

Wolfe City ISD

Jun 4, 2018 thru Jun 29, 2018

Planned Menu Spreadsheet

Combined: SUMMER FEEDING BREAK/SUMMER FEEDING 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)
Mon - 06/04/2018													
SUMMER FEEDING BREAK	Total												
CINNAMON ROLL	1 EA	118	7	123	0.82	18.2	0	0.0	*N/A*	3.18	16.82	4.55	2.27
FRUIT,FRESH ASSORTED	1 EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	20	1	18	0.00	54.5	91	0.44	3	1.45	3.45	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SUMMER FEEDING LUNCH	Total												
PIZZA STICK	1 STICK	142	14	278	0.98	81.9	218	1.97	2	6.01	17.47	4.91	2.46
SALAD	1.25 cup	8	0	3	0.33	11.4	2681	3.56	1	0.51	1.64	0.12	0.01
CARROTS (STEAMED)	1/2 CUP	21	0	31	0.47	28.2	10172	1.82	2	0.54	4.88	0.13	0.02
APPLESAUCE	1/2 CUP	45	0	1	0.08	2.0	4	1.14	10	0.11	11.68	0.11	0.02
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
Weighted Daily Average		476	28	540	2.81	425.5	13986	27.74	*38	18.35	77.54	11.02	5.52
% of Calories									*31.6%	15.4%	65.2%	20.8%	10.4%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Tue - 06/05/2018													
SUMMER FEEDING BREAK	Total												
BRKFST BURRITO	1 EA	117	94	164	0.51	85.5	190	0.0	*0	7.27	8.98	5.48	2.16
PEACHES: canned,light syrup	1/2 CUP	24	0	2	0.16	1.3	155	1.05	6	0.2	6.36	0.01	0.00
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
SUMMER FEEDING LUNCH	Total												
CHICKEN,OVEN FRIED	SERVING	154	51	55	0.76	38.7	51	0.18	*1	13.07	5.29	8.68	1.91
MASHED POTATOES	1/2 CUP	44	2	26	0.17	40.2	54	14.32	*1	1.7	7.76	0.75	0.41
GREEN BEANS	1/2 CUP	10	0	106	0.38	11.0	147	1.99	*N/A*	0.51	2.2	0.04	0.01
BREAD el/ms	1 EA	36	0	73	0.75	104.5	1	0.0	1	1.63	6.71	0.33	0.10
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	36	0	1	0.27	9.6	26	5.12	9	0.25	9.19	0.08	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39

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

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Jun 4, 2018 thru Jun 29, 2018

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Combined: SUMMER FEEDING BREAK/SUMMER FEEDING 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)
Weighted Daily Average		579	156	536	3.16	591.0	1787	46.92	*44	33.17	75.30	16.60	5.34
% of Calories									*30.5%	22.9%	52.0%	25.8%	8.3%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Wed - 06/06/2018													
SUMMER FEEDING BREAK	Total												
PIG IN A BLANKET	2 EACH	127	23	145	2.44	36.2	362	2.17	*N/A*	6.33	15.37	4.07	1.36
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	24	0	0	0.18	6.4	17	3.41	6	0.16	6.12	0.05	0.00
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	20	1	18	0.00	54.5	91	0.44	3	1.45	3.45	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SUMMER FEEDING LUNCH	Total												
CHICKEN FAJITA	1 EA	188	46	373	0.53	203.3	220	8.98	*1	16.39	12.59	7.7	3.71
REFRIED BEANS	1/2 cup	55	0	88	0.90	18.3	30	0.51	*0	3.08	8.43	1.25	0.39
SPANISH RICE	1/2 CUP	42	0	149	0.51	4.9	142	0.45	*0	0.76	9.47	0.19	0.00
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.24	2.0	232	1.57	9	0.3	9.54	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
Weighted Daily Average		623	77	862	4.97	557.7	2145	41.24	*41	35.20	89.49	14.52	6.21
% of Calories									*26.4%	22.6%	57.4%	21.0%	9.0%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Thu - 06/07/2018													
SUMMER FEEDING BREAK	Total												
SCRAMBLED EGGS	1 EA	34	63	33	0.30	15.2	132	0.0	0	2.29	0.37	2.52	0.76
BACON	2 SLICES	31	9	103	0.00	0.0	0	0.0	*N/A*	2.24	0.0	2.69	0.90
TOAST	2 ea	86	0	149	0.72	47.4	62	0.0	*1	3.64	12.44	2.4	0.55
CINNAMON APPLES	1/2 cup	39	0	1	0.11	5.2	21	0.1	*4	0.15	10.13	0.19	0.03
JUICE	1/2 CUP	26	0	7	0.00	0.0	0	10.47	6	0.25	6.17	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	20	1	18	0.00	54.5	91	0.44	3	1.45	3.45	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33

