

Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

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	Portion Size	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)
Mon - 08/14/2017															
Lunch 9-12															
	Total														
Cheese Sticks, Farm Rich	5 sticks	308	21	342	2.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.83	29.17	15.0	5.83	0.00
White Chicken Chili	1 cup	29	7	52	0.42	0.22	20.8	26	2.39	*0	2.08	2.32	1.33	0.50	*0.00
Chicken Flavored Rice	1/2 cup	10	0	19	0.05	0.03	0.2	6	0.0	*0	0.2	1.97	0.21	0.03	0.03
Pizza Sauce	1/4 cup	13	0	167	0.67	0.48	0.0	0	3.2	*N/A*	0.67	3.33	0.0	0.00	0.00
Tostitos Scoops, Baked	.875	18	0	18	0.33	0.06	3.3	0	0.0	*N/A*	0.33	3.17	0.42	0.00	0.00
Green Beans, Seasoned	1/2 cup	31	0	124	1.15	0.54	16.4	352	2.85	*N/A*	0.71	2.71	2.1	0.40	*0.00
Tomato Cucumber Salad II	1/2 cup	7	0	2	0.42	0.12	5.2	255	4.35	1	0.35	1.64	0.07	0.01	0.00
Honey Dilled Carrots	1/2 cup	0	*0	0	*0.00	*0.00	*0.0	16	*0.0	*0	0.0	0.01	0.0	0.00	*0.00
Fruit Cup, Assorted	1/2 cup	46	0	3	0.97	0.27	5.9	124	2.6	*8	0.29	12.05	0.05	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	32	0	0	1.30	0.11	7.4	77	7.86	6	0.39	8.36	0.12	0.02	0.00
Toasted Cheese WG Sand/K-12	1 each	3	*0	13	0.02	0.04	6.9	*2	0.0	*0	0.22	0.33	0.12	*0.06	*0.00
WOWBUTTER WG Sandwich	1 each	1	*0	2	0.01	0.01	0.2	*0	0.0	*N/A*	0.05	0.09	0.07	*0.01	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	1	0.00	0.00	0.6	10	0.04	*0	0.03	0.01	0.01	0.01	0.00
SALAD,TOSSED: no dressing	1 CUP	6	0	6	0.58	0.24	9.9	2010	5.41	1	0.41	1.29	0.08	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	87	3	127	0.00	0.24	200.0	333	0.8	*N/A*	5.33	16.67	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	7	0	7	0.00	0.00	16.7	28	0.13	*N/A*	0.44	1.22	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	0	1	0.00	0.00	1.7	3	0.0	0	0.05	0.07	0.01	0.01	*N/A*
SALAD DRESSING,Assorted	2 TBSP	12	0	30	0.00	0.00	4.0	7	0.02	*0	0.14	0.46	1.04	0.14	*0.00
KETCHUP: individual	Pkt 6g	2	0	14	0.00	0.01	0.2	8	0.06	0	0.02	0.41	0.0	0.00	0.00
SOUR CRM,IMITN,CULTURED	1 oz.	1	0	1	0.00	0.00	0.0	0	0.0	0	0.02	0.04	0.12	0.11	*N/A*
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.03	0.0	0.00	*N/A*
Weighted Daily Average		629	*32	941	*8.44	*2.40	*332.8	*3313	*29.71	*16	28.44	87.92	20.77	*7.16	*0.03
% of Calories										*10.5%	18.1%	55.9%	29.7%	*10.2%	*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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Patrick County Public Schools

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Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/15/2017															
Lunch 9-12															
	Total														
	HOTDOG, WG Bun, Berks	184	21	527	1.44	2.10	52.8	253	*0.0	*2	8.69	19.39	8.17	2.21	*0.00
	Manwich Sloppy Joe, WG Bun	40	6	49	0.36	0.39	12.7	9	0.06	*0	2.19	3.07	2.02	0.72	*0.10
	WOWBUTTER WG Sandwich	3	*0	4	0.03	0.03	0.4	*0	0.0	*N/A*	0.12	0.23	0.18	*0.03	*0.00
	Toasted Cheese WG Sand/K-12	2	*0	6	0.01	0.02	3.5	*1	0.0	*0	0.11	0.17	0.06	*0.03	*0.00
	Hot Dog Chili	13	4	8	0.12	0.19	3.1	68	1.17	*N/A*	1.15	0.51	0.71	0.30	*N/A*
	CREAMY COLE SLAW	36	5	62	0.85	0.16	13.4	651	11.09	*2	0.43	3.02	2.55	0.26	*0.00
	BAKED BEANS (VEGETARIAN)	81	0	132	2.56	0.79	26.6	102	0.72	*6	2.99	18.89	0.29	0.05	*0.00
	French Fries, G7, X-13, Oven	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
	TURNIP GREENS: boiled	0	0	0	0.00	0.00	0.1	6	0.02	0	0.0	0.0	0.0	0.00	0.00
	SALAD,CHEF: Ham & Cheese	1	0	3	0.01	0.00	1.6	26	0.1	*0	0.09	0.02	0.03	0.02	0.00
