

# Parkway School District

Oct 1, 2020 thru Oct 21, 2020

## Base Menu Spreadsheet

Adventure Club 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 <sup>1</sup> (g)
Thu - 10/01/2020																
Adventure Club Lunch	Total	5534														
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*
Roast Beef Sandwich	4.5 ounce	360	206	38	843	4.00	*0.73	*0.0	*0	*0.0	5	13.62	22.01	8.08	4.04	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*
Bean Salad	4 oz	1	147	0	610	8.61	2.43	49.8	501	3.67	*3	7.51	20.95	4.02	0.92	*0.16
Craisins dried	1 oz	1	92	0	0	0.94	0.19	0.0	0	0.0	*N/A*	0.0	22.68	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*
Milk Chocolate 1%	8 oz	2274	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			75	7	150	0.26	*0.05	*82.2	*411	*0.00	*9	4.18	11.30	1.55	0.88	*0.00
% of Calories											*49.7%	22.2%	60.2%	18.6%	10.5%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Fri - 10/02/2020																
Adventure Club Lunch	Total	4760														
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*
TUNA SALAD	3 ounce	20	134	28	388	0.50	0.66	18.7	138	1.17	*3	12.97	4.37	7.29	0.97	*0.02
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*
CRACKERS	12 EACH	4500	150	0	339	1.01	2.01	6.8	1	0.0	0	3.41	26.66	3.11	0.60	0.06
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	1	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*
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
Weighted Daily Average			237	6	467	0.96	1.90	132.7	635	0.01	*14	8.32	40.35	4.55	1.51	*0.06
% of Calories											*24.1%	14.0%	68.0%	17.2%	5.7%	*0.2%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<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 <sup>1</sup> (g)
Mon - 10/05/2020																
Adventure Club Lunch	Total	5534														
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 Marble Stick-Bongards	2 oz	3700	220	40	340	0.00	0.00	400.0	0	0.0	*N/A*	12.0	0.0	18.0	12.00	0.00
CHEEZ-IT LFT	1 EACH	200	180	0	520	1.00	2.70	60.0	100	0.0	*N/A*	5.0	28.0	5.0	1.50	*N/A*
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	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
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
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 Chocolate 1%	8 oz	2274	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			273	31	342	2.34	0.28	364.1	528	12.33	*20	12.12	25.76	13.45	8.74	*0.00
% of Calories											*28.8%	17.8%	37.8%	44.4%	28.8%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Tue - 10/06/2020																
Adventure Club Lunch	Total	3925														
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*
Pizza Tony's 5" cheese	5 oz	117	415	16	775	1.71	2.51	210.7	295	0.68	0	14.01	39.74	21.86	7.27	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*
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
Dressing, Ranch	2 oz	1	160	20	580	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	3.00	0.00
Sorbet Blue Raspberry Luigis	4.4 oz	1	70	0	5	3.00	0.36	60.0	0	60.0	*N/A*	0.0	19.0	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 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			13	1	23	0.05	0.08	6.5	9	0.04	*0	0.42	1.20	0.66	0.22	0.00
% of Calories											*0.3%	13.5%	38.4%	47.2%	15.7%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<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 <sup>1</sup> (g)
Wed - 10/07/2020																
Adventure Club Lunch	Total	5534														
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*
TURKEY W/CHEESE SANDWICH	1 EACH	360	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*
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
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
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 Chocolate 1%	8 oz	2274	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			76	7	144	0.26	0.02	87.2	424	0.01	9	4.69	11.24	1.51	0.84	0.00
% of Calories											48.9%	24.7%	59.1%	17.8%	10.0%	0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Thu - 10/08/2020																
Adventure Club Lunch	Total	4760														
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*
Tortilla Chips Azteca	1 oz	20	130	0	0	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	4.5	0.50	0.00
Cheese Sauce, Parkway	2 oz	1	*143	*29	*517	*0.03	*0.05	*299.5	*411	*0.48	*2	*9.19	*4.18	*9.91	*5.72	*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*
Hummus-P	1/2 cup	4500	158	0	436	9.10	1.49	65.5	5	2.31	*0	7.86	22.56	4.88	1.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	1	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*
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
Weighted Daily Average			*244	*6	*557	*8.61	*1.41	*188.2	*635	*2.18	*14	*12.48	*36.54	*6.21	*1.91	*0.00
% of Calories											*23.2%	*20.4%	*59.8%	*22.9%	*7.0%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Fri - 10/09/2020																
Adventure Club 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

