

Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 04/01/2021																
Parkway Breakfast	Total	1														
Breakfast Burrito Egg Chs Baco	3.40 oz eac	1	212	70	319	3.00	1.80	150.0	300	3.6	0	11.0	22.0	9.0	4.00	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			212	70	319	3.00	1.80	150.0	*300	*3.60	*0	11.00	22.00	9.00	4.00	*0.00
% of Calories											*0.0%	20.8%	41.5%	38.2%	17.0%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Fri - 04/02/2021																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Mon - 04/05/2021																
Parkway Breakfast	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=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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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Tue - 04/06/2021																
Parkway Breakfast	Total	1														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Honey Bun	1 EACH	1	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			262	0	273	3.27	1.96	43.6	*49	*0.00	*10	5.45	37.09	10.91	3.82	*0.00
% of Calories											*15.0%	8.3%	56.7%	37.5%	13.1%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=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

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Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Wed - 04/07/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast Egg Fiesta Chs Omele	2.20 oz	1800	120	175	280	0.00	0.18	1020.0	0	0.0	0	8.0	1.0	9.0	3.50	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			291	128	391	2.79	1.02	846.2	*821	*19.97	*32	11.92	42.43	8.98	3.58	*0.00
% of Calories											*44.3%	16.4%	58.2%	27.7%	11.1%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 04/08/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Mini Cinnis	pkg	1800	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			374	8	404	4.16	1.88	174.2	*821	*19.97	*43	9.87	69.17	8.29	2.55	*0.00
% of Calories											*45.5%	10.6%	74.0%	20.0%	6.2%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Fri - 04/09/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast Mini Pancake Sausg(p	3 pieces	1	230	25	480	2.00	1.44	40.0	0	0.0	5	8.0	20.0	13.0	3.50	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Cheese, American slices	.5 oz	1	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			278	6	244	3.66	1.83	146.3	*699	*22.16	*28	6.35	53.75	5.35	1.62	*0.00
% of Calories											*40.4%	9.1%	77.5%	17.3%	5.3%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Mon - 04/12/2021																
Parkway Breakfast	Total	1														
Distance Learning	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Tue - 04/13/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bagel Stuffer, Straw/Cinn	2.43 oz	1800	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	2000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Choc Skim PFD	8 oz	1500	110	5	210	0.00	0.00	200.0	750	0.0	18	8.0	19.0	0.0	0.00	0.00
Milk Strawberry Skim PFD	8 oz	50	120	5	95	0.00	0.00	300.0	750	0.0	22	8.0	22.0	0.0	0.00	0.00
Milk 1% PFD	8 oz	75	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	50	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			442	12	407	4.55	2.78	212.5	*836	*19.61	*38	12.38	81.42	8.53	2.79	*0.00
% of Calories											*33.9%	11.2%	73.6%	17.4%	5.7%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Wed - 04/14/2021																
Parkway Breakfast	Total	2500														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Egg & Cheese Croissant	4 oz	500	316	114	493	1.00	180.33	297.2	341	0.0	*0	13.14	22.38	19.62	7.10	0.00
Bacon, Lay Flat	16 g	500	75	21	267	0.00	0.00	0.0	0	0.0	0	5.33	0.0	6.4	2.13	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	75	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT, FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	600	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			333	31	345	4.03	37.98	204.6	*522	*23.84	*23	9.03	54.11	10.28	3.28	*0.00
% of Calories											*28.0%	10.8%	64.9%	27.8%	8.8%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 04/15/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast MpleEggSausage Torna	79 g	1	180	40	260	2.00	1.44	20.0	100	0.0	4	7.0	24.0	4.0	1.50	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			209	8	199	2.79	0.89	146.8	*821	*19.97	*32	6.44	41.75	2.81	1.18	*0.00
% of Calories											*61.6%	12.3%	79.8%	12.1%	5.1%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Fri - 04/16/2021																
Parkway Breakfast	Total	900														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes Mini 8ct Pillsbury	pkg	560	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
SYRUP,PANCAKE	1 TBSP	560	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Bagel, Plain	57 g	20	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
CREAM CHEESE	2 oz	20	25	7	22	0.00	0.01	6.9	79	0.0	0	0.44	0.39	2.44	1.43	*N/A*
Muffin Chocolate Chip-Otis	2.25 oz	19	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Muffin Blueberry-Otis	2.25 oz	10	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	650	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	300	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	300	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	570	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk 1% PFD	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			351	11	301	3.38	0.77	177.8	785	22.25	*37	8.79	69.87	5.61	1.50	*0.00
% of Calories											*42.4%	10.0%	79.6%	14.4%	3.8%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Mon - 04/19/2021																
Parkway Breakfast	Total	1														
Distance Learning	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Tue - 04/20/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Waffles Bulk	each 1.33	1800	70	4	95	0.00	0.72	20.0	0	0.0	1	2.0	11.0	2.5	0.00	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.5oz	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			257	11	264	2.79	1.39	160.5	*821	*19.97	*33	7.81	49.30	4.52	1.18	*0.00
% of Calories											*51.2%	12.1%	76.7%	15.8%	4.1%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Wed - 04/21/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Honey Bun	1 EACH	1800	262	0	273	3.27	1.96	43.6	49	0.0	10	5.45	37.09	10.91	3.82	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			389	8	386	5.03	2.24	176.7	*855	*19.97	*39	10.18	67.18	10.29	3.80	*0.00
% of Calories											*40.1%	10.5%	69.1%	23.8%	8.8%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 04/22/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Biscuit-Ham & Cheese	3.5 oz	1800	287	24	1053	1.99	1.20	238.6	212	0.0	3	9.89	28.21	15.35	11.82	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Breakfast treats assorted	1.0 oz	1	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	400	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1625	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			406	25	921	4.15	1.71	310.4	*967	*19.97	*35	13.22	61.08	13.33	9.29	*0.00
% of Calories											*34.1%	13.0%	60.2%	29.6%	20.6%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Fri - 04/23/2021																
Parkway Breakfast	Total	2625														
Breakfast	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Entrees	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cocoa Puff Filled Bar	2.43 oz	1	250	4	310	3.00	2.70	40.0	0	0.0	15	7.0	43.0	7.0	2.00	0.00
Cinnamon Toast Crunch filled	2.36 oz	1	250	5	280	2.00	1.44	20.0	100	0.0	14	6.0	40.0	8.0	2.50	0.00
Cereal Variety-parkway	1 oz	500	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	50	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	30	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	20	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	50	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	100	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
Sides	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CARROT STICKS	4 oz	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	2200	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	2500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Beverages	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Juice Apple	4 oz	500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	500	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk, 1% White	8 oz	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			278	6	244	3.66	1.83	146.3	*698	*22.16	*28	6.35	53.78	5.35	1.62	*0.00
% of Calories											*40.4%	9.1%	77.5%	17.3%	5.3%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

