

Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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Generated on: 2/14/2020 10:46:32 AM

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)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
Mon - 03/02/2020																
Parkway Secondary Lunch	Total	3950														
Lunch	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*
Chicken Alfredo	1 cup	1050	260	86	254	2.31	1.67	13.1	29	0.0	1	13.45	40.55	4.82	1.69	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
SALAD PLATTER-1	EACH	500	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
NACHOS WITH GROUND BEEF	SERVINGS	250	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	40	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
HAM SANDWICH	1 EACH	100	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza Hut Pep WG 15	1/8 14 in	500	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	200	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	300	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
PEACHES: canned,light syrup	1/2 CUP	2800	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Snickerdoodle Cookies	1 each	1	120	16	83	0.33	0.67	4.6	183	0.0	*12	1.81	21.59	3.07	0.62	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	100	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	800	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	75	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	700	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	800	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Portion Values - Detailed

Page 3

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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)
Mon - 03/02/2020																
Milk Chocolate 1%	8 oz	1500	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			349	45	564	3.70	2.20	266.6	1004	14.25	*24 *27.4%	18.65 21.4%	51.32 58.9%	8.49 21.9%	3.50 9.0%	*0.01 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Tue - 03/03/2020																
Parkway Secondary Lunch	Total	3410														
Lunch	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*
Chicken Wing Ding Goldkist	3.75 oz	2000	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Sauce, Sweet & Sour Cups	oz	2000	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*0.00
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
Specialty Items	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*
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Bosco Stick2WGSecondary	2 -7inch	300	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Bosco Pretzel Cheddar Cheese S	1 each	1	160	20	460	1.00	1.08	100.0	200	0.0	*N/A*	7.0	17.0	7.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
HOT SAUCE	2 oz	200	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Southwest chicken Tornado	2.79 oz	1	160	15	280	2.00	1.44	40.0	500	2.4	*N/A*	6.0	22.0	6.0	1.50	0.00
Ranchero Steak Tornado	2.79 oz	1	170	20	360	2.00	1.44	60.0	200	1.2	*N/A*	8.0	22.0	6.0	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*
Onion Rings	77 grams	200	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
GOLDFISH CHEDDAR	1 EACH	1	121	1	1	0.61	0.87	24.3	*N/A*	*N/A*	*N/A*	2.43	15.79	5.47	1.22	*N/A*
Green Beans, Canned	4 oz	1	14	0	169	1.28	0.00	18.0	236	2.9	0	0.81	3.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Soup homemade Vegetarian 2	6 oz	1000	74	0	295	4.08	0.82	39.9	4770	8.57	*5	1.46	16.26	0.42	0.01	*0.00
Baked DORITOS® NACHO CHE	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	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
ketchup bulk	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	400	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	600	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1500	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

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Tue - 03/03/2020																
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			439	41	991	5.78	3.28	249.2	*2312	*21.65	*26 *23.5%	23.71 21.6%	64.10 58.4%	10.72 22.0%	2.77 5.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Wed - 03/04/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
Hot Dogs 4/1 All meat	4 oz	2200	240	40	710	0.00	0.72	20.0	0	2.4	*N/A*	9.0	2.0	22.0	9.00	0.00
Whole Wheat Hot Dog Bun	1 each	1	110	0	220	0.50	1.08	100.0	0	0.0	*N/A*	3.0	22.0	1.5	0.00	0.00
SALAD PLATTER-3	1 EACH	600	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
NACHOS WITH GROUND BEEF	SERVINGS	1	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	700	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	250	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	300	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
Pineapple Tibits in Light Syru	1/2 cup or 123g	1	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	0.00
Salad Black Bean Cucumber	1/2 cup	1	98	1	90	4.52	*1.72	*33.7	*49	*1.78	*1	4.61	12.33	3.58	0.63	*0.00
SALAD DRESSING,Assorted	1 TBSP	1000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	2.5 OZ	4000	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHEESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD,TOSSED: no dressing	1 CUP	500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Wed - 03/04/2020																
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	2000	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	1000	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	2000	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% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	800	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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			635	48	1528	6.95	*3.30	*311.4	*1876	*36.05	*41	22.04	87.08	24.27	8.00	*0.00
