

Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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 - 03/02/2020																
North Senior High	Total	1														
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 PARKWAY 10	2-#8	1	307	39	547	1.80	2.06	193.1	149	0.0	*2	18.94	45.86	4.75	1.32	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
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 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
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 NUGGET:LT&DK ME AT,BREA	5 EACH	1	234	38	416	0.94	0.65	8.8	64	42.52	*N/A*	10.72	10.25	16.57	4.00	*N/A*
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	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*
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	0.00
PEAS: frozen,boiled	1/2 CUP	1	31	0	29	1.80	0.61	9.6	840	3.96	2	2.06	5.7	0.11	0.02	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
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
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
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
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
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	1	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 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 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
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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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)
Weighted Daily Average			4749	465	12214	54.42	32.31	4199.7	16510	178.60	*148	263.63	557.16	170.09	60.62	*0.01
% of Calories											*12.4%	22.2%	46.9%	32.2%	11.5%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Tue - 03/03/2020																
North Senior High	Total	1														
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	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
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
chicken fajita/ new recipe	1 FAJITA	1	296	51	764	4.23	1.50	255.8	289	0.5	*5	19.59	29.8	12.58	1.29	*0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	1	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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
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
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*
Soup homemade Vegetarian 2	6 oz	1	74	0	295	4.08	0.82	39.9	4770	8.57	*5	1.46	16.26	0.42	0.01	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	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
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	0.00	0.00
BAKED POTATO	1 EACH	1	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	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
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*
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
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,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
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*
Juice Apple	4 oz	1	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 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 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
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

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

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Base Menu Spreadsheet

North Senior High

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)
Weighted Daily Average % of Calories			3488	390	8250	53.69	33.31	2925.3	21011	183.24	*155 *17.7%	202.16 23.2%	455.84 52.3%	104.88 27.1%	32.58 8.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<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 ¹ (g)
Wed - 03/04/2020																
North Senior High	Total	1														
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 Teriyaki	3 oz	1	92	33	61	0.14	1.03	7.4	3	2.61	*2	11.79	2.6	3.73	1.44	*0.11
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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	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
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*
Beef Western Bacon Cheeseburge	4.75 oz	1	291	23	516	4.94	9.08	34.5	126	0.69	*5	14.94	42.48	8.07	2.27	0.00
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	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*
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	0.00
Salad Lettuce and Mandarin Org	1.75 cup	1	172	0	260	1.73	0.64	58.1	4282	13.43	*9	1.22	20.43	9.59	1.44	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
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
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
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*
Juice Apple	4 oz	1	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 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 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
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			3964	347	8148	50.78	37.14	3222.3	17159	121.33	*155	216.70	511.75	127.19	45.04	*0.11
% of Calories											*15.7%	21.9%	51.6%	28.9%	10.2%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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 and Waffle SW	3.53 oz eac	1	260	40	371	1.00	1.44	150.0	5200	0.0	2	15.0	27.0	11.2	1.00	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.50z	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
TACO SALAD-NEW	1 EA	1	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-4	1 EACH	1	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*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*
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*
BAKED POTATO	1 EACH	1	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	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
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*
Potatoes, Tater Tots	71 g	1	120	0	180	1.00	0.00	0.0	0	1.2	0	1.0	14.0	7.0	1.00	0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	26	0	1	0.67	0.14	2.4	18	12.93	5	0.1	6.87	0.06	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
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
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
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		*N/A*	*N/A*	*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	1	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 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
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			3765	515	8597	43.26	33.10	2476.1	18016	170.83	*174	182.07	485.16	132.51	39.53	*0.00
% of Calories											*18.5%	19.3%	51.6%	31.7%	9.5%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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*
Spaghetti with Meatsauce-pkwy	2/3 cup	1	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	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
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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*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 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 sausage 8 15	1/8 of 14 inch	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 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
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
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
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
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	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
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
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	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
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
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*
Juice Apple	4 oz	1	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 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 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
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			4558	444	10978	48.86	34.30	3180.0	14619	195.40	*161	221.76	569.22	160.07	59.38	*0.00
% of Calories											*14.1%	19.5%	50.0%	31.6%	11.7%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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	1	264	30	1012	4.00	0.00	401.0	1622	0.01	*4	18.03	25.03	12.24	7.05	*0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
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 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 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 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 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
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*
Wrap- Chic,BL T	1 each	1	455	89	3833	4.69	1.60	645.9	2554	6.08	*0	32.51	39.0	19.58	7.08	*0.00
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	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*
TOMATO SOUP-CAMBELLS	SERVING	1	135	0	1065	1.50	1.08	0.0	750	9.0	*N/A*	3.0	30.0	0.0	0.00	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
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	1	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	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
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	1	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 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 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
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			4660	482	15201	53.07	31.68	5035.0	18782	140.01	*137	272.46	542.39	166.49	65.92	*0.01
% of Calories											*11.8%	23.4%	46.6%	32.2%	12.7%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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*
French Toast Bulk	4 ea	1	310	0	430	1.00	1.80	60.0	0	0.0	8	5.0	40.0	14.0	2.50	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
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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	1	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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
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
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*
BAKED POTATO	1 EACH	1	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	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
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*
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
Sweet Potato Puffs/Gems	2.52 oz	1	90	0	148	1.00	0.00	0.0	3350	4.2	*N/A*	1.0	16.0	2.5	0.50	0.00
SYRUP,PANCAKE	1 TBSP	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Syrup-1.5Oz	1.50 oz	1	73	0	4	0.00	0.00	17.0	50	0.0	10	0.03	18.43	0.03	0.00	0.00
Yogurt Trix 4 oz	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	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
SALAD,TOSSED: no dressing	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
Beverages	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	1	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 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 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
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			3737	343	8422	40.93	30.22	3776.3	16506	130.83	*156	182.69	486.14	123.69	41.49	*0.00
% of Calories											*16.7%	19.6%	52.0%	29.8%	10.0%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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*
Rueben SW	5 oz	1	519	66	1713	2.00	5.63	165.5	464	4.54	*6	29.69	37.96	29.1	6.45	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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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	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
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 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
Cheese Pepper Jack	.5 oz	1	47	13	142	0.00	0.00	101.2	135	1.62	*N/A*	2.7	0.0	4.05	2.70	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
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
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*
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	0.00
Peach Cup, Frozen	1/2 cup	1	107	0	7	2.04	0.42	3.4	322	106.82	25	0.71	27.19	0.15	0.02	0.00
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
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
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
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*
Juice Apple	4 oz	1	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 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 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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			4880	440	12564	65.25	37.17	3315.2	26736	236.06	*174	249.77	577.21	184.47	58.68	*0.00
% of Calories											*14.3%	20.5%	47.3%	34.0%	10.8%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Thu - 03/12/2020																
North Senior High	Total	1														
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 strip potato breaded	94 grams	1	210	45	510	1.00	0.72	0.0	0	0.0	*N/A*	12.0	13.0	13.0	3.00	0.00
TACO SALAD-NEW	1 EA	1	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
Parkway Burger	3.5 oz	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-4	1 EACH	1	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*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 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
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
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
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 POTATO	1 EACH	1	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	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
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*
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	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	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
Bread Garlic Knot	2 oz	1	181	0	272	1.13	1.70	11.3	*N/A*	*N/A*	1	4.54	26.08	5.67	1.13	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
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
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
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*
Juice Apple	4 oz	1	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 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 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
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