Mon - 04/26/2021																
Parkway Breakfast	Total	1														
Distance Learning	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Tue - 04/27/2021																
Parkway Breakfast	Total	1														
WrapTurkeySausage,Cheese ES	2.8 oz	1	200	45	470	1.00	1.80	80.0	200	0.0	*N/A*	9.0	28.0	6.0	2.50	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			200	45	470	1.00	1.80	80.0	*200	*0.00	*0	9.00	28.00	6.00	2.50	*0.00
% of Calories											*0.0%	18.0%	56.0%	27.0%	11.2%	*0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Wed - 04/28/2021																
Parkway Breakfast	Total	1														
Egg & Cheese on English Muff	1 each	1	94	124	375	0.00	0.35	95.4	346	0.0	*0	5.45	0.97	7.47	3.50	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			94	124	375	0.00	0.35	95.4	*346	*0.00	*0	5.45	0.97	7.47	3.50	*0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	*0.0%	23.1%	4.1%	71.3%	33.4%	*0.0%

Thu - 04/29/2021																
Parkway Breakfast	Total	1														
Burrito, Extremo	1 Each	1	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			220	40	310	4.00	1.80	100.0	*500	*15.00	*2	10.00	25.00	9.00	4.00	*0.00
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25	*3.6%	18.2%	45.5%	36.8%	16.4%	*0.0%

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Fri - 04/30/2021																
Parkway Breakfast	Total	1														
Donut Ring WG Rich's	1 Each	1	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Cereal Variety-parkway	1 oz	0	88	0	143	1.20	3.06	10.0	350	6.6	12	1.3	19.9	1.0	0.00	0.00
Kelloggs Pop Tart	50 g	0	190	0	160	3.00	1.80	0.0	500	0.0	*N/A*	2.0	35.0	5.0	1.50	0.00
Breakfast Bagel	2.5 oz	0	180	0	480	1.00	1.44	200.0	100	0.0	*N/A*	9.0	19.0	7.0	2.00	0.00
Cheese Cream Fat Free	2 Oz	0	60	7	398	0.00	0.11	199.0	30	0.0	3	8.9	4.34	0.57	0.37	*N/A*
Muffin Blueberry-Otis	2.25 oz	0	220	35	270	1.00	1.08	40.0	0	0.0	16	3.0	32.0	9.0	2.00	0.00
Muffin Chocolate Chip-Otis	2.25 oz	0	250	35	210	1.00	1.08	40.0	0	0.0	17	4.0	32.0	13.0	3.00	0.00
CARROT STICKS	4 oz	0	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Breakfast treats assorted	1.0 oz	0	122	0	119	1.04	1.12	56.2	*137	*0.98	*1	2.11	20.56	3.74	0.95	*0.00
FRUIT,FRESH ASSORTED	1 EACH	0	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Juice Apple	4 oz	0	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
Juice Orange	4 oz	0	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk, 1% White	8 oz	0	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	0	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			280	0	300	3.00	0.72	0.0	*0	*0.00	*7 *10.0%	5.00 7.1%	30.00 42.9%	16.00 51.4%	7.00 22.5%	*0.00 *0.0%
Nutrient Guideline			350-500	75	540	4.00	2.50	200.00	792	11.25		6.67	79.00	<=30.0	<10.00	
Weighted Average			287	31	362	3.25	3.69	186.6	*591	*14.61	*23 *71.3%	8.72 12.2%	46.29 64.5%	8.34 26.2%	3.37 10.6%	*0.00 *0.0%

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Parkway School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Parkway Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	287		350 - 500	82%		63		Correction Required - Calories are Low									
Cholesterol (mg)	31		75	42%													
Sodium 1 (mg)	362		540														
Sodium 2 (mg)	362		485														
Fiber (g)	3.25		4.00	81%		0.75		Correction Required - Fiber is Low									
Iron (mg)	3.69		2.50	148%													
Calcium (mg)	186.6		200.00	93%		13.44		Correction Required - Calcium is Low									
Vitamin A (IU)	591		792	75%	Missing	201		Correction Required - Vitamin A is Low									
Sugars (g)	23	31.70%			Missing												
Vitamin C (mg)	14.61		11.25	130%	Missing												
Protein (g)	8.72	12.16%	6.67	131%													
Carbohydrate (g)	46.29	64.55%	79.00														
Total Fat (g)	8.34	26.15%	<=30.00%														
Saturated Fat (g)	3.37	10.56%	<10.00%					Correction Required - Sat. Fat too High									
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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