	SALAD,TOSSSED: no dressing	15	0	14	1.40	0.59	23.8	4825	12.98	1	0.99	3.09	0.18	0.03	0.00
	FRUIT,FRESH ASSORTED	36	0	0	1.46	0.12	8.3	87	8.84	7	0.44	9.4	0.14	0.03	0.00
	Fruit Cup, Assorted	34	0	3	0.73	0.21	4.4	93	1.95	*6	0.22	9.04	0.04	0.00	0.00
	Milk, Chocolate, Fat Free	101	4	148	0.00	0.28	233.3	389	0.93	*N/A*	6.22	19.44	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	7	0	7	0.00	0.00	16.7	28	0.13	*N/A*	0.44	1.22	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	4	0	3	0.00	0.00	8.3	14	0.0	*N/A*	0.22	0.64	0.0	0.00	0.00
	MILK,1% Lowfat	3	0	3	0.00	0.00	8.5	13	0.0	0	0.23	0.34	0.07	0.04	*N/A*
	KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00
	MUSTARD: individual PC	Pkt 5g	0	0	6	0.02	0.01	0.4	1	0.0	0	0.02	0.03	0.02	0.00
	MAYONNAISE:individual PC	Pkt 7g	8	1	7	0.00	0.01	0.2	3	0.0	0	0.01	0.03	0.93	0.10
	JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.08	0.0	0.00	*N/A*
Weighted Daily Average		706	*41	1218	11.30	5.48	*419.4	*6616	*38.37	*26	26.95	110.10	19.95	*3.82	*0.10
% of Calories										*14.8%	15.3%	62.4%	25.4%	*4.9%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/16/2017															
Lunch 9-12															
	Total														
	SPAGHETTI AND MEAT SAUCE	143	56	139	1.32	1.75	18.7	3	2.38	*N/A*	9.44	15.21	4.76	1.95	*N/A*
	Pork Pattie with Gravy	151	40	293	0.89	0.80	17.8	44	0.0	1	5.78	11.11	9.33	2.89	*0.00
	BROCCOLI: frozen, boiled	40	0	16	4.29	0.87	47.2	1447	57.39	2	4.44	7.66	0.17	0.03	0.00
	SWEET POTATO, BAKED	0	0	0	0.00	0.00	0.0	24	0.02	0	0.0	0.03	0.0	0.00	0.00
	ACH														
	CORN, SEASONED, canned	38	0	77	0.80	0.36	2.2	58	3.5	*N/A*	1.08	7.63	0.98	0.21	*0.00
	Rolls, WG, Yeast, 2 oz.	151	5	208	2.83	1.70	0.0	0	0.0	5	4.72	28.33	1.89	0.00	0.00
	SALAD,CHEF: Ham & Cheese	1	0	3	0.01	0.00	1.6	26	0.1	*0	0.09	0.02	0.03	0.02	0.00
	WOWBUTTER WG Sandwich	2	*0	3	0.03	0.03	0.4	*0	0.0	*N/A*	0.1	0.19	0.14	*0.03	*0.00
	Toasted Cheese WG Sand/K-12	1	*0	5	0.01	0.02	2.8	*1	0.0	*0	0.09	0.13	0.05	*0.02	*0.00
	Fruit Cup, Assorted	46	0	3	0.97	0.27	5.9	124	2.6	*8	0.29	12.05	0.05	0.01	0.00
	FRUIT,FRESH ASSORTED	20	0	0	0.81	0.07	4.6	48	4.91	4	0.24	5.22	0.08	0.02	0.00
	SALAD,TOSSSED: no dressing	13	0	12	1.16	0.49	19.8	4021	10.82	1	0.83	2.57	0.15	0.02	0.00
	JELLY	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.08	0.0	0.00	*N/A*
	Cinnamon Sugar	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*0.00
	Margarine: individual	PAT	*N/A*	0	*N/A*	*N/A*	*N/A*	1	*N/A*	*N/A*	0.0	0.0	0.01	0.00	0.00
	CHEESE,PARMESAN,GRATED	9	2	38	0.00	0.01	17.8	20	0.0	0	0.59	0.29	0.58	0.32	0.02
	KETCHUP: individual	Pkt 6g	3	0	23	0.01	0.01	0.4	13	0.1	1	0.03	0.69	0.0	0.00
	SALAD DRESSING,Assorted	2 TBSP	0	0	1	0.00	0.00	0.1	0	0.0	*0	0.0	0.03	0.00	*0.00
	Milk, Chocolate, Fat Free	1 cup	87	3	127	0.00	0.24	200.0	333	0.8	*N/A*	5.33	16.67	0.0	0.00
	Milk, Strawberry, Fat Free	1 cup	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00
	Milk, Vanilla, Fat Free	1 cup	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00
	MILK,1% Lowfat	HALF PINT	3	0	3	0.00	0.00	8.5	13	0.0	0	0.23	0.34	0.07	0.04
	Weighted Daily Average	736	*107	978	*13.15	*6.62	*414.4	*6289	*82.89	*22	35.05	113.24	18.33	*5.56	*0.02
	% of Calories									*12.0%	19.0%	61.5%	22.4%	*6.8%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/17/2017															
Lunch 9-12															
	Total														
BEEF WG TACO, K-8	1 EACH	95	13	116	1.44	0.53	47.5	173	2.11	*0	6.04	8.37	4.1	1.57	*0.15
Chicken Fajita Wrap	1 each	74	23	220	0.39	0.59	43.2	0	4.78	*N/A*	6.74	6.13	2.47	0.69	0.00
