3.3	29	0.0	0	0.5	0.08	0.55	0.17
	EA	7	2	23	0.00	0.0	0	0.0	*N/A*	0.49	0.0	0.59	0.20
	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
	2 ea	28	0	49	0.24	15.6	21	0.0	*0	1.2	4.11	0.79	0.18
	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
	1/2 CUP	11	0	3	0.00	0.0	0	4.61	3	0.11	2.72	0.0	0.00
	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
	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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 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)
ELEM/MIDDLE LUNCH	Total												
STEAK SANDWICH	1 EA	127	10	155	1.32	24.3	0	0.0	*1	5.74	11.45	6.47	1.53
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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		623	47	971	4.73	574.3	5143	38.17	*36	29.34	86.99	18.27	6.10
% of Calories									*22.9%	18.8%	55.8%	26.4%	8.8%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Thu - 12/14/2017													
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												
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	103	25	205	0.29	111.8	121	4.94	*1	9.01	6.93	4.24	2.04
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:53 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		610	55	861	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 - 12/15/2017													
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	120	10	264	1.08	80.0	120	0.0	*N/A*	6.4	14.0	4.8	2.00
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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		603	27	828	4.30	440.2	4415	22.33	*38	26.69	97.05	14.72	4.51
% of Calories									*25.2%	17.7%	64.4%	22.0%	6.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:53 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 - 12/18/2017													
ELEM/MIDDLE SCHOOL BR	Total												
FRENCH TOAST STICKS	1 EA	25	0	30	0.50	220.0	42	4.5	*N/A*	0.7	3.7	0.9	0.15
SYRUP	POUCH	1	0	7	0.00	0.0	0	0.0	0	0.0	0.36	0.0	0.00
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
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	104	7	212	0.85	33.3	0	0.16	*1	5.83	10.62	4.2	0.83
BAKED POTATO	1 EACH	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
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	52	903	5.08	818.5	13257	30.86	*35	29.51	82.53	17.21	6.38
% of Calories									*23.6%	19.9%	55.7%	26.1%	9.7%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Tue - 12/19/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BLUEBERRY MUFFINS	2 EA	40	3	28	0.00	0.0	16	0.0	3	0.4	6.4	1.4	0.30
FLAVORED YOGURT	1 EA	11	0	8	0.00	15.0	0	0.12	0	0.4	2.1	0.1	0.05
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK,1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
ELEM/MIDDLE LUNCH	Total												
CHICKEN ALFREDO	1 CUP	76	16	136	0.39	27.3	115	0.1	*1	4.63	8.53	2.67	1.33
MINI CORN DOG BITES	1 EA	64	10	195	0.00	0.0	0	0.0	0	2.2	5.8	3.6	1.00
BAKED POTATO	1 EACH	118	7	136	0.91	59.4	209	5.45	*1	4.47	17.58	3.52	1.15
SEASONED NEW POTATOES	1/2 cup	58	0	36	0.10	2.8	131	4.67	*0	0.65	7.3	2.95	0.60
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	10	1	10	0.01	28.3	44	0.0	1	0.76	1.13	0.22	0.14
MILK, CHOC FATFREE	HALF PINT	44	2	40	0.00	120.0	200	0.96	7	3.2	7.6	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		537	40	687	2.42	336.5	1460	35.90	*32	19.99	82.35	15.22	4.77
% of Calories									*23.5%	14.9%	61.4%	25.5%	8.0%
Nutrient Guideline		560-620		1092								<=30.0	<10.00

Wed - 12/20/2017													
ELEM/MIDDLE SCHOOL BR	Total												
BRKFST BURRITO	1 EA	26	21	36	0.11	18.8	42	0.0	*0	1.6	1.98	1.2	0.48
CEREAL	SERVING	10	0	17	0.56	10.7	52	0.73	0	0.17	2.17	0.13	0.02
TOAST	2 ea	11	0	20	0.09	6.3	8	0.0	*0	0.48	1.64	0.32	0.07
FRUIT,FRESH ASSORTED	1 EACH	13	0	1	0.05	3.1	254	5.38	2	0.19	3.2	0.05	0.01
JUICE	1/2 CUP	9	0	3	0.00	0.0	0	3.69	2	0.09	2.17	0.0	0.00
MILK, 1% Lowfat	HALF PINT	5	1	5	0.00	14.2	22	0.0	1	0.38	0.57	0.11	0.07
MILK, CHOC FATFREE	HALF PINT	11	1	10	0.00	30.0	50	0.24	2	0.8	1.9	0.0	0.00
JELLY	2 ea	3	0	0	0.00	0.1	0	0.01	1	0.0	0.78	0.0	0.00
ELEM/MIDDLE LUNCH	Total												
ORANGE CHICKEN	1 EACH	85	30	90	0.36	10.0	19	0.0	*N/A*	7.0	5.5	3.5	0.75
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	59	3	68	0.46	29.7	104	2.72	*0	2.24	8.79	1.76	0.57
RICE	servings	87	0	51	0.35	6.6	0	0.0	*0	1.87	18.18	0.69	0.14
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		565	75	663	3.51	419.6	2191	40.85	*29	28.94	85.35	12.16	3.70
% of Calories									*20.3%	20.5%	60.4%	19.4%	5.9%
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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Wolfe City ISD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 20, 2017

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

002 - WOLFE CITY ELEM/MIDDLE

Generated on: 11/17/2017 11:23:53 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 Average		608	46	914	4.52	521.1	6031	41.83	*37 *54.0%	27.96 18.4%	90.17 59.3%	16.28 24.1%	5.46 8.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	608		560 - 620	100%				
Cholesterol (mg)	46							
Sodium (mg)	914		1092					
Iron (mg)	4.52							
Calcium (mg)	521.1							
Vitamin A (IU)	6031							
Sugars (g)	37	24.01%			Missing			
Vitamin C (mg)	41.83							
Protein (g)	27.96	18.39%						
Carbohydrate (g)	90.17	59.31%						
Total Fat (g)	16.28	24.09%	<=30.00%					
Saturated Fat (g)	5.46	8.08%	<10.00%					

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