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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Weighted Values - Detailed

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)
SUMMER FEEDING LUNCH	Total												
TOASTED CHEESE SANDWICH	1 EACH	178	16	264	1.07	274.9	395	0.0	*2	12.0	14.93	7.08	3.89
VEGETABLE SOUP	1 CUP	43	0	230	0.55	14.1	2829	3.08	*0	1.58	8.74	0.44	0.04
CRACKERS	1 EA	21	0	32	0.12	4.3	0	0.0	1	0.34	3.29	0.76	0.15
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
Weighted Daily Average		590	97	918	3.05	647.7	4582	29.43	*34	30.47	79.09	17.32	7.07
% of Calories									*23.1%	20.6%	53.6%	26.4%	10.8%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Mon - 06/11/2018													
SUMMER FEEDING BREAK	Total												
CEREAL	SERVING	36	0	63	2.04	38.8	188	2.67	2	0.6	7.88	0.48	0.09
TOAST	2 ea	69	0	119	0.57	37.9	50	0.0	*1	2.91	9.95	1.92	0.44
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.34	0.0	0.00
SUMMER FEEDING LUNCH	Total												
CHICKEN CORDON BLUE	1 EACH	198	35	437	0.96	167.6	125	0.0	*0	15.13	9.16	11.37	4.15
MASHED POTATOES	1/2 CUP	44	2	26	0.17	40.2	54	14.32	*1	1.7	7.76	0.75	0.41
GREEN BEANS	1/2 CUP	10	0	106	0.38	11.0	147	1.99	*N/A*	0.51	2.2	0.04	0.01
APPLESAUCE	1/2 CUP	45	0	1	0.08	2.0	4	1.14	10	0.11	11.68	0.11	0.02
ROLL	1 EA	33	0	52	0.00	11.0	0	1.33	*N/A*	1.1	7.18	0.0	0.00
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
Weighted Daily Average		603	46	914	4.34	606.5	1503	40.88	*42	30.45	87.06	15.87	5.86
% of Calories									*27.8%	20.2%	57.8%	23.7%	8.7%
Nutrient Guideline		509-582		916								<=30.0	<10.00

