

Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch 9-12

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 - 08/11/2020																
Lunch 9-12	Total	1														
MANAGER'S CHOICE	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			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											<10.00

Thu - 08/13/2020																
Lunch 9-12	Total	1														
MANAGER'S CHOICE	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			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											<10.00

Fri - 08/14/2020																
Lunch 9-12	Total	1														
MANAGER'S CHOICE	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			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											<10.00

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

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 2

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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 - 08/17/2020																
Lunch 9-12	Total	500														
Corn Dogs, Chicken, WG	4 oz.	250	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Lunchable Pepperoni Pizza	4.5 oz.	225	329	39	789	4.04	*3.71	*263.5	*865	*0.0	7	17.64	37.44	12.67	4.57	0.20
SALAD,CHEF: Ham & Cheese	1 EACH	10	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Toasted Cheese WG Sand/K-12	1 each	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Saltines, Whole Wheat 20-21	39 grams	10	180	0	390	0.00	2.16	0.0	0	0.0	0	6.0	27.0	4.5	0.00	0.00
SALAD,TOSSED: no dressing	1 CUP	450	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	450	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Parmesan Potato Wedges	1/2 cup	475	120	0	190	1.95	*0.08	*10.8	*2	*0.0	*0	2.5	16.15	4.79	1.29	*0.00
Fruit Cup, Assorted	1/2 cup	250	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
PINTO BEANS: cooked	1/2 CUP	400	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Weighted Daily Average			742	*45	1060	16.24	*5.54	*556.4	*7664	*28.18	*21	32.18	108.86	20.48	*5.80	*0.09
% of Calories											*11.3%	17.4%	58.7%	24.9%	*7.0%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 08/18/2020																
Lunch 9-12	Total	500														
BBQ (school made) on WG Bun	1 each	450	383	72	1019	2.34	2.03	58.5	*334	*5.12	*4	28.06	43.41	11.5	4.02	*0.00
WOWBUTTER WG Sandwich	1 each	10	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	30	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	10	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat 20-21	39 grams	10	180	0	390	0.00	2.16	0.0	0	0.0	0	6.0	27.0	4.5	0.00	0.00
French Fries, G7, X-13, Oven	1/2 cup	475	129	0	152	2.28	0.55	*N/A*	*N/A*	*N/A*	*N/A*	2.28	19.0	4.56	0.00	0.00
CREAMY COLE SLAW	1/2 CUP	150	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
Fruit Cup, Assorted	1/2 cup	275	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	450	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	400	181	0	297	5.76	1.77	60.0	230	1.63	*13	6.73	42.5	0.65	0.11	*0.00
Weighted Daily Average			845	*77	1557	11.68	4.67	*412.9	*1644	*23.57	*30	43.12	132.29	19.10	*4.78	*0.00
% of Calories											*14.4%	20.4%	62.6%	20.3%	*5.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Base Menu Spreadsheet

Lunch 9-12

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 - 08/20/2020																
Lunch 9-12	Total	500														
PIZZA, BIG DADDY CHEESE	4.6 oz.	475	340	30	620	2.00	3.00	250.0	400	0.0	*N/A*	20.0	39.0	12.0	4.50	0.00
CHICKEN SALAD	1/2 CUP	15	154	58	229	0.50	0.94	10.6	158	0.97	*4	18.05	5.51	7.51	1.17	*0.02
CRACKERS	8 EACH	20	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	5	319	30	1136	1.57	2.09	484.5	1622	0.01	*3	19.16	32.69	12.67	6.96	*0.02
SALAD,TOSSED: no dressing	1 CUP	475	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	300	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
BROCCOLI: frozen, steamed	1 cup	475	52	0	44	5.59	1.12	94.0	1860	73.8	*N/A*	5.7	9.86	0.2	0.04	0.00
Fruit Cup, Assorted	1/2 cup	250	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CARROT STICKS	1/2 CUP	450	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
Dressing, Ranch, School Made	2 TBS	500	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average			696	*37	1082	12.76	5.60	711.6	*18901	101.68	*21	36.65	96.86	21.04	*5.90	*0.00
% of Calories											*12.1%	21.0%	55.6%	27.2%	*7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 08/21/2020																
Lunch 9-12	Total	500														
Rolls, WG, Yeast, 2 oz.	2 oz.	450	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Turkey & Cheese WG Wrap	4.85	475	285	35	870	4.76	*2.39	*172.0	*20	*3.49	7	21.97	32.12	8.05	2.75	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	10	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
CRACKERS	8 EACH	10	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
Toasted Cheese WG Sand/K-12	1 each	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,TOSSED: no dressing	1 CUP	400	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	400	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Mashed Potatoes	1/2 cup	475	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
Fruit Cup, Assorted	1/2 cup	275	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Turnip Greens, Chopped 19-20	4 oz	400	20	0	15	2.00	0.72	0.0	2000	2.4	0	1.0	4.0	0.0	0.00	0.00
Weighted Daily Average			763	*45	1454	13.56	*6.19	*536.3	*8175	*59.61	*30	39.02	110.20	15.65	*3.73	*0.00
% of Calories											*15.6%	20.5%	57.8%	18.5%	*4.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lunch 9-12