% of Calories											*25.7%	13.9%	54.8%	34.4%	11.3%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/05/2020																
Parkway Secondary Lunch	Total	3425														
Lunch	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*
Chicken and Waffle SW	3.53 oz eac	1800	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	30	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TACO SALAD-NEW	1 EA	500	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
SALAD PLATTER-4	EACH	25	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
HAM SANDWICH	1 EACH	50	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Specialty Items	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*
Chicken Mini Fillet	2.2 oz	1	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaiiin Rolls	28 g	1	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	0.00
Pretzels;Pretzels,tiny twist,c	1 oz	1	110	0	580	1.00	1.90	7.5	0	0.0	*N/A*	2.0	23.0	1.0	0.00	*N/A*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	1	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
CRISPITOS,CN,CHILI,FULLY C KD,A	3.25 oz	1	220	35	320	1.99	1.07	60.0	0	0.0	0	9.0	21.99	9.99	2.49	0.00
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	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*
SYRUP,PANCAKE	1 TBSP	900	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	900	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD DRESSING,Assorted	1 TBSP	300	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	4 OZ	250	170	0	217	1.89	0.68	0.0	0	4.54	0	1.89	28.35	5.67	0.00	0.00
Potatoes, Tater Tots	71 g	1800	120	0	180	1.00	0.00	0.0	0	1.2	0	1.0	14.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
SALAD,TOSSSED: no dressing	1 CUP	300	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
sour cream	1 each	200	15	0	35	0.00	0.00	60.0	200	0.0	*N/A*	1.0	3.0	0.0	0.00	*N/A*
BUTTER: individual	PAT	300	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BAKED POTATO	1 EACH	300	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
Baked DORITOS® NACHO CHE	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ESIER®																
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/05/2020																
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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*
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	3000	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Juice Apple	4 oz	2000	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
Weighted Daily Average			569	43	780	3.85	2.17	379.3	4221	17.95	*43	22.56	84.67	16.80	3.86	*0.00
% of Calories											*30.3%	15.9%	59.5%	26.6%	6.1%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/06/2020																
Parkway Secondary Lunch	Total	4215														
Lunch	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		*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*
Spaghetti with Meatsauce-pkwy	2/3 cup	1500	214	36	112	2.47	2.28	29.1	871	20.24	*1	11.64	17.57	10.99	3.96	*0.00
Garlic Noodles	2/3 cup	1	237	0	22	2.08	1.87	0.9	112	0.14	*2	7.25	42.4	3.27	0.41	0.00
TOMATO SAUCE (MEATLESS)	2 TBSP	1	18	0	42	0.78	0.45	12.8	348	5.29	*1	0.72	3.54	0.45	0.07	*0.00
salad platter-5	1 each	50	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
Parkway Burger	3.5 oz	80	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	60	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
HAM SANDWICH	1 EACH	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	25	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	100	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	300	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	50	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	25	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	300	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	200	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	50	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	200	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	300	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	300	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Specialty Items	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*
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	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*
BREAD STICKS,PLAIN	1.1	1	128	0	222	0.94	1.33	6.9	0	0.0	0	3.74	21.33	2.96	0.44	*N/A*
Sorbet Blue Raspberry Luigis	4.4 oz	1900	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Broccoli Bites	146 g	1	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
SALAD DRESSING, Assorted	1 TBSP	50	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
SALAD, TOSSED: no dressing	1 CUP	4000	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
Baked Cheetos Crunchy	1 oz	25	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	25	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT, FRESH ASSORTED	1 EACH	3500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/06/2020																
ketchup bulk	1 each	500	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	500	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	900	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	100	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	500	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	3300	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			462	35	680	7.91	2.96	520.1	4399	66.53	*30 *26.1%	23.02 19.9%	68.95 59.7%	11.37 22.1%	4.76 9.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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)
Mon - 03/09/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