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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)
Tue - 06/12/2018													
SUMMER FEEDING BREAK	Total												
CHICKEN & BISCUIT	1 EA	127	14	291	0.82	45.5	0	19.09	1	5.45	14.55	5.45	2.05
APPLESAUCE	1/2 CUP	30	0	1	0.05	1.3	3	0.76	7	0.07	7.79	0.08	0.01
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, 1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
SUMMER FEEDING LUNCH	Total												
CRISPITO EL/MS	1.5 ea	180	29	262	0.88	49.1	0	0.0	*N/A*	7.36	18.0	8.18	2.04
REFRIED BEANS	1/2 cup	55	0	88	0.90	18.3	30	0.51	*0	3.08	8.43	1.25	0.39
SALAD EL/MS	1 cup	11	0	71	0.31	10.5	2763	1.27	*N/A*	0.39	2.13	0.1	0.01
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.24	2.0	232	1.57	9	0.3	9.54	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK, 1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
TACO SAUCE	1 packet	3	0	39	0.05	0.7	26	1.15	*N/A*	0.06	0.64	0.02	0.00
Weighted Daily Average		600	50	863	3.42	427.7	4219	48.61	*43	25.26	89.90	16.32	5.25
% of Calories									*28.4%	16.9%	60.0%	24.5%	7.9%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Wed - 06/13/2018													
SUMMER FEEDING BREAK	Total												
OATMEAL	1 CUP	63	0	14	0.51	15.3	50	0.0	*3	2.06	10.26	1.64	0.33
TOAST	2 ea	51	0	89	0.43	28.4	37	0.0	*1	2.18	7.46	1.44	0.33
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, 1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.34	0.0	0.00
SUMMER FEEDING LUNCH	Total												
BAKED POTATO el/ms	1 EACH	235	16	296	1.82	132.6	349	8.91	*1	10.15	32.43	7.62	2.75
BROCCOLI & CHEESE	1/2 CUP	28	3	79	0.30	54.8	435	15.88	0	2.09	2.64	1.25	0.79
CARROT STICKS- baby	1bag	16	0	36	0.42	14.7	6396	1.23	0	0.29	3.78	0.06	0.01
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	36	0	1	0.27	9.6	26	5.12	9	0.25	9.19	0.08	0.01
MILK, 1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	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)
Weighted Daily Average		596	28	624	3.90	553.4	8227	50.58	*41	25.41	97.02	13.29	4.95
% of Calories									*27.8%	17.0%	65.1%	20.1%	7.5%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Thu - 06/14/2018													
SUMMER FEEDING BREAK	Total												
SCRAMBLED EGGS	1 EA	34	63	33	0.30	15.2	132	0.0	0	2.29	0.37	2.52	0.76
BACON	2 SLICES	31	9	103	0.00	0.0	0	0.0	*N/A*	2.24	0.0	2.69	0.90
TOAST	2 ea	69	0	119	0.57	37.9	50	0.0	*1	2.91	9.95	1.92	0.44
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	27	0	3	0.14	2.9	99	0.9	7	0.19	7.09	0.03	0.00
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	20	1	18	0.00	54.5	91	0.44	3	1.45	3.45	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SUMMER FEEDING LUNCH	Total												
PEPPERONI PIZZA	1 EA	164	14	360	1.47	109.1	164	0.0	*N/A*	8.73	19.09	6.55	2.73
STEAMED VEGETABLES	1/2 cup	16	0	16	0.18	11.0	208	20.69	*0	1.29	2.6	0.0	0.00
SALAD EL/MS	1 cup	11	0	71	0.31	10.5	2763	1.27	*N/A*	0.39	2.13	0.1	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
Weighted Daily Average		505	94	809	3.15	473.2	4557	47.01	*33	26.22	69.20	15.04	5.60
% of Calories									*26.3%	20.8%	54.8%	26.8%	10.0%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Mon - 06/18/2018													
SUMMER FEEDING BREAK	Total												
PIG IN A BLANKET	2 EACH	63	11	72	1.22	18.1	181	1.09	*N/A*	3.17	7.69	2.03	0.68
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33