Portion Values - Detailed

Page 4

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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 - 08/24/2020																
Lunch 9-12	Total	500														
Cheese Quesadilla	1 each	275	306	31	604	*4.05	*1.82	*151.9	*0	*0.0	*3	19.49	28.39	13.85	7.21	*0.00
Chicken Fajita	1 each	200	247	71	700	1.85	1.93	256.9	2555	21.09	*1	22.72	18.48	9.31	3.51	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	10	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Ham & Cheese	1 EACH	10	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
CRACKERS	8 EACH	10	100	0	226	0.67	1.34	4.6	0	0.0	0	2.27	17.77	2.07	0.40	0.04
SALAD DRESSING,Assorted	2 TBSP	450	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	400	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Salsa, Low-sodium, Pouch	4 oz.	250	40	0	140	4.00	0.00	0.0	0	0.0	4	0.0	8.0	0.0	0.00	0.00
SOUR CRM,IMITN,CULTURED	1 oz.	100	59	0	29	0.00	0.11	0.9	0	0.0	2	0.68	1.88	5.53	5.04	*N/A*
Rice, Brown, Chicken Flavored	1/2 cup	350	105	2	215	1.00	0.36	10.0	*N/A*	0.6	*N/A*	3.0	20.0	1.5	0.50	*N/A*
Sweet Glazed Carrots	1/2 cup	450	96	0	83	2.43	1.12	49.6	18027	4.41	*12	1.05	20.57	1.53	0.29	*0.23
Fruit Cup, Assorted	1/2 cup	250	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	225	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Corn Salad	1/2 cup	450	44	*0	166	1.61	0.43	10.0	299	16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
Weighted Daily Average			760	*55	1387	*13.17	*4.81	*600.5	*24073	*54.44	*34	35.21	113.09	*20.98	*8.24	*0.20
% of Calories											*17.8%	18.5%	59.5%	*24.8%	*9.8%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Tue - 08/25/2020																
Lunch 9-12	Total	500														
HOT DOG ON A BUN:turkey hot	SERVING	400	249	35	648	1.98	2.34	116.1	*0	*0.0	5	12.43	31.41	9.27	1.81	0.36
Hot Dog Chili	1 TBSP	350	19	5	12	0.17	0.29	4.6	102	1.75	*N/A*	1.73	0.77	1.06	0.45	*N/A*
Turkey & Cheese WG Sandwich	1 each	75	269	33	733	1.83	*1.46	*0.0	*0	*0.0	6	19.49	30.44	7.83	3.00	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	15	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD DRESSING,Assorted	2 TBSP	300	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	5	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
SALAD,TOSSED: no dressing	1 CUP	350	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
LETTUCE & TOMATO	2 lf,2 slc	50	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
CREAMY COLE SLAW	1/2 CUP	375	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
French Fries, G7, X-13, Oven	1/2 cup	475	129	0	152	2.28	0.55	*N/A*	*N/A*	*N/A*	*N/A*	2.28	19.0	4.56	0.00	0.00
Fruit Cup, Assorted	1/2 cup	275	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Macaroni & Cheese (Ched Sauce)	1/2 cup	450	113	0	157	2.00	0.74	31.2	12	0.05	*0	4.42	21.32	1.86	0.34	*0.00
Weighted Daily Average			782	*52	1306	11.04	*5.06	*491.7	*7206	*44.52	*26	31.71	115.60	23.96	*3.97	*0.28
% of Calories											*13.0%	16.2%	59.1%	27.6%	*4.6%	*0.3%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 08/27/2020																
Lunch 9-12	Total	500														
CHICKEN AND NOODLES	1 CUP	400	239	73	116	0.96	2.11	55.2	97	0.79	*1	25.27	20.94	6.18	1.60	*0.01
Bread Stick WG Garlic	2.38 oz	400	180	0	190	2.00	1.44	*N/A*	*N/A*	*N/A*	*N/A*	6.0	30.0	6.0	0.00	0.00
Lunchable, Cheese	4.5 oz.	75	360	40	647	4.49	*0.44	*60.5	*401	*21.52	*2	20.75	36.76	16.3	8.64	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	15	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Cheese	1 EACH	5	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
SALAD DRESSING,Assorted	2 TBSP	350	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	350	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
PEAS, GREEN, LOW-SODIUM, CANNE	1/2 cup	450	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
Fruit Cup, Assorted	1/2 cup	275	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Sweet Potato Casserole	2/3 cup	400	266	30	171	2.34	1.98	62.2	11096	6.56	*21	4.25	46.31	7.5	1.57	*1.17