LETTUCE & TOMATO	2 lf,2 slc	4	0	3	0.28	0.12	4.8	822	2.71	0	0.25	0.79	0.04	0.01	0.00
SALSA:COMMODITY	4 OZ	27	0	325	1.06	1.69	9.1	416	3.02	*N/A*	1.13	5.29	0.15	0.02	*N/A*
SOUR CRM,IMITN,CULTURED	1 oz.	7	0	3	0.00	0.01	0.1	0	0.0	0	0.08	0.21	0.61	0.56	*N/A*
REFRIED BEANS	1/2 CUP	26	4	41	0.29	0.16	52.5	50	0.48	*0	2.02	1.2	1.23	0.80	0.00
ROYAL BROWNIES	SERVINGS	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.03	0.0	0.00	*N/A*
Cheesy Potatoes	1/2 cup	145	*7	130	0.73	0.58	100.4	191	4.27	*3	4.8	11.62	9.13	5.88	*0.07
WOWBUTTER WG Sandwich	1 each	1	*0	1	0.01	0.01	0.1	*0	0.0	*N/A*	0.02	0.05	0.04	*0.01	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	0	0	1	0.00	0.00	0.5	1	0.0	*N/A*	0.02	0.02	0.01	0.01	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	1	0.00	0.00	0.3	5	0.02	*0	0.02	0.0	0.01	0.00	0.00
SALAD,TOSSSED: no dressing	1 CUP	0	0	0	0.01	0.00	0.2	40	0.11	0	0.01	0.03	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	36	0	0	1.46	0.12	8.3	87	8.84	7	0.44	9.4	0.14	0.03	0.00
Fruit Cup, Assorted	1/2 cup	34	0	3	0.73	0.21	4.4	93	1.95	*6	0.22	9.04	0.04	0.00	0.00
SALAD DRESSING,Assorted	2 TBSP	0	0	1	0.00	0.00	0.1	0	0.0	*0	0.0	0.01	0.03	0.00	*0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.02	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	1	0	9	0.00	0.00	0.2	5	0.04	0	0.01	0.27	0.0	0.00	0.00
Milk, Chocolate, Fat Free	1 cup	87	3	127	0.00	0.24	200.0	333	0.8	*N/A*	5.33	16.67	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	0.00	8.5	13	0.0	0	0.23	0.34	0.07	0.04	*N/A*
Weighted Daily Average		569	*52	1011	6.42	4.27	546.8	*2341	29.39	*17	29.14	74.49	18.06	*9.63	*0.22
% of Calories										*12.0%	20.5%	52.4%	28.6%	*15.2%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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Fri - 08/18/2017															
Lunch 9-12															
	Total														
Sausage Patty, Advance Pierre	2 patties	31	11	116	0.00	0.16	8.9	0	0.0	*N/A*	3.11	0.0	2.22	0.67	0.00
CHICKEN AND NOODLES	1 CUP	163	50	124	0.53	1.26	42.0	85	0.6	*N/A*	14.59	14.21	5.01	1.25	*N/A*
Biscuit, Whole Grain, 2.51 oz.	2.51 oz.	117	0	183	1.11	0.60	55.6	0	0.0	2	2.78	15.0	5.0	2.50	0.00
Gravy, Country White, Peppered	1/2 cup	39	0	156	0.00	0.00	0.0	0	0.0	1	0.0	5.56	2.22	1.11	0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	33	0	78	1.95	0.45	9.4	252	4.56	*N/A*	2.09	5.94	0.17	0.03	0.00
SPICED APPLES	2/3 CUP	0	0	0	0.00	0.00	0.0	0	0.02	*0	0.0	0.05	0.0	0.00	*0.00
Sweet Potato Casserole	2/3 cup	148	17	95	1.30	1.10	34.5	6164	3.65	*12	2.36	25.73	4.16	0.87	*0.65
WOWBUTTER WG Sandwich	1 each	1	*0	1	0.01	0.01	0.1	*0	0.0	*N/A*	0.02	0.05	0.04	*0.01	*0.00
Toasted Cheese WG Sand/K-12	1 each	0	*0	1	0.00	0.00	0.7	*0	0.0	*0	0.02	0.03	0.01	*0.01	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	1	0.00	0.00	0.3	5	0.02	*0	0.02	0.0	0.01	0.00	0.00
Fruit Cup, Assorted	1/2 cup	34	0	3	0.73	0.21	4.4	93	1.95	*6	0.22	9.04	0.04	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	24	0	0	0.97	0.08	5.6	58	5.89	5	0.29	6.27	0.09	0.02	0.00
SALAD,TOSSED: no dressing	1 CUP	4	0	4	0.35	0.15	5.9	1206	3.24	0	0.25	0.77	0.05	0.01	0.00
SALAD DRESSING,Assorted	2 TBSP	6	0	15	0.00	0.00	2.0	3	0.01	*0	0.07	0.23	0.52	0.07	*0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.02	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	1	0	9	0.00	0.00	0.2	5	0.04	0	0.01	0.27	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	0	0	1	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, Chocolate, Fat Free	1 cup	72	3	106	0.00	0.20	166.7	278	0.67	*N/A*	4.44	13.89	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	3	0	3	0.00	0.00	8.5	13	0.0	0	0.23	0.34	0.07	0.04	*N/A*