TOASTED CHEESE SANDWICH	SERVINGS	2000	264	30	1012	4.00	0.00	401.0	1622	0.01	*4	18.03	25.03	12.24	7.05	*0.00
SALAD PLATTER-1	1 EACH	250	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
NACHOS WITH GROUND BEEF	SERVINGS	1	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	250	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	150	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza World Cheese	5 oz	1	209	16	380	1.82	0.36	100.0	300	2.4	2	7.48	32.52	5.2	2.22	0.00
Pizza World Pepperoni	5 oz	1	215	17	411	1.78	0.54	100.0	400	1.2	2	7.46	32.38	5.98	2.34	0.00
Pizza World Sausage	5 oz	1	233	20	423	1.78	1.80	80.0	400	1.2	2	8.4	32.93	7.37	2.49	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	50	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Dominos Sausage WG	1/8 14 in	25	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	25	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	150	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	25	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	150	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	150	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 inch	125	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	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*
Applesauce Plain Cup-Govt	4 oz	3500	90	0	15	2.00	0.00	0.0	45	0.0	9	0.0	22.0	0.0	0.00	0.00
TOMATO SOUP-CAMBELLS	SERVING	1800	135	0	1065	1.50	1.08	0.0	750	9.0	*N/A*	3.0	30.0	0.0	0.00	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
SALAD DRESSING, Assorted	1 TBSP	1000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	2.5 OZ	3500	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHEESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD, TOSSED: no dressing	1 CUP	500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Mon - 03/09/2020																
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	3000	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	1	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	2000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	800	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			790	39	2152	10.72	2.95	546.3	3041	29.03	*50 *25.5%	27.72 14.0%	130.67 66.2%	19.19 21.9%	7.26 8.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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)
Tue - 03/10/2020																
Parkway Secondary Lunch	Total	2925														
Lunch	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*
French Toast Bulk	4 ea	1800	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	0.00
Sunflowerbutter	1.5 oz	1	262	0	141	2.39	1.75	26.6	23	0.0	*N/A*	7.35	9.91	23.47	1.99	0.00
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
SALAD PLATTER-2	EACH	25	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*0.00
HAM SANDWICH	1 EACH	50	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Specialty Items	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*
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	1	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*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*
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-1.50z	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
Strawberry Cups, Frozen	4 oz	1	109	0	3	2.15	0.67	12.5	27	46.95	27	0.6	29.39	0.15	0.01	0.00
PORK SAUSAGE PATTY	1 EACH	1	76	16	120	0.63	0.00	804.3	0	0.0	0	1.9	0.0	6.97	2.22	0.00
FRUIT,FRESH ASSORTED	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD DRESSING,Assorted	1 TBSP	300	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	2.5 OZ	250	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
SALAD,TOSSSED: no dressing	1/2 CUP	300	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
Yogurt Trix 4 oz	4 oz	200	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
BROCCOLI,raw: fresh	CUP	1	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.10	0.00
sour cream	1 each	200	15	0	35	0.00	0.00	60.0	200	0.0	*N/A*	1.0	3.0	0.0	0.00	*N/A*
BUTTER: individual	PAT	300	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BAKED POTATO	1 EACH	300	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	0.00
Baked DORITOS® NACHO CHE	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ESIER®																
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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*
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/10/2020																
Milk Chocolate 1%	8 oz	3000	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Juice Apple	4 oz	1500	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	1000	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average			526	17	740	3.14	2.27	352.4	1445	23.53	*47	16.78	83.51	14.28	3.99	*0.00
% of Calories											*35.9%	12.8%	63.5%	24.4%	6.8%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/11/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
Chicken Drumstick Buffalo	92 grams	2200	170	60	300	0.00	1.08	0.0	300	0.0	0	17.0	4.0	10.0	2.50	0.00
SALAD PLATTER-3	1 EACH	600	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
NACHOS WITH GROUND BEEF	SERVINGS	1	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	700	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM SANDWICH	1 EACH	250	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	300	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
Bicuit, Pillsbury WG	57 g	1	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
Sorbet Blue Raspberry Luigis	4.4 oz	4000	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	0.0	0.00	0.00
SPINACH SALAD	1 EA	1	9	0	11	0.82	0.33	17.2	1231	2.93	1	0.66	1.94	0.1	0.01	0.00