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Adventure Club Lunch

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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 <sup>1</sup> (g)
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			550-650		1230	4.00								<=35.0	<10.00	

Mon - 10/12/2020																
Adventure Club 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			550-650		1230	4.00								<=35.0	<10.00	

Tue - 10/13/2020																
Adventure Club Lunch	Total	3925														
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*
Pizza Tony's 5" cheese	5 oz	117	415	16	775	1.71	2.51	210.7	295	0.68	0	14.01	39.74	21.86	7.27	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*
Lettuce Green Leaf	1 cup	1	5	0	10	0.47	0.31	13.0	2666	3.31	0	0.49	1.03	0.05	0.01	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
FRUIT, FRESH ASSORTED	1 EACH	1	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*
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			12	0	23	0.05	0.08	6.4	10	0.03	*0	0.42	1.20	0.66	0.22	*0.00
% of Calories											*0.4%	13.5%	38.4%	47.2%	15.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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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 <sup>1</sup> (g)
Wed - 10/14/2020																
Adventure Club Lunch	Total	5534														
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*
Pancakes Mini 8ct Pillsbury	pkg	360	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	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
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*
Hummus-P	1/2 cup	1	158	0	436	9.10	1.49	65.5	5	2.31	*0	7.86	22.56	4.88	1.01	*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
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 Chocolate 1%	8 oz	2274	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			73	4	108	0.13	0.05	84.9	411	0.00	*9	3.55	11.83	1.36	0.65	*0.00
% of Calories											*49.7%	19.5%	65.0%	16.8%	8.0%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<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 <sup>1</sup> (g)
Thu - 10/15/2020																
Adventure Club Lunch	Total	5534														
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*
Beef Roast, unsliced	2 oz	360	51	25	547	0.00	0.73	0.0	0	0.0	0	7.09	0.0	2.02	1.01	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
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
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*
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
CREAM CHEESE	2 oz	1	25	7	22	0.00	0.01	6.9	79	0.0	0	0.44	0.39	2.44	1.43	*N/A*
Craisins dried	1 oz	1	92	0	0	0.94	0.19	0.0	0	0.0	*N/A*	0.0	22.68	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*
Milk Chocolate 1%	8 oz	2274	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			65	6	130	0.00	0.05	82.3	411	0.00	*9	3.75	9.87	1.16	0.68	*0.00
% of Calories											*55.6%	23.1%	60.8%	16.1%	9.5%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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# Parkway School District

Oct 1, 2020 thru Oct 21, 2020

## Base Menu Spreadsheet

Adventure Club 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 <sup>1</sup> (g)
Fri - 10/16/2020																
Adventure Club Lunch	Total	4760														
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*
TUNA SALAD	3 ounce	20	134	28	388	0.50	0.66	18.7	138	1.17	*3	12.97	4.37	7.29	0.97	*0.02
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*
CRACKERS	12 EACH	4500	150	0	339	1.01	2.01	6.8	1	0.0	0	3.41	26.66	3.11	0.60	0.06
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	1	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*
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
Weighted Daily Average			237	6	467	0.96	1.90	132.7	635	0.01	*14	8.32	40.35	4.55	1.51	*0.06
% of Calories											*24.1%	14.0%	68.0%	17.2%	5.7%	*0.2%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