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Generated on: 2/14/2020 7:37:58 AM

	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			3807	501	8298	46.41	35.14	2362.1	*16565	*191.56	*149 *15.7%	181.97 19.1%	486.81 51.2%	133.44 31.5%	38.28 9.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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	1	220	35	320	1.99	1.07	60.0	0	0.0	0	9.0	21.99	9.99	2.49	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*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 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
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
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
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*
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	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
PotatoesBBQ Fries Sidewinders	3.32 oz	1	150	0	450	2.00	0.72	0.0	100	2.4	1	2.0	25.0	4.5	0.50	0.00
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*
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
SPANISH RICE W/ SALSA	1/2 CUP	1	124	0	189	3.85	1.41	54.0	1349	16.19	*3	2.73	25.38	0.87	0.00	0.00
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	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
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
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*
Juice Apple	4 oz	1	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 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 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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
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			5144	*490	14211	62.14	34.16	3180.0	15900	171.58	*173 *13.5%	230.06 17.9%	640.36 49.8%	188.49 33.0%	65.65 11.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Mon - 03/16/2020																
North Senior High NO SCHOOL TODAY	Total 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 % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Tue - 03/17/2020																
North Senior High NO SCHOOL TODAY	Total 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 % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Wed - 03/18/2020																
North Senior High NO SCHOOL TODAY	Total 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 % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Thu - 03/19/2020																
North Senior High NO SCHOOL TODAY	Total 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 % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00	0.0%	20.00	440.00	<=30.0	<10.00	