SALAD,TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 TBSP	1000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	2.5 OZ	4000	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD,TOSSED: no dressing	1 CUP	500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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*

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Wed - 03/11/2020																
Juice Apple	4 oz	2000	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	1000	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	2000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	800	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			666	59	1310	9.91	3.85	359.8	2040	94.01	*41 *24.5%	26.39 15.8%	106.92 64.2%	17.75 24.0%	4.47 6.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/12/2020																
Parkway Secondary Lunch	Total	2925														
Lunch	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		*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*
Chicken strip potato breaded	94 grams	800	210	45	510	1.00	0.72	0.0	0	0.0	*N/A*	12.0	13.0	13.0	3.00	0.00
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
TACO SALAD-NEW	1 EA	200	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
TACO,BEEF:Soft Shell	1 EACH	1	401	50	620	8.68	3.65	230.0	433	2.58	*1	22.51	46.47	16.52	6.19	*0.00
SALAD PLATTER-4	1 EACH	25	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*0.00
HAM SANDWICH	1 EACH	50	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	50	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Specialty Items	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*
Bosco Pretzel Cheddar Cheese S	1 each	1	160	20	460	1.00	1.08	100.0	200	0.0	*N/A*	7.0	17.0	7.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Chicken Wing Ding Goldkist	3.75 oz	1	208	42	546	2.00	1.80	20.0	150	0.0	*N/A*	19.0	15.0	8.0	1.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Southwest chicken Tornado	2.79 oz	1	160	15	280	2.00	1.44	40.0	500	2.4	*N/A*	6.0	22.0	6.0	1.50	0.00
Cheese, Stick, Mozzarella, bat	4.5 oz	1	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Chicken Mini Fillet	2.2 oz	1	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaiiin Rolls	28 g	1	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	0.00
Sides	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*
Roll, New	1 oz	1	83	0	125	0.62	0.74	10.9	11	2.41	*0	2.14	12.6	2.52	0.41	0.00
Butter Buds	1 tsp	1	10	0	75	0.00	0.00	0.0	0	0.0	0	0.0	2.0	0.0	0.00	0.00
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	1500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD DRESSING,Assorted	1 TBSP	300	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	2.5 OZ	250	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Blueberries, Frozen	1/2 CUP	1	21	0	0	0.89	0.10	2.2	20	3.59	4	0.27	5.36	0.12	0.01	0.00
WHIPPED TOPPING	1 TBSP	1	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
SALAD,TOSSED: no dressing	1/2 CUP	300	14	0	14	1.07	0.27	14.2	1625	8.3	2	0.67	3.12	0.12	0.02	0.00
Baked Cheetos Crunchy	1 oz	50	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1/4 oz	50	42	0	0	0.50	0.27	14.9	50	0.0	0	0.75	7.47	1.0	0.25	0.00
ESIER®																
ketchup bulk	1 each	50	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/12/2020																
Mustard 4/1g 2012	1 each	10	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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*
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Chocolate 1%	8 oz	3000	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
Juice Apple	4 oz	2500	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	1	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			388	33	637	2.60	1.32	313.1	1460	10.51	*43 *44.7%	17.04 17.6%	58.46 60.2%	10.09 23.4%	3.49 8.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/13/2020																
Parkway Secondary Lunch	Total	4215														
Lunch	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*
CRISPITOS,CN,CHILI,FULLY C KD,A	3.25 oz	3715	220	35	320	1.99	1.07	60.0	0	0.0	0	9.0	21.99	9.99	2.49	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
salad platter-5	1 each	50	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
Parkway Burger	3.5 oz	80	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
HAM SANDWICH	1 EACH	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	25	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 inch	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
sour cream	1 each	1	15	0	35	0.00	0.00	60.0	200	0.0	*N/A*	1.0	3.0	0.0	0.00	*N/A*
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
GARDEN SALAD	1/2 CUP	500	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.03	0.00
Corn and Black Bean Salsa	4 oz	1	121	*0	331	4.61	1.43	28.4	74	2.44	*4	4.41	19.35	3.94	0.63	*0.00
Fruit Icy Mango Chamoy	4.40 oz	4000	90	0	15	3.00	0.00	80.0	2500	60.0	21	0.0	25.0	0.0	0.00	0.00
SALAD DRESSING,Assorted	1 TBSP	50	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	2.5 OZ	100	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	25	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	25	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Mustard 4/1g 2012	1 each	500	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ketchup bulk	1 each	500	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
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	1500	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/13/2020																
Juice Orange	4 oz	1	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	3000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	300	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			490	*40	606	7.18	1.45	322.4	3813	70.37	*52	15.85	83.22	11.53	3.55	*0.00