	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 <sup>1</sup> (g)
Mon - 10/19/2020																
Adventure Club Lunch	Total	5534														
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, American slices	2.0 oz	3700	202	51	1033	0.00	0.00	303.7	607	0.0	0	10.12	0.0	18.22	10.12	0.00
Tortilla WG 8 inch	2 oz	1	179	0	210	1.55	1.40	46.7	0	0.0	*N/A*	5.45	30.35	3.89	0.77	*N/A*
Tomatoes Fresh	4 oz	1	10	0	6	0.40	0.39	6.2	277	12.93	1	0.54	2.27	0.06	0.01	0.00
Fruit Cup Frozen Wild Cherry J	4.4 oz	5000	70	0	10	3.00	0.36	80.0	500	60.0	*N/A*	0.0	19.0	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 Chocolate 1%	8 oz	2274	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			260	38	794	2.71	0.33	357.6	1269	54.21	*9	10.06	27.04	13.21	7.39	*0.00
% of Calories											*13.9%	15.5%	41.5%	45.7%	25.5%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

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**Parkway School District**

**Oct 1, 2020 thru Oct 21, 2020**

Base Menu Spreadsheet

Adventure Club 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 <sup>1</sup> (g)
<b>Tue - 10/20/2020</b>																
Adventure Club Lunch	Total	3925														
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*
Pizza Tony's 5" cheese	5 oz	117	415	16	775	1.71	2.51	210.7	295	0.68	0	14.01	39.74	21.86	7.27	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*
BROCCOLI Craisin SALAD	1/2 CUP	1	154	5	135	2.73	0.55	29.8	394	54.62	*7	1.77	30.09	4.89	0.53	*0.00
Applesauce Plain Cup-Govt	4 oz	1	90	0	15	2.00	0.00	0.0	45	0.0	9	0.0	22.0	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 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			13	0	23	0.05	0.07	6.4	9	0.03	*0	0.42	1.21	0.65	0.22	*0.00
% of Calories											*0.4%	13.5%	38.6%	47.1%	15.7%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

<b>Wed - 10/21/2020</b>																
Adventure Club Lunch	Total	5534														
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*
Ham and Cheese on Pretzel Bun	5 oz	360	375	36	1233	1.00	3.84	102.9	253	0.0	*3	16.28	54.7	10.24	4.21	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
Blueberry Crisp	4 oz	1	165	0	70	2.83	0.80	18.5	196	1.93	*15	4.55	27.01	4.44	0.76	*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 Chocolate 1%	8 oz	2274	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			86	6	175	0.07	0.25	88.9	430	0.00	*9	4.35	13.43	1.69	0.89	*0.00
% of Calories											*42.9%	20.2%	62.4%	17.7%	9.3%	*0.0%
Nutrient Guideline			550-650		1230	4.00								<=35.0	<10.00	

Weighted Average			*128	*9	*262	*1.27	*0.50	*124.6	*447	*5.30	*9	*5.62	*17.79	*3.94	*1.97	*0.01
											*63.5%	*17.6%	*55.6%	*27.7%	*13.9%	*0.1%

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# Parkway School District

Oct 1, 2020 thru Oct 21, 2020

## Base Menu Spreadsheet

Adventure Club Lunch

### Portion Values - Detailed

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 <sup>1</sup> (g)	Error Messages (if any)
Calories	128		550 - 650		23%	Missing	422											Correction Required - Calories are Low
Cholesterol (mg)	9					Missing												
Sodium 1 (mg)	262		1230			Missing												
Sodium 2 (mg)	262		935			Missing												
Fiber (g)	1.27		4.00		32%	Missing	2.73											Correction Required - Fiber is Low
Iron (mg)	0.50					Missing												
Calcium (mg)	124.6					Missing												
Vitamin A (IU)	447					Missing												
Sugars (g)	9	28.23%				Missing												
Vitamin C (mg)	5.30					Missing												
Protein (g)	5.62	17.56%				Missing												
Carbohydrate (g)	17.79	55.58%				Missing												
Total Fat (g)	3.94	27.69%	<=35.00%			Missing												
Saturated Fat (g)	1.97	13.87%	<10.00%			Missing												Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.01	0.06%				Missing												

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