Fri - 03/20/2020																
	Total SERVING															
North Senior High NO SCHOOL TODAY	1															
Weighted Daily Average % of Calories	1		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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*
Fish Strips Whole Grain GF	3.39 oz	1	260	35	180	1.00	0.36	0.0	0	0.0	*N/A*	12.0	14.0	16.0	1.50	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
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 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 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 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 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
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 NUGGET:LT&DK ME AT,BREA	5 EACH	1	234	38	416	0.94	0.65	8.8	64	42.52	*N/A*	10.72	10.25	16.57	4.00	*N/A*
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	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*
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
Mediterranean Vegetables	4 oz	1	37	0	68	5.25	1.00	23.2	1340	8.37	0	2.1	7.35	0.0	0.00	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
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
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
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
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
Carrots canned honey glazed	1/2 cup	1	117	0	871	6.18	0.01	125.2	24892	0.02	13	0.0	26.13	0.0	0.00	0.00
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	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
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	1	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 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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
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
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			5370	516	14724	68.72	32.82	4291.3	45324	205.65	*169 *12.6%	271.49 20.2%	612.71 45.6%	209.48 35.1%	71.31 12.0%	*0.01 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Tue - 03/24/2020																
North Senior High	Total	1														
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*
Manicotti Twin	5 oz	1	280	45	290	3.00	1.08	350.0	300	0.0	1	20.0	32.0	9.0	5.00	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
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	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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	1	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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
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
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	1	200	0	200	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
PEAS GREEN,CANNED,DRAINED	1/2 CUP	1	29	0	93	1.74	0.40	8.5	326	3.87	*N/A*	1.87	5.36	0.17	0.03	*N/A*
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
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
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*
Juice Apple	4 oz	1	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 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 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
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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			3356	360	8208	47.89	32.49	2860.8	12262	97.48	*142 *16.9%	191.65 22.8%	409.03 48.8%	112.88 30.3%	37.13 10.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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 Ravioli	6 oz	1	260	20	270	2.00	1.50	100.0	203	0.0	0	10.99	37.99	6.99	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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-3	1 EACH	1	227	36	557	5.00	0.73	311.5	1843	20.83	*12	16.84	30.04	5.59	2.27	*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	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 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 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
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*
Bacon Cheese Burger	4.75 oz	1	330	53	790	66.82	3.26	148.2	152	0.0	0	21.72	27.26	15.16	6.32	0.00
Potato, Seasoned Fries	68 grams	1	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	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*
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	0.00
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
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
Pudding, Chocolate	4 oz	1	115	0	168	0.00	0.00	17.7	71	0.0	14	0.89	20.38	4.43	0.44	0.00
Pudding, Vanilla	4 OZ	1	124	0	151	0.00	0.00	17.7	84	0.0	17	0.0	23.03	3.1	0.89	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
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*
Juice Apple	4 oz	1	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 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 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
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			4920	457	15630	122.79	32.44	3987.5	20752	123.49	*194	254.82	599.86	175.53	68.09	*0.00
% of Calories											*15.8%	20.7%	48.8%	32.1%	12.5%	*0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Thu - 03/26/2020																
North Senior High	Total	1														
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 Orange	3 oz	1	112	35	728	0.00	0.18	196.3	971	4.2	*0	10.73	11.98	1.95	0.00	0.00
Egg Roll Vegetarian-Minh Ig	3.1 oz	1	140	5	270	2.00	0.72	40.0	500	9.0	*N/A*	4.0	22.0	4.5	1.00	0.00
TACO SALAD-NEW	1 EA	1	296	46	590	3.20	2.48	201.0	672	8.39	*N/A*	18.37	20.11	16.17	5.78	*N/A*
Parkway Burger	3.5 oz	1	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	1	240	25	1090	1.00	1.80	100.0	200	2.4	*N/A*	12.0	32.0	7.0	2.50	*N/A*
SALAD PLATTER-4	1 EACH	1	386	202	1279	7.17	7.07	114.9	4193	43.82	*10	25.43	36.67	15.93	3.14	*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*
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	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 POTATO	1 EACH	1	188	0	20	4.44	2.18	30.3	20	19.39	2	5.05	42.72	0.26	0.07	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
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*
Oriental Vegetables	4 oz	1	38	0	23	3.02	0.39	25.6	352	18.89	*N/A*	1.51	6.04	0.0	0.00	*N/A*
Oriental Sauce	.5 oz	1	21	0	274	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.11	0.0	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
RICE, LONG GRAIN, BROWN, COOKE	4 oz	1	125	0	6	2.09	0.48	11.6	0	0.0	*N/A*	2.91	25.91	1.02	0.20	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
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
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
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*
Juice Apple	4 oz	1	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 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 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
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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			3497	447	8059	42.70	27.62	2477.5	14337	191.19	*142 *16.3%	157.97 18.1%	476.73 54.5%	111.01 28.6%	33.21 8.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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	1	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
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
salad platter-5	1 each	1	289	22	443	8.97	2.83	328.5	3607	43.95	*4	19.21	40.09	7.35	3.69	*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 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
Pizza Papa John's sausage 8 15	1/8 of 14 inch	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
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 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
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
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
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*
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	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
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
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	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*
Juice Apple	4 oz	1	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 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 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
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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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			4638	481	14322	53.13	32.49	3246.6	15576	186.66	*169 *14.6%	218.03 18.8%	553.22 47.7%	177.92 34.5%	68.52 13.3%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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																
North Senior High	Total	1														
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	1	344	68	671	6.78	4.47	61.7	22	0.15	*N/A*	25.77	27.98	13.8	5.18	*0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-1	1 EACH	1	185	23	770	4.53	2.54	189.8	1467	20.46	*5	16.14	18.59	5.36	1.18	*0.01
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 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 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 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 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
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*
Pizza Big Daddy Buffalo	1/8 slice	1	390	45	740	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	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
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*
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
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
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
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
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
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
Soup, Mexican Chicken Tortilla	8 oz	1	120	15	720	2.00	0.00	0.0	500	1.2	3	7.0	20.0	1.5	0.50	0.00
Soup, Mediterranean Vegetable	8 oz	1	100	0	410	3.00	0.00	0.0	1000	2.4	6	4.0	17.0	1.5	0.00	0.00
Soup, Chicken & Wild Rice	8 oz	1	210	30	680	2.00	0.00	0.0	100	6.0	5	6.0	19.0	12.0	5.00	0.00
Soup, Broccoli Cheddar	8 oz	1	150	10	800	2.00	0.00	0.0	100	3.6	2	2.0	10.0	11.0	3.00	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
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	1	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 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 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
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