% of Calories											*42.1%	12.9%	67.9%	21.2%	6.5%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Mon - 03/16/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

Tue - 03/17/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

Wed - 03/18/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Thu - 03/19/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=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)
Fri - 03/20/2020																
Parkway Secondary Lunch	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			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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)
Mon - 03/23/2020																
Parkway Secondary Lunch	Total	3950														
Lunch	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*
Soup, Chicken Noodle	8 oz	1050	90	15	410	1.00	0.36	20.0	500	0.0	2	7.0	11.0	1.5	0.50	0.00
Bosco Pretzel Cheddar Cheese S	1 each	1	160	20	460	1.00	1.08	100.0	200	0.0	*N/A*	7.0	17.0	7.0	4.00	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
SALAD PLATTER-1	EACH	500	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
NACHOS WITH GROUND BEEF	SERVINGS	250	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	200	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	40	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
HAM SANDWICH	1 EACH	100	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza Hut Pep WG 15	1/8 14 in	500	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Veggie WG 15	1/8 14 in	200	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	300	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Dominos Cheese WG	1/8th of 14 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	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*
PEARS: canned,light syrup	1/2 CUP	2800	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
PEAS GREEN,CANNED,DRAINED	1/2 CUP	3000	29	0	93	1.74	0.40	8.5	326	3.87	*N/A*	1.87	5.36	0.17	0.03	*N/A*
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	100	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT,FRESH ASSORTED	1 EACH	800	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
ketchup bulk	1 each	75	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	700	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	800	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	1500	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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Mon - 03/23/2020																
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			352	26	679	5.52	2.25	278.0	1220	16.74	*29	18.32	54.54	7.75	3.20	*0.01
% of Calories											*33.1%	20.8%	61.9%	19.8%	8.2%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/24/2020																
Parkway Secondary Lunch	Total	3410														
Lunch	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*
CHICKEN FILLET,FRZ,BRD,BO NELES	3 oz	2000	150	26	652	1.50	0.00	0.0	0	0.0	0	12.74	10.5	6.0	1.12	0.00
Whole Wheat Hamburger Bun W Cheese, American slices	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
HOT SAUCE	.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
Sauce, Sweet & Sour Cups	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
SALAD PLATTER-2	oz	2000	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
Parkway Burger	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*0.00
Cheese, American slices	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
HAM SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Specialty Items	1 EACH	200	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
Chicken Breast Dill	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*
Whole Wheat Hamburger Bun W	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Bosco Stick2WGSecondary	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Cheese, Stick, Mozzarella, bat	2 -7inch	300	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway-19-20	4.5 oz	1	390	37	960	1.49	0.54	300.0	450	0.0	0	16.5	29.99	26.99	8.99	0.00
CHICKEN WING DRUMETTES	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
HOT SAUCE	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
Chicken Tenders	2 oz	200	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Southwest chicken Tornado	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Ranchero Steak Tornado	2.79 oz	1	160	15	280	2.00	1.44	40.0	500	2.4	*N/A*	6.0	22.0	6.0	1.50	0.00
Sides	2.79 oz	1	170	20	360	2.00	1.44	60.0	200	1.2	*N/A*	8.0	22.0	6.0	1.50	0.00
Onion Rings	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*
CORN: canned, yellow	77 grams	200	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	1/2 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Soup homemade Vegetarian 2	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Mandarin oranges	6 oz	1000	74	0	295	4.08	0.82	39.9	4770	8.57	*5	1.46	16.26	0.42	0.01	*0.00
Baked DORITOS® NACHO CHE ESIER®	1/2 cup	3200	90	0	20	1.00	0.36	20.0	300	21.0	*N/A*	1.0	20.0	0.0	0.00	0.00
Baked Cheetos Crunchy	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
ketchup bulk	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
Mustard 4/1g 2012	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Beverages	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Juice Apple	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 Orange	4 oz	400	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00
	4 oz	600	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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 - 03/24/2020																
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	1500	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	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