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Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch 9-12

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			903	*96	894	11.64	*6.50	*466.0	*15207	*40.23	*36 *15.9%	45.67 20.2%	135.94 60.2%	23.28 23.2%	*4.98 *5.0%	*0.95 *0.9%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 08/28/2020																
Lunch 9-12	Total	500														
LASAGNA WITH GROUND BEEF	SERVINGS	450	282	39	326	2.60	2.96	301.4	849	9.43	*3	18.68	27.87	10.24	5.58	*0.25
Rolls, WG, Yeast, 2 oz.	2 oz.	450	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Ham & Cheese Sandwich	1 each	35	263	33	751	1.83	*1.46	*0.0	*0	*0.0	7	16.49	31.44	8.83	4.00	0.00
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	5	319	30	1136	1.57	2.09	484.5	1622	0.01	*3	19.16	32.69	12.67	6.96	*0.02
SALAD,CHEF: Ham & Cheese	1 EACH	5	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
SALAD DRESSING,Assorted	2 TBSP	475	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	475	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
LETTUCE & TOMATO	2 lf,2 slc	35	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
CORN, SEASONED, canned	1/2 CUP	475	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Fruit Cup, Assorted	1/2 cup	200	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
BROCCOLI SALAD	1/2 CUP	300	167	6	165	1.62	0.68	29.1	200	28.79	23	1.84	29.08	6.35	0.62	*0.03
Weighted Daily Average % of Calories			841	*52	1111	11.55	*6.90	*649.2	*8753	*61.03	*38 *18.1%	36.43 17.3%	127.84 60.8%	23.05 24.7%	*7.16 *7.7%	*0.24 *0.3%
Nutrient Guideline			750-850		1420										<10.00	

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Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch 9-12

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 - 08/31/2020																
Lunch 9-12	Total	500														
Cheese Sticks, Farm Rich	5 sticks	400	370	25	410	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	35.0	18.0	7.00	0.00
Lunchable Pepperoni Pizza	4.5 oz.	85	329	39	789	4.04	*3.71	*263.5	*865	*0.0	7	17.64	37.44	12.67	4.57	0.20
WOWBUTTER WG Sandwich	1 each	5	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	5	316	40	639	1.83	1.70	232.0	116	0.0	*4	21.49	28.44	13.83	7.50	0.00
SALAD,CHEF: Cheese	1 EACH	5	177	32	430	1.47	0.66	539.0	4889	17.96	*2	16.52	4.75	10.57	6.61	0.00
SALAD DRESSING,Assorted	2 TBSP	355	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALAD,TOSSED: no dressing	1 CUP	350	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Pizza Sauce	1/2 cup	400	40	0	500	2.00	1.44	0.0	0	9.6	*N/A*	2.0	10.0	0.0	0.00	0.00
ORANGE GLAZED SWEET POTATOES	1/2 CUP	375	181	0	86	3.24	1.07	28.4	9682	22.69	*15	1.57	35.58	4.0	0.82	*0.00
Fruit Cup, Assorted	1/2 cup	200	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	475	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
CORN AND GREEN BEAN CASEROLE	1/2 CUP	350	134	4	292	2.23	0.99	46.7	414	5.33	*2	3.77	17.28	6.61	1.02	*0.02
Weighted Daily Average			846	*36	1408	11.99	*4.45	*440.8	*13452	*51.58	*30	33.89	120.89	28.77	*8.66	*0.05
% of Calories											*14.1%	16.0%	57.1%	30.6%	*9.2%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			798	*55	1251	*12.63	*5.53	*540.6	*11675	*51.65	*29	37.10	117.95	*21.81	*5.92	*0.20
											*33.3%	18.6%	59.1%	*24.6%	*6.7%	*0.2%

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Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

Page 8

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	798		750 - 850	100%														
Cholesterol (mg)	55				Missing													
Sodium 1 (mg)	1251		1420															
Sodium 2 (mg)	1251		1080						171	Correction Required - Sodium too High								
Fiber (g)	12.63				Missing													
Iron (mg)	5.53				Missing													
Calcium (mg)	540.6				Missing													
Vitamin A (IU)	11675				Missing													
Sugars (g)	29	14.79%			Missing													
Vitamin C (mg)	51.65				Missing													
Protein (g)	37.10	18.60%																
Carbohydrate (g)	117.95	59.15%																
Total Fat (g)	21.81	24.61%			Missing													
Saturated Fat (g)	5.92	6.67%	<10.00%		Missing													
Trans Fat ¹ (g)	0.20	0.23%			Missing													

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