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Wolfe City ISD

Jun 4, 2018 thru Jun 29, 2018

Planned Menu Spreadsheet

Combined: SUMMER FEEDING BREAK/SUMMER FEEDING LUNCH

Weighted Values - Detailed

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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)
SUMMER FEEDING LUNCH	Total												
CHICKEN NUGGETS	5 EACH	118	34	202	1.09	15.8	40	6.0	*N/A*	7.64	7.09	6.55	1.09
MASHED POTATOES	1/2 CUP	44	2	26	0.17	40.2	54	14.32	*1	1.7	7.76	0.75	0.41
CORN ON THE COB	1 EACH	32	0	82	0.21	1.0	80	1.65	1	1.07	7.67	0.25	0.04
PEACHES: canned,light syrup	1/2 CUP	35	0	3	0.24	2.0	232	1.57	9	0.3	9.54	0.02	0.00
BREAD el/ms	1 EA	36	0	73	0.75	104.5	1	0.0	1	1.63	6.71	0.33	0.10
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
Weighted Daily Average		467	55	557	3.80	452.5	1478	43.89	*35	23.16	70.99	11.02	2.99
% of Calories									*29.7%	19.8%	60.8%	21.3%	5.8%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Tue - 06/19/2018													
SUMMER FEEDING BREAK	Total												
BISCUITS: PLAIN,PURCH (2.5")	1 EACH	61	0	72	0.39	72.3	0	0.0	*N/A*	1.45	7.6	2.89	1.45
GRAVY LUNCH	1/4 CUP	18	0	82	0.21	2.2	1	0.07	*0	0.29	1.95	0.95	0.38
SAUSAGE	PATTY	29	7	87	0.13	7.3	0	0.0	*N/A*	2.18	0.36	2.18	0.73
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	27	0	3	0.14	2.9	99	0.9	7	0.19	7.09	0.03	0.00
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SUMMER FEEDING LUNCH	Total												
TACO,BEEF	2 EACH	158	26	284	0.89	78.5	1123	1.15	*0	8.12	10.84	9.04	3.78
SPANISH RICE	1/2 CUP	42	0	149	0.51	4.9	142	0.45	*0	0.76	9.47	0.19	0.00
REFRIED BEANS	1/2 cup	55	0	88	0.90	18.3	30	0.51	*0	3.08	8.43	1.25	0.39
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
TACO SAUCE	3 packs	2	0	26	0.03	0.5	18	0.77	*N/A*	0.04	0.43	0.01	0.00
Weighted Daily Average		540	41	891	3.37	460.6	2535	28.00	*32	23.94	73.61	17.68	7.41
% of Calories									*23.7%	17.7%	54.5%	29.4%	12.3%
Nutrient Guideline		509-582		916								<=30.0	<10.00

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Wolfe City ISD

Jun 4, 2018 thru Jun 29, 2018

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Combined: SUMMER FEEDING BREAK/SUMMER FEEDING LUNCH

Weighted Values - Detailed

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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)
Wed - 06/20/2018													
SUMMER FEEDING BREAK	Total												
CEREAL	1 SERVING	36	0	63	2.04	38.8	188	2.67	2	0.6	7.88	0.48	0.09
TOAST	2 ea	69	0	119	0.57	37.9	50	0.0	*1	2.91	9.95	1.92	0.44
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
JELLY	2 ea	20	0	2	0.01	0.5	0	0.07	4	0.01	5.34	0.0	0.00
SUMMER FEEDING LUNCH	Total												
STEAK FINGERS	4 ea	169	19	175	1.47	21.8	3	0.0	1	8.73	10.91	10.36	2.45
MACARONI & CHEESE	1/2 CUP	77	5	93	0.49	69.5	92	0.0	*1	3.31	10.94	2.0	1.10
GREEN BEANS	1/2 CUP	10	0	106	0.38	11.0	147	1.99	*N/A*	0.51	2.2	0.04	0.01
CARROTS (STEAMED)	1/2 CUP	21	0	31	0.47	28.2	10172	1.82	2	0.54	4.88	0.13	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
Weighted Daily Average		573	31	690	5.71	487.2	12235	40.48	*40	24.79	85.35	16.17	4.83
% of Calories									*27.8%	17.3%	59.6%	25.4%	7.6%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Thu - 06/21/2018													
SUMMER FEEDING BREAK	Total												
SCRAMBLED EGGS	1 EA	27	51	27	0.24	12.2	106	0.0	0	1.83	0.3	2.01	0.61
BACON	2 SLICES	25	7	83	0.00	0.0	0	0.0	*N/A*	1.8	0.0	2.15	0.72
TOAST	2 ea	60	0	104	0.50	33.1	44	0.0	*1	2.55	8.71	1.68	0.39
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	24	0	0	0.18	6.4	17	3.41	6	0.16	6.12	0.05	0.00
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	17	2	18	0.01	51.5	81	0.0	2	1.39	2.06	0.4	0.26