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 % of Calories			486	32	1018	6.43	2.56	278.3	2396	41.35	*26 *21.3%	20.99 17.3%	79.35 65.4%	9.56 17.7%	2.84 5.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/25/2020																
Parkway Secondary Lunch	Total	4215														
Lunch	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		*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*
Beef, Ravioli	3 oz	1500	170	15	436	1.48	1.06	29.6	222	0.89	1	8.13	25.88	3.7	1.48	0.00
Tomato Sauce Parkway	3 oz	1	38	0	457	1.85	1.00	27.0	407	7.19	*3	1.07	7.85	0.55	0.08	*0.00
NACHOS WITH GROUND BEEF	SERVINGS	465	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
SALAD PLATTER-3	1 EACH	50	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*0.00
Parkway Burger	3.5 oz	80	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	60	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
HAM SANDWICH	1 EACH	25	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	25	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	100	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	300	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	50	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	25	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	300	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	200	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	50	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	200	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	300	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	300	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Specialty Items	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*
Wrap- Southwest Chickenclub	1 each	1	445	69	1066	5.81	1.36	312.6	1585	5.3	*1	27.57	33.91	23.23	8.41	*0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Sides	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*
Salad Caesar	4 oz	1	312	39	4057	4.20	1.97	594.9	8177	3.77	*1	18.68	22.23	15.58	8.46	*0.00
Gelatin All Flavors	4 oz	1900	38	0	33	0.00	0.00	3.3	0	8.14	*0	0.54	9.23	0.0	0.00	0.00
WHIPPED TOPPING	1 TBSP	1	9	0	18	0.00	0.00	14.1	0	0.06	*2	0.4	1.93	0.01	0.01	*0.00
SALAD DRESSING, Assorted	1 TBSP	50	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
SALAD, TOSSED: no dressing	1 CUP	4000	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
Baked Cheetos Crunchy	1 oz	25	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE	1 oz	25	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®																
FRUIT, FRESH ASSORTED	1 EACH	3500	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Wed - 03/25/2020																
ketchup bulk	1 each	500	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	500	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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	900	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	100	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	500	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	3300	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			484	39	886	6.33	2.49	518.1	4211	36.01	*30	23.59	69.04	13.42	6.28	*0.01
% of Calories											*24.9%	19.5%	57.0%	24.9%	11.7%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/26/2020																
Parkway Secondary Lunch	Total	2850														
Lunch	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*
Corn Dogs, Mini JTM	4 each	2000	220	20	530	0.00	1.44	60.0	0	0.0	*N/A*	7.0	18.0	13.0	4.00	0.00
TACO SALAD-NEW	1 EA	10	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
TACO,BEEF:Soft Shell	2 EACH	1	802	100	1241	17.36	7.30	460.0	867	5.17	*1	45.03	92.94	33.04	12.37	*0.00
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
Specialty Items	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*
Bosco Stick2WGSecondary	2 -7inch	1	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
TOASTED RAVIOLI	1 EACH	1	275	25	583	2.00	1.08	30.0	300	1.8	*N/A*	10.83	33.0	11.6	2.50	0.00
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
chicken hot & spicy, patty	3.53 oz	1	270	25	400	3.00	2.70	40.0	100	0.0	*N/A*	15.0	17.0	15.0	3.00	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Chicken Mini Fillet	2.2 oz	1	120	32	181	1.00	0.00	110.0	5200	0.0	0	11.0	5.0	6.2	1.00	0.00
Bread Hawaii Rolls	28 g	1	80	5	70	0.00	0.72	0.0	0	0.0	5	3.0	15.0	1.5	1.00	0.00
Pretzels;Pretzels,tiny twist,c	1 oz	1	110	0	580	1.00	1.90	7.5	0	0.0	*N/A*	2.0	23.0	1.0	0.00	*N/A*
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*
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
CARROT STICKS	4 oz	1000	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
SALAD DRESSING,Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Scooby Snacks	25 g	1	70	0	30	4.00	0.00	0.0	40	60.0	8	0.0	21.0	0.0	0.00	0.00
Baked DORITOS® NACHO CHE	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
ESIER®	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked Cheetos Crunchy	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
FRUIT,FRESH ASSORTED	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
ketchup bulk	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mustard 4/1g 2012	1 each	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*
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	900	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	100	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% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1500	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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Weighted Daily Average % of Calories			428	30	807	4.33	2.82	270.7	5993	16.21	*31 *29.0%	16.10 15.0%	61.12 57.1%	14.05 29.5%	4.78 10.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/27/2020																