Weighted Daily Average		703	*82	921	6.96	4.23	411.4	*8275	20.92	*26	32.28	102.39	19.61	*6.59	*0.65
% of Calories										*14.9%	18.4%	58.2%	25.1%	*8.4%	*0.8%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	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)
Mon - 08/21/2017															
Lunch 9-12															
TOASTED TURKEY HAM & CHEESE	Total SERVINGS	106	16	410	0.46	0.80	90.7	136	0.0	*N/A*	6.75	11.47	3.67	1.49	*N/A*
Pork Rib, Honey BBQ Sandwich	1 each	225	25	422	2.17	0.71	17.8	77	0.6	*N/A*	9.78	21.11	11.39	3.61	*0.00
CREAMY COLE SLAW	1/2 CUP	18	2	31	0.42	0.08	6.7	325	5.54	*1	0.21	1.51	1.27	0.13	*0.00
ONIONS,RAW	1 TBSP	0	0	0	0.01	0.00	0.1	0	0.04	0	0.01	0.05	0.0	0.00	0.00
PICKLES,CUCUMBER,DILL	7 SLICE	3	0	176	0.22	0.06	12.4	27	0.5	0	0.11	0.52	0.07	0.02	0.00
Tomato Soup	1 cup	0	0	0	0.00	0.00	0.0	0	0.11	0	0.0	0.02	0.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	31	0	124	1.15	0.54	16.4	352	2.85	*N/A*	0.71	2.71	2.1	0.40	*0.00
Cookie	1 oz.	106	8	99	1.34	0.60	*2.5	*20	*N/A*	*N/A*	1.51	18.03	3.45	1.10	*0.00
WOWBUTTER WG Sandwich	1 each	1	*0	1	0.01	0.01	0.1	*0	0.0	*N/A*	0.02	0.05	0.04	*0.01	*0.00
Toasted Cheese WG Sand/K-12	1 each	0	*0	1	0.00	0.00	0.7	*0	0.0	*0	0.02	0.03	0.01	*0.01	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	1	0.00	0.00	0.3	5	0.02	*0	0.02	0.0	0.01	0.00	0.00
SALAD,TOSSSED: no dressing	1 CUP	13	0	12	1.16	0.49	19.8	4021	10.82	1	0.83	2.57	0.15	0.02	0.00
Fruit Cup, Assorted	1/2 cup	27	0	2	0.57	0.16	3.4	72	1.52	*5	0.17	7.03	0.03	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	28	0	0	1.14	0.10	6.5	68	6.88	5	0.34	7.31	0.11	0.02	0.00
SALAD DRESSING,Assorted	2 TBSP	6	0	15	0.00	0.00	2.0	3	0.01	*0	0.07	0.23	0.52	0.07	*0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.02	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	1	0	9	0.00	0.00	0.2	5	0.04	0	0.01	0.27	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	0	0	6	0.02	0.01	0.4	1	0.0	0	0.02	0.03	0.02	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	1	0	1	0.00	0.00	0.0	1	0.0	0	0.0	0.01	0.15	0.02	*N/A*
Milk, Chocolate, Fat Free	1 cup	87	3	127	0.00	0.24	200.0	333	0.8	*N/A*	5.33	16.67	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	6	1	6	0.00	0.00	16.9	27	0.0	1	0.46	0.68	0.13	0.09	*N/A*
Weighted Daily Average		687	*57	1473	8.68	3.80	*463.6	*5585	*29.99	*13	28.15	95.34	23.11	*6.99	*0.00
% of Calories										*7.6%	16.4%	55.5%	30.3%	*9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/22/2017															
Lunch 9-12															
GROUND BEEF & MACARONI (M EX)	Total 3/4 CUP	126	23	86	1.11	1.47	17.8	319	6.17	*N/A*	8.87	11.62	4.74	1.95	*N/A*
Chicken & Gravy	6 oz.	60	*23	136	*0.00	*0.32	*0.0	*0	*0.0	*1	*7.64	2.67	1.92	*0.29	*0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	142	4	196	2.67	1.60	0.0	0	0.0	4	4.44	26.67	1.78	0.00	0.00
PINTO BEANS: cooked	1/2 CUP	82	0	1	5.13	1.19	26.2	0	0.46	0	5.14	14.95	0.37	0.08	0.00
CABBAGE SAUTE	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.05	*0	0.0	0.01	0.0	0.00	*0.00
APPLE-HONEY CRISP	SERVINGS	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.03	0.01	0.00	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	17	0	7	1.84	0.37	20.2	620	24.59	1	1.9	3.28	0.07	0.01	0.00
SALAD,TOSSED: no dressing	1 CUP	10	0	10	0.93	0.39	15.8	3217	8.65	1	0.66	2.06	0.12	0.02	0.00
Fruit Cup, Assorted	1/2 cup	3	0	0	0.06	0.02	0.3	7	0.15	*0	0.02	0.7	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	28	0	0	1.14	0.10	6.5	68	6.88	5	0.34	7.31	0.11	0.02	0.00
WOWBUTTER WG Sandwich	1 each	1	*0	1	0.01	0.01	0.1	*0	0.0	*N/A*	0.02	0.05	0.04	*0.01	*0.00
Toasted Cheese WG Sand/K-12	1 each	0	*0	1	0.00	0.00	0.7	*0	0.0	*0	0.02	0.03	0.01	*0.01	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	1	0.00	0.00	0.3	5	0.02	*0	0.02	0.0	0.01	0.00	0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.02	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	0	0	2	0.00	0.00	0.0	1	0.01	0	0.0	0.07	0.0	0.00	0.00
SALAD DRESSING,Assorted	2 TBSP	6	0	15	0.00	0.00	2.0	3	0.01	*0	0.07	0.23	0.52	0.07	*0.00
Milk, Chocolate, Fat Free	1 cup	51	2	74	0.00	0.14	116.7	194	0.47	*N/A*	3.11	9.72	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	51	2	49	0.00	0.00	116.7	194	0.0	*N/A*	3.11	8.94	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	11	1	12	0.00	0.01	33.9	53	0.0	1	0.91	1.35	0.26	0.17	*N/A*
Weighted Daily Average		602	*56	603	*12.89	*5.62	*390.7	*4739	*47.73	*15	*37.18	92.16	9.96	*2.63	*0.00
% of Calories										*9.7%	*24.7%	61.3%	14.9%	*3.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	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 - 08/23/2017															
Lunch 9-12															
	Total														
	Corn Dog, all meat	238	18	585	1.44	0.52	14.4	*N/A*	*N/A*	*N/A*	7.22	23.83	12.28	3.61	*N/A*
	Taco Soup	57	6	64	1.63	2.31	32.6	224	3.17	*0	4.04	7.04	1.83	0.51	*0.00
	Tostitos Tortilla Chips, RF	108	0	92	1.54	27.70	1538.9	*N/A*	*N/A*	*N/A*	1.54	15.39	3.85	0.39	0.00
	SOUR CRM,IMITN,CULTURED	2	0	1	0.00	0.00	0.0	0	0.0	0	0.02	0.05	0.15	0.14	*N/A*
	Mexican Flavored Rice	35	0	69	0.17	0.12	0.7	102	0.0	*0	0.67	6.98	0.67	0.08	0.08
	Chili Roasted Fries	194	0	172	3.89	0.48	3.1	109	10.25	*0	1.3	24.58	9.4	1.50	*0.01
	PEAS, GREEN, LOW-SODIUM, C ANNE	0	0	0	0.00	0.00	0.0	1	0.01	*N/A*	0.0	0.01	0.0	0.00	0.00
	CORN, SEASONED, canned	42	0	85	0.89	0.40	2.5	65	3.89	*N/A*	1.2	8.48	1.09	0.23	*0.00
	SALAD,TOSSED: no dressing	11	0	11	1.05	0.44	17.8	3619	9.73	1	0.75	2.32	0.14	0.02	0.00
	Fruit Cup, Assorted	27	0	2	0.57	0.16	3.4	72	1.52	*5	0.17	7.03	0.03	0.00	0.00
	FRUIT,FRESH ASSORTED	28	0	0	1.14	0.10	6.5	68	6.88	5	0.34	7.31	0.11	0.02	0.00
	WOWBUTTER WG Sandwich	1	*0	1	0.01	0.01	0.1	*0	0.0	*N/A*	0.02	0.05	0.04	*0.01	*0.00
	Toasted Cheese WG Sand/K-12	0	*0	1	0.00	0.00	0.7	*0	0.0	*0	0.02	0.03	0.01	*0.01	*0.00
	SALAD,CHEF: Ham & Cheese	0	0	1	0.00	0.00	0.3	5	0.02	*0	0.02	0.0	0.01	0.00	0.00
	Saltines, Whole Wheat, 8 pkg	0	*N/A*	0	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.04	0.0	*N/A*	*N/A*
	Milk, Chocolate, Fat Free	79	3	116	0.00	0.22	183.3	306	0.73	*N/A*	4.89	15.28	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	14	1	14	0.00	0.00	33.3	56	0.0	*N/A*	0.89	2.56	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	13	0	14	0.00	0.00	33.3	56	0.27	*N/A*	0.89	2.44	0.0	0.00	0.00
	MILK,1% Lowfat	3	0	3	0.00	0.00	8.5	13	0.0	0	0.23	0.34	0.07	0.04	*N/A*
	JELLY	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	KETCHUP: individual	7	0	59	0.02	0.02	1.0	34	0.27	1	0.07	1.78	0.01	0.00	0.00
	MUSTARD: individual PC	1	0	12	0.04	0.02	0.7	1	0.0	0	0.04	0.06	0.04	0.00	0.00
	SALAD DRESSING,Assorted	15	0	37	0.00	0.00	5.0	9	0.03	*0	0.17	0.58	1.3	0.18	*0.00
	Weighted Daily Average	876	*29	1340	*12.39	32.51	*1886.2	*4739	*36.76	*14	24.49	126.18	31.03	*6.75	*0.09
	% of Calories									*6.2%	11.2%	57.6%	31.9%	*6.9%	*0.1%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/24/2017															
Lunch 9-12															
	Total														
Popcorn Chicken	10 each	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Panini Turkey & Cheese	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*0.00
LETTUCE & TOMATO	2 lf,2 slc	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
QUICK BAKED POTATOES	1/2 EACH	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
LIMA BEANS: canned,cooked	1/2 CUP	105	0	14	4.59	2.08	27.2	258	8.59	1	5.79	20.09	0.27	0.06	0.00
Blueberry Soup	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Fruit Cup, Assorted	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
WOWBUTTER WG Sandwich	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*0	0.0	0.0	0.0	*0.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
Saltines, Whole Wheat, 8 pkg	16 count	0	*N/A*	0	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	*N/A*	*N/A*
Milk, Chocolate, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
SALAD DRESSING,Assorted	2 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
KETCHUP: individual	Pkt 6g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise, FF	1 TBSP	0	*N/A*	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	*N/A*	*N/A*	*N/A*
Sweet & Sour Sauce	1 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		105	*0	14	*4.59	2.08	*27.2	*258	*8.59	*1	5.79	20.09	*0.27	*0.06	*0.00
% of Calories										*5.3%	22.1%	76.9%	*2.3%	*0.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/25/2017															
Lunch 9-12															
	Total														
	WOWBUTTER WG Sandwich	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
	Toasted Cheese WG Sand/K-12	0	*0	0	0.00	0.00	0.0	*0	0.0	*0	0.0	0.0	0.0	*0.00	*0.00
	VEGETABLE SOUP	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
	Vegetable Sticks	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
	Ranch Salad Dressing Mix	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Mandarin Oranges with Bananas	89	0	7	1.83	0.48	10.4	1565	24.86	*2	0.81	22.73	0.22	0.03	*0.00
	Fruit Cup, Assorted	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
	FRUIT,FRESH ASSORTED	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	SALAD,TOSSSED: no dressing	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	SALAD,CHEF: Ham & Cheese	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Milk, Chocolate, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	MILK,1% Lowfat	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	JELLY	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	SALAD DRESSING, Assorted	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
	KETCHUP: individual	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Mayonnaise, FF	0	*N/A*	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	*N/A*	*N/A*	*N/A*
	Weighted Daily Average	89	*0	7	1.83	0.48	10.4	*1565	24.86	*2	0.81	22.73	*0.22	*0.03	*0.00
	% of Calories									*8.2%	3.6%	102.1%	*2.2%	*0.3%	*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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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	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)
Mon - 08/28/2017															
Lunch 9-12															
SALISBURY STEAK	Total SERVINGS	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
GRAVY,BROWN,DEHYD,PREP W /H2O	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Sweet & Sour Chicken	2.8 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Rice, Brown, Chicken Flavored	1/2 cup	0	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Sweet Glazed Carrots	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Shrimp Sauce	1 oz.	0	*0	0	*0.00	*0.00	*0.0	0	*0.0	*0	0.0	0.0	0.0	0.00	*0.00
Corn Salad	1/2 cup	44	*0	166	1.61	0.43	10.0	299	16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSSED: no dressing	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
WOWBUTTER WG Sandwich	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
Saltines, Whole Wheat, 8 pkg	16 count	0	*N/A*	0	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	*N/A*	*N/A*
Fruit Cup, Assorted	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD DRESSING,Assorted	2 TBSP	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		44	*0	166	*1.61	*0.43	*10.0	*299	*16.71	*1	1.32	10.18	*0.43	*0.07	*0.00
% of Calories										*6.2%	11.9%	91.5%	*8.6%	*1.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/29/2017															
Lunch 9-12															
	Total														
	Chicken Filet/WG Bun	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Fish/Cheese Sandwich	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*0.00
	Vegetable Chili Boat	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
	CRACKERS	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	SOUR CRM,IMITN,CULTURED	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	LETTUCE & TOMATO	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	CREAMY COLE SLAW	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
	French Fries, G7, X-13, Oven	0	0	0	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
	Fruit Salad	56	0	9	1.59	0.15	25.5	167	9.07	*3	0.86	14.05	0.12	0.03	*0.00
	SALAD,TOSSED: no dressing	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	WOWBUTTER WG Sandwich	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
	TOASTED CHEESE SANDWICH	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
	SALAD,CHEF: Ham & Cheese	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
	Fruit Cup, Assorted	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
	FRUIT,FRESH ASSORTED	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Saltines, Whole Wheat, 8 pkg	0	*N/A*	0	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	*N/A*	*N/A*
	SALAD DRESSING,Assorted	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
	KETCHUP: individual	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Tartar Sauce	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	MAYONNAISE:individual PC	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	MUSTARD: individual PC	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	JELLY	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	Milk, Chocolate, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	MILK,1% Lowfat	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	Weighted Daily Average	56	*0	9	*1.59	0.15	*25.5	*167	*9.07	*3	0.86	14.05	0.12	*0.03	*0.00
	% of Calories									*25.0%	6.2%	100.4%	2.0%	*0.4%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/30/2017															
Lunch 9-12															
	Total														
HAMBURGER/WG Bun, K-12	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
Pasta Primavera	1 1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TURNIP GREENS: boiled	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MIXED VEGETABLES:Seasoned	.5 cups	111	0	78	4.99	0.93	28.3	5100	3.63	5	3.24	16.01	3.81	0.62	*0.00
PINTO BEANS: cooked	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie	1 oz.	0	0	0	0.00	0.00	*0.0	*0	*N/A*	*N/A*	0.0	0.0	0.0	0.00	*0.00