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Wolfe City ISD

Jun 4, 2018 thru Jun 29, 2018

Planned Menu Spreadsheet

Combined: SUMMER FEEDING BREAKFAST/SUMMER FEEDING LUNCH

Weighted Values - Detailed

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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)
SUMMER FEEDING LUNCH	Total												
MOZZARELLA STICKS	5 EACH	227	16	320	0.35	2504.7	11796	17.02	*1	10.7	21.32	10.84	3.88
MARINARA SAUCE	4 OZ	32	0	161	0.26	10.8	206	0.0	*N/A*	0.57	3.71	1.7	0.10
SALAD EL/MS	1 cup	9	0	59	0.26	8.7	2302	1.06	*N/A*	0.33	1.78	0.08	0.01
APPLESAUCE	1/2 CUP	45	0	1	0.08	2.0	4	1.14	10	0.11	11.68	0.11	0.02
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
Weighted Daily Average		594	81	850	2.03	2838.8	15577	46.77	*41	25.53	80.55	19.68	6.35
% of Calories									*27.9%	17.2%	54.2%	29.8%	9.6%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Mon - 06/25/2018													
	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)
SUMMER FEEDING BREAK	Total												
PANCAKE ON A STICK	1 EA	95	9	177	0.65	9.1	18	0.0	4	3.18	9.09	5.45	1.36
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SYRUP	POUCH	4	0	31	0.00	0.0	0	0.0	0	0.0	1.65	0.0	0.00
SUMMER FEEDING LUNCH	Total												
HOT DOG ON A BUN:turkey hot	SERVING	126	14	451	1.38	66.0	0	0.0	*N/A*	6.59	9.83	7.17	1.93
HASH BROWN POTATOES	1 each	35	0	2	0.09	2.7	0	1.06	0	0.42	4.51	1.83	0.15
CARROT STICKS- baby	1bag	16	0	36	0.42	14.7	6396	1.23	0	0.29	3.78	0.06	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
KETCHUP: individual	Pkt 6g	13	0	119	0.05	2.0	69	0.54	3	0.14	3.59	0.01	0.00
Weighted Daily Average		471	31	927	2.85	400.5	8110	36.86	*37	19.52	67.08	15.86	4.23
% of Calories									*31.3%	16.6%	57.0%	30.3%	8.1%
Nutrient Guideline		509-582		916								<=30.0	<10.00

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Weighted Values - Detailed

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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)
Tue - 06/26/2018													
SUMMER FEEDING BREAK	Total												
BRKFST BURRITO	1 EA	117	94	164	0.51	85.5	190	0.0	*0	7.27	8.98	5.48	2.16
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
SUMMER FEEDING LUNCH	Total												
BURRITO	1 EA	201	22	468	1.47	108.8	408	0.65	*N/A*	9.79	17.95	10.34	4.35
REFRIED BEANS	1/2 cup	55	0	88	0.90	18.3	30	0.51	*0	3.08	8.43	1.25	0.39
SALAD EL/MS	1 cup	9	0	59	0.26	8.7	2302	1.06	*N/A*	0.33	1.78	0.08	0.01
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
TACO SAUCE	3 packs	2	0	26	0.03	0.5	18	0.77	*N/A*	0.04	0.43	0.01	0.00
Weighted Daily Average		565	124	916	3.44	527.8	4574	37.03	*31	29.40	72.21	18.48	7.69
% of Calories									*21.8%	20.8%	51.1%	29.5%	12.2%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Wed - 06/27/2018													
SUMMER FEEDING BREAK	Total												
BLUEBERRY MUFFINS	2 EA	182	14	127	0.00	0.0	73	0.0	15	1.82	29.09	6.36	1.36
FRUIT,FRESH ASSORTED	EACH	23	0	2	0.09	5.7	462	9.78	4	0.35	5.81	0.09	0.02
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK,1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
SUMMER FEEDING LUNCH	Total												
SPAGHETTI el/ms	3/4 CUP	137	7	284	1.06	21.2	686	6.34	*0	5.02	20.15	4.16	0.92
SALAD EL/MS	1 cup	11	0	71	0.31	10.5	2763	1.27	*N/A*	0.39	2.13	0.1	0.01
STEAMED VEGETABLES	1/2 cup	16	0	16	0.18	11.0	208	20.69	*0	1.29	2.6	0.0	0.00
GARLIC TOAST	1 EACH	49	0	104	0.59	0.0	219	0.0	*N/A*	1.64	8.21	1.37	0.27
FRUIT,FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
MILK,1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00