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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

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)
Weighted Daily Average % of Calories			5373	530	13549	65.29	37.03	4377.0	19731	147.57	*174 *13.0%	285.60 21.3%	630.34 46.9%	198.80 33.3%	70.97 11.9%	*0.01 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

Tue - 03/31/2020																
North Senior High	Total	1														
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 Noodle Bake	8 oz	1	378	60	1151	2.04	*7.16	*34.9	*101	*0.0	5	22.44	41.41	13.54	6.48	0.00
Parkway Burger	3.5 oz	1	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
TURKEY W/CHEESE SANDWICH	1 EACH	1	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	1	259	50	1628	4.00	7.14	109.7	278	0.0	9	17.5	27.75	10.27	4.55	0.00
SALAD PLATTER-2	1 EACH	1	212	31	1114	3.77	5.12	294.9	1373	6.92	*5	19.66	13.05	9.29	3.99	*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*
Chick dill sandwich	1 each	1	375	69	735	4.18	1.80	350.0	3000	0.0	6	28.0	44.43	10.5	1.61	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
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*
soup homemade vegetarian 1	6 oz	1	66	0	214	2.27	0.79	42.6	359	4.01	*2	2.64	11.86	0.78	0.03	0.00
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
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
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
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
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
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*
Juice Apple	4 oz	1	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 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 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
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			3467	357	9001	40.72	*35.11	*2776.9	*12629	*124.88	*151 *17.4%	191.40 22.1%	433.30 50.0%	116.34 30.2%	46.20 12.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420	4.50	4.00	30.00	600	30.00		20.00	440.00	<=30.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Parkway School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

North Senior High

Portion Values - Detailed

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Generated on: 2/14/2020 7:37:59 AM

	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 Average			4316	*445	11199	56.47	*33.44	*3393.5	*18966	*164.49	*160 *33.4%	222.01 20.6%	531.01 49.2%	152.55 31.8%	53.09 11.1%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4316		750 - 850	508%			3466	Correction Required - Calories too High
Cholesterol (mg)	445				Missing			
Sodium 1 (mg)	11199		1420				9779	Correction Required - Sodium too High
Sodium 2 (mg)	11199		1080				10119	Correction Required - Sodium too High
Fiber (g)	56.47		4.50	1255%				
Iron (mg)	33.44		4.00	836%	Missing			
Calcium (mg)	3393.5		30.00	11312%	Missing			
Vitamin A (IU)	18966		600	3161%	Missing			
Sugars (g)	160	14.84%			Missing			
Vitamin C (mg)	164.49		30.00	548%	Missing			
Protein (g)	222.01	20.58%	20.00	1110%				
Carbohydrate (g)	531.01	49.21%	440.00					
Total Fat (g)	152.55	31.81%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	53.09	11.07%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.01	0.00%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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