Parkway Secondary Lunch	Total	2760														
Lunch	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*
Cheese Bites, Mini	112 grams	1450	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
Pizza Dominos Cheese WG	1/8th of 1 4 in	1	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	1	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Dominos Pep WG 15	1/8 14 in	1	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Sausage WG	1/8 14 in	1	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Vegetable	5.61 oz	1	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Hut Pep WG 15	1/8 14 in	1	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	1	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	1	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 in	1	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 in	1	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 in	1	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Parkway Burger	3.5 oz	250	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	50	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
salad platter-5	1 each	20	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*0.00
HAM SANDWICH	1 EACH	120	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
TURKEY W/CHEESE SANDWICH	EACH	106	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	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*
Baked Bean Parkway	4 oz	1	200	0	288	12.65	2.63	59.2	52	2.63	*4	10.1	38.12	0.67	0.10	*0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
Onion Rings	77 grams	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
FRENCH FRIES: oven heat	3 OZ	1800	128	0	163	1.42	0.51	0.0	0	3.4	0	1.42	21.26	4.25	0.00	0.00
Pineapple Tibits in Light Syru	1/2 cup or 123g	1500	90	0	0	1.00	0.00	0.0	0	18.0	20	0.0	22.0	0.0	0.00	0.00
SALAD DRESSING, Assorted	1 TBSP	20	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Baked Cheetos Crunchy	1 oz	120	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	106	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	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
ketchup bulk	each	150	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	each	100	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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*
Juice Apple	4 oz	700	60	0	10	0.00	0.00	10.0	0	1.2	14	0.0	14.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Fri - 03/27/2020																
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	2500	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	260	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			567	28	819	6.81	2.44	391.6	1380	29.14	*48	21.96	90.86	14.12	4.49	*0.00
% of Calories											*33.7%	15.5%	64.1%	22.4%	7.1%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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)
Mon - 03/30/2020																
Parkway Secondary Lunch	Total	4050														
Lunch	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*
BBQ Rib Sandwich	5 oz	2000	344	68	671	6.78	4.47	61.7	22	0.15	*N/A*	25.77	27.98	13.8	5.18	*0.00
Sauce, BBQ	2 oz	1	94	0	331	0.00	0.63	17.3	252	0.94	9	0.0	20.47	0.0	0.00	0.00
SALAD PLATTER-1	1 EACH	250	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
NACHOS WITH GROUND BEEF	SERVINGS	1	340	61	689	1.61	1.33	213.4	561	0.23	*1	14.53	15.06	24.54	11.27	*0.11
Parkway Burger	3.5 oz	250	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	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
HAM & CHEESE SW	1 EACH	150	240	25	1090	1.00	1.80	100.0	200	2.4	*N/A*	12.0	32.0	7.0	2.50	*N/A*
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
Restaurant Pizza	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*
Pizza Dominos Cheese WG	1/8th of 14 in	200	250	20	480	3.00	1.80	500.0	750	6.0	*N/A*	20.0	29.0	7.0	3.50	0.00
Pizza Dominos Pep WG 15	1/8 14 in	200	270	20	500	3.00	1.80	450.0	750	6.0	*N/A*	19.0	26.0	9.0	4.00	0.00
Pizza Dominos Vegetable	5.61 oz	50	394	45	859	2.02	0.36	343.6	2830	0.0	*N/A*	18.19	40.43	18.19	8.09	0.00
Pizza Dominos Sausage WG	1/8 14 in	25	340	35	670	3.00	2.20	300.0	430	0.0	*N/A*	21.0	28.0	16.0	6.00	0.00
Pizza Dominos Hawaii Lava 15	1/8 14 in	25	290	30	900	3.00	1.80	450.0	750	12.0	*N/A*	22.0	31.0	10.0	4.00	0.00
Pizza Hut Pep WG 15	1/8 14 in	200	290	25	570	3.00	2.00	300.0	400	0.0	*N/A*	21.0	29.0	11.0	4.40	0.00
Pizza Hut Pizza CheeseWG 15	1/8 14 in	150	280	20	520	3.00	1.90	360.0	430	0.0	*N/A*	21.0	29.0	9.0	3.90	0.00
Pizza Hut Veggie WG 15	1/8 14 in	25	280	20	530	4.00	2.00	360.0	530	0.0	*N/A*	21.0	30.0	9.0	3.90	0.00
Pizza Papa John's WG Pep 8 15	1/8 of 14 inch	150	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's sausage 8 15	1/8 of 14 inch	150	393	49	1011	1.96	2.65	294.4	491	3.53	5	15.7	38.27	18.65	8.83	0.00
Pizza Papa John's WG Cheese 15	1/8 of 14 inch	125	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	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*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	3500	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
Sweet Potato Fries KK	3 oz	1	130	0	110	3.00	0.36	20.0	3500	6.0	*N/A*	1.0	22.0	5.0	0.00	0.00
SALAD DRESSING,Assorted	1 TBSP	1000	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
FRENCH FRIES: oven heat	2.5 OZ	3500	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Baked Cheetos Crunchy	1 oz	300	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	0.00
Baked DORITOS® NACHO CHEESIER®	1 oz	300	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	5000	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
SALAD,TOSSSED: no dressing	1 CUP	500	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