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Weighted Daily Average		576	29	713	2.40	348.7	5574	62.34	*45	19.05	96.82	13.32	3.34
% of Calories									*31.5%	13.2%	67.3%	20.8%	5.2%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Thu - 06/28/2018													
SUMMER FEEDING BREAK	Total												
SCRAMBLED EGGS	1 EA	34	63	33	0.30	15.2	132	0.0	0	2.29	0.37	2.52	0.76
BACON	2 SLICES	31	9	103	0.00	0.0	0	0.0	*N/A*	2.24	0.0	2.69	0.90
TOAST	2 ea	69	0	119	0.57	37.9	50	0.0	*1	2.91	9.95	1.92	0.44
APPLESAUCE	1/2 CUP	30	0	1	0.05	1.3	3	0.76	7	0.07	7.79	0.08	0.01
JUICE	1/2 CUP	21	0	6	0.00	0.0	0	8.38	5	0.2	4.94	0.0	0.00
MILK, CHOC FATFREE	HALF PINT	25	1	23	0.00	68.2	114	0.55	4	1.82	4.32	0.0	0.00
MILK, 1% Lowfat	HALF PINT	22	3	23	0.02	64.4	101	0.0	3	1.74	2.57	0.5	0.33
SUMMER FEEDING LUNCH	Total												
CHEESEBURGER	1 EA	204	23	403	1.76	105.4	172	0.3	*1	12.36	12.49	11.77	4.24
POTATO WEDGES	8 PCS	60	0	8	0.22	4.9	2	2.39	*N/A*	1.1	9.33	1.92	0.27
BURGER FIXINS	1 EA	7	0	103	0.29	16.1	2210	2.61	1	0.45	1.48	0.13	0.02
FRUIT, FRESH ASSORTED	1 EACH	34	0	3	0.14	8.5	692	14.68	6	0.53	8.72	0.14	0.03
SLUSH	1 EA	44	0	25	0.20	43.6	545	32.73	*N/A*	0.0	10.91	0.0	0.00
MILK, 1% Lowfat	HALF PINT	26	3	27	0.02	77.3	121	0.0	3	2.08	3.09	0.6	0.39
MILK, CHOC FATFREE	HALF PINT	30	1	27	0.00	81.8	136	0.65	5	2.18	5.18	0.0	0.00
Weighted Daily Average		637	104	904	3.58	524.7	4280	63.03	*36	29.96	81.13	22.27	7.40
% of Calories									*22.6%	18.8%	50.9%	31.4%	10.5%
Nutrient Guideline		509-582		916								<=30.0	<10.00

Weighted Average		562	67	782	3.50	645.2	5961	43.18	*38	26.24	80.77	15.90	5.63
									*61.3%	18.7%	57.5%	25.5%	9.0%

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

Jun 4, 2018 thru Jun 29, 2018

Planned Menu Spreadsheet

Combined: SUMMER FEEDING BREAKFAST/SUMMER FEEDING LUNCH

Weighted Values - Detailed

002 - WOLFE CITY ELEM/MIDDLE

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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	562		509 - 582	100%										
Cholesterol (mg)	67													
Sodium (mg)	782		916											
Iron (mg)	3.50													
Calcium (mg)	645.2													
Vitamin A (IU)	5961													
Sugars (g)	38	27.27%			Missing									
Vitamin C (mg)	43.18													
Protein (g)	26.24	18.67%												
Carbohydrate (g)	80.77	57.46%												
Total Fat (g)	15.90	25.46%		<=30.00%										
Saturated Fat (g)	5.63	9.01%		<10.00%										

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