Fruit Cup, Assorted	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD,TOSSED: no dressing	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
WOWBUTTER WG Sandwich	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
TOASTED CHEESE SANDWICH	SERVINGS	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
SALAD DRESSING,Assorted	2 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Mayonnaise, FF	1 TBSP	0	*N/A*	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	*N/A*	*N/A*	*N/A*
KETCHUP: individual	Pkt 6g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, Chocolate, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average		111	*0	78	4.99	0.93	*28.3	*5100	*3.63	*5	3.24	16.01	*3.81	*0.62	*0.00
% of Calories										*16.9%	11.7%	57.7%	*30.9%	*5.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/31/2017															
Lunch 9-12	Total														
TURKEY ROAST, LIGHT & DARK MEA	3.82 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
HAM,SLICED,EX LN	2.44 oz	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Gravy, Poultry, Low Sodium	1/4 cup	0	*N/A*	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0	*N/A*	0.0	0.0	*N/A*	*N/A*
Rolls, WG, Yeast, 2 oz.	2 oz.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Stuffing Mix	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Mashed Potatoes	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*0.00
SWEET POTATO CAKE	SERVING	115	16	128	0.50	0.69	27.2	1249	0.67	*11	1.99	20.55	2.89	0.61	*0.00
SALAD,TOSSED: no dressing	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit Cup, Assorted	1/2 cup	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
WOWBUTTER WG Sandwich	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*N/A*	0.0	0.0	0.0	*0.00	*0.00
Toasted Cheese WG Sand/K-12	1 each	0	*0	0	0.00	0.00	0.0	*0	0.0	*0	0.0	0.0	0.0	*0.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
CRANBERRY SAUCE: canned,swt	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD DRESSING,Assorted	2 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
KETCHUP: individual	Pkt 6g	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, Chocolate, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average		115	*16	128	*0.50	*0.69	*27.2	*1249	*0.67	*11	*1.99	20.55	2.89	*0.61	*0.00
% of Calories										*39.6%	*6.9%	71.4%	22.6%	*4.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		431	*34	635	*6.81	*4.98	*356.7	*3610	*27.09	*12	*18.26	64.67	*12.04	*3.61	*0.08
										*25.8%	*17.0%	60.1%	*25.2%	*7.5%	*0.2%

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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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	431		750 - 850	57%		319		Correction Required - Calories are Low									
Cholesterol (mg)	34				Missing												
Sodium (mg)	635		1420														
Fiber (g)	6.81				Missing												
Iron (mg)	4.98				Missing												
Calcium (mg)	356.7				Missing												
Vitamin A (IU)	3610				Missing												
Sugars (g)	12	11.46%			Missing												
Vitamin C (mg)	27.09				Missing												
Protein (g)	18.26	16.97%			Missing												
Carbohydrate (g)	64.67	60.09%															
Total Fat (g)	12.04	25.17%			Missing												
Saturated Fat (g)	3.61	7.55%	<10.00%		Missing												
Trans Fat ¹ (g)	0.08	0.17%			Missing												

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

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