ketchup bulk	1 each	3000	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	1000	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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)
Mon - 03/30/2020																
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	3000	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	1	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	2000	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	2.5	1.50	0.00
Milk Skim pkwy	8 oz	800	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			750	57	1483	10.63	4.79	384.5	2094	27.17	*55	30.42	115.53	19.91	6.27	*0.00
% of Calories											*29.2%	16.2%	61.6%	23.9%	7.5%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

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 - 03/31/2020																
Parkway Secondary Lunch	Total	3410														
Lunch	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		*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*
Veggie Chik'n Nuggets	3.80 oz	2000	250	0	462	3.75	2.70	20.0	1000	1.2	3	15.0	25.0	11.25	1.88	0.00
Sauce, Sweet & Sour Cups	1 oz	1	46	0	92	0.00	0.00	0.0	0	0.0	0	0.0	11.67	0.0	0.00	0.00
HOT SAUCE	2 oz	1	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
SALAD PLATTER-2	1 EACH	10	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*0.00
Parkway Burger	3.5 oz	300	304	44	622	4.89	8.16	273.5	152	0.0	*0	20.09	29.89	13.67	5.38	0.00
Cheese, American slices	.5 oz	150	51	13	258	0.00	0.00	75.9	152	0.0	0	2.53	0.0	4.56	2.53	0.00
TURKEY W/CHEESE SANDWICH	1 EACH	100	222	44	755	4.00	0.32	75.9	152	0.0	4	21.6	21.0	7.39	3.47	0.00
HAM SANDWICH	1 EACH	200	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
Specialty Items	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*
Chicken Breast Dill	4.0 oz	1	235	69	435	1.18	0.36	310.0	3000	0.0	2	23.0	15.43	8.5	1.61	0.00
Whole Wheat Hamburger Bun W	1 each	1	100	0	220	5.00	1.80	40.0	0	0.0	*N/A*	4.0	20.0	0.5	0.00	0.00
Bosco Stick2WGSecondary	2 -7inch	300	438	30	697	3.98	5.38	398.2	498	0.0	*N/A*	29.86	47.78	13.94	3.98	0.00
Marinara Sauce Parkway-19-20	2 oz	1	44	0	296	1.45	0.58	22.8	282	5.22	*6	1.12	9.6	0.56	0.00	*0.00
CHICKEN WING DRUMETTES	3 oz	1	170	50	540	0.00	0.71	0.0	0	0.0	0	13.0	4.99	11.0	2.99	0.00
HOT SAUCE	2 oz	200	0	0	1701	0.00	0.23	6.2	1217	32.09	0	0.0	0.0	0.0	0.00	0.00
Chicken Tenders	4 oz	1	296	29	1012	0.00	0.00	0.0	0	0.0	*N/A*	16.0	26.67	13.33	0.00	0.00
Southwest chicken Tornado	2.79 oz	1	160	15	280	2.00	1.44	40.0	500	2.4	*N/A*	6.0	22.0	6.0	1.50	0.00
Ranchero Steak Tornado	2.79 oz	1	170	20	360	2.00	1.44	60.0	200	1.2	*N/A*	8.0	22.0	6.0	1.50	0.00
CRISPITOS,CN,CHILI,FULLY C KD,A	3.25 oz	1	220	35	320	1.99	1.07	60.0	0	0.0	0	9.0	21.99	9.99	2.49	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*
Garlic Noodles	1/2 cup	1	178	0	17	1.56	1.40	0.7	84	0.1	*2	5.44	31.8	2.45	0.31	0.00
Broccoli Bites	146 g	1	142	8	186	2.71	0.51	149.9	905	32.49	2	11.65	18.96	2.87	1.59	0.00
Onion Rings	77 grams	200	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
CRACKERS	4 EACH	1	50	0	113	0.34	0.67	2.3	0	0.0	0	1.14	8.89	1.04	0.20	0.02
FRENCH FRIES: oven heat	2.5 OZ	300	106	0	136	1.18	0.43	0.0	0	2.83	0	1.18	17.72	3.54	0.00	0.00
Soup homemade Vegetarian 2	6 oz	1000	74	0	295	4.08	0.82	39.9	4770	8.57	*5	1.46	16.26	0.42	0.01	*0.00
Strawberry Cups, Frozen	4 oz	3200	109	0	3	2.15	0.67	12.5	27	46.95	27	0.6	29.39	0.15	0.01	0.00
SALAD,TOSSED: no dressing	1 CUP	1	28	0	27	2.14	0.55	28.5	3250	16.6	4	1.33	6.24	0.24	0.04	0.00
SALAD DRESSING,Assorted	1 oz	1	102	5	708	0.33	0.18	17.5	21	0.02	*3	0.42	5.72	9.0	1.49	*0.00
Baked DORITOS® NACHO CHE ESIER®	1 oz	200	169	0	0	1.99	1.08	59.8	199	0.0	0	2.99	29.89	3.99	1.00	0.00
Baked Cheetos Crunchy	1 oz	100	111	0	0	0.00	0.72	20.1	101	0.0	1	2.01	17.09	4.52	0.50	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
ketchup bulk	1 each	300	25	0	317	0.00	0.00	0.0	500	0.0	*N/A*	0.0	6.67	0.0	0.00	*N/A*
Mustard 4/1g 2012	1 each	50	0	0	400	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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*

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Parkway Secondary Lunch

Portion Values - Detailed

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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 - 03/31/2020																
Juice Apple	4 oz	400	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	600	50	0	10	0.00	0.00	0.0	0	36.0	10	1.0	13.0	0.0	0.00	0.00
Milk Skim pkwy	8 oz	500	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate 1%	8 oz	1500	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
Milk 1% Strawberry	8 oz	1	140	10	105	0.00	0.00	250.0	750	0.0	22	8.0	22.0	2.5	1.50	0.00
Weighted Daily Average			539	17	892	8.83	4.44	260.9	2837	66.42	*53	21.94	90.71	12.77	3.29	*0.00
% of Calories											*39.2%	16.3%	67.3%	21.3%	5.5%	*0.0%
Nutrient Guideline			600-700		1360	4.00								<=30.0	<10.00	

Weighted Average			525	*37	975	6.51	*2.80	*353.1	*2691	*36.29	*39	21.59	81.18	13.89	4.52	*0.00
											*67.5%	16.5%	61.9%	23.8%	7.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	525		600 - 700	87%		75		Correction Required - Calories are Low
Cholesterol (mg)	37				Missing			
Sodium 1 (mg)	975		1360					
Sodium 2 (mg)	975		1035					
Fiber (g)	6.51		4.00	163%				
Iron (mg)	2.80				Missing			
Calcium (mg)	353.1				Missing			
Vitamin A (IU)	2691				Missing			
Sugars (g)	39	29.99%			Missing			
Vitamin C (mg)	36.29				Missing			
Protein (g)	21.59	16.46%						
Carbohydrate (g)	81.18	61.88%						
Total Fat (g)	13.89	23.81%	<=30.00%					
Saturated Fat (g)	4.52